

LHU

The Occasional Word

March 2004

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Director's Corner

By Joe McGinn

Recently I announced that Lori Mertz and Taren Smith had been selected to represent the Honors Program and Lock Haven University in this year's Summer Honors Program, hosted by Slippery Rock University and the University of Costa Rica. I would like to take this opportunity to once again congratulate Lori and Taren, as well as Jerika Dietrich who was selected as an alternate participant. Well done!

I would also like to encourage everyone who is eligible, especially those of you who also applied this year, to con-

sider applying for next year's program. The financial support of a full scholarship and the academic prestige that this program provides are two very good reasons to apply for this opportunity. However, beyond these considerations, there is a more important reason to apply – the chance to experience a different environment, a different language and a different culture. Ultimately, this encounter with "difference" and the chance to learn to adapt to it is what makes the Summer Honors Program such a great opportunity.



In personal, educational, professional, and political contexts, success will increasingly depend upon the ability of individuals to thrive in relationships and contexts predicated on "difference." To succeed as individuals and communities, then, we need to seek out opportunities to grow in this way.

The Summer Honors Program is one way to do this. But here in Lock Haven we are especially fortunate in that we have other avenues that are also available to us. Lock Haven

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Alisha's Advice

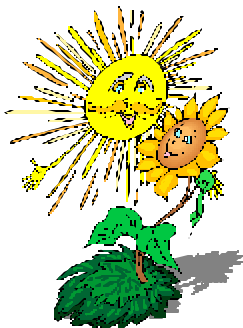
By Alisha Rasp

It's almost springtime. I love springtime. After months of cold temperatures and overcast days, I get really excited about sun and grass and flowers. Springtime al-

ways makes me think more positively, something that I can definitely benefit from this semester. I don't know why, but I am always more reflective in the springtime. I think more about the state of my life and try to evaluate the good, the

bad, and the indifferent. As this introspection process is beginning, I am already realizing things about my life and myself that I am not happy with, and thinking of what I can do to improve.

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Director's Corner

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University's unique mission within the State System of Higher Education is international education. In fact, we are spoiled for choice in that we have twenty five partner universities around the world to choose from for study abroad opportunities. Let me urge you to take advantage of this tremendous opportunity while you are a student here. The cost of a semester abroad need not be much more than one here at

home. And I speak from personal experience when I say that the experience will transform your life in the most remarkable ways. It will also help to equip and empower you to succeed in the world of "difference" that we already inhabit.



Find a few minutes this week to visit the Office of International Education on the ground floor of Raub Hall. Our interim Dean of

International Education, Mr. Dan Roberts, and his very helpful staff will be more than happy to provide you with information about our partner universities and explain what you must do to participate in an exchange program. Believe me when I say, studying abroad will be one of the most memorable experiences in your university career!

Alisha's Advice

(Continued from page 1)

This school year has been more than I bargained for, but instead of making the most of it, I have let myself become too focused on the negative to see the positive. My life is busy, stressful, sometimes overwhelming, but it is not terrible. I have a support system that others could only wish to have. I have the best family, the best boyfriend and the best friends that anyone could want. When I am at my most pessimistic, no one ever yells at me or tells me to get over it. They listen, they talk to me, and they try to cheer me up. Honestly, what more could anyone ask for?

I have been thinking a lot about my attitude recently, and I really don't like myself very much right now. The worst part is that I know my attitude stinks, but I can't seem to do anything about it. My brain is so over-capacitated that it doesn't even register when I am being unpleasant. It's not until later that it occurs to me that I probably

just came off as cynical and sarcastic, when I actually was just trying to relieve a little stress verbally. Lately, even my attempts at humor come out mean and bitter. I am spending way too much time thinking about what I just said when I should be thinking a little more about what I am going to say.

"Think about what is truly important to you and make sure you are not neglecting it."

So what can I do? First and most importantly, I need to put the focus back on the people in my life. I haven't taken much time this semester to hang out, to go out, or even to just chit-chat. While it may seem somewhat counterproductive to take time out of a schedule that I complain about being so busy to just talk, it is imperative to my well-being. I have always cared more about people than anything else, but this semester I have let my busy schedule convince me that I don't have time to do anything fun. Well, that has to change or I am going to go insane.

I need to stop focusing so much on the little details and try to see the big picture. I need to prioritize, schedule and stick to it. In 20 years, what's going to matter? What am I going to remember? Am I going to remember a Spanish test that I didn't get a perfect score on or the awesome night that I spent with my friends? Am I going to have to look back at what, or who, I lost because I was too self-absorbed?

As I struggle with these questions and finding a balance this spring, I challenge you to do the same. Think about what is truly important to you and make sure you are not neglecting it. Whether it is people, a hobby, or a passion, there is so much more to life than school and work. Life is meant to be lived, not struggled through. So if you are not already, start living!

From the Secretary's Desk

By Joanie Williamson

Welcome to the Spring 2004 semester! I hope everyone enjoyed their time off during the break. I missed the deadline for writing my article last month so I thought I better get more organized this month and get my article written. So if some of this seems like old news...it just might be!

We have had some changes at the Honors house! Dr. Knauer has stepped down as the Honors Director. I wish him much success in his new/continued endeavor with

the Center for Civic Life. I only worked with him for the fall semester of 2003, but I was able to gain a lot of knowledge from him in such a short time. I want to say thank you to him for everything he has taught me and the things we learned or figured out together. Dr. Knauer has been such a large part of the Honors Program here at Lock Haven University and in other parts of the country. He will be greatly missed but we know he is only an email, phone call or a short walk across campus to another office away if we have a question. We know he is

always there to lend a helping hand! Again, THANK YOU!

I want to now welcome the new Honors Director, Dr. Joe McGinn! I look forward to working with Dr. McGinn.

There is a lot to learn, but between the two of us and the students we will be able to figure it out. I look forward to the bright and positive future of the Honors Program. Again, WELCOME! Until next month...take care!



A Time of Change in Honors

By Megan Gephart

We're in the midst of some major changes in the Honors Program, and I for one am thrilled. Though I will miss many of our past leaders, Jim and Mary for example, I realize that they must move on and I am confident in the leaders of the future. We're fortunate, however, that the many leaders of the past have left us a legacy to continue, and continuing change must be a part of that legacy.

Since I have come to Lock Haven University in the fall of 2001, the number of changes that have occurred is remarkable. Program population has increased, leaders have changed multiple times and will change again at the end of this semester, we have added a new Student Associate Director position dealing with public relations, the number of

activity and freshmen discussion groups has increased, *The Occasional Word* has grown from an average of 4 to 10 pages and I am currently training my replacement as editor, the Program has increased its ties to the rest of the campus and community through forums and other endeavors, and as of this semester, we have our first new director. I'm sure I am leaving out various other important changes, which serves to further illustrate my point: the Honors Program is constantly changing!

I am aware that many of the changes I mentioned above involve numbers, and I am well aware that bigger is not always better, but anyone that has been involved with the program for more than one year will most likely tell you, our changes are leading to progress. Again I must reiterate, I am not saying that the new leaders mean a

better program; I am saying that because of the great leadership of the past, those who laid the foundations of the Honors Program, we can build a greater program for the future.

"...embrace any and all changes that may lead to improvement."

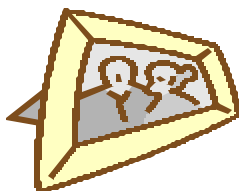
My advice for you underclassmen in the program: volunteer to lead old and new groups, take Honors courses

you are interested in and propose courses that you believe should be Honors, speak up at meetings, voice your opinions (even if you disagree with a policy), and embrace any and all changes that may lead to improvement. Why? Because as much as the Honors Program is claimed to be built upon the pillar of "deliberative learning," its true foundation is continuing change, and the builders are the students.

Submissions to BIW

By Stephanie Jones

My mission statement for life: I promise to be honest with myself utmost and foremost, because if I can't be honest with myself, I can't be honest with others. I believe that honesty/loyalty and communication is very important in a relationship and that if either of them are lacking, so is the relationship. I am the type who knows what she wants and will do anything to get it. I am also fun-loving and outgoing, but not annoying. I enjoy trying new things (as long as it is legal) and am open for an adventure. I work hard at the things I do in order to feel good about my suc-



cess. I will not cheat, because I am only cheating myself. I trust in the Lord and try to live by his will. I am also very family oriented, and I will always go to my mother for advice (even if I don't take it), because I value her opinion. I will cherish my friends always because they are the support I need when I am down. I will also continue to be sensitive because it makes me caring and sympathetic to those around me. I will listen to problems of those who need a listener, and give advice when it is asked. Although I am negative at times, I believe it only helps me when I am positive so I have something to compare my situation to.

By Ed Slavinsky

I AM a Marine.
I AM the husband to my wife.
I AM a carnivore.
I AM the son to my parents.
I AM a masterpiece.
I AM NOT a rock.
I AM a student.
I AM the past.
I AM the present.
I AM the future.
I AM the protector.
I AM the enforcer.
I AM NOT a quitter.
I AM the variable.
I AM Ed.

Make the Most of Augmentations

By Danielle Reichenbach

I know mentioning the word "augmentation" brings confusion to the minds of freshmen and grumbles from the upperclassmen. Yes, I know, I know...augmentations aren't rated remotely high on anyone's want-to-do-list, but it's a necessity if any one of us wants to graduate with University Honors or Honors with Distinction.

As a second semester sophomore, I have only completed one augmentation and it was for Fundamentals of Art: a nine page research paper, two watercolor paintings, and two performance arts. I know there are some professors that will only ask for a short three page research paper, and at the time of my overwhelming and lengthy

augmentation, I felt that I had gotten the short end of the stick. But now that I look back, I am glad that my augmentation was a pain in the neck. Why should I receive Honors credit for anything less than my best effort? I am very glad I did not turn in an augmentation that barely fills the requirements or one that sounds like it was written or produced by a seventh grader.

This semester I am working on an augmentation for Business Writing. At first I was unsure about taking on another augmentation so large, worried that my professor would want me to do something as overwhelming as the first. Well, it turns out that I took on another very large, time consuming aug-

mentation, and yes, it *is* my fault. My augmentation consists of creating my own web page. My web page must consist of a home page, hyperlinks to three or four other pages, a resume, and a PowerPoint presentation. To create the web page, I have to code one page in HTML manually and the other pages I can use FrontPage. The challenge? I'm an English major. I'm barely computer literate, knowing only how to use the basics.

You're probably wondering why I took on so much after the first experience. To tell the

"No longer can English majors stick to books or be considered solely bookworms..."

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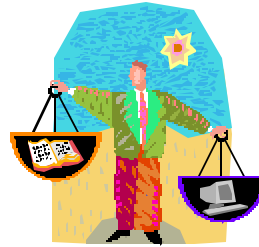
Make the Most of Augmentations

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truth, everyone has to be taken out of their comfort zone, and everyone has to do things they don't want to do or are afraid to do. I know that when I get a job after college, my employer will be looking to see if I can use PowerPoint, FrontPage, basic HTML, and Microsoft Publisher. As an English major wanting to succeed in the publishing industry, I must not only be familiar with the English language and writing, but also with visual design, web design, and other forms of technology. No longer can English majors stick to

books or be considered solely bookworms and friends of the written word.

Most importantly, I want to know that the Honors credit I receive is worth the Honors credit and I want to learn and grow from my experience. As cheesy as that sounds, it's true. I want to show people that doing the bare minimum does not help you or your future. Besides, these involved augmentations will look great on my resume. Some people will say that it's the wrong mindset, but I



believe there is nothing wrong with making yourself marketable after college. Not only will I be able to better sell myself to an employer, but I will be able to use the skills I've learned through augmentations on the job. The lesson here: augment classes in your major where you'll be able to benefit most and don't shy away from augmentations that seem like a lot of work; I promise they'll be well worth the effort and the credit.

A 9 Letter Word Starting with "I"

By Adam Styborski

Shawn Delp wrote, "Integrity is like the coelacanth; it shows up once every 65 million years." This statement may be a more satirical view of our modern society, but the fact that it *isn't* completely satirical is strikingly depressing. Jack, from Fight Club, was very clever, and poignant, when he spoke about "single serving friends" on airplanes. But how many of us see those around us as these "single serving friends" to be used once then thrown aside? I'm not talking about abandonment or abuse; I'm talking about the general lack of *strong* integrity in many people. Granted, we are not Mother Therasas and Saint Pauls, but we *can* do our best along the way.

I ask you why there is a common misconception, or perhaps underestimated reality, of individuals who blame every-

thing on someone else, and use the legal system to "prove" it? Why do we now teach many children games *without* points, so there is no loser, and no winner, so that feelings aren't *hurt*? Why do we seek causes, in the form of other individuals, for everything that happens to us? When did *accidents* begin to find responsibility in individuals?

"When did accidents begin to find responsibility in individuals?"

Perhaps I am being too vague, but I'm trying to express the depth and breadth that integrity covers. "Integrity starts with an 'I' and I'm pushing that phrase hard. We, each as individuals, must take not only responsibility for what we do, but responsibility *for what happens to us* as well. Life is not a joy ride, and if it is you crash pretty quickly. Sometimes terrible, aw-

ful, heinous, unfortunate, unlucky, and downright bad things happen to everyone. Sometimes we are the unintentional perpetrators of these things. In either case, it should be the high personal integrity you *need* to have that motivates you to act in response accordingly.

I can say from experience that oftentimes it is not merely difficult but near impossible to swallow ones pride, or ego, or righteousness, and follow through with the *right* thing to do afterwards. Perhaps this writing was just a little sentimental, or obligatory, coming from me, but I do hope I've brought a little illumination to a topic in earnest concern for everyone. Employers, lovers, friends, and family all demand high integrity from you and if they don't you should be wary of their integrity.

Explore the World of Science

By Justin Spano

If you have been looking for different activities to get involved in around campus, two organizations that you may want to look into are the Physics Club and the Chemistry Club. The Physics Club is advised by Dr. John Reid, Physics Dept. chairperson. This club provides a variety of experiences for students including field trips, demonstration shows, and science talks. Last semester the club took a trip to Princeton University where they were given a tour of the Plasma Physics lab, and this semester there is already a trip planned for Penn State. These field trips are great experiences to see practical applications of topics that the professors lecture on.

Another great aspect of the Physics Club are their demo shows. Each semester the club puts on a demonstration show for the general population; the fall semester focuses on topics such as mechanics, while the spring semester show can dazzle the audience with demos of electricity, magnetism, and op-

tics. Memorable demos from the past include a hovercraft on which audience members were given free rides, index of refraction, liquid nitrogen demos, and a water bending demo.

The Chemistry Club is advised by Dr. Mary Whitten. Just like the Physics Club, it provides many great opportunities for group members. There are

opportunities for members to attend meetings of the American Chemical Society. There students can learn about different advances that are currently being made in chemistry, as well as meet other stu-

dents and scientists. One of the biggest events for the Chemistry Club is the annual Chemistry Club Clam Bake. Don't worry if you don't like clams though, there are always enough hot dogs and hamburgers to go around. This event is particularly interesting because the Chemistry Club works to bring a guest speaker to talk about research projects. Last year's speaker was Dr. Brent May, who began as the Physical Chemistry professor at Lock Haven this past Fall.



At the end of last semester, the Chemistry Club also began the tradition of doing a demo show. Despite it being the first time that the current club members have done a show, it turned out to be very entertaining for the audience. There were demonstrations on acids and bases, solubility, luminescence, and a very impressive demonstration by club president Jim Nye involving methane gas bubbles.

Both of these clubs are also great ways for students to get familiar with the departments. While the clubs do have designated advisors, faculty members in both departments are very active in participating and supporting the clubs. Their involvement in setting up activities for the clubs to do and input on different directions that the clubs should go is instrumental in helping the clubs to achieve their goals.

These clubs are great ways for students to be involved on campus because of the fun opportunities that they provide and for the knowledge they can give you. So come to meetings and let the wonders of science begin.

BIW: Back From the Dead

By Chris Anderson

To bring someone back from the dead you must first dig them out of the ground... duh! Once you have successfully removed the body from the ground, the next step is to clean the corpse... you don't want them waking up dirty do you? Next you slap the cadaver across the face until he or she wakes up. BUT.. you are not

finished with the ritual yet... oh no! You see after being dead for a while he or she may need a cup of coffee to wake up, so, go brew a fresh cup of java and serve it with some milk and sugar.. none of that sweet and low crap — they just woke up from the dead and they NEED SUGAR. Now you may enjoy your deceased friend or loved one... no not in that way you sick freak;

they are undead, that's gross. But beware bringing people back from the dead may be hazardous to the heavenly balance. Oh what am I saying, go ahead enjoy the undead, not like they get much excitement in the ground.

"Next you slap the cadaver across the face until he or she wakes up."

BIW Continued

By Chris Ruff

My mission in life is to live fully and boldly every day, to express myself, as Stephen Dedalus put it, "in some mode of life or art as freely as I can and as wholly as I can." I wish to travel abroad, meet the interesting characters of this tragic comedy, and to show how we are all the same because of (not in

spite of) our differences. My mission is to open eyes and ears:

"To all those with ears, listen!" Even if it is only one person. It doesn't have to be through writing or music or art (though I love to dabble in all of those), but if I can soothe the worried mind of one down-and-out man drinking away his sorrows at the bar because the bank was going

to foreclose on his house — if I can show him that a house is

just wood and hardened mud and gravel, not life, not "everything" — then my mission is complete.



Safe Haven Stresses Prevention

By Justin Spano

During "Safe Spring Break" Week I attended two events sponsored by Safe Haven. The first event was "Condoms and Cream" on February 23rd. I thought this was a very good idea for a program to inform people about safe sex. Anybody who saw the catchy title would immediately become interested and would be very likely to attend the event to find out what it was all about. Also, the idea of using ice cream to attract people to the event was a smart choice, because who can resist the opportunity for a sundae? While there, people had the chance to get free condoms, learn about safe sex, and learn about the other events that were going on during the week. With the prevalence of STDs in today's society, anything that can possibly be done to make people more aware of the dangers that exist and the measures that can be taken to prevent them should be done.

Though it was a very good event, a possibility that could be looked at in the future

is getting local businesses to sponsor such an event. Places in the area like Dunkin' Donuts, Papa Johns, and Dominos frequently sponsor events on campus such as hall council meetings, and they would probably be very interested in sponsoring a health related event like this one. The variety of food might even attract more people than an event that just had ice cream.

The other event that I attended was the Sunscreen Program in Ulmer Planetarium on February 24th. This was a very interesting program because the presenter gave information on the harmful effects of ultra-violet radiation, different kinds of cancers, and the measures that can be taken, such as wearing sunscreen and limiting exposure to UV rays. The audience members were given hand-outs on the lecture, which made it a lot easier to follow. Also, the questions that were asked and the prizes that were given out encouraged audience participation, which helped people to get more out of the program than if

they just listened to the speaker. One of the things I really liked about this particular event was

"Prevention is one of our most useful tools for keeping ourselves healthy."

that the speaker was an alumnist of Lock Haven University. Having a job with the Pennsylvania Department of Health is something that many students may like to pursue one day, and this program gave them an opportunity to see what they may be able to accomplish in the future.

This event may have been helped by making the program more scientific. I think that the audience members may have gotten more out of the program if the speaker had gone more into the different kinds of UV radiation that the sun emits (UVA and UVB), how the sunscreen works, and the problems with current sunscreens.

Though these programs covered different topics, the one thing they both emphasized is prevention. Prevention is one of our most useful tools for keeping ourselves healthy and it's a responsibility we all must undertake.



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LHU

The Occasional Word

We're on the Web
at www.lhup.edu/honors

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- *"Our character is what we do when we think no one is looking."*
- — H. Jackson Brown, Jr.
- *"The true test of character is not how much we know how to do, but how we behave when we don't know what to do."*
- — John Holt
- *"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy."*
- — Martin Luther King, Jr.
- *"Nearly all men can stand adversity, but if you want to test a man's character, give him power."*
- — Abraham Lincoln
- *"Bluntness is a virtue."*
- — Allison Ling
- *"It's good to shut up sometimes."*
- — Marcel Marceau
- *"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."*
- — Helen Keller
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