

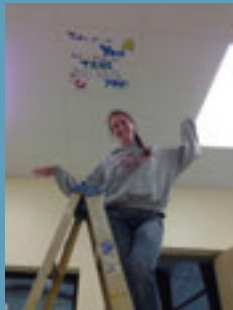
# LAURUS HONORUM

“Honored with the Laurel”

Volume 14, Fall 2013

## SERVING THE NATION AND THE WORLD

*Honors  
Students*



# INSIDE THIS ISSUE



<b>Word From the Director.....</b>	<b>3</b>
<b>New Honors Vanguard.....</b>	<b>3</b>
<b>Serving the Nation and the World.....</b>	<b>4-8</b>
<b>David Valder in Dominican Republic.....</b>	<b>8</b>
<b>Shady Kimzey Peer Leader Award.....</b>	<b>9-10</b>
<b>Brian Clee Summer in Russia.....</b>	<b>11</b>
<b>Nick Smith Scholarship.....</b>	<b>11</b>
<b>Honorable Mention.....</b>	<b>11</b>
<b>Corbin Ester at MD Anderson.....</b>	<b>12</b>
<b>Marissa Stockstad Research.....</b>	<b>12</b>
<b>Dana Cobb Research.....</b>	<b>13</b>
<b>Michael Judge Research.....</b>	<b>14</b>
<b>Matt Benfield in Ukraine.....</b>	<b>14</b>
<b>Emily Long in Germany.....</b>	<b>15</b>
<b>Honors Students in Greece.....</b>	<b>15</b>
<b>Alumnus Dave Towarnicky.....</b>	<b>16-17</b>
<b>Alumnus Dr. Steven M. Hefner.....</b>	<b>17</b>
<b>Fall 2013 Freshman Retreat.....</b>	<b>18</b>
<b>Honors Dorm Resident Assistants.....</b>	<b>18-19</b>
<b>2013-2014 AHA! Officers.....</b>	<b>20</b>

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. Follow us below and let us hear from you!





# WELCOME

## A Word From the Director

This fall issue of the Laurus Honorum focuses on something that Honors students do without being asked: service. The articles here deal mostly with service trips, both domestic and international, but that just gives you a flavor of all that our students do, from working at the Boone Hospitality House and Community Care Clinic, to working for the NC dental free clinics (MOMS), Honors students are committed and intensely involved in world-changing service.

Some Honors programs have service requirements in their curricula, but I learned very quickly at ASU that the desire to serve others and contribute to global transformation is in the mountain air, and we don't have to require anything: Honors College students, like most students at ASU, are already doing it.



## New Vanguard Members Inducted

The newest members of the Honors Vanguard for 2013-2014 were recently knighted in the Honors College this fall! New members are excited to volunteer with Honors activities, such as open house, Honors Days, and meeting with prospective students to talk about the Honors College. Congratulations to all and thank you for your service!

### New Members for 2013 - 2014

**Katie Savannah Amos**  
**Laurel Bates**  
**Courtney Fish**  
**Robert Harris**  
**Dillon Hewitt-Castillo**  
**Shauna Joyner**  
**Sara Lackey**

**Eryn Lee**  
**Madison Burris**  
**Allison Merims**  
**Savannah Ray**  
**Ashton Schlachter**  
**Macgregor Shepard**  
**Scott Williams**





## Honors Students: Serving the Nation and the World

Several Honors students took their education beyond the classroom in 2012-2013 by participating in Alternative Service Experiences (ASE) offered by Appalachian & the Community Together (ACT). These Honors students spent their fall, winter, and spring breaks exploring a variety of social issues while working in many diverse communities around the nation and the world.

### International Experiences

#### *Dominican Republic . . .*

**Bess Smith:** *"Going to the DR was one of the best experiences I've had at ASU so far! I saw the Zona Colonial in Santo Domingo, the oldest European settlement in the New World. We visited the Panteon Nacional, which has an 'undying flame' guarded by a soldier for people who died in wars and revolutions. We also went to Parque Colon, which was the city square for the Zona Colonial. My photos on the right show the view out the window of the house where we stayed, and the view of the village from a house up on the mountain where we ate all of our meals."*



**Chelsea Lineberger:** *"In January, I joined 14 other students and one faculty member to travel to La Represa, Dominican Republic (photo on left). An international agency, Service for Peace, hosted us in the town. We finished the construction of a fence surrounding the local school to help keep children safe in an area that is prone to flooding. We helped host a celebration of Dia de los Reyes (Three Kings Day), and got to enjoy a tour of the oldest city in the western hemisphere, Santo Domingo. The residents of La Represa were giving, caring, and welcoming. They taught us more than we ever expected to learn, and gave us much more than we could have ever given to them. Ten warm, sunny, Caribbean days were spent learning of service, giving, and friendship."*



## Honors Students: Serving the Nation and the World

### International Experiences

#### Jamaica . . .

**Drew Bennett:** *"If I were to choose one organization on campus that has had the greatest affect on my development and growth as a student leader, I would have no hesitation in asserting the profound influence and guidance ASE provided me. This organization is unique because it provides students the opportunity to create their own learning and service environment to generate hands-on solutions to issues and social problems that are important to them. Both as participants and group leaders, volunteers on the domestic and international stage gain real world experience in critical thinking, communication skills, group reflection, and cultural sensitivity and immersion. While many college students are spending their school breaks at home or on vacation, participants engaged with ASE are making permanent contributions to communities around the world. These service adventures cover the spectrum, ranging from building houses in the Dominican Republic, working with school children in Peru, or volunteering to alleviate food insecurity in the Bronx, only to name a few.*

*Returning to the program for a second year, I was fortunate enough to serve as an international leader to Jamaica last winter break with an amazing group of students. Throughout the fall semester, we met as a group to get to know each other and to prepare for our service journey. However, just as many adventures go, we were thrown a few curve balls and unexpected challenges on our trip that we were able to collectively utilize as fundamental learning experiences and, as a result, grow and build empathy for the community we were working with. Throughout the week, our main service project allowed us to connect and spend time with a local school and the young children who call that community home. We spent time with students, painted desks, and worked to improve the new living quarters for future volunteers. While we donated and left many bags of school supplies on the island, we brought back with us an invaluable international experience of service and cultural immersion that I'm confident will stay with us for the rest of our lives."*





## Honors Students: Serving the Nation and the World

### International Experiences

#### Guatemala . . .

**Colleen Choate:** (photo on right) *"We rode standing in the backs of two pick-up trucks for thirty minutes over rocky dirt roads, chanting children's songs in Spanish. By the time we reached the village we had sweeping vistas of the Guatemalan mountains, as well tears in our eyes from the dirt and exhaust. But when we walked into the school courtyard, the tears came for a different reason. Forty or so children had laid a path of pine needles and flowers and stood clapping for us for at least ten minutes. They didn't know us yet, but they knew they wanted to love us, and for us to love them. Over the course of the next four days we would haul buckets of gravel, mix and pour concrete, and chop terraces out of a mountainside, but the real work was elsewhere. We witnessed a culture, we were taught a language by someone who didn't know ours, we listened to a child, played chase, braided hair, laughed, and even held kids while they cried. The real work we did in Guatemala was in the connections we made and the love we shared. Every day I was humbled and inspired."*



#### Belize . . .

**Molly Van Gilder:** *"Going abroad with ACT was so beneficial and unique because it allowed me to see Belize in a different light from that of a tourist trip. I feel that I really learned a lot, both through our service projects in different towns and from the people I met, especially my homestay family. Of all the spring break trips I could have taken, none could have been as rewarding as going to Punta Gorda, and nowhere else could I have learned so much about their culture and about myself."*

#### Nicaragua . . .

A few photos from **Brittany Mandel's** experience in Nicaragua . . .





## Honors Students: Serving the Nation and the World

### Domestic Experiences

#### Georgia . . .

**Marissa Stockstad:** (photo on right) *“Last spring break I went on my first ASE to Murphy-Harpst Children’s Home in Cedartown, Georgia. Getting to spend this week with the children at the center and helping to finish their new recreation center was a truly eye-opening experience, and much more rewarding than sitting at home or going to the beach on break! I cannot wait to go on another ASE this coming year.”*



#### West Virginia . . .



**Beth Gaudette:** (photo on left) *“For my ASE spring break trip I went to West Virginia and worked for the company Sustainable Williamson, whose goal is to produce cleaner forms of energy to replace coal use in Central Appalachia. Assembling a drip irrigation system, painting a community center, and going to a local farm were some of the projects I had the joy to work on throughout the week. The trip was an unforgettable experience that I was so honored to be a part of. I gathered new appreciation not only for the environment, but also for the opportunities I have. The poverty in this area reminded me to be grateful for the college education I am receiving, and hopefully the bright future I will have.”*

**Laurel Bates:** (photo on right) *“My ASE provided a great opportunity for me to serve alongside a group of passionate people. Although we have our own idea of what sustainability should look like in Boone, it takes wisdom and creativity to begin and promote sustainable practices in coal country. It was a privilege to live with and work for Eric Mathis, the founder of Sustainable Williamson, during the very beginning stages of Sustainable Williamson as we dug irrigation trenches for community greenhouses, pruned an orchard on top of a mountain-top removal site and promoted Sustainable Williamson throughout the community.”*





## Honors Students: Serving the Nation and the World

### Domestic Experiences

#### Tennessee . . .

**Kelsey Miller:** *"This year, I led my third ASE trip. My group and I traveled to Memphis, Tennessee, to work at Le Bonheur Children's Hospital. It was such a wonderful experience to serve the children and their families. We spent the week working hands-on with the children doing anything from crafts and serving hot cocoa, to playing games and rocking babies. Le Bonheur serves all families; they never turn away a sick child, even if they cannot pay. Working with them was a valuable way to see the needs of families and children. It makes me want to do more in my life, and in my future career with children, to make sure all kids can receive the type of care and respect that Le Bonheur offers their patients."*



### David Valder Spends Summer Serving in the Dominican Republic



Honors student, David Valder, spent two months of his summer in La Altagracia, Dominican Republic, working with a non-profit organization called Sister Island Project (SIP), organized through ACT's International Community Development Initiative. The bulk of SIP's work consists of organizing short-term volunteer groups from abroad to contribute their time and physical labor to community projects.



David spent most of his time in La Altagracia teaching English courses in their community center and conducting interviews to educate SIP about community needs. SIP sent two groups to La Altagracia in the last two years as the beginning of their plans to expand community development work into that small town. During his stay, David lived in four different households and ate all of his meals in one home. The family of the home where he ate really felt like his family. He loved living in a small, tight-knit community and watching them live and work united for the sake of the whole community, not just individuals. David hopes to return someday to visit all of his great friends and family he met there.





## Shady Kimzey Receives Peer Leader of the Year Award



Shady describes receiving the award as *“an incredible honor.”*

Congratulations to Honors senior, Shady Kimzey, who participated in a Thailand ASE and served as a Peer Leader on two additional ASE trips during the 2012-2013 academic year. Shady received the “U.S. Based Peer Leader of the Year Award” for her remarkable service and dedication.

During 2012 fall break in, Shady led an ASE trip to Asheville, North Carolina, where she and her group focused on urban farming by working on three different urban farms/community gardens, which was relevant to ASU’s 2012 summer reading book, *Farm City*.

*“Pushing wheelbarrows of mulch for hours at a time was definitely some of the hardest physical work I’ve done, but our trip bonded incredibly fast due to the nature of the work.”* Shady and her group had the opportunity to speak with the women who ran the gardens about their experiences, which they found incredible. *“Their wisdom, hard-work, kindness, and dedication to their community in the Asheville/Black Mountain area was an inspiration to me, especially since I aspire to be a professional in the non-profit sector. As a leader, I was especially impressed by our group’s vulnerability with each other and their willingness to accept and love each other despite our wide range of backgrounds and beliefs - truly a testament to the Appalachian family.”*

### ASE in Asheville, NC



### ASE in Atlanta, GA

In Spring 2013, Shady led another ASE to Atlanta, Georgia, to work with two organizations: My Sister’s House, a long-term live-in home for homeless women and children, and the Atlanta Day Shelter for Women and Children. The trip was a “Women’s Issues” trip with a focus on the causes and consequences of women’s homelessness. Shady asked to create this new trip because there were no other trips planned that addressed gender issues.



*“This was definitely the most intense program I had been on or led. Each night we led reflections on topics that fell under causes and consequences, such as sex trafficking, poverty, and abuse/violence. We had a speaker come in from Men Stopping Violence and an anti-trafficking singer come in to complement our daily reflections. Our experiences at the shelters were intense and inspiring, and I could never hope to briefly describe what I learned over this break. It completely changed my views on women’s issues, homelessness, poverty, and my role in all of it. All of the participants in our program were deeply affected by what we experienced and learned in reflection.”* (continued on page 10)

# AWARDS



## **Kimzey Peer Leader . . .** (continued from page 9)

The following are excerpts from Shady's journal during her experience in Atlanta:

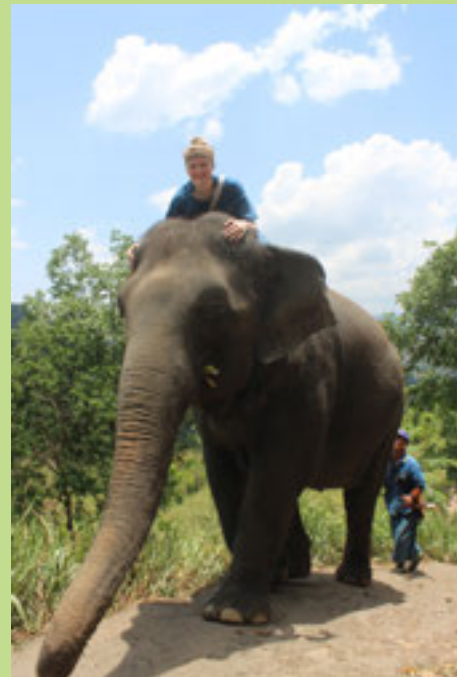
*"One of the main things that I learned on this trip is how it is incredibly difficult to break out of the view you have from privilege. Privilege is something that I experience because I am a white, middle-class, heterosexual Christian college student with no learning or developmental disabilities. Being at the shelters made me realize how many things I don't have to think about simply because I am privileged. . . Unless you interact directly with the people you are attempting to serve, listen to their stories and perspectives, and don't try to impose your own ideas of what's best, you will never be a part of any solution."*

Students who participated in the Atlanta ASE with Shady found her dedication remarkable. Here are a few things they had to say:

*"Shady always made every adventure fun and full of passion. She inspired me to rethink the relationships and stereotypes I perpetuate in my daily life and has truly changed my way of thinking about the world. Our trip was so neatly organized thanks to her and she always reminded us that the women we were serving remained our priority." . . . "Shady was a one of a kind ASE Peer Leader. Her passion drove the entire trip and I am so blessed to have been able to talk with her and hear her opinions and viewpoints on topics. Shady was so willing to listen to other's viewpoints and it seemed that the entire trip all she wanted to do was learn. She made the trip what it was and I think that overall she was the heart of our ASE!"*

## **Shady's ASE in Thailand**

Shady also traveled for a Women's Empowerment focused international ASE to Chiang Mai, Thailand, to work with DEPDC: a trafficking prevention program, mainly for girls, with a focus on education. This was her first time overseas and it was an incredibly eye-opening and intense experience. *"I got to see a whole new perspective on Women's Empowerment on this trip, a view from the Eastern and Buddhist perspective. We had the opportunity to learn Thai, ride elephants, speak with the founder of DEPDC about anti-trafficking efforts in Thailand, go to the red light district, and serve some of the most joyful children I have ever seen. Although understanding Eastern culture and Eastern ideas about gender were difficult for someone who identifies as a Western feminist, this experience definitely widened my horizons and changed my ideas about international social justice work. Working with children who were at risk of being trafficked also was a heart-breaking reality to face, as well as an inspiring experience. I am so thankful that world-wide there are organizations working against trafficking, especially sex trafficking."*





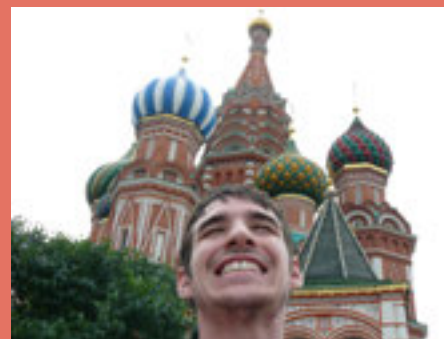
## Brian Clee Receives Competitive U.S. Department of State Critical Language Scholarship

Honors junior, Brian Clee, was one of 32 students selected for the highly competitive U.S. Department of State Critical Language Scholarship for Russian Studies. Brian is a computer science major and is pursuing minors in both math and the Russian language. With this unique combination of studies, Brian hopes to work one day in the intelligence sector for the U.S. government, utilizing his skills in computer science and the Russian language towards natural language work. Based on the combination of his educational background and his goals, Brian was selected as one of the recipients for this prestigious scholarship. It allowed him to study advanced Russian in an intensive ten-week language program in Summer 2013 at the Institute of Social Sciences and Humanities in Kazan, Russia. Brian experienced total immersion by living with a host family and adhering to a Russian-only language policy. He completed a final presentation comparing the differences in computer science education in the Russian Federation and the U.S.

Brian also learned much about the Tartar and Russian culture, as Kazan is the capital of the Republic of Tartarstan, and he traveled extensively in the surrounding republics. As a result of this program, Brian raised his official ACTFL oral proficiency score in Russian by two levels and had the experience of a lifetime!



Brian at the Kazan Kremlin (above) and Saint Basil's Cathedral (below)



## Nick Smith Receives Matt W. Williamson Scholarship



Honors junior, Nick Smith, was awarded the Matt W. Williamson Scholarship provided by the ASU Local Government Alumni Association. This scholarship is awarded annually to a student pursuing a career in city and county management and commemorates the work of Dr. Matt Williamson who created the TACCM program over 35 years ago.

Nick is pursuing a career in local government and worked as an intern this past summer in the City/County Planning Department in Winston-Salem, NC. Congratulations, Nick!

## Honorable Mention

The following Honors students were awarded travel grants in 2013 from the Office of Student Research:

Caleigh Davis  
Kevin Kijowski  
Erin Latz  
Chirayu Patel  
Nicholas Tampa  
David Valder

The following Honors students were awarded research grants in 2013 from the Office of Student Research:

Carys Kunze  
Elizabeth Payment  
Kaitlyn Woodard

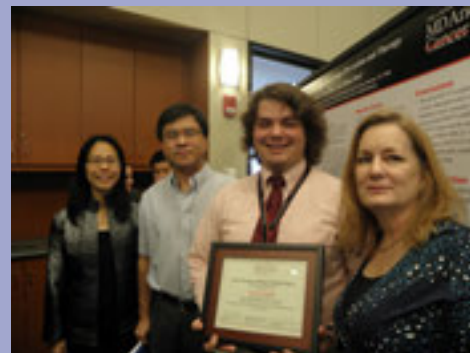
Congratulations to all!



## CORBIN ESTER TRAINS IN CANCER PREVENTION RESEARCH AT MD ANDERSON CANCER CENTER

This past summer, Honors junior, Corbin Ester, worked in the National Cancer Institute funded Cancer Prevention Research Training Program, in the Department of Clinical Cancer Prevention at MD Anderson Cancer Center. While there, Corbin spent his summer working in the lab of Dr. Qiang Shen, learning basic lab techniques in cell/molecular biology.

*"The skill set that I attained while working in the lab of Dr. Shen is truly invaluable, but the numerous interviews and shadowing experiences with the faculty from MD Anderson Cancer Center, Baylor, and UT Houston is what made this experience so unique. Our program directors encouraged us to not only learn from our immediate mentors, but to seek out advice from experts in our varied fields of interest. Working with many physician scientists, I know now that this is the only career for me. I would highly recommend this program to anyone who is interested in a career in cancer prevention research."*



**Corbin Ester (second from right)**

Corbin's contributions this summer will assist with the publication of several manuscripts that Dr. Shen and collaborators are putting together. His future career plans include pursuing a dual degree in a M.D./Ph.D. program, after which he is interested in translational research, cancer prevention, and pediatric oncology.

## MARISSA STOCKSTAD CONDUCTS RESEARCH AT OLD DOMINION UNIVERSITY




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Clinical Research Coordinator  
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<http://www2.odu.edu/~cckooke/familyhealthstudy/>

Honors sophomore, Marissa Stockstad, spent her summer working as a research assistant alongside Dr. Michelle Kelley at Old Dominion University (ODU) in Norfolk, Virginia, through the National Institute of Drug Abuse's (NIDA) undergraduate internship. Marissa spent ten weeks conducting assessments, entering and analyzing data, and writing research papers about the ODU Family Health Study.

The ODU Family Health Study is a treatment-based research involving a triad (mother, father, and child), in which one or both of the parental figures has an alcohol or drug abuse problem. *"The study hopes to determine the effects that behavioral couples therapy involving parental addicts and their partners has on children in the family, compared to individualized counseling for just the addict."* Upon qualification, the subject families in the study were given

a pretest assessment, consisting of questionnaires for both adults and the child and a SCID (Structured Clinical Interview for DSM-IV) for both adults. The couple then completed twelve weeks of Behavioral Couples Therapy to assist the couple in communication and the addict's recovery. The assessment questionnaires were administered once again upon completion of the therapy and again six months later. This internship was Marissa's first experience with research and it required her to learn a lot very quickly. When Marissa first arrived at ODU, she immediately began entering and auditing adult questionnaires and SCIDs, as well as child questionnaires. Soon, she began administering the child questionnaires for pre, post, and six-month follow-up assessments. By the end of the internship, Marissa had successfully administered every aspect of the assessment, including the SCID, and was working on a research paper. *"I consider myself lucky to have been chosen to be part of such an important study and to be able to continue working on the study and paper throughout the year."*

# RESEARCH



## DANA COBB RECEIVES SCHOLARSHIP TO STUDY IN GERMANY

Honors student, Dana Cobb, was given the wonderful opportunity to study and intern in Germany for three months over the summer. She received a scholarship through a partnership with the Baden-Württemberg Stiftung, a governmental organization in the German state of Baden-Württemberg. Dana spent the first month at a language school, polishing her German skills in preparation for the next two months of working as an intern in a research lab.

She worked at the Institute of Neuroscience at the University of Tübingen in a lab investigating retinal degradation and optics. The first month of language classes was incredibly difficult, yet rewarding. Dana was able to improve her German, as well as make friends with people from all over the world.

In Tübingen, Dana spent the majority of her time working on a project in conjunction with a PhD candidate's project. Dana's project involved immense amounts of pipetting while she ran PCRs and gel electrophoresis. This allowed Dana to learn quite a bit about the chemistry and biology behind neuroscience research. She was also able to work on a behavioral neuroscience project that investigated the visual abilities of mice with an *nrl-1* mutation, which meant that the mice were night blind. The retinas were injected with stem cells of rods, in the hopes that the missing and degraded rods would be replaced by the stem cells. Dana was also able to work with new and high-tech equipment, such as a photon-laser and advanced tracking programs.

Though the science and learning was an incredible and rewarding experience, Dana's experience with the people in the city of Tübingen was the most meaningful. She was able to fully experience the German culture. She learned to navigate the public transportation system, attended festivals and concerts, frequented the weekend farmer's market, and



even attended church and bible study groups. She made friends with people from Germany, Italy, Switzerland, Armenia, Russia, Poland, England, Finland, and many more! Dana was also able to travel and was able to see some amazing sites: the largest waterfall in Europe; a concentration camp; one of the oldest libraries in Europe containing the oldest German translation of the Bible; the Louvre; the Swiss Alps; the castle where DNA was discovered; and many more beautiful sites.



# RESEARCH & TEACHING



## MICHAEL JUDGE AWARDED POSITION IN INTEGRATIVE MOLECULAR PLANT SYSTEMS PROGRAM

Honors student, Michael Judge, was awarded a position in the Integrative Molecular Plant Systems (IMPS) program, which provides graduate experiences to undergraduate students. Michael spent time as an NSF REU intern at NC State University, where he was placed under the mentorship of a postdoctoral associate. He worked in a plant molecular biology lab that seeks to uncover genetic regulation for the biosynthesis of a critical plant growth hormone called "auxin." *"I vied for a position in this lab in my application for the program because I was interested in how plants coordinate growth, development, and responses across numerous biological levels; the project I was assigned gave me that and more."* The lab aims to identify the role of a gene hypothesized to be involved in the balance between production of plant defense compounds

and coordination of auxin levels in specific tissues. *"This was a great opportunity through which I could approach my long-term academic goal of studying these types of integrated systems as networks. The actual work required immersion in literature and lab environment alike, with plenty of bench work. Most weeks involved over forty hours in the lab while maintaining scholarly activity for both the IMPS program and the lab, including meeting attendance and the preparation of four presentations, a literature review, and a formal poster."*

Michael's constant interaction with the IMPS coordinator, postdocs, PIs, PhD students, and other interns (IMPS and others) was invaluable to maximizing his experience. *"I will certainly strive to continue these relationships as I take on the further opportunities they have already led to. I only regret that I did not apply sooner; I can only imagine the wealth of benefits that an REU would have brought me a year earlier. It was one of the most intense and enriching experiences of my academic career so far."*

Honors sophomore, Matt Benfield, completed a six-week summer teaching internship in the Ukraine in Eastern Europe. He spent his time teaching children at a private summer camp about cultural diversity and acceptance. While helping the children with their English abilities, Matt worked with other college students from around the world to give the children a sense of how to accept other cultures and become global citizens.

Matt is a global studies major and a member of AIESEC, the organization that gave him this opportunity. Before finding this internship through AIESEC, Matt didn't know much at all about the Ukraine, which is one of the main reasons he chose this country. *"This internship gave me the once in a lifetime chance to immerse myself into a totally unfamiliar culture, while making a difference in the lives of many children. By and large, the Ukrainian people have not yet gained the global mindset needed to accept other people and cultures, thanks to the influence of Soviet Union ideals. However, the youth of Ukrainia are becoming more receptive to cultural diversity and I am proud to have been able to spark global thinking among the kids I taught."*

## MATT BENFIELD SPENDS SUMMER TEACHING IN THE UKRAINE



# STUDY ABROAD



## EMILY LONG STUDIES IN GERMANY

Honors senior, Emily Stewart Long, traveled to Trier, Germany, ASU's German sister school, to study language as part of a five-week summer study abroad course. Since her first trip to the country in 2009, Emily, a history and political science double major, has studied German history, politics, language and philosophy with ever growing enthusiasm. *"Returning to Germany after the country had singlehandedly shaped so much of my academic future was nearly overwhelming, I really appreciate that special kind of learning spurred on by a feeling of 'being-in-the-world' that is so often achieved with study abroad."*



Over the course of her summer studies in Trier, Emily worked towards proficiency in both spoken and written German through means of complete immersion. She recalls the tedious experience quite fondly, *"We all felt like children,"* she says laughing, *"allowing yourself to learn through immersion can be frightening, but that's really all it is, allowing another language to redefine you inside and out not only lets you learn the language but lets the language learn you—it redefines how we think, not just what we call something."*

During her time abroad Emily also traveled into Luxembourg and France as well as across the Bavarian countryside before ending her summer in Berlin, the city that sparked her deep interest in Germany so long ago.



## HONORS STUDENTS LEARN ABOUT GREECE



Cody Taylor (bottom center) and Nick Smith (bottom left)

In May 2013, Honors students Nick Smith and Cody Taylor traveled to Greece as part of a program that provided an experiential and traditional learning opportunity, focusing on the ancient Greeks primarily, and on Modern Greece secondarily. The trip was led by Dr. Richard Spencer (Philosophy and Religion), who held lectures and instructional sessions in collaboration with a few local professional guides. Students were introduced to the history and developments of modern Greece in the European community.

Upon his return, Cody stated, *"The trip was by far one of the greatest experiences that I have ever had. I attribute all of the great things about this trip to our faculty leader, Dr. Spencer, who made everything both interesting and engaging. He encouraged a higher level of thinking and offered awesome one-on-one conversations to those of us who approached him with a topic."*



## **IN HIS OWN WORDS: HONORS ALUMNUS DAVE TOWARNICKY DESCRIBES THE IMPACT OF THE HONORS EXPERIENCE**

Attending graduate school and earning an advanced degree was always a personal goal of mine as I entered my senior year, and the Honors College was a tremendous resource as I began to explore my options. After focusing on both my University and College of Business Honors requirements, as well being a member of ASU's baseball team, I decided to apply for the Rhodes Scholarship, but I had no idea where to start.

It was at that point in my senior year that I finally made the trek across campus from my usual building, Raley Hall, to the Honors College and stumbled into Dr. Wheeler's and Dr. Jones' offices for the first time. When I told them I wanted to apply for the Rhodes Scholarship, I half expected them to say, "That's nice, good luck with that..." but the response was far more encouraging. Instead they said, "Let's do the Marshall too!" In the months that followed I met with Dr. Wheeler and Dr. Jones every week to work on personal statements and interview preparations. They knew better than anyone that selection for these two prestigious awards was difficult, but their optimism and clear commitment to my goals was inspiring. While I did not receive either award, my time spent with them was invaluable. Dr. Jones and the Honors College staff saw me through to graduate with University Honors, and for that I am very grateful.

After graduating in December 2010 I was unsure if I wanted to immediately seek employment or attend graduate school right away. The decision soon became clear upon landing my first job as an FX Trader for BB&T. The hours I spent preparing for the interview round of the Rhodes Scholarship transformed me into a much more polished conversationalist and taught me the art of selling oneself while maintaining humility. Additionally, Dr. Jones encouraged me to complete my Honors Thesis topic, "Foreign Direct Investment in Developing Countries." There is no doubt that this experience, along with my improved interview skills, played a large role in getting my job at BB&T.

My two and a half years with BB&T gave me valuable experience in a high stress, high responsibility



setting while I learned about international capital markets. This provided me with numerous advantages as I prepared for graduate school, and working 8 a.m. to 5 p.m. everyday with limited vacation days made me appreciate life in an academic setting, making me want to return.

My biggest question about returning to school was whether I wanted to pursue an MBA or a JD. As a business major at Appalachian, I never considered law school, but during the course of my employment the frequency with which I encountered matters pertaining to the law was alarming. The issues ranged from maintaining compliance with new Dodd-Frank reporting regulations, to wire fraud, to Chinese currency market regulations. It became clear to me that the business leaders of tomorrow need to have a firm understanding of the legal environment in which they and their clients operate. Some of the most rewarding experiences at BB&T were not just making a big trade, but helping our clients navigate the legal complexity of conducting international business.

I believe my work experience at BB&T helped set me apart from other law school candidates in a positive way. (continued on page 17)





## HONORS ALUMNUS DAVE TOWARNICKY ...

(continued from page 16)

While working, I was able to spend over one year studying for the LSAT on evenings and weekends, and I was able to earn and save enough money to drastically reduce the financial burden of attending law school. Additionally, the time I spent working with Dr. Jones and Dr. Wheeler on my Rhodes and Marshall Scholarships prepared me to attack the seemingly daunting task of writing a personal statement, which paid dividends as I was applying to law school. Were it not for their advice, my personal statement would not have been nearly as well constructed.

I looked at many law schools in the New York area, but I chose to attend George Washington University Law School (GW) this fall because I felt D.C. more closely fit my personality, career goals, and family goals. I was awarded some merit-based financial aid, which also made a big impact. GW offers a wide range of specialties and opportunities for internships and employment that go along with being located in D.C. It also has strong ties with the SEC, World Bank, and IMF – all places I can see myself seeking employment after graduation. I will always be grateful to the Honors College for playing a key role in my admittance to GW.

## HONORS ALUMNUS STEVEN M. HEFFNER, M.D. RECEIVES CHANCELLOR'S SCHOLARS ALUMNI AWARD

On a lovely evening in September, past and present Chancellor's Scholars (pictured below) joined for an evening of dinner and conversation to honor Dr. Steven M. Heffner (in photo on right) for all of his great accomplishments. Dr. Dale Wheeler (in photo on left), Director of the Prestigious Scholarships Program, organized the event and presented the award. Dr. Heffner joined the Honors College as Chancellor's Scholar in 2001 and graduated in 2005. He served as the former President of the Appalachian Honors Society (AHA!) and graduated from ASU as a computer science major.

Dr. Heffner attended Wake Forest University Medical School, where he graduated in 2009 and then also went on to complete his family practice residency in 2012. He works at Salem Family Practice in Winston-Salem, NC, where he resides with his wife, Ashley Lewis Heffner, Ph.D., who was also a 2005 Chancellor's Scholar graduate of the Honors College. Current Chancellor's Scholars enjoyed hearing all about Dr. Heffner's journey into medical school during his presentation at the end of the evening. Congratulations, Dr. Heffner!

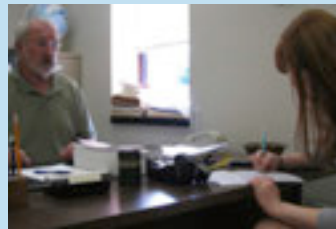
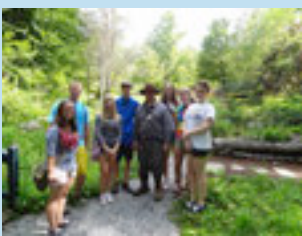




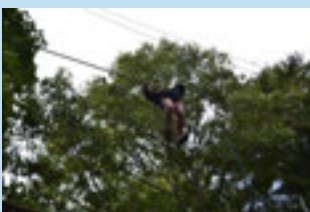
## Fall 2013 Honors Freshman Retreat

The Honors Freshman Retreat was a huge success once again this year! New Honors students kicked off the retreat on August 14th by participating in "Town as Text." Everyone did a wonderful job of interviewing officials at local agencies to learn about what they offer the Appalachian community. The Honors Freshmen returned to campus to share what they learned in presentations at the end of the day. The next day, on August 15th, the Honors Freshmen completed their two-day retreat with a fun-packed day at Broadstone!

### *Town as Text...*



### *Broadstone...*





## THOUGHTS AND WORDS OF WISDOM FOR HONORS STUDENTS FROM HONORS DORM RESIDENT ASSISTANTS

### *Cone Hall RA's . . .*



**Ben Grace:** *"I look forward to building relationships with my residents and helping them adjust to college in any way that I can, be it as a source of campus information or just someone who will listen to them if they have any issues. I hope to teach high school one day, and this position will offer a wealth of experience in working with students."*



**Mariah Webber:** *"I am honored to be selected as an RA for the Honor's students. I am especially excited to work with such a diverse and educated group! I look forward to forming new relationships and assisting my residents in any way that I can. I hope that they acquire all the skills necessary to be successful in the upcoming school year and I am blessed to be a part of that."*



**Aaron Prestrud:** *"I am looking forward to learning about my Honors residents' passions, and helping them achieve their dreams. My advice is this, study more than you think that you need to, and spend more time getting to know your classmates and socializing than you study."*



**Meg Jones:** *"I am excited about enhancing our community this year on the floor and in the building. Some advice I would give to freshmen is to not be afraid to make friends the first couple of days. I would also suggest getting involved in things around campus early on because that provides some connections that you might need later in the year."*



## THOUGHTS AND WORDS OF WISDOM FOR HONORS STUDENTS FROM HONORS DORM RESIDENT ASSISTANTS

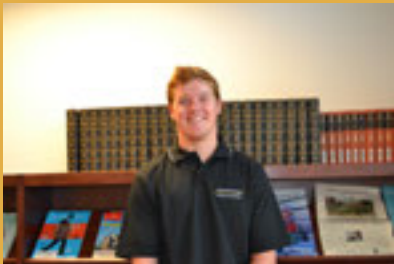
### Summit Hall RA's . . .



**Kimberley Martin:** *"As an RA I look forward to love all my residents and be a support that they can turn to. Residents, 'if you see something, say something'; if you need something, ask and if possible we can work it out. And of course balance fun with work, don't overwork yourself. Take care and have a great school year ahead! :)"*



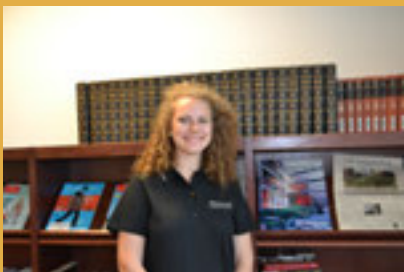
**Sarah Eubanks:** *"I am highly looking forward to planting seeds of hope within the lives of each resident that can enable them to grow in an environment where everyone feels comfortable in their living space, feels confident in their success at Appalachian, and feels connected to their Honors community!"*



**Stephen Boatman:** *"I am very excited for this new year and all the new residents on my floor. I hope that we all grow as a community and individuals throughout the year."*



**Lauren Bonville:** *"I'm really excited for this coming year and look at it as an opportunity to build community on my floor as well as between the Honors College students. I really hope to see the bonds grow even stronger as my residents study and hang out together. I want my residents to know that I'm always just down the hall if they ever have any questions about the Honors College because as a junior Honors College student myself, I definitely know in which direction to point them."*



**Sara Lackey:** *"What I love about being an RA is working with people with a lot of different interests and backgrounds and finding ways to bring them together."*

# WATCH FOR THE WINTER 2014 ISSUE OF THE LAURUS HONORUM!



## MEET THE 2013 - 2014 APPALACHIAN HONORS ASSOCIATION (AHA!) OFFICERS

President - Nick Smith  
Vice-President of Programming - Sarah Eubanks  
Vice President of Development - Katie Fals  
Treasurer - Charlie Mize  
Secretary - Courtney Fish  
Publicity Chair - Indigo Grubbs  
Academic Chair - MacGregor Sheppard  
Service Chair - Erica Baker



Back row left to right: Charlie Mize, MacGregor Sheppard, Nick Smith, Courtney Fish, Indigo Grubbs.  
Front row left to right: Sarah Eubanks, Katie Fals, Erica Baker.



If you would like to donate to the Honors College and support our talented students, please visit our website and click on the image above, which is located at the bottom of our home page at [www.honors.appstate.edu](http://www.honors.appstate.edu).

For more information on how to donate, please email or call the Honors College. We appreciate your support and generosity!

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