



January 2014

Honors Program Newsletter

WELCOME:

Hello fellow Honors Program students and faculty members,

It is my sincerest hope that everyone's winter breaks were full of happiness, relaxation, and holiday cheer! As we begin our Spring 2014 semester, I would just like to take a brief moment of your time to impart a few words of wisdom (hopefully) and clue you in on many of the wonderful things to look forward to this spring.

Being in my last semester at Barry has left me with too many worries to count. Even though the semester is just barely upon us, I already feel the stress of Theses, my senior seminar, and graduate school applications bearing down on me. Although many of you are not precisely in the same situation, I am sure that everyone can sympathize. But since the new year is the perfect time for a rework, if you're feeling the pressure like I am, try to make a few new year's resolutions of your own (and actually stick to them!). Try getting organized, picking up a new hobby or going back to an old one, making free time to spend with your friends and loved ones, or even exercising more or eating better. Remember that deadlines are important, but don't let them overwhelm you! Stay on top of your work and keep your head up, because 2014 is sure to bring new and wonderful experiences and people into your life.

While coursework is important, remember that there is more than just class to college. Try getting involved by joining a club or attending an event. Spring is the perfect time for a new start and Barry is the perfect place to do it. Not only will HPSAB be organizing tons of great events (so remember to check your e-mails regularly), but the Barry community has much to offer as well. Rush week will be coming up soon, so if Greek life is you're thing, check out our fraternities and sororities, make sure to stop by the involvement fair see what the clubs and organizations have to offer, as well as look forward to this year's Hollywood Homecoming coming up in February. If you can't find anything that suits you don't hesitate to become a leader yourself and bring something new to Barry's campus.

As always, HPSAB is here for you above all else! Let us know your comments, concerns, or ideas. We're always looking for input, so don't hesitate to text, call, e-mail, or join the student group on Facebook (Barry University Honors Program—message me for an invitation). Good luck in all of your classes, ambitions, and commitments. Make the most of your years here at Barry because, take it from someone who knows, time sure does fly!

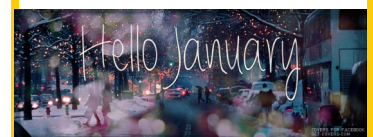
Best, Dianna

Fun Facts for January:

- January comes from the Latin word *ianua* meaning door
- Although March was originally the first month in the old Roman Calendar, January assumed that position beginning in 153 BC when the two consuls, for whom the years were named, began to be chosen on January 1.
- January is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere.

Inside this issue:

Welcome	1
January Facts	1
Current News	2
A Look At The Year	3
Corrections	3
Calendar	4
Honors Program Accomplishments	4



Current Science News:

One might think that the days of using insects in medicine were over after medieval practices with leeches and maggots; however, an unlikely insect may become a diagnostic tool for various forms of cancer. Honeybees are known for their very sensitive sense of smell; their feet, tongues, and antennae are full of olfactory glands. Furthermore, these insects can be easily trained to respond to specific odor molecules through simple classical conditioning. Detection of cancer is possible because many types of cancer, such as lung cancer and ovarian cancer, alter the composition of bodily fluids pro-

ducing odorous compounds that can be present in the breath. In order to utilize the bees, product designer Susana Soares created a glass chamber that a patient can breathe into. If the person has a cancer, the bees will perform a certain 'dance' in response. These bees have an accuracy rate of 98% and can be trained in less than ten minutes.

However, there are many challenges that face the widespread use of this device. There exists numerous tests that must be performed to assess the accuracy of the de-

vice; furthermore, the modern world of western medicine is reluctant to accept this practice.

For more information, visit:

<http://abcnews.go.com/blogs/health/2013/11/25/honeybees-trained-to-sniff-out-cancer/>



Digital Technology News:

Many people send themselves texts or set alarms to remind themselves of something important.

Well, appliances might soon take over this role because 2014 is expected to be the year of the connected home in which home appliances and accessories connect to the Internet. One of the most popular devices is a fridge that sends a text message when the milk is running low. Hue light-bulbs, made by Phillips, can be programmed so that their brightness is adjustable with a simple touch of the owner's i-phone.

The largest market for these products seems to be in the area of energy management due to rising energy costs. Furthermore, economists hope that such products will generate new methods of revenue. However, others worry that these newfangled devices will make many products and human jobs obsolete.



For more information, visit:

http://www.wipro.com/documents/Connected_Homes_PoV.pdf

A Look At The Semester Ahead:

January:

Quick Tip: Be sure to register for all your classes. Full time students need a minimum of 12 credit hours.

Holidays: January 20th: Martin Luther King Holiday

January Health Tip: It's easy to skip breakfast when you're in a rush, but a healthy morning meal makes for smaller rises in blood sugar and insulin throughout the day, which can lower your risk of overeating and impulse snacking. A healthy, balanced breakfast is moderate in size and includes healthy protein, whole-grain carbohydrates, and fruit.

February:

Quick Tip: Now is a great time to apply for scholarships.

February Financial Tip: Remember that a credit card doesn't equal free money. If you can handle a credit card, start with a \$1,000-limit card that offers points or other rewards and pay your balance monthly. Also, keep track of your credit score and your credit report.

March:

Quick Tip: Start thinking about the classes that you want to take next semester. Set up an appointment with your advisor and start making your future schedule.

Holidays: Spring Break: March 3- 9

March Safety Tip: If you're going out, reserve a room that's above the 1st floor but below the 6th floor. Why? First floor rooms are easier to break into, and rooms above the sixth floor are sometimes too high for fire ladders to reach. If safes are provided, definitely use them

for any valuables you may have.

April:

Quick Tip: Study, study, study for those exams. Don't procrastinate.

Holidays: Easter Break: April 17-20

April Stress Tip: Devise an affirmation — a short, clear, positive statement that focuses on your coping abilities. Affirmations are a good way to quiet the self-critical voice we all carry. The next time you feel as if your life is one disaster after another, repeat 10 times, "I feel calm. I can handle this."

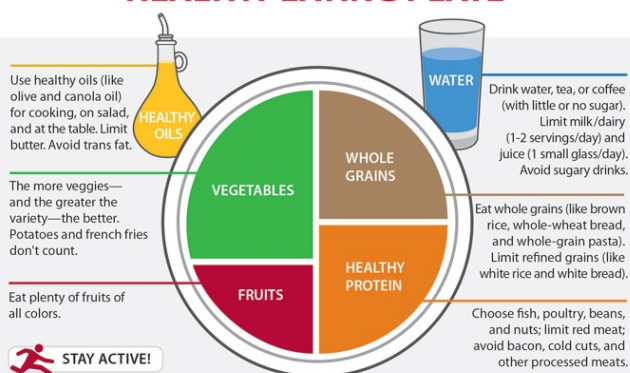
May:

Quick Tip: Sign up for summer classes if needed. Think of something fun to do over the summer!

Date to Remember: May 2: Last Day of Exams

May Future Tip: An internship can be great for your academic resume! Visiting your college's career office is extremely important as you begin your internship search process. Add resume workshops, company info sessions and networking events to your calendar and make sure to attend.

HEALTHY EATING PLATE



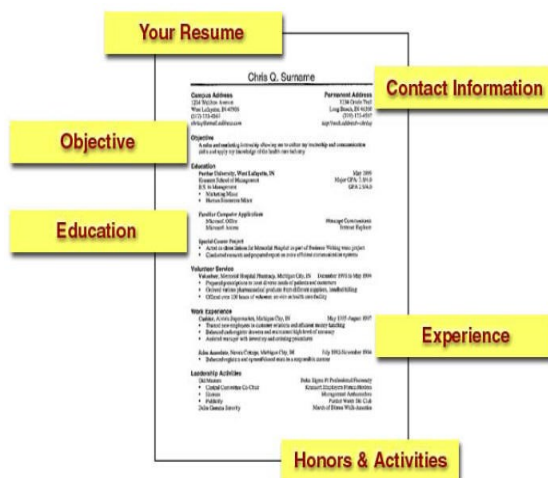
STAY ACTIVE!
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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Corrections Corner:

In the November/December 2013 issue, Founder's Week was incorrectly spelled. The correct spelling is **Founders' Week**. This is one of the most common mistakes in the Barry Community, so be sure to keep this information in mind.



January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Pet Fair	15 Communi- ty Engage- ment	16	17 Last Day to Sign up for 2014 Gradua- tion	18
19 Reso- lution	20 Martin Luther King Day—No School	21 Welcome Back Pic- nic	22	23 Misa en Español	24	25 Morika mi Muse- um
26	27	28	29	30	31 Chi- nese New Year	

Schedule of Events:

January 17: Buying the Field: Women Religious in a Renewing Church

Last day to apply for May 2014 Graduation

UFO Karaoke Night from 8pm-11pm

January 19: Resolution from 10pm—3am

January 21: Welcome back picnic

The Biology Department cordially invites Barry students, faculty, staff and friends to a Welcome Back Picnic located at 2nd floor Adrian Breezeway Area from 3-5PM

RA info Sessions: Friday, January 17th at 2 pm in the Weber Game Room, January 18th at 2 pm in the D&D Lounge, and January 23rd at 8 pm in the Dominican Multi-Purpose Room

January 23: Campus Ministry Hosts Misa en Español

January 25: Morikami Museum Visit from 11 am—4pm

CCSI is offering the Martin Luther King Jr. Day of Service at various locations. Students may participate by signing up on barry.edu/service

January 31: Chinese New Year—This is the year of the Horse!

Honors Program Accomplishments:

Three Honors Program students will be presenting their papers at the 2014 Northeast Regional Honors Council (NRHC) Conference in Niagara Falls, NY in April 2014. This council is dedicated to the encouragement and support of undergraduate honors education. The theme of the conference this year is *Standing on the Edge: Challenging Boundaries and Power*.



The following Honors Program Students will be presenting about the given topics:

Dianna Bellian: "Selling Social Consciousness: The irony and implications of mass-marketing young-adult dystopian fiction"

Bethany Dill: "Refugee Populations: Restoration of Educational Opportunity"

Cheryl Frazier: "From Cookies to Christianity: The Illusion of Freedom in American Society."

Congratulations to all three!



Barry University

Honors Program Lab

Did you know that the Honors Program has a computer lab open to your use? Currently located in Landon 206 G. Those interested in using the lab may contact Dr. Sirimangkala for more information. This lab is for HP students only.

Just a reminder for the students using the lab: make sure that you clean up after yourself. Also, use the printer responsibly. Make sure you close the door and turn off the lights when you leave.

Stay Tuned

HPSAB is working on updating our newsletter for the 2014 school year! We have many new features planned, including highlighting HP faculty members, allowing students to submit entries and drawings to include in the newsletter, and reporting on where HP alumni are today! If you have any ideas of what you would like to see in our monthly newsletter, please let us know! You can email any of the HPSAB members.



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4 popular resolutions for college students:



If you haven't already made a resolution for the new year, here are some popular suggestions just for college students!

1) Sleep Habits: Improving how you sleep can also curb your addiction to energy drinks and coffee, which kills two birds with one stone. There are a dozen ways to sleep better at night: get more exercise, resolve to do more during the day, get rid of your afternoon nap, or plan out your work so you can get more time for sleep. Being well rested is a great benefit.

2) Ditch Bad Study Habits: This can mean everything from where you study, to whom you study with. If you found yourself distracted by the foot traffic in the library, try somewhere new

to study. If you study with your BFF, but you're seeing more Fs than Bs, maybe find someone who will help you focus.

3) Be Less Social on Social Media: Do you reach for your phone every time a social notification buzzes it? Knock it off, you're supposed to be studying. You don't have to go cold turkey. Just use it as a reward system. Tell yourself, "Don't answer IMs until you've read 2 pages."

4) Work/Play Balance: Be strict about scheduling social and leisure time for yourself. And stick to it! This will not only help you recharge and rest, it will also help you work.

<http://studymagazine.com/2012/01/04/top-5-new-years-resolutions-for-college-and-university-students/>