



# Honors Program Newsletter

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## Greetings!

My name is Nicole Rafols, student liaison for the Honors Program Student Advisory Board (HPSAB). I accepted this position earlier in the school year; and as I have transitioned into HPSAB and learned a little more about my fellow peers, I've come to realize the power of a support group. Without every member on HPSAB, a lot of the program's activities wouldn't have been able to come to light. As a well-balanced unit, each personality, from all sorts of backgrounds, contributes to the Honors Program in his/her own special way. Each individual assists one another to introduce a creative flow of ideas, encouraging positivity amongst our peers.

As the second half of the semester ensues, I'd like to remind our students that you have a support group as well. The end of this school year is approaching fast, and the pressure of final assignments and exams can get a little overwhelming. By allowing ourselves to become consumed by looming deadlines and exams, we tend to lose our heads a bit. Some advice: remember to breathe and take things one step at a time; overthinking won't lessen the load. Lastly, don't be afraid to ask for help. Just scroll down the newsletter, our HSAB members would gladly help! The buddy system was implemented for that reason! Any doubts, questions, or in need of a friend, the mentors on HPSAB are willing to offer any sort of advice. Don't be afraid to reach out to one another! It's during hardships like school, work, or sports that students connect to one another on the same wavelength. You're not the only one! Interactions like these are what brings peers together, allowing the honors students to grow alongside one another.

Good Luck!

Your Honors Family

Nicole Rafols

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# HP Alumni: Where Are They Now?



**Fatima Zimichi** entered the Honors Program in Fall 2008 and graduated with a Bachelor of Arts in English (Specialization in Professional Writing) from Barry University in May 2011; her Senior Honors Thesis title was *Linguistic Differences between the Genders*; her thesis advisor was Dr. Andrea Greenbaum. In addition to her full-time job at a law enforcement agency in Palm Beach County, Fatima is currently the Marketing Director at VZ Creative Group. We thank Fatima for always keeping in touch and sending in her HP alumni news.

Dear Barry University Honors Program Family,

My name is Fatima Zimichi and I am delighted to contribute to the HP's Newsletter and share with you my experience during and after the Honors Program's amusing ride. To give you a brief idea about my life before Barry University, I was born and raised 3,603 miles away, in a small city in Lima, Peru. When I was 12 years old, my family and I relocated to Florida where I developed a fascination for writing, reading and the beach. I was thrilled about the idea of attending Barry University to be able to stay close to home, buying a car to commute to class, and unleashing a new world of opportunities in my city. So far, so good...

## **While at Barry:**

My journey at Barry began fall of 2007. A younger version of me with glasses and braces stepped into Dr. Sirimangkala's office with a hand full of books, questions, and distress. To be honest, the incentive behind my initial visit was the scholarship the program had to offer.

Prior to my visit to Dr. Sirimangkala, I had stopped at the Financial Aid Office where I was told I was far from making tuition and it seemed like it was going to be a recurring problem. One of the ladies suggested inquiring about the Honors Program, so I did. If only I had known that HP would not only allow me to complete tuition, but also challenge me academically, introduce me to amazing people, take me on life-changing trips and make me an expert on my thesis' subject, I would have joined earlier.

One of my most memorable experiences in the Honors Program was going to see the Dalai Lama in Washington D.C. and how could I forget seeing

snow for the first time at a conference in Ithaca, New York. Yet, believe it or not, writing my thesis: "*Linguistic Differences between the Genders*" remains among my greatest accomplishments.

## **After Barry:**

After graduation in May 2011, I ventured in the world of journalism, financial planning, marketing, and entertainment. Today, I can honestly say that I feel humbly accomplished on the path that I have chosen or has chosen me.

In 2016, I partnered up with my boyfriend to create a Marketing and Branding Company to offer entrepreneurs creative, yet cost effective services. VZ Creative Group allowed us to work from home, work on individual projects, travel, and obtain small to medium clients. One day, we landed a project to work with a law enforcement agency in Palm Beach County. We developed social media campaigns, online reputation management strategies, website content, and graphics, among other services. The agency later offered me a too-good-to-resist offer to join its Media Relations' team. I have been working for this agency as a Social Media and Website Content Analyst for a year now. Thankfully, I still make time to help my partner with our agency and I'm always looking for new business ideas.

When I'm not working, I attend writing workshops, read books, spend time with my family, and enjoy nature.

I wish everyone a great ride through the Honors Program. Experience the ups and downs and make the journey memorable." - Fatima Zimichi



# Senior's Corner: HP Senior Thesis



**Alayna Gallagher**  
**Senior**  
**Biology**

## **“A Plant-Based Diet as a Preventative Method for Breast Cancer”**

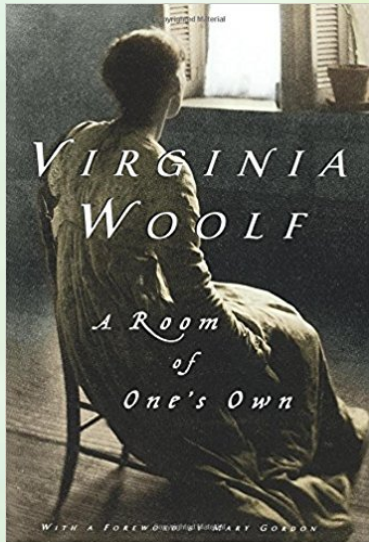
In my thesis, titled “A Plant-Based Diet as a Preventative Method for Breast Cancer,” I discuss diet as an important controllable factor, if not the most important factor, individuals can use to prevent cancer. I look at breast cancer specifically because of its high prevalence in the US and industrialized West and the effect it has had on my close family members. The idea that humans are doomed by their genetic code is a misconception that many Americans hold; by studying health trends across the world and throughout history, I found that the dramatic increase in chronic conditions, including breast cancer, has only taken place in the last century.

This indicates that the lifestyle changes our society has recently adopted in the US and the Westernized world play a significant role in our current health status. Data suggest that adopting a whole food, plant-based diet, which maximizes the consumption of vegetables, fruits, legumes, seeds, and nuts and minimizes the consumption of processed foods, refined carbohydrates, and animal foods such as meat, seafood, dairy, and eggs, may be the key to lowering our rate of breast cancer and many other chronic diseases.

Diet has always been something I’ve been interested in since I first read a book titled the *China Study*, which details one of the largest research studies in history to look at the relationship between the consumption of animal products and chronic illness rates. This book was influential in shaping how I have eaten for the last 10 years, but also how I think about health and healthcare in this country. Diet is a choice that is heavily influenced by how we come to understand health, and this country largely values quick fixes such as medications over good dietary habits that require daily conscientiousness. Health is something that we must work on, day in and day out.

This issue is very important to me, which is why I chose it as my thesis topic. I have gained a great deal of knowledge in going through this process with my thesis committee members, Dr. A. Jimenez, Dr. L. Markov, and Dr. J. Boulos, and my thesis advisor, Dr. Christoph Hengartner. I am so thankful for these four professors, as well as to Dr. Sirimangkala as she has guided me through this project in the last year and has been a constant source of support and encouragement in my endeavors.

# Literacy Corner: Book Review



## Literary Liberation: A Virginia Woolf Book Review

By Johania Charles, HPSAB Service Coordinator

Virginia Woolf's *A Room of One's Own* is a rhetorical masterpiece that combats the issues of gender discrimination. With it, Woolf revolutionizes the 20th century by revealing intense feminist views in the form of a fictional literary work.

The story goes as such: The narrator is asked to explore and elaborate on the topic of women and fiction. Ironically, the setting is said to be Oxbridge (Oxford and Cambridge combined), hinting at Woolf's attempt to condemn universities against educated women. Upon realizing how vague the assignment is, the narrator decides to research the way women are described in fiction. As the narrator analyzes fictional representations of women, she realizes that they are mostly written by men.

The narrator describes the obsession these men have with "figuring" out or solving the puzzle that is women. One male character describes women as incompetent and another as being an extreme,

explaining that women are either excessively emotional, over dramatic or extremely submissive to the commands of their male counterparts.

In the fictional works of these same male characters however, women are given attributes that are quite the opposite from what they believe real women are, "If woman had no existence save in the fiction written by men, one would imagine her a person of the utmost importance...as great as a man, some think even greater. But this is woman in fiction. In fact, she was locked up, beaten and flung about the room."

Through the narrator, Woolf concludes that men are merely afraid of a woman's potential. If they're given the same opportunities as men, there's no telling how far they'd go. *A Room of One's Own* is a comical yet powerful response to the oppression of women in society, an issue still relevant in our time.

"Adeline Virginia Woolf was an English writer who is considered one of the most important modernist twentieth century authors and a pioneer in the use of stream of consciousness as a narrative device." - Wikipedia



# Spring Scholarship Engagement Recap



This year the Honors Program Scholarship Engagement took place at the PATCH, an urban garden in Dania Beach, Florida. The Patch included two and half acres of land filled with a variety of fruits and vegetables, including those native to South Florida and seasonal produce. The mission of the Patch is to build an environmentally and economically sustainable urban farming system within the community, resulting in a network of secure healthy food sources of naturally grown vegetables and fruits. Meanwhile, the Patch provides local jobs and vocational training in the sustainable agricultural industry to the residents of the community, welcoming all communities and individuals interested in urban farming. The PATCH uses non-GMO/Certified Organic and Heirloom seeds only. Although the produce grown are not certified organically, the PATCH uses pesticide free fertilization practices.

As soon as the Honors Program arrived, a group of students were whisked away to help in sorting out the good, sellable produce from the spoiled ones. Afterwards three groups were made, one group harvested the fruit or vegetable, another group planted, and the third group washed and bundled the freshly picked veggies. Other tasks included mold scrubbing and cleaning the vegetable isles.

While the students worked, the farmers market was open to the public, where they sell the produce and all the proceeds go towards funding the Patch. HP students interacted with the employees and other volunteers at the Patch, uncovering many of the realities of what it takes to maintain the urban garden. A personal and intimate conversation with the head of the Patch really opened the eyes of fellow honors students, encouraging us all to use a green thumb!



# Upcoming Dates & Announcements

## Spring 2018 Thesis Defenses

- Paola Montenegro's defense schedule: April 19, 2018 at 1 pm (1 – 2 pm)
- Alayna Gallagher's defense schedule: April 20, 2018 at 2 pm (2 – 3 pm)
- Lehman 328
- Open to all HP students

## Evening of Celebration & Appreciation (ECA)

An evening to show our appreciation to HP faculty and celebrate the seniors' thesis completion. This is a great way to celebrate the end of the academic year for all!

- Thursday, April 26
- 4:00-5:00 PM
- Andreas 112
- Open to ALL HP Students
- MUST RSVP with Dr. Sirimangkala [psirimangkala@barry.edu](mailto:psirimangkala@barry.edu)

## HP Social & Fun

Get to meet and hang out with your fellow HP members and faculty on a night of fun and games.

- Monday, April 9th
- 4:30-6:30 PM
- Location TBA
- Open to ALL HP Students
- Food & Refreshments will be provided
- MUST RSVP with Dr. Sirimangkala [psirimangkala@barry.edu](mailto:psirimangkala@barry.edu)

## Honors Convocation

A ceremony to recognize undergraduate students for their dedication and commitment to community service, leadership, and above all, academic excellence.

- Friday, May 4th
- 2:00-3:00 PM
- Barry Chapel
- Open to ALL HP Students
- Those who did not attend the urban gardening are required to volunteer at the Honors Convocation.
- MUST RSVP at [psirimangkala@barry.edu](mailto:psirimangkala@barry.edu) or at [eazevedo@barry.edu](mailto:eazevedo@barry.edu)

**For those who need overrides for PHI 191H or SOC 394H or are unsure of an HP course to register for Fall 2018, please contact Dr. Sirimangkala.**



# HP Requirements & Info

## ATTENTION ALL HP STUDENTS! FREE PRINTING!

There's no need to pay \$0.05 per page to print because HP has their own lab with a brand-new printer! If you're a member of the program, take advantage of this benefit just for you.

**Visit our lab in Landon 206G.**

\$10 Key Deposit required (*refundable after key is returned*)

**ONLY HONORS PROGRAM STUDENTS!**

Email Dr. Sirimangkala for more information.

## HPSAB CONTACT

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## WE WANT YOUR FEEDBACK!

HP is all about **YOU!!!** We want to hear what you have to say about your program.

Send us your comments about the program, specific classes, or professors. Or drop off an anonymous note in our lab or outside Dr. Sirimangkala's office. Anything you send will **NEVER** be published. We want to make the program better and more enjoyable for you. You have a voice and we want to hear it!

## Honors Program Requirements

Here is just a quick reminder to ALL members of what is required of you in order to be a part of the program and be able to receive and enjoy the benefits of being a part of HP.

- Complete the Seniors Thesis before graduation
- Enroll in one HP course per term
- Maintain a cum GPA of 3.5 or above
- Must attend at least 2 HP sponsored events every semester