

# Honors Program Newsletter

October 2014

## Welcome:

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### **BENEFIT!**

Do you want a special surprise? Write down one interesting fact you learned reading this newsletter and answer the trivia question below. Leave your fact and the answer on a sheet of paper on Dr. S's door, or drop by during her office hours to receive your delicious surprise.

**Cocoa Beans come from:**

- A.) Hawaii
- B.) Switzerland
- C.) Mexico
- D.) Ivory Coast

Greetings once again! Welcome back to another edition of the monthly honors program newsletter.

Last month I encouraged you all to get involved at Barry and continue to broaden your horizons with all the activities out school offers. That is still something I stand by, however, this month I would like to tell everyone about my philosophy of stress at school and the danger about spreading yourself too thin.

So while people (as I did last week) are always encouraging involvement, it's super important for you to always be checking in with yourself and make sure that your academic, health, and social obligations are well balanced. There was a time when I was doing too many things; serving as leadership in several organizations, working on productions with my department, and staying up until 2AM every weekday to hang out with friends. My health was suffering from sleep deprivation and classes almost sat on the back burner too long. Thankfully, I smartened up and realigned my priorities. I kept the things that are most important in my life, like the church choir, and cut out things that were trivial, such as playing Magic the Gathering at 1AM on a Wednesday.

Checking in with yourself as I've suggested is a personal, subjective thing. Everyone has a different level of social interaction that works for them. Some people, such as a friend and former roommate of mine was the kind of person who was always comfortable being around people and actually would grow uncomfortable in solace. I am much more of an introvert and need a couple hours to myself each day or I will go crazy (you can imagine our living situation was a very odd couple sort of deal). The way he and I check in with each other to make sure we are successful students who were getting the most out of our undergraduate years are very different, and that's okay!

Never doubt where you're heading in life, only continue to reevaluate what defines you and make sure you are happy and healthy!

Until next time,

Alekzander Sayers



## News By the Month: October The Biology Behind Candy

*Here's an amazing little fact for you: every ten years or so, a typical adult eats their own body weight in **chocolate**!*

Chocolate is made from the beans of the tropical **cacao** tree (*Theobroma cacao*). The chocolate you eat is produced from cacao beans in a multi-stage process. After harvesting, the beans are allowed to ferment, then dried, cleaned, and ground to produce a paste. The paste then forms two ingredients known as chocolate (cocoa) liquor and cocoa butter. Different kinds of chocolate have different proportions of these two ingredients. The finest dark chocolate is made with at least 70 per cent cacao liquor and butter, while milk chocolate is made with only 50 per cent. White chocolate is made from cocoa butter without added cocoa liquor.

Although there are several hundred different chemicals in chocolate, scientists have narrowed down a few that directly make us love chocolate.

They include theobromine, phenylethylamine, and caffeine. Scientists think that chocolate also contains a feel-good chemical called **anandamide**, which is found naturally in the brain.

If you're craving chocolate, then the darker, the better - dark chocolate has less sugar, is dairy-free, and is rich in antioxidants that have been shown to reduce blood pressure and decrease risk of heart disease (Katie Cavuto Boyle, RD, 2011). Chocolate that contains nuts may be even better for you, because the nuts contain a variety of nutrients and healthy (Marie Spano, RD, 2012). If you love chocolate-covered anything, opt for raisins over pretzels or marshmallows. Raisins are rich in antioxidants and provide extra fiber that you won't get from chocolate alone.

## Is the EBOLA Apocalypse Coming?

*There has been widespread talk of an Ebola outbreak; here's what you need to know.*

- Initial symptoms include fever, intense weakness, muscle pain, headache and sore throat. These symptoms are followed by vomiting, diarrhea, rash, impaired kidney and liver function and sometimes internal and external bleeding.
- The virus is transmitted from wild animals to humans. Humans spread the virus through contact with blood or other body fluids.
- Currently, there is no vaccine. Treatment consists only of "supportive therapy," according to the CDC. There are several vaccines being tested. Previously, about 90% of those who contracted Ebola died.
- Today, most of the reported cases are in West Africa; however, there is one confirmed case in Texas as well as in Spain at the time of writing.

See the source at:

<http://www.usatoday.com/story/news/nation-now/2014/07/28/ebola-virus-deadly-africa-outbreak/13260541/>

## Alumni News: An Interview with Diana Bellian



Our Vice-Chair, Cheryl Frazier, interviewed HP alumni Diana Bellian. Diana was last year's chair on HPSAB. Let's see where she is now.

1. What are you up to currently? (Grad school, work, etc.)

*"I am currently attending a Master's program in Literary Studies at Eastern Illinois University. I am also a Graduate Assistant in the writing center. I'm scheduled to graduate with my Master's degree in May of 2016. I spent this past summer co-teaching a summer school. I'm hoping to continue on to pursue my PhD eventually, but will probably take some time off and enter the work force."*

2. How did your time in the HP help you in your current endeavors?

*"HP helped me prepare for my current endeavors in that it raised expectations of me right from the start. Having to take extra courses not only made me more well-rounded as an intellectual, but also prepared me for grad school by readying me to keep up with the fast pace teaching styles of graduate professors and independently manage a massive workload."*

3. Would you say that writing your thesis helped prepare you for grad school? If so, how?

*"Absolutely. The obvious reason being that I have to write another one to graduate...But it also taught me a lot about my academic interests, goals, writing, and myself on a whole. Papers get longer and more complex in grad school so having the HP thesis under my belt makes me a lot more calm heading into assignments than I think I would have been otherwise."*

4. What advice would you offer to HP students?

*"Get involved! Come to HPSAB events. Be part of the Barry Community. As Honors students we get so involved in class and schoolwork and so obsessed about our grades that we often forget to enjoy life. College is not just about your 4.0 and graduating on time. It's about trying new things, testing the limits, and finding your favorite dive bar and singing your heart out on Karaoke nights. It's about late night trips to 7-11 for pizza and slurpees, and all of those times you spend laughing in your dorm rooms surrounded by friends. Take in everything you can and enjoy your life before you have to go out into the "real" world and find a job or enter graduate school (because there will be way less time for fun then)."*



## Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. Breast cancer is the second most common cancer in women in the United States (other than skin cancer). According to the American Cancer Society, breast cancer is a malignant tumor that starts in the cells of the breast that can invade surrounding tissues or spread onto other areas of the body. This disease occurs mostly in women, but men can be affected as well.

However, many people are surviving the disease due to early detection and treatment. In order to avoid such cancer, remember:

- *Do breast self-exams; if any abnormality is observed, you should tell your doctor to diagnose and treat the problem.*
- *If you are a woman between ages 40 and 49, talk to your doctor about when to start getting mammograms.*
- *If you are a woman between ages 50 and 74, be sure to get a mammogram at least every 2 years.*
- *Foster healthy habits - maintain a healthy weight, stay physically active, eat fruits and vegetables, avoid smoking and limit alcohol consumption.*

Talk to your healthcare provider about your risk for breast cancer, especially if a close family member has had breast or ovarian cancer. It's easier to prevent a disease since its earlier stages, so be sure to get your health check-ups and create healthy habits – not only to prevent breast cancer, but to be a better you!

Check out these links for more information:

<http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/breastcancer>

<http://www.nationalbreastcancer.org/>

<http://healthfinder.gov/NHO/Octobertoolkit.aspx>

## Cyber Security Tips:

*October is cyber security awareness month, so educate yourself about things you can do to protect your online privacy and navigate the internet safely.*

- Practice good password management. Use a strong mix of characters, and don't use the same password for multiple sites.
- Never leave your devices unattended.
- Always be careful when clicking on attachments or links in email. If it's unexpected or suspicious for any reason, don't click on it.
- Sensitive browsing, such as banking or shopping, should only be done on a device that belongs to you. Whether it's a friend's phone, a public computer, or a cafe's free WiFi—your data could be copied or stolen.

- Be conscientious of what you plug in to your computer. Malware can be spread through infected flash drives, external hard drives, and even smartphones.
- Watch what you're sharing on social networks. Criminals can befriend you and easily gain access to a shocking amount of information.
- Be sure to monitor your accounts for any suspicious activity.

<http://blog.opendns.com/2013/10/08/top-ten-important-cyber-security-tips-users/>





## World News: Protests In Hong Kong

### Protests in Hong Kong

Thousands of pro-democracy protesters have been rallying in Hong Kong in defiance of tear gas and government warnings. Why have there been protests? Citizens are angry with the Chinese government for its limitations in who could stand as a candidate in elections for Hong Kong's leader, due in 2017.

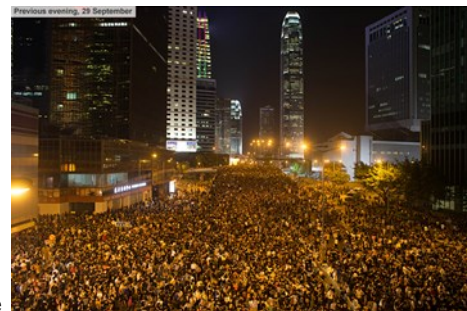
Students began to boycott late September and very recently, the police's use of tear gas has further angered protesters. Protests began at the Central district but have continued onto the Causeway Bay and Mong Kok, and a fourth site opened at Canton Road.

Protesters called for the resignation of the city's current leader, Leung Chun-ying for his handling of the situation.

Citizens have found their way to creatively speak their minds by attaching a post-it note at a protest wall near the government Headquarters. On Saturday morning, 19 men, including eight linked to organized crime gangs, had been arrested over the violence in Mong Kok. The police said that at least 18 people had been injured in violence, including six police officers.

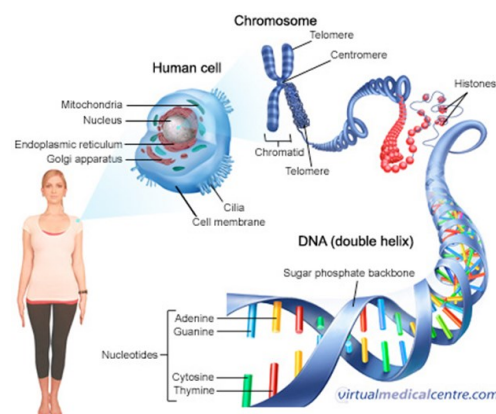
<http://www.bbc.com/news/world-asia-china-29494885>

<http://www.cbsnews.com/search/?q=hong+kong+protest>



## Fall Mini Conference

Each year, Barry University hosts a mini conference about the common reader. This year's mini conference will be on October 21, 2014. It will take place from 9:30 in the morning until 3:00 in the afternoon. There will be several guest lecture series about relevant biological issues and DNA. Many sessions will also focus on health care with a particular focus on personalized health care. One of the best sessions to attend in the lunch session in the broad auditorium from 11:45 am to 1:30 pm. This is a great opportunity to gain knowledge about pertinent issues and interact closely with professionals in the field. Attending the mini conference also gives an opportunity to represent the Honors Program in a positive light.



# Awesome Upcoming Events

## CAB Events:

- 10/9 Plaza Run 6-8 pm
- 10/10 Halloween Horror Night Sign up in Landon 202
- 10/21 Game Night 8-10 pm
- 10/23 Karaoke Night 8-10
- Zombie Run TBA
- 10/29 Barry's Chopped Chef
- 10/30 CAB Cinema Halloween Theme

## Sigma Alpha Pi:

- 10/22 Sigma Alpha Pi a Leader

## Career Services:

- 10/8 Discover Your Calling Panel 6-7 D&D Lounge
- 10/23 Graduate School Fair Noon-2 pm Landon Atrium/ Events Room
- 10/24 Graduate School Practice Exams 9-Noon & 1-4 pm Landon 301,302,203,204
- 10/25 Make a Difference Day

## CCSI:

- Go to [barry.edu/service](http://barry.edu/service) to check out community service opportunities.

## SGA/SOC:

- 10/6 SGA Meeting
- 10/8 SOC Meeting
- 10/20 SGA Meeting
- 10/22 SOC Meeting

\*\* Calendar Contributor:

Kevin Dalia

(A pre-law major)

## STAY TUNED!!

Stay tuned for more information about the HP Guest Lecture Series and our Social event for the Month of October. We are working on planning a relaxation day full of fun sports and art projects. We are also thinking about taking a museum trip. Of course, we are also hard at work planning our biannual guest lecture series. If you have any suggestion for trips, activities, or discussions, be sure to let a member of HPSAB know.

*Our New Student Orientation was a hit. Check out this picture from the event in September of 2014. As a reminder, all Honors Program students must participate in one social event and one academic event hosted by the Honors Program per semester, so be on the lookout for opportunities.*



## HONORS PROGEAM LAB:

Did you know that the Honors Program has a computer lab open to your use? Currently located in Landon 206 G, this lab provides students with a quiet place to work and study, whether it be on your Honors Program Thesis or your general coursework! The lab also features free printing to students who have a key.

Those interested in using the lab may contact Dr. Sirimangkala for more information on purchasing a key. Keys are available for a \$10 deposit, which is returned upon your completion of the program.

This lab is for HP students only.

Just a reminder for the students using the lab—be sure to be responsible about usage, sign-in, and keep the door locked.

### Contact Us:

**Alek Sayers (HPSAB Chair)**  
alekzander.sayers@mymail.barry.edu

**Cheryl Frazier (HPSAB Vice Chair):**  
Cheryl.frazier@mymail.barry.edu

**Hemaghini Das ( HPSAB 1st Editor and Historian):**  
hemaghini.das@mymail.barry.edu

**Courtney Webb (HPSAB Secretary):**  
Courtney.webb@mymail.barry.edu

**Shade' Lovett (HPSAB Public Relations):**  
Shade.lovett@mymail.barry.edu

**Qiwen Su (HPSAB Student Representative):**  
Qiwen.su@mymail.barry.edu

**Hannah Gokingo (HPSAB Freshman Liaison)**

Hanna.gokingo@mymail.barry.edu

**Paola Montenegro (2nd Editor)**  
Paula.Montenegro@mymail.barry.edu

**Dr. Pawena Sirimangkala**  
(HPSAB Faculty Advisor):  
psirimangkala@barry.edu

If you ever have any questions or concerns, feel free to contact any of the HPSAB officers!

We love to hear your suggestions.