

LAURUS HONORUM

"HONORED WITH THE LAUREL"

Volume 4, Mar. 2011

Appalachian
ESTATE UNIVERSITY

The Honors College



GREETINGS FROM THE DIRECTOR



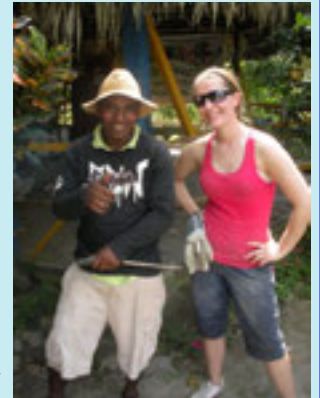
Greetings from the Blue Ridge, where spring is revving up! The explosion of noise and color as happy birds and bright flowers come back to the high country is matched by

the excitement of seniors finishing their thesis research projects and preparing to graduate. Our Honorum Laurus ceremony will be May 6, for those students completing University Honors, and the thesis defense season is underway (I think Kate Bakewell won the first-to-defend prize!). Congratulations to all as you race to the finish line!

On other fronts, the Honors fall course line-up is out there to peruse, and there are some fascinating new courses, such as Biology of Disadvantage, a course both for Honors and the Minor in Medical Humanities. The Alternative Spring Break reports are still streaming in, and we have five different trips to report on in this issue, with some very heart-warming stories. Other reports on current students, alumni, and faculty are in here to amble through, and we hope you enjoy the update from Honors. Come back in July for news on the incoming class and the pictures from the Honors medaling ceremony.

BIOLOGY MAJOR SPENDS SPRING BREAK IN ECUADOR

Junior biology major Bethany Boggess knew Alternative Spring Break would be fun, but didn't expect it to be a life-changing experience. Her group went to Rio Muchacho organic farm in Canoa, Ecuador, where they learned about eco-



tourism and sustainable agriculture. The farm leads a reforestation project to restore local rainforest and provides an environmental school for community children. Staffed by volunteers who visit the farm from all over the world, the school teaches students sustainable living for survival in a struggling economy. Bethany's group helped with remodeling at the school including painting, gardening, and building a playground for the children. Free time included hiking, making chocolate, and surfing at the local beach. "As my first experience overseas, I learned a lot about myself and found a new passion for the world outside my little home town. Now I want to shape my future career to be a part of that larger world." Bethany said she found her days very enjoyable while living simply and focusing on the important things in life. The experience also made her more conscious of the physical world and what she can do to protect it. Bethany hopes to work in international medical missions after graduation.

HONORS PROFESSOR GETS MEDIEVAL IN GERMANY!

Dr. Hellenbrand is on sabbatical in Germany during the spring 2011 semester. She is participating in an exchange with Appalachian's partner institution, the Pädagogische Hochschule Karlsruhe. While there, she'll be teaching a course on fairy tales but she is also doing research for a book on the reception of medieval German literature. This literature includes Arthurian romances about the Grail and about Tristan and Isolde, but also the epic Nibelungenlied. Dr. Hellenbrand's central research question is: how did the audiences of these stories respond to them then and now, and what form do these responses take? For instance, the sculpture of the lady who seems to be "dancing" is from Strasbourg, where German



poet Gottfried von Strasbourg probably wrote his Tristan. The sculpture actually resembles Gottfried's literary description of Isolde, and both are from the 13th century! These older stories keep finding new audiences, from the 13th century to the 21st century, a phenomenon Dr. Hellenbrand hopes to explore in greater detail in her book, entitled *Mixed Media and Memory: Crafting Performances of Medieval German Literature from the Nibelungenlied to Wolframs Eschenbach*. She will be back to teach Arthurian Legends as an Honors Freshmen Seminar in the fall.

HONORS STUDENTS
TRAVEL TO SPAIN
WITH MARCHING
BAND OVER
WINTER BREAK

Among other interests, several honors students are also band members. Over winter break, the ASU band was only one of two bands from the United States chosen to perform during Cabalgata de Reyes (Night of Three Kings Parade) held on January 5. One of the honors students who played in the parade, Rebecca Swofford, commented that it was "the most exciting parade I had ever been a part of."



Of the 125 band members playing in Spain, approximately four received honors credit by studying a particular aspect of Spain's culture called zarzuelas. While in Spain, these honors students attended a zarzuela called *El Niño Judío*. A zarzuela is generally defined as a comedic spanish opera. The four honors students completed their International Education Requirement and were a part of an international celebration unlike any other.

STUDENTS REGISTER FOR FALL 2011 COURSES!

Once again there is a fascinating line-up of courses for Honors students in the fall. Among the HON seminar courses there is the *Wine Production Practices* course (again!) for those 21 and older, and Dr. Cohen is also teaching a course on Fermentation that focuses on foods, so that those under 21 can join in the fermenting fun! *Biology of Disadvantage* and *Consciousness* will appeal to those with interests in the brain, and *Barbarians No More* will be a great introduction to Appalachian culture and development. Among the departmental honors courses Psychology is offering *Science and Pseudoscience*, the Art Department has *Photography & Culture* for their honors majors, and Social Work is slated to have honors seats in several SW courses, including *Social Work Policies, Programs, and Issues*, while the Communication Department is doing the same thing for courses like *Persuasion*, extending honors opportunities for their students in three other courses as well. For incoming freshmen, there is the usual list of wonderful Honors Freshmen Seminar courses including the favorites *Arthurian Legends* and *Love & Death*. We just had registration and most seats in upper level classes are now filled, but there will be another super selection of courses for Spring 2012, so check back for the December issue to see those!



We had to leave at 6:30 AM, but it was worth it as 14 ASU students drove down to Wake Forest University for the 7th annual undergraduate neuroscience conference, SYNAPSE. About 130 participants attended from regional universities, including College of Charleston and Emory. The ASU students were presenting posters both on their laboratory research and on the undergrad neuroscience journal IMPULSE, which is now hosted at the Honors College at ASU. Shown (at right) are students from both ASU and the Univ. of South Carolina who are on the review team for IMPULSE, which comprises over 80 student reviewers worldwide. Among those in the photo are both the incoming Editor-in-Chief (Kate Davison, second from the left just above the poster) and the incoming Executive Editor, Cori Rogers (second row from the top on the right in front of the purple shirt!). Other new staff from ASU who are on the journal editorial staff include Miranda Cook (an Associate Editor, front row third from right), Lindsey Shapiro and Carly Redfearn, both new Publicity Editors (first and second from left, second row behind poster), and Meghan Kusper, incoming Managing Editor (second row above poster, first on right).

ASU AT SYNAPSE



HONORS ALUMNA WORKS TOWARDS PH.D.

Stephanie Smith graduated from ASU in spring 2010 with a major in Psychology (Honors) and a minor in Sociology. She is now pursuing her Ph.D. in Experimental Social Psychology at Ohio University to earn her doctorate degree in Experimental Social Psychology. She is currently researching topics such as personal 'enmity,' creativity, and decision-making and regret. She visited recently and told us of her appreciation for the preparation that her experience in the Honors College provided for the whole process of entering and succeeding in graduate school.

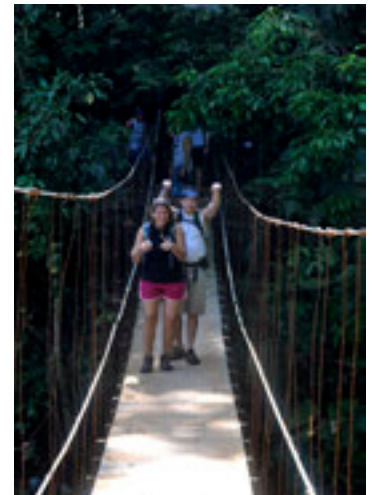


For her honors thesis she adopted methods that had originally been used by a researcher who is now advisor in graduate school! Through her thesis work she became very familiar not only with his work, but with the entire practice of research, including IRB submission, literature reviews, and data analysis. This knowledge helped her greatly through the entire graduate school application procedure, especially when interviews rolled around, because it gave her a wealth of information on which to draw. She tells us she is "having a blast attending conferences and exploring all of the options that social psychology has to offer.

Thanks Appalachian State and the Honors College for helping me reach my goal." Stephanie was also the President of the AHA! organization her senior year, and we see she is still employing her considerable social skills in grad school: she is third from the left in this photo taken during a conference at San Antonio. Congratulations, Stephanie, and keep up the great work!

COSTA RICA TRIP

Margo Pray tells us that the Biology trip to Costa Rica was a life-changing event full of excitement and adventure. They went hiking through the rainforest, snorkeling, white water rafting, and horseback riding over the mountain



ranges. They stayed at several eco-lodges, and enjoyed amazing fresh fruit, spicy foods, and delicious desserts. Everyone managed to pick up a little Spanish, even Margo herself, who has only studied French! The group learned about sustainable agriculture and the delicate ecosystems of the rainforest, as well as the immense biodiversity due to the different climates of Costa Rica. It was a remarkable trip where great friendships were forged and stronger relationships with the professors developed, while everyone's eyes were opened to a side of nature that most had never seen before. Drs. Eva Gonzalez and Saskia van de Gevel led this once-in-a-lifetime trip, but guess what: they plan to do it again next December, so maybe not so once-in-a-lifetime after all!

HONORS STUDENT IS A LEADER IN ON-CAMPUS ROTC

Ellery Green decided to join ROTC because she has always been interested in the military and she wanted to see what it was all about. Since she also wants to be a veterinarian, she did some research and found out about the Army Veterinary Corps. It is the perfect way to combine her interest in the military and her passion for animals. By joining the Veterinary Corps she will be serving her country while doing a job she loves. ROTC is an amazing program that will prepare her for a career in the military. She has already learned so much about the discipline, dedication, and training that it takes to be successful in the army. The labs focus on things such as land navigation and emergency first aid so that she will be prepared for anything. ROTC also puts a major emphasis on leadership. Each semester she is expected to take a course that teaches an aspect of leadership. This year, as a freshman, it was Basic Leadership and she learned about the army values and what it takes to become a good leader. She believes that after completing ROTC she will be confident and able to handle any situation. She is being prepared not only for the army, but also for success in the "real world." With the help of the ROTC program and her pre-veterinary course training as a Biology major she hopes to become a successful leader and veterinarian in the army.



HONORS STUDENT BALANCES SOCCER & ACADEMICS

Balancing school work and social life is hard enough for most college students, especially with the new freedom of living away from home. Add on harder classes with higher expectations and you have a student in the Honors College. Then, add on a time commitment of 20 hours/week and you have the life of Michelle Jewell, a student-athlete on the ASU women's soccer team. Time management skills are the only way she is able to stay on top of her school work, earn a 3.96 GPA, and still have some time for friends. The sense of involvement and achievement makes all



of the effort worthwhile. Soccer gives her a great way to release pent up stress as well as having fun with friends.

Soccer has been a part of Michelle's life since she was five. Continuing to play in college is a goal she set a long time ago, and she is making the best of it. "My teammates are all very close; we help support and push each other to do our best in all aspects of our lives," Michelle says. It is this drive and determination that helps them not to give up. Although playing on a varsity sports team is not for everyone, getting involved on campus helps create a network of friends that will always be there.

HONORS STUDENT STUDIES AT DOSHISHA UNIVERSITY



There are those who will only remember it for Pearl Harbor, Hiroshima, Nagasaki or the nuclear bomb. The words meltdown, earthquake, and tsunami may come to minds of most as of late. These are not what come to Caroline Noel mind when she hears “Japan.”

If there is one word she thinks of, it is “Wakaranai.” It is a Japanese word. It is the casual way of saying “I don’t understand.” She says that she spent two months in Kyoto practically living off of that word in every conversation.

She was sent through the government for intensive Japanese study for two months. She did learn a lot in that time, but the course material at Doshisha University is not the way she remembers Japan. Wakaranai is what she remembers. Wakaranai reminds her of all the people she met, all the people who helped her improve her Japanese, every person who shared a little bit of their life just so her Japanese language proficiency could improve the tiniest amount. Yes, it was tough at times, being so far from home, but those are not the moments that she recalls, that keep her connected to a country so distant from hers, and keep her forever wanting to return. She admits that she may be a bit of a naive “gaijin” (foreigner), but she has never felt so much sincere kindness from so many strangers. She could not form a single sentence in Japanese when she arrived in Kyoto, but by the time she left she was having conversations in Japanese. The classes did help, but she credits the everyday interactions with everyday Japanese people for pushing her farther and getting her past Wakaranai.

She doesn’t want the Japan she loves to be remembered for recent tragic events, instead she wants it to be remembered for the people who are laughing, crying, coping, and helping each other through it all. The same people who helped her laugh, learn, and sometimes cry through those two months.

P E R U



Lots of students enjoy a breather from academics and studying during their spring break. Yet, many honors students this year decided to dedicate their spring break to service towards others. Six of these Honors students spent their spring break in Peru completing an International Alternative Spring Break Trip sponsored by the ACT Office on campus. While in Huancayo, Peru, students helped with construction projects at the Mountain School. They experienced Peruvian culture and had a great time helping others abroad.

International Alternative



Freshman honors pre-dental student Heather Newman spent spring break week in Granada, Nicaragua. Newman and 13 other students worked with a local organization called “La Esperanza Granada” performing maintenance on a rural primary school during the morning and teaching English to the students during the afternoon. Her first trip outside the U.S., the experience moved Newman, who said both her world view and future goals were transformed by the trip. “I went into this opportunity hoping to make a difference, but I came back knowing that

the Nicaraguan people had a much larger impact on me than I had on them. They were the most generous, hardworking, gracious, and loving people I have ever met and their lifestyles taught me a lot!” Newman plans to return to Nicaragua for a year after graduation to work with the same organization, in hope of giving back to Nicaragua a little of what it gave her. “This country

is so poor that the smallest acts of service are incredibly meaningful to the community and as Americans we have been given so much to offer.”

NICARAGUA

Honors Student Laurie Kirkpatrick spent her spring break with 20 of her peers on an International Alternative Spring Break to Jamaica. While in Jamaica, ASU volunteers worked with students at Pedro Plains basic school at Treasure Beach, where they built a needed playground, and also tended to gardens to help the students to be more self-sustaining. Laurie was very excited about the trip and the cause she was helping. "It would be great if schools in Jamaica were self-sustaining because a lot of kids can't go to school because they can't afford school lunches."

JAMAICA



Spring Break (I-ASB)

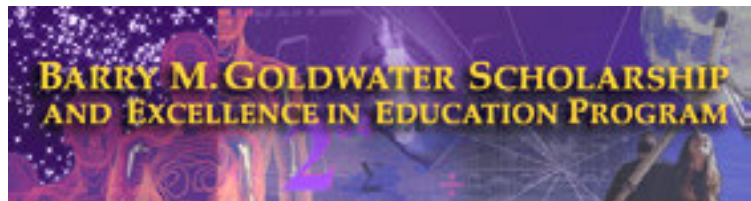
Honors student and Chancellor's Scholar Molly Spears (far right) spent her spring-break participating in one of the ACT program's International Alternative Spring Break trips. While on her service-learning trip to the Dominican Republic, she worked in the rural community of Vera Cruz and split her time between home construction and community development, as well as leading arts and reading groups for local children.



DOMINICAN REPUBLIC

PSP WORKSHOPS COMING SOON

The Prestigious Scholarships Program will be holding informational meetings for three scholarships for students to apply for in the fall. The Fulbright Grants are grants for seniors, who wish to either teach English or do graduate research work in another country. The grant pays for all travel and living expenses. Marshall and Mitchell Scholarships are available to students who wish to pursue graduate school in the United Kingdom or Ireland. These scholarships fund all educational and travel expenses. Finally, there will be a workshop on the Goldwater Scholarship, which is for undergraduate studies in Mathematics, Science, and Technology fields. Scholarships may cover tuition, fees, books, and room and board expenses. These meetings are to help students start thinking about the application process for these scholarships, and how they can start preparing to apply to the scholarships, now.



AIM HIGH UPDATE



AIM High members concluded their year with a meeting where students were able to meet resources on campus that could help them with preparations for graduate school and prestigious scholarships. Students also had the opportunity to have dinner with faculty members and discuss future endeavors. This year they have focused on how to prepare for graduate school, finding faculty mentors and scholarly activities, and prestigious scholarships.

A select group of students have volunteered to be peer mentors for the next group of AIM High students. The mentors will help the new AIM High students with the AIM High process, finding a faculty mentor, and help with the transition from general education classes to major-related classes. AIM High had a great group of students this year, who enjoyed the meetings. One student summed up the year but saying "it was motivating to be around a group of students who have the same high grades as I do, and who share the same aspirations of going on to graduate school."

EPA INTERNSHIP PROVES VALUABLE TO STUDENT

Interning with the Environmental Protection Agency (EPA) this past summer was an incredible experience for Amber Staklinski. The opportunity to apply her classroom knowledge to real situations was an amazing asset; however, getting experience in the field of research is difficult. Her work at the EPA with Economics research illustrated the flexibility and independence afforded by research-based jobs. During the internship she worked with the Air Pollution and Technology Branch to help improve a model that was being developed called ISIS (Industrial Sectors Integrated Solutions). Her goal for the summer was to derive the Elasticity of Supply for pulp and paper imports into the U.S. She was surprised to discover that such a seemingly basic task took the entire two months of the internship. She learned valuable lessons from the research, such as the importance of consistent data sites and the necessity of communicating findings with other members of the group. Throughout the whole process she interacted with people from various backgrounds and specializations. She says that no words can



describe the kindness with which she was treated.

The experience was truly outstanding and has aided her selection of a career path. When she returned to school in the fall, she knew that there were many other people who would benefit from working with the EPA and that Appalachian had plenty to offer the EPA as well. As Economics Club president and an Honors student, Amber worked with Angela Mead to arrange an EPA visit. The guests gave two presentations and expressed great interest in building a relationship with ASU. Amber strongly encourages students to take advantage of this budding opportunity. It is more than a résumé builder; it is a step towards a brighter future.

HONORS STUDENTS PLACE AT SEACSM CONFERENCE



Grant Canipe and Meghan Kuser have been in these pages before, as we reported on their summer research with Dr. Amy Knab at the NC Research Center in Kannapolis. They are back in the news for presenting their findings on February 3, 2011, at the Southeast American College of Sports Medicine Conference (SEACSM) in Greenville, SC. The presentation displayed their research on caloric restriction in mice and gene expression changes. They were one of eight undergraduate finalists for the SEACSM Student Research Award. Congratulations!

ACHIEVING THE HONORS THESIS

These individuals are a short sampling of those planning to graduate with University Honors in May. There are lots of students just like these hopeful May graduates who need to travel to do their research, others need help with their performances, and laboratory research is almost always expensive. Would you like to help support tomorrow's physicians, artists, educators and philosophers? We can use your donation to help provide this life-changing experience to our many outstanding scholars

Stephanie Herndon

(Comm. Disorders Major)

Speech-language pathology for traumatic brain injuries in veterans

Callie Lewis

(English Major)

An examination of the revenge tragedy in *Hamlet* and *Sweeney Todd: The Demon Barber of Fleet Street*

Jaelyn Miller

(Graphic Arts & Imaging Major)

Analysis of women in media

Robb Young

(Physics Major)

Building and optimizing of a Raman Spectroscopy system and determining the Raman spectra of collagen

The Honors College Newsletter

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