

LAURUS HONORUM

"Honored with the Laurel"

Volume 18, Fall 2014



SOARING TO NEW HEIGHTS



INSIDE THIS ISSUE

The Laurus Honorum (“honored with the laurel”) is the NCHC award-winning newsletter of the Honors College at Appalachian State University.

Published quarterly, the Laurus Honorum provides news to our students, parents, alumni, and the Appalachian community about Honors College events, programs, and stories featuring our amazing Honors students and alumni.

We want to share your stories and accomplishments so let us hear from you! You can find all contact information and updates at:



You can also follow us on social media:



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A WORD FROM THE DIRECTOR:

Hail fellow travelers! It has been a hectic semester with many changes both in Honors and out, and there is much to report. There are the usual updates here on how the freshmen fall orientation events all went, the Vanguard Knighting, and the second annual PSP Chancellor's Scholars Banquet. But there are also some novel pieces to highlight student travel, including one on the Solar Decathlon, which was in France this year. Honors College Faculty member Dr. Kristan Cockerill has sent in a report on her research trip to Argentina, and we have highlighted a guest faculty member from UDLAP, a partner school in Mexico; Dr. Erick Bandala has hosted two Honors students in his lab in Puebla, with a third planning to visit him next summer. There is conference news from Drs. Waldroup and Wheeler and a synopsis of the Spring course lineup. Meanwhile, the pictures from the third annual Fall Break trip to Dublin for the freshmen Chancellor's Scholars include images from the spectacular cliffs of Howth, a new adventure for this trip. Enjoy the athletes' updates, too, and if you would like to support the students and the events designed to help them feel at home here at App, please visit our website and click on the GIVE button. No gift is too small, and we are grateful for all the help we can get to promote the success of these superb students.



Above: Dr. Jones climbing to great heights in order to reach the last of the Fall leaves on campus.



Photo left: courtesy of the The Blackfriary Community Archaeology Project, Ireland

UPCOMING: COURSES FOR SPRING 2015

It was an unusual semester for arranging Honors courses, as we now have a record number of honors sections of disciplinary classes. Anything from *Archeology of the Human Past* to *Energy Issues and Technology* now have honors sections or subsections for students to apply to their General Education or major degree requirements. It is particularly exciting to see Honors courses even in those units that have not yet completed the creation of an Honors Program, such as Music (*World Music*) and Education (*Critical Perspectives in Learning & Teaching*). In the Honors Seminar list there is the long-beloved *Love & Death* from Dr. Dale for those freshmen who had not yet completed their First Year Seminar requirement, but some new seminars include: *Food Fights: Cannibalizing Culture* (From Dr. McDowell) and *East Asian Cultures and Societies* (from Dr. X.Tu). Some happy returns to the roster after a hiatus include Dr. Craig Fischer's highly regarded *Graphic Novel* course and Dr. Hellenbrand's *King Arthur* (which incorporates a Spring Break trip to the UK!). There is also a May, Summer I, course to Ireland, courtesy of Dr. Cheryl Claassen (Anthropology), which will involve over a week of archeological studies (read: dirt digging) onsite at the Black Friary of Trim, in addition to travel around Ireland to other archeological and cultural sites. What could beat that?



HONORS FRESHMEN RETREAT: MOVE-IN DAY



The Honors College Freshmen Retreat kicked-off with early move-in for all Honors Freshmen on Tuesday, August 12, from 1 - 5 pm. Students, parents, and volunteer upper-class Honors students quickly moved belongings into the students' new home in Cone Hall. Honors College and Residential Life staff were there to welcome them and guide them through the process. Getting settled quickly, students were ready the next day to launch into Retreat activities. The line up included the following, all featured in photo-spreads on the following pages:

Move-in Day

Tuesday, August 12, 2014

Town As Text

Wednesday, August 13, 2014

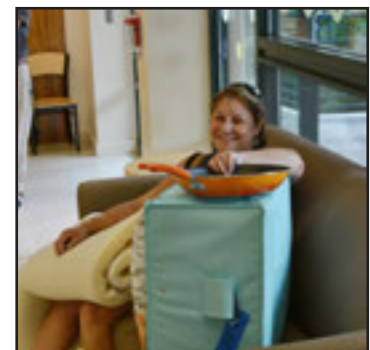
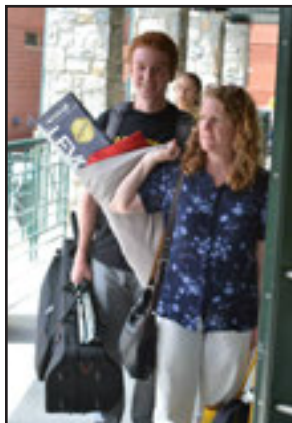
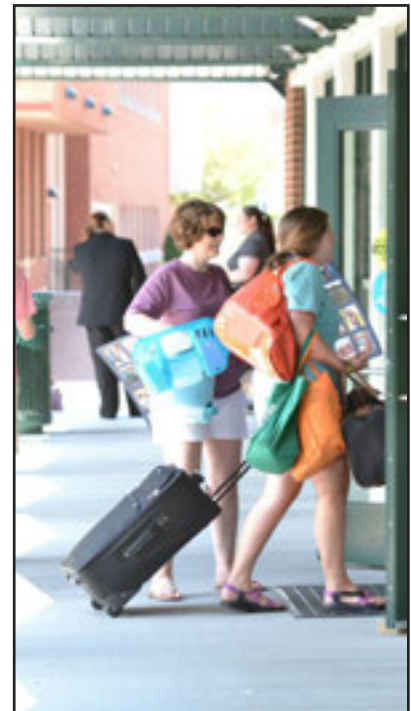
Followed by *Horn in the West* Performance

Retreat at Broadstone

Thursday, August 14, 2014

Honors College Welcome Supper

Sunday, August 17, 2014





HONORS FRESHMEN RETREAT: TOWN AS TEXT



Above: Students visiting and taking a moment to meditate in Daniel Boone Gardens.

Top center: Student group in front of the Junaluska Community Church.

Right: Students outside of the Watauga County Health Department.

Above: Students with Boone Mayor Andy Ball.

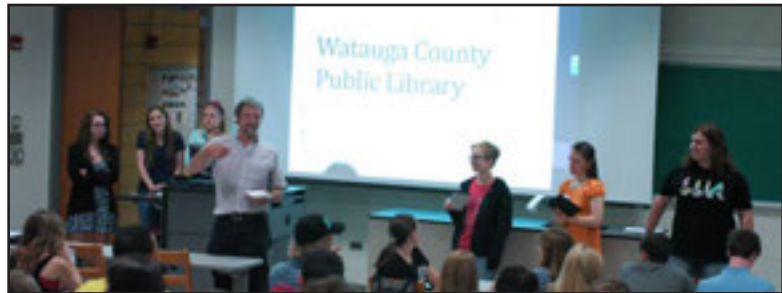
Above: Student exploring and playing at the Boone Mall.



As part of the Freshmen Retreat on Wednesday, August 13, new Honors students spent the day in small groups exploring a piece of their new home and community in Boone. Students visited with the town Mayor Andy Ball, Watauga County Humane Society, Hunger Coalition, Hospitality House, and numerous others. That afternoon, students shared presentations with each other on what they discovered.



A big THANK YOU to Dr. Wheeler for the heroic organizing of this event bringing the pedagogy of the National Collegiate Honors Society to our students and Boone.



Photos: After spending the morning out in town exploring, that afternoon students gathered and shared their findings in group presentations.





HONORS FRESHMEN RETREAT: BROADSTONE

New Honors students spent Thursday, August 14, at ASU's Broadstone facility in Valle Crucis bonding with sports activities, challenges, and games led by ASU's UREC team.





HONORS FRESHMEN RETREAT: WELCOME DINNER



Rounding out the Freshmen Retreat, Dr. Wheeler and the Prestigious Scholarships Program hosted a Welcome Dinner on Sunday, August 17. Honors Freshmen came together for one last meal before classes got into full swing.



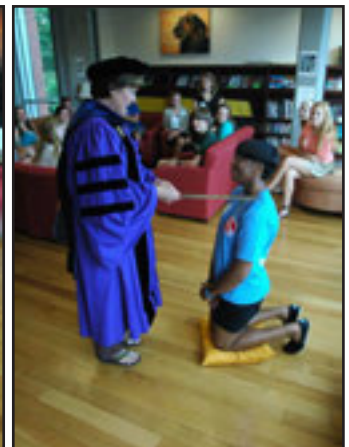
Thanks to Dr. Wheeler for hosting and organizing the event.



THE KNIGHTING OF THE HONORS VANGUARD

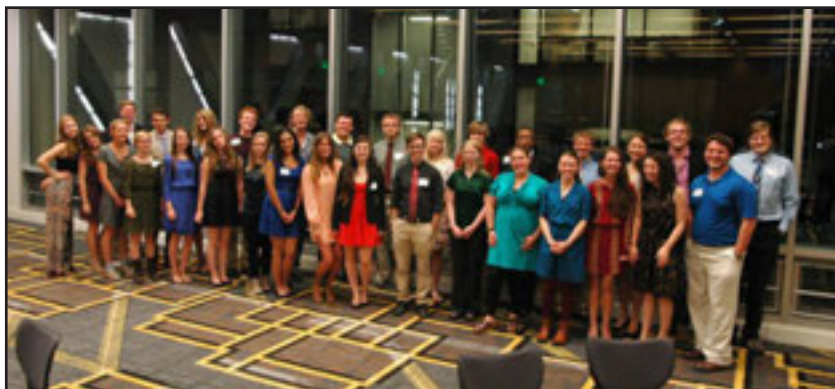


Honors students invited to be a part of the Honors Vanguard were knighted by Dr. Jones in an annual ritual taking place in the Honors College. Members of the Honors Vanguard are Honors students chosen for their previous service and academic success. They serve as volunteers in Honors activities and are rewarded with recognition for their contributions.

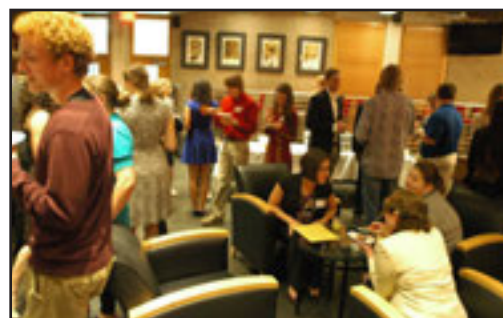




PRESTIGIOUS SCHOLARSHIPS PROGRAM (PSP) CHANCELLOR'S SCHOLARS BANQUET



Dr. Wheeler and the Prestigious Scholarships Program hosted all Chancellor's Scholars at a Banquet (shown in photographs here) held on Monday, September 29, on campus. This was an opportunity for Freshmen through Senior Chancellor's Scholars to get to know each other, share stories, and glean wisdom from one another. Honors College staff and students enjoyed hors d'oeuvres followed by a catered dinner. Alumna and recent Ph.D., Dr. Emily Steinbaugh DiNatale traveled back to ASU to attend the event and join in the festivities. A full feature highlighting her speech at the event follows on page 22 of this newsletter.





FRESHMEN CHANCELLORS SCHOLARS: FALL BREAK TRIP TO IRELAND



Above: Students on the hop on, hop off bus touring Dublin.

The annual Fall Break trip to Dublin for the freshmen Chancellor's Scholars went off like a fairy tale once again, and this time with two senior scholars accompanying the journey. Both Carys Kunze and Corbin Ester had enjoyed their own trip to NYC when they were freshmen, but jumped at the chance to go to Dublin as senior colleagues and stepped up like professionals to the task of sampling Irish culture, history, and food. The twelve



Top right: Full group in front of the Honors College preparing to depart.

Above: Upperclass Chancellor's Scholars, Corbin Ester and Carys Kunze, at Howth.

students enjoyed sights and experiences such as Christ Church cathedral, Trinity University (campus tour and a science lab), the Book of Kells Museum, the Long Room, the birthplace of Oscar Wilde, a play at the Abbey Theater—and that was Thursday. Being able to see a first run performance by a celebrated Irish playwright, Mark O'Rowe, and then to meet him afterwards, along with one of the stars, Ciarán Hinds (Mance Rayder in *Game of Thrones*, for the uninitiated), who signed some of the students' scripts, was a heart-stopping treat. But the highlight of the whole trip was a toss up between the opulent glories of the Chester Beatty library, the books of the Long Room, and the spectacular cliffs on the Howth peninsula, where seals frolicked in the harbor paradise. The views across the Irish sea to imagined Wales and the Isle of Manx, and then the surreal scene of the bay, with Dublin in the distance from hundreds of feet above the churning water below the bluffs and crags, left everyone a bit dazed and delirious. Fortunately, a pub near the top of the cliffs served a hearty lunch by the fireside and the group huddled up and sampled another meal of scrumptious fusion fare and enjoyed a home 3,600 miles away from home in a brief flicker of fantasy before returning to Boone.

*But come ye back when summer's in the meadow
Or when the valley's hushed and white with snow
'Tis I'll be here in sunshine or in shadow
Oh Danny boy, oh Danny boy, I love you so.*



Above: Freshman Chancellor's Scholars standing over a bridge at River Liffey.

Below: Group in front of Christ Church Castle.





CODY MCKINNEY: JUNIOR HONORS STUDENT & VARSITY FOOTBALL PLAYER



Story by Senior Honors Student Kyle Susser

Being a member of both the football team and the Honors College has tested Cody, but he continues to succeed. He has grown both physically and mentally during his time here at Appalachian, packing on 45 pounds of muscle mass for football, and sustaining a rather impressive grade point average for Honors.

Maintaining both roles requires Cody to be adept at time management. Cody's weekdays start at 8 in the morning. He wakes up to eat breakfast with his teammates and proceeds to sit through back-to-back classes until 2 in the afternoon. On Tuesday and Thursday, he has a break from classes from 11 to 12, but even this is filled by a required lifting session with the team. He then has little time to transition from the focus of academia to that of athletics. At 2:30 it is time to attend the special teams meeting. These sessions, usually rather short, allow him to make the linebacker position meeting at 2:45. After being dismissed from the position meeting, Cody scrambles to complete as many homework assignments as he can in the hour before practice at 4. If the weather permits, the players stay on the field until 6. When practice moves to the indoor stadium, Cody may have to practice well past 6. After practice, the players shower and attend a study session. This typical day in Cody's week is eleven hours of guaranteed, nonstop activity.

Cody's schedule often falls entirely outside of his control. He identifies his greatest obstacle to not being able to get into classes despite priority registration. When only three or four course times are offered and the majority of them conflict with football requirements, Cody is left with few options. This being the case, he has found that taking things one step at a time is the best way to fulfill his honors requirements.

The most important priority is his grade point average. As mentioned earlier, he has proven successful. Studying accounting, he even qualified for induction into Beta Alpha Psi, the honors organization within his major.

This performance has also helped him complete another pending honors requirement, study abroad. Cody was recently informed that he was one of only 24 students to be accepted as candidates for the Holland Fellows Program. Offered through the school of business, the Holland Fellows Program pairs students at Appalachian with an equal number of students from a university in China. Perhaps the most daunting honors requirement left for Cody to complete is the thesis. His focus will be the debate of revenue smoothing, an ethically polarizing topic applicable to the modern business environment.

Despite his humble nature, Cody's performance at the university is quite impressive. Honors is proud. He looks to carry the success he has demonstrated as an undergraduate into ASU's accelerated 4+1 master's program. Whatever future obstacles lie in wait, his innate quality of perseverance will likely result in success as Cody continues to take things one step at a time.



SOUND MINDS, SOUND BODIES:

TRIATHLETE HONORS STUDENTS ARE WELL-ROUNDED INDIVIDUALS

The Appalachian State University Club Triathlon team is one of the newest club sports on our campus. It was founded three years ago and has since blossomed into a team of over 40 dedicated members. Our team races sprint and Olympic distance events against other collegiate triathlon teams in our conference, including NC State, UNC Chapel Hill, Duke, the US Naval Academy, Liberty University, and Virginia Tech. A sprint distance triathlon is a half-mile swim, 15-20 mile bike ride, and 5K run. An Olympic distance is simply double that. On average, a sprint triathlon lasts about 90 minutes, and Olympic distances are around three hours.

There is a direct correlation between academic success and athletic dedication; ten percent of the Triathlon Team consists of Honors College students. As Honors students, we are asked to participate in a yearly Honors seminar, as well as Honors courses in general education and our major. The culmination of this experience can be seen in the final Honors thesis project, representing the academic prowess of each Honors student.

Dedication carries over into all aspects in each Honors student's life, and is exemplified through triathlon training and performance. Each member is expected to attend weekly meetings and practices as well as compete in a number of races during Fall and Spring semesters as part of the Mid-Atlantic Regional Conference. For the first time in the club's history, we will be attending USA Collegiate National Triathlon Championship in Clemson, South Carolina.

To excel in these events, it is necessary to maintain a consistent dedication to training. Each Tuesday morning, we practice at 6:30 in the pool, demonstrating our devotion to the team. And yes, we may be a little crazy. Bike practices consist of hour and a half rides on the Blue Ridge Parkway. Cyclists come from around the nation for the prime training that this area provides and we are fortunate enough to have this training environment in our back yard. For running practices, we alternate between the University facilities, such as the Kidd Brewer Stadium track and field, and the numerous running trails around Boone. In addition, both the Honors College and the Triathlon Team create community amongst members who are accountable to each other for their success. The bonds formed from supporting and pushing one another to excel in triathlons has carried over into all aspects of our lives. We encourage one another to strive for success and excellence in our academic pursuits as well. Balancing both the commitment to sports and academics refines time management and life balancing skills.

Story by Honors Triathletes Katie Bond, Allison Crook, and Rachel Sledge.



Back row left to right: Katie Bond (Honors Sophomore), Zack Ratliff, Tristan Thomas, Rachel Sledge (Honors Sophomore), Allison Crook (Honors senior), Vanessa Ly

Middle Row left to right: William Johnson, Conner Jones, Leah Jones, Will Rumley (team captain, club president), Carson Miesfeldt, Rachel Marsilia, Catherine Burton



HONORS STUDENT INCORPORATES THE SOLAR DECATHLON INTO INTERNATIONAL EXPERIENCE

Photographs and story by Audrey Cook

This past summer, twenty different teams from twenty-three universities worldwide (including Appalachian State!) came together for the Solar Decathlon Europe (SDE) 2014 in Versailles, France. According to the SDE website, it is a competition “. . . to design, build, & operate a full-scale, entirely functional solar-powered house.” More than that, it is an opportunity for international collaboration on the immediate energy issues and emerging technology innovations of today. Over the month-long course of the competition, the teams built their houses, gave tours, and were judged by several panels of internationally respected professionals in the field. Although I was not part of the Appalachian team (Maison Reciprocity, in collaboration with Université D’Angers), as an Appropriate Technology major I found the Solar Decathlon to be very educational and extremely relevant to my field.

I was fortunately able to attend the competition because I had just finished my year as an exchange student in Graz, Austria. I stayed in Versailles for a week, and though I didn’t spend all of my time at SDE (who could skip Paris?), I was able to tour all of the houses, speak with students and industry representatives from all over the world, and see for myself how each team pursued their society’s priorities. For example, the team from Chiba University in Japan built Renai House, designed to withstand natural disasters such as the 2011 Fukushima earthquake. Maison Reciprocity, the Appalachian/Angers design, was made for row housing in a medium-density city like Winston-Salem. The team from Frankfurt, Germany, designed housing to sit on existing roof space to address urban density issues, a recurring theme in many projects. So, the ways in which each team tailored their projects to address their specific country’s needs varied widely and kept the competition interesting. I especially loved the contrast between the SDE site full of modern, sleek, efficient houses against the sprawling, opulent backdrop of the Palace of Versailles and its formal gardens.



Left: ASU’s house at the Solar Decathlon



Right: Map and directions to the Solar Decathlon



HONORS STUDENT TRAVELS THE LAND OF FIRE AND ICE: ICELAND GEOLOGY TRIP 2014

Photographs and story by Taylor Jones

This past summer, I went abroad with a small group of students to study the geology of Iceland. Brian Zimmer and Dr. Scott Marshall (ASU Department of Geology), fearlessly led us through nasty weather, breathtaking scenery, and a host of geological features on the youngest populated island in the world. Each student was tasked with writing a chapter about one such feature, and a field guide was compiled to be referenced throughout the trip. These features included geysers, volcanoes, glaciers, outwash plains, and others that are not found in any other place as condensed as Iceland. We spent five days of the trip backpacking the entire Laugavegur trail, where we encountered hot springs, mountains, snow, and one of Iceland's thickest wooded areas, known as Þórsmörk. The trip was an incredible opportunity, to study geology in one of the most geologically active areas on the planet. Great friendships and lasting memories will forever motivate each of us to return to such a unique place!



Above: The App State group goes on a glacier hike



Photos: glacial lagoon (top left), cone volcano on the island of Heimaey (top right), Strokkur geyser erupting (bottom left), and views from backpacking on the Laugavegur trail (two, bottom right).





INDEPENDENT STUDY IN THE MIDDLE EAST: EMILY JORGENSON IN ISRAEL, PALESTINE, AND JORDAN

Story by Emily Jorgenson



Above: a camel in Petra

I traveled to Israel, Palestine, and Jordan for two months this summer through an Honors Independent Study. It was an incredible trip! It also fulfilled my international study requirement for the Honors College while I learned about the Jewish and Arab cultures and religions. It was an internship with Young Life, so I went with a team of seven other college students from around the U.S. We did three summer camps, one for people with special needs and the others for teenagers. Sightseeing was amazing; our team was able to go to Petra, Wadi Rum, Jerusalem, Haifa, and floated in the Dead Sea. I met and served Syrian refugees in Jordan, witnessed protests in Haifa, rode a camel, spoke with shepherds, and heard the Palestinian perspective as we stayed in a village in the West Bank and went to conflict areas like Hebron. I picked up some Arabic in my time there and am planning on pursuing the language, as well as returning to teach in one of the facilities for people with special needs in Bethlehem. The cultural, political, linguistic, and academic gains from this trip to the Middle East were far beyond what I thought was possible and I am so grateful for the experience. Ma'assalama!



Above: Emily Jorgenson with her team on Mount Precipice in Nazareth.



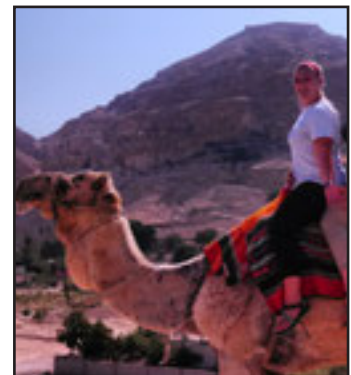
Above: People praying at the Western Wall/Wailing Wall in Jerusalem.



Above: Emily next to carvings on the wall at Wadi Rum

Far Right: Emily riding a camel in Jericho

Right: A welcoming tunnel for campers to our summer camp in Bethlehem.





STEPHANIE IBARRA:

VOLUNTEERING AT A HOSPITAL IN NAYARIT, MEXICO

Story by Stephanie Ibarra:



Above: Stephanie Ibarra (center wearing necklace) with other OB-GYN interns and residents saying good-bye on her last day in the hospital.

This past summer, I had one of the greatest experiences of my life. It wasn't skydiving or flying to Europe. Rather, I volunteered at a Mexican hospital for two months. and during those 60 days, I was convinced I want to be a doctor.

My name is Stephanie Ibarra. I'm a junior Honors student and Cell Molecular and Biology major with a minor in Chemistry. Last semester I was thrilled when I got the news that I had been accepted for an internship in a Mexican hospital! Soon after, at the beginning of summer I traveled to the beautiful Nayarit, Mexico. My educational journey began immediately with my arrival.

I was placed in the obstetrics and gynecology department. From the beginning, I knew this was going to be a life-changing internship. The hospital itself was small, there weren't many medical resources nor beds, and the staff was overwhelmed by the number of daily patients. I was placed in a group of five OB/GYN residents and 10 interns, all great people. During my time there, which included day shifts, night shifts, and 36 hour shifts, I learned so much! Not only was I able to observe countless medical procedures on pregnant women, but was allowed to experience first-hand the deliveries of babies. In total, I observed 27 deliveries, and most of them boys. I also witnessed five cesareans and two hysterectomies. It was the best spent summer of my life, and transformative. It solidified my decision to become a Doctor, and it made my future more clear and attainable.

Below: Stephanie (center, forth from left) with OB-GYN interns, filling out the patients' records before heading to the delivery room.



Above: One of the many babies Stephanie helped to bring to the world. This little one is a girl.



CHRIS WALDON JOINS WAR IN EUROPE



Story by Chris Waldon

During the past summer, I went on the War in Europe program put on by the History, Sociology, and Foreign Languages departments. This trip took my fellow students and I on a shotgun tour across France, Belgium, Luxembourg, and Germany. In each country we stopped to visit important sites from each of the World Wars, and we discussed the things that we saw through historical, sociological, and literary lenses.

Though I was fascinated by much of what I learned that related directly to the World Wars, my favorite part of the trip was staying in Trier, Germany for an extended period. This obscure city was once the capital of the Roman Empire, and it still has many structures from that period. Not only did I get to climb the ancient northern city gate (the Porta Nigra) and tour the infrastructure of the Roman baths (stunning in its complexity), but the whole class got to spend a while in the room that once housed Constantine's throne.

I would recommend this particular trip to any student interested in 20th century history, but also to those who are irresistibly fascinated, as I am, with the ancient past.



Right: Chris Waldon, farthest back on right-hand row of diners.



HONORS FACULTY MEMBER WORKING (AND PLAYING!) IN THE SOUTHERN HEMISPHERE

Story by Dr. Kristan Cockerill

Although I hated missing the first week of classes, I did so for a very good reason! I was in Buenos Aires presenting a paper at the Society for the Social Studies of Science annual meeting. The meeting was wonderful and I had excellent discussions with colleagues about my paper, *The Social and Scientific Language of Water Management*. Many thanks to the Honors College for supporting my attendance at this meeting.

Before the meeting, I had a week to explore Buenos Aires and the surrounding area with my husband, who is working in Argentina this semester. Buenos Aires is a huge city that has distinct sectors, each with its own personality. Highlights from the visit included wandering through Recoleta Cemetery, where Eva Peron (Evita) is buried; walking along Puerto Madero where the old port that has been converted to shops and recreation areas; viewing



Above: The Rio de la Plata forms the border between Argentina and Uruguay. Dr. Cockerill is sitting on the Uruguayan side in Colonia del Sacramento.

statuary and walking through parks throughout the city and eating some of the best beef in the world. We also went to the suburbs of Tigre, where the wealthy have historically had their summer homes, and the city of La Plata, which has a magnificent cathedral and an excellent natural history museum. Just across the Rio de la Plata from Buenos Aires is Colonia de Sacramento, Uruguay. We took the ferry and spent the day in this historic walled city, including climbing to the top of the lighthouse for an amazing view of the town and the river. My interest in water is definitely reflected in the photos taken on this trip!



Above left: Puerto Madero is a historic port in Buenos Aires that is now a popular shopping/dining/recreation district.

Above right: The town of Tigre is north of Buenos Aires and is a summer resort area featuring many rowing clubs, including the one in this photo.

Left: Recoleta Cemetery features more than 4500 tombs dating from the early 1800s until present day. Many Argentine political figures, artists, and religious leaders are buried there.



DR. ERICK BANDALA GONZALEZ: VISITING PROFESSOR IN THE DEPARTMENT OF TECHNOLOGY AND ENVIRONMENTAL DESIGN



Above: Dr. Bandala in his office in Harper Hall in the Department of Technology and Environmental Design at ASU

Dr. Bandala is a Professor in the Department of Chemical, Food, and Environmental Engineering at Universidad de las Americas, Puebla (UDLAP). In that position, he has hosted two students from the Honors College, one in the Summer of 2012 and one in the Summer of 2013, who have traveled to UDLAP to work with him in his lab. Both students worked with Dr. Bandala on his research looking into the development of sustainable technology for water and wastewater treatment. Dr. Bandala's research focus is on better ways of removing emerging pollutants in the process of disinfecting drinking water. Specifically, he is trying to figure out how solar energy can be harnessed and converted into radiant energy in order to remove harmful pesticides, hormones, toxins, and antibiotics from water.

Currently on a six month sabbatical in the position of Visiting Professor at ASU in the Department of Technology and Environmental Design, Dr. Bandala is building on his relationship with ASU to further collaborate with faculty and graduate students on this topic of shared focus. In addition, Dr. Bandala is fostering the connection for student exchange and research. Upon his return to Puebla, he is planning to host more ASU students to get involved in his research lab back at UDLAP. He is also paving the way for his UDLAP students to travel to Boone and work in labs at ASU with faculty on similar projects.

As for the experience of Honors students who traveled to Puebla to work in his lab, Dr. Bandala explained that both had great experiences living in the dorm, getting to know UDLAP students, taking cooking and dancing classes, and visiting cultural and historical sites in the area. As Dr. Bandala expressed, "It's a really nice opportunity for students to get involved in research in a different environmental landscape and experience a different way of life."

The Honors College welcomes Dr. Bandala to Boone and ASU. We look forward to continuing to work together fostering opportunities for Honors students in international exchange.



DR. JOE GONZALEZ: SHARING HIS PASSION FOR CUBA WITH STUDENTS

Honors and Global Studies Faculty member, Dr. Joseph Gonzalez, has been studying Cuba since conducting research in Havana for his dissertation in 1996. He is now preparing to take students with him on a travel

course that meets the Honors College interdisciplinary focus and will fulfill the Honors College international education requirement.

The passion behind this program is best portrayed in Dr. Gonzalez' own words, which follow: *"I study Cuba, and I love Cuba. I fell in love with Cuba when I was researching my dissertation. Despite the inconveniences and inefficiencies, and there could be a lot of them, I knew then that I wanted to take students there when*

I was able to do so. For the next several years, including my early years here at Appalachian State, I traveled with students regularly as part of courses that I designed. But never to Cuba. This course fills that need. I spent most of the summer of 2012 in Cuba researching my book; in March of 2013 my colleagues and I all went to Cuba to lay the foundation for the new course."

Above: Valle de Viñales at dawn



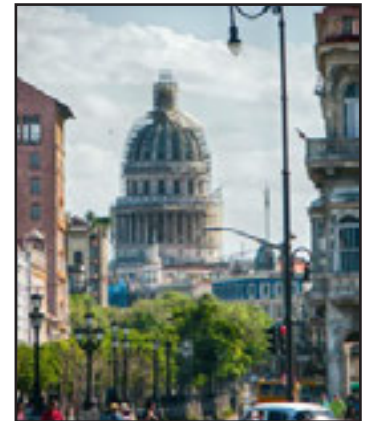
I was able to do so. For the next several years, including my early years here at Appalachian State, I traveled with students regularly as part of courses that I designed. But never to Cuba. This course fills that need. I spent most of the summer of 2012 in Cuba researching my book; in March of 2013 my colleagues and I all went to Cuba to lay the foundation for the new course."

Dr. Gonzalez is so excited to share his love for Cuba with students on this trip and to ignite their passion for travel through their own experience in Cuba. He further describes, *"We also wanted something that blended the academic and the experiential – the classroom with the wider world, which travel can do when it's part of a course that provides the requisite tools and context. Otherwise, it's just tourism. And we won't be doing any 'touristy things' on this trip. No beaches. No drinks with umbrellas in them. Instead, we are going to learn a lot about Cuban culture and history, in addition to learning how and why Cubans express themselves in music and dance as they do. Teaching this course [entitled: 'Rhythm and Revolution'] brings together two loves that I have — Cuba and teaching students. It is one of my greatest pleasures to see students awaken to the possibilities and complexities of a wider world. If I do my job right, this trip will nudge my students just a little bit farther down the road to being travelers, rather than tourists."*



Above: Musicians at Korimakao

Right: La Habana at dusk from the Moro Castle.



Below: Downtown La Habana

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DR. WALDROUP PRESENTS AT JACK LONDON CONFERENCE:

Associate Director Heather Waldroup recently presented her research on Jack London's photography at the Jack London Society 12th Biennial Symposium in Berkeley, California. The material presented in her talk to the Society draws on a chapter from her book, in progress, on American colonial photography from Hawai'i and Samoa, and is based on research conducted at the Huntington Library in Pasadena, CA.



Photos: Dr. Waldroup at the Jack London Ranch in Glen Ellen, California.



DR. WHEELER ATTENDS NCHA

Dr. Dale Wheeler, Director of the prestigious Scholarships Program (PSP), attended the 2014 North Carolina Honors Association (NCHA) Conference which was held on Friday, September 19th and 20th, at the University of Mount Olive (UMO) in Mount Olive, NC. Dr. Norm Crumpacker, Chair of the UMO Honors Program, and numerous UMO Honors students organized the conference. The guest speaker at the Friday evening dinner was Kenny Moore, a graduate from the UMO, who founded Andy's restaurant in early 1991 in Goldsboro, NC. Since then, the franchise has grown to 113 restaurants and is now called Hwy 55.

The NCHA is a professional organization of university and collegiate students, faculty, and administrators dedicated to the promotion and advancement of undergraduate Honors education. All participants in Honors programs throughout North Carolina are invited to attend this annual conference to share ideas on ways to further improve the experiences of Honors students.

Following a continental breakfast on Saturday morning, several oral presentations were given and a poster session presented by conference attendees. The NCHA business meeting was held following the noon luncheon and Dr. Patrick Bahls (UNC-Asheville) was elected to serve as NCHA President-Elect. Dr. Leslie Sargent Jones (ASU) moved to the Past-President position. There was also a student meeting held to discuss the role of Honors Student Organizations. The concluding session featured the student meeting report and the announcement that UNC-Asheville would host the 2015 NCHA meeting.



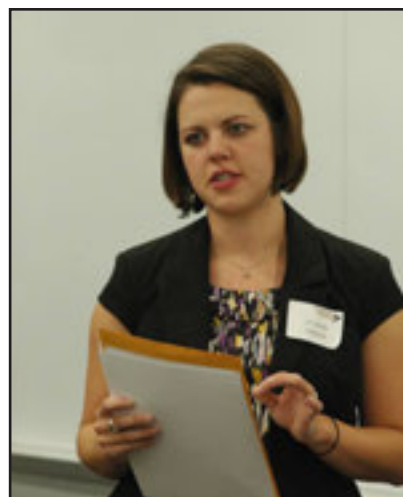
DR. EMILY STEINBAUGH DINATALE: ALUMNA PROVIDES INSIGHT AND WISDOM TO CHANCELLOR'S SCHOLARS



The Honors College was delighted to welcome back Dr. Emily Steinbaugh DiNatale (pictured left and bottom at the event) to campus to share her experiences with current Chancellor's Scholars at the second Chancellor's Scholars banquet on Sept. 29, 2014. Emily graduated from Appalachian State University in 2008, graduating with University and departmental Honors and with a Bachelor of Science degree in Psychology. While at ASU, Emily was a Chancellor's Scholar who was very involved with College Against Cancer and research. She was also the university nominee for the Mitchell Scholarship. Following graduation, Emily received her Ph.D. in clinical health psychology at East Carolina Uni-

versity, focusing her research on diabetes and obesity and psychology. Since completing her doctorate, Emily has worked with the US Department of Veterans Affairs, currently serving as a counselor at a VA office in Roanoke, Virginia.

In her talk, Emily discussed the importance of research, sharing how the research she conducted while at Appalachian influenced her professional path. Emily's research mentor while at ASU, Dr. Amy Galloway in Psychology, was also present, and Emily discussed how her research projects with Dr. Galloway helped to prepare her for graduate school. Her relationship with Dr. Galloway was also beneficial, Emily said, and she encouraged current students to



get to know their faculty members. Emily also talked about how important it was for students to be involved, and build community with each other. College is short, she said, but friends made today may be life-long friends.

Dr. Dale Wheeler, director of the Prestigious Scholarships Program and the organizer of this event, presented Emily with a plaque to commemorate her selection as speaker. Current Chancellor's Scholars enjoyed the opportunity to meet with students from other years, and to reconnect with classmates they may not have seen in a while.



The Honors College thanks Dr. Emily DiNatale and her parents for returning to Boone, and Dr. Dale Wheeler for coordinating this event!



HONORS ROCKS!

BRITTANY SLEEPER HIRED AT BETSY JOHNSON HOSPITAL

Story and photo by Brittany Sleeper (pictured below at the hospital in her new position)

Being an Honors College student has great perks—the more interesting GenEd classes, the early registration times (thank goodness for those!), and the way it sounds fantastic on a résumé. But the greatest thing that the Honors College did for me was give me the opportunity to study abroad in Bloemfontein, South Africa. It was this experience, I believe, that helped me stand apart from other students and led to my acceptance to Tulane University's Dietetic Internship Program. In order to become a Registered Dietitian, one needs to complete a yearlong internship program; these are very competitive and have extremely low acceptance rates. Tulane University was my first choice of the programs that I applied to and I believe it was the experiences that the Honors College gave me that ultimately led to my acceptance. I recently became a Licensed Registered Dietitian and was hired at Betsy Johnson Hospital, which is located in Dunn, North Carolina. During my interview I talked a lot about my Honors College experiences and how they made me a more qualified applicant (the Honors thesis project helped give me a great answer to “explain a time when you had to use time management skills and how you handled that?”). Joining the Honors College was one of the greatest decisions that I made during my college career—and I hope you find yourself thinking the same thing!





CARYS KUNZE PRESENTS

AT THE JOINT REGIONAL CONFERENCE OF THE COLLEGE MUSIC SOCIETY

Honors student Carys Kunze (senior, Music Education) traveled to Knoxville, Tennessee this past February to present at the Joint Regional Conference of the Southern and Mid-Atlantic chapters of the College Music Society, a professional organization for those who teach, research, perform, and compose in the field of music at the collegiate level. At this conference, Carys presented her original research titled “The Power of Group Dynamics in Musical Ensembles” as a poster. This ongoing research examines the relationship between social interactions within choirs and the student learning and musical growth that occurs within these ensembles. Carys has done field research with a number of choirs, both at Appalachian and at other universities in the region and abroad, as part of this project; eventually, this research will become her Honors thesis. Although one of this winter’s many snowstorms delayed the conference’s beginning, Carys nonetheless enjoyed seeing many papers, performances, and posters from leading professors and professionals in collegiate music, as well as experiencing Knoxville’s vibrant music and culture.



Above: Carys Kunze in front of her poster she presented in Knoxville at the Joint Regional Conference of the Southern and Mid-Atlantic



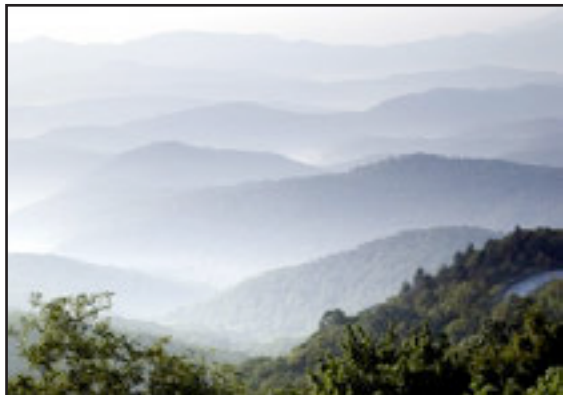
Above: Scenes from Ryan’s travel in Aarhus including a residential street (top) and fish market by the docks (bottom).

RYAN LAMBERT ATTENDS

WORKSHOP ON STELLAR SEISMOLOGY
IN AARHUS, DENMARK

Honors Student Ryan Lambert traveled to Aarhus, Denmark to attend a workshop on stellar seismology. This was his first international experience.

Here Ryan describes, *“My trip to Denmark was an amazing experience and I would fully recommend it to anyone debating about going. The city of Aarhus was beautiful to walk around with its colorful buildings and interesting architecture and the people were extremely friendly. I was initially worried that my inability to speak Danish would be a problem, but the second anyone figured out that I spoke English they would immediately lapse into speaking it as well. Overall it was a wonderful experience. I’ve never had the chance to travel outside the country before and I couldn’t have asked to go to a more beautiful country.”*



***WATCH FOR THE
WINTER 2015 ISSUE!***



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THE HONORS COLLEGE NEWSLETTER

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