

The Eclectic

Winter 2007

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SAVE THE DATE

Wednesday, December 05/

Friday, December 07

Last day of classes

UA Main Campus/UA South
Campus

Thursday, December 06

Honors Pre-Commencement
Reception

Friday, December 07/

Saturday, December 08

Final exams begin

UA Main Campus/UA South
Campus

Friday, December 14

Final exams end

UA Main Campus/ UA South
Campus

Saturday, December 15

Residence halls close

Saturday, December 15

Winter Commencement/
Graduation

Sunday, January 13

Residence halls open

Jan. 07

Update Honors status start date

Wednesday, January 16

Classes begin

Wednesday, February 6

Last day to increase units without
\$250.00 late charge



**FIVE STAR FACULTY
AWARD COMMITTEE**

BY: SARA BUTTON

WHAT IS THE HONORS FORUM LUNCHEON

of his or her research. You'll experience lively conversation, tasty food, and exposure to new ideas and concepts. Some students report having found a faculty mentor – and even a major – at the Honors Forum luncheons. Each luncheon, including the presentation, lasts one hour and is free of charge.

FORUM LUNCHEON FOR SPRING SEMESTER 2008

Tuesday, January 22nd at
12:30
Tucson Room

Thursday, February 21 at
12:30
Ventana Room

Wednesday, March 5 at
12:00
Tucson Room

Tuesday, April 1 at
12:30
Ventana Room

More information about
these dates will be posted
on our website at:
**www.honors.
arizona.edu.**



The Honors College has a long-standing tradition of hosting the Honors Forum luncheons. Since 1986, the purpose of the luncheons has been to bring together Honors students, faculty members, and professional staff in a relaxed and congenial setting. At every luncheon, a featured UA staff or faculty member briefly presents a portion

The Five Star Faculty Award Committee is looking for members for spring 2008. The Five Star Faculty Award, sponsored by the Honors College, is the University of Arizona's only student-selected award for professors. As a committee member, you would be part of the selection process for this year's Five Star recipient.

Want to get involved? If you are interested and have questions, please email Sara Button (buttons@email.arizona.edu). Our first meeting will be sometime in late January; details to follow.

THE UNIVERSITY OF ARIZONA.

Arizona's First University.

*"Be cautious of what others say you are,
and decide for yourself if you agree with
them or prove them wrong."*

- Anonymous

RICHARD KISSLING SCHOLAR:

JAMES MOXNESS



A senior Honors student at the University of Arizona, James Moxness is an excellent choice for the “Richard Kissling Spirit of Inquiry Scholarship”. Dr. Kissling, our former Associate Dean, taught a class for many years that introduced students to people of great passion from all different walks of life and professions. A Kissling Scholar is someone with a similar passion for, and curiosity about, an

intended intellectual and career path.

James Moxness is certainly a student with passion and curiosity. He has blended an unusual combination of majors – Chemical Engineering, Classics, and Art History – with a sprinkling of other courses in math and piano performance. James says that “In a sense, my excitement at this blend of things comes from the fulfillment of my hope of what college would be: a discovery of truth. College has helped me recognize the seemingly limitless body of knowledge one can study, and that there is just as much knowledge in understanding the movement of air as there

is to revealing what art can tell us about the story of humanity...In this way, my ‘spirit of inquiry’ has been a main driving force to not only my education, but also a major factor in the way my life has been shaped in the last four years.” He has worked on an archaeological dig in Orvieto, Italy; studied German in Vienna; done research at the UA on safe removal of arsenic from drinking water; and is completing a senior thesis in art history that investigates the manufacturing process and design of the ancient Roman breastplate. He says: “my desire to explore, discover, and achieve is what is driving my plans to enter law school and study a J.D. in conjunction

with an M.A. in Classical Archaeology, so that I can help work for the protection of the many archaeological sites in the world that are being irreparably damaged by looting.” His passion and curiosity, then, were greatly enhanced during his undergraduate years and will carry him into his very promising intellectual and professional future.

IT'S THAT TIME OF THE YEAR...

By: PATRICIA MACCORQUODALE

The leaves that turn are getting their fall colors and the temperature, at least at night, is starting to cool. It's that time of year when our thoughts turn to...pumpkin pie, holidays, skiing---the end of the semester!! I recently met with an Honors student at 7 AM. I asked her, are you're a morning person? “Not really,” she replied, “but I had a nap before meeting with you” I didn't need to ask how late she had been up.

Studies of college students indicate that most college students in residence halls

start going to sleep around 11:30 PM and most are up in the morning by 9 AM. There is enormous variation in sleep patterns among college students. It's not unusual to find folks up at 2 AM or to find students sleeping til noon. In residence halls, about one-quarter of students report staying up until 1 AM at least once during the school week and 15 percent report sleeping until noon one day a week.

Did you know that adults are categorized as sleep deprived if they average less

than 7 hours of sleep a night? Most college students need 8.5 to 9.25 hours of sleep a night. College students are seen as the most sleep deprived group in the U.S. Only 11 % of college students report that they had good quality sleep and 73% report occasionally having problems getting to sleep, getting a good night's rest, or getting enough sleep. One in four college students report that lack of sleep impedes their academic performance. As Lynn Johnston remarked, “Not being able to sleep is terrible. You have the misery of having partied all night without the satisfaction.”

A few useful reminders:

- Avoid caffeine, nicotine and other stimulants in the evenings.
- Avoid heavy meals before bedtime.
- Exercise regularly, but not right before bed.
- Take power naps if you can.
- If you have trouble falling asleep, get up and read, or listen to music. Don't toss and turn. Then try again when you are ready and relaxed.
- Listen to your body. Recognize when you are tired.
- Prioritize your activities to fit your energy and sleep cycles.

Thomas Dekker (1572-1632) said that “Sleep is the golden chain that links health and our bodies together.” It's true today even though we work a lot harder by multi-tasking and extending our work hours. Take care of yourselves and stay healthy.

ANDRIA LIGAS SCHOLAR:

LYNNE GREENHALGH



Lynne Greenhalgh, a junior Honors student at the University of Arizona, is this year's Andria Ligas Memorial Scholar. This scholarship honors the legacy of Andria Ligas, a former UA Honors student who lived life as a quest, a challenge and an adventure of the mind, spirit and body. A stellar student with a penchant for languages, a triathlete,

a marathon runner, an artist, a rock climber and a seasoned traveler, Andria never wasted time – every moment had its purpose. This scholarship award has been designed to honor her memory and her spirit.

Lynne Greenhalgh lives her life in much the same way as Andria did, particularly in her desire to learn languages, explore cultures, and take on athletic challenges. Majoring in Business, Chinese, and Russian, Lynne has studied in China already and intends to study in Russia next spring. She also expects

to live and work in France next summer, and to return to China at her earliest opportunity. Lynne says that, "I feel that the study of foreign languages is more than just a requirement at a university; it is a glimpse at a part of the world that is intriguing and enlightening."

Beyond her obvious love of languages and cultures, Lynne is an avid runner who is about to complete her first marathon in December. Lynne sees her language study and athleticism as interrelated. She says, "I find a close

connection between these two endeavors in that my running pursuits relax me and keep me disciplined, while my linguistic interests, in addition to keeping me focused, also ensure a broad worldview and cultural understanding."

We think Andria Ligas would find a kindred spirit in Lynne Greenhalgh, and we are pleased to recognize her as our 2007 Ligas Scholar.

NATIONALLY COMPETITIVE SCHOLARSHIPS

By: KARNA WALTER

NSEP BOREN...NSEP BOREN...NSEP BOREN...NSEP BOREN...NSEP BOREN...

Would you like to study abroad in a non-Western country? Are you interested in a career in government? The NSEP Boren Scholarship may be for you. This scholarship enables US undergraduates to undertake language and cultural study in countries deemed critical to national security. NSEP recipients must fulfill a service requirement to the US government soon after they graduate, so prospective applicants should read the scholarship information carefully before deciding to apply (www.iie.org/nsep). The UA deadline for submission of your NSEP application is Thursday, January 17. Contact Dr. Karna Walter (karna@u.arizona.edu; 621.6546) to schedule a meeting to discuss your suitability for the scholarship.

UDALL...UDALL...UDALL...UDALL...UDALL...UDALL...UDALL...UDALL...

Are you interested in pursuing an environmentally-oriented career? Or are you a Native American student who is interested in a career in tribal policy and/or health care? Consider applying for the Udall Scholarship (www.udall.gov). You must be a U.S. or permanent resident to

apply, and you must have at least one and at most two more years of undergraduate study left after this academic year. The UA deadline for the Udall is Tuesday, February 5, so it isn't too early to learn more and to determine whether you will apply. Contact Dr. Karna Walter (karna@u.arizona.edu; 621.6546) to learn more.

BEINECKE...BEINECKE...BEINECKE...BEINECKE...BEINECKE...BEINECKE...

Are you thinking about attending graduate school in the arts, humanities, or social sciences? Are you an excellent student with strong intellectual ability who also has received need-based financial aid as an undergraduate? The Beinecke might be for you. Interested? Contact Dr. Karna Walter (karna@u.arizona.edu; 621.6546) to learn more. UA deadline is Tuesday, February 5.

MANY OTHER NATIONALLY COMPETITIVE SCHOLARSHIPS exist, though we haven't referenced them here. Dr. Walter has a book called *The Harvard College Guide to Grants* that you may want to peruse. You might identify awards that could help support your undergraduate studies, or postgraduate opportunities. Contact her if you'd like to borrow her book for a short time.

HONORS STUDENT COUNCIL

By: JAIME CAMPOS, HSC PRESIDENT 2006-2008

Honor's Student Council (HSC) is having a great year! Attendance is more than double that of last year and already we have accomplished many things, such as, participating in the AIDS WALK 2007 (last year we were ranked 5th in fundraising for the college/university category), making breakfast at the Ronald McDonald House, and more. We are also currently working on an Honors Course Guide which will provide students an insight to the inner workings of honors courses here at the UA.

Our main purpose is to serve as the collective voice of Honors students throughout the UA. As a student organization

we provide leadership opportunities, participate in philanthropic events to help the UA and Tucson, assist the

Honors College in policy-making decisions, program events for HSC and the Honors College, and finally, allow you to rekindle your creative side.

Students interested in joining HSC are more than welcome to do so. Meetings are held every Wednesday at 5 pm at Slonaker House (the Honors College) unless otherwise

noted, or email me at jcams@email.arizona.edu for more information.



HSC Officers: Tulika Balagopal, Saman Nematollahi, Akshay Sriprasad, Jaime Campos, Nate Billimack, Neha Giridharan

UNLOCKING SECRETS OF THE UNIVERSE ONE STEP AT A TIME

By: LAUREN LePAGE

While other students question what they should wear or study for a final, Caitlin Casey asks, "What is at the end of the universe?" Casey, a 2007 physics, astronomy and math alumna, bulldozed her way through college, taking on research opportunities with such companies as the NASA Space Grant program and studying super-massive black holes, said Casey and astronomy professor Chris Impey.

"She can handle the complex ideas," Impey said of Casey's research. But the woman who spent many hours "guarding the kingdom of fun" – also known as the Steward Observatory – delved into more than the sciences during her time at the UA.

Casey's walls in her Steward office featured some of her artwork, including a

"film strip" of self-portraits, as the recent graduate also signed up as an arts major so she could further her education. In the summer of 2004, she traveled to Aix-en-Provence, France, to study and practice art at the Institute for American Universities.

Referring to her experience in France, Casey wrote in a scholarship application: "Gazing out on the sun-drenched mountains, vibrant vineyards and wheat fields, it took me a while to get it. Painting the landscape of southern France is not about attention to detail or accuracy of placement." Casey's entry, which also detailed her advances in astronomy research, won her the Gates-Cambridge Scholarship and honorable mention in the Marshall Scholarship.

"It makes her science better to have that other side, I think," Impey said. "Being an artist or having an interest on that side is more out of the box; it's more intuitive. It fuels things that are actually important in science."

Casey's drive to succeed in both disciplines has led her to become a Gates-Cambridge Scholar, and she is now attending graduate school at Cambridge University.

Commenting on Casey's heavy schedule and success, her brother, Will Casey, said, "That's kind of a great mystery to us. ... We don't know where it comes from. ... I think it probably has something to do with her creativity and her curiosity."

Caitlin Casey said her older brother, who graduated with a doctorate

in mathematics from New York University, inspired her to excel at the UA. "He managed to squeak through," she said of his undergraduate experience. As a result, she told herself, "I can do this, too. I can totally go after this and get anything I want, because he got it. ... My mind works in the same way that his does."

Looking toward her future, Casey envisions herself in a full-time astronomy research position, unlocking the universe's secrets, she said. "If we can understand that, I think that's amazing, because it's like we, as humans, are part of this universe and we can understand what we are by seeing the edge of it."

However serious studying the universe at large might seem, Casey

UNLOCKING SECRETS OF THE UNIVERSE ONE STEP AT A TIME

By: LAUREN LePAGE
CONTINUED...

carries with her a “good sense of humor,” Impey said. He added: “Research has to be fun, and if you forget that it’s fun, you’re forgetting an important part of the whole thing.”

Casey embodies fun. In fact, she picked up her NASA stint through a weekend trip to Mount Lemmon with a group of students from the UA Honors College. She met a gentleman who, after speaking with her, invited her on board. In Steward, the walls above her computer featured a “rainbow” constructed with post cards of Hawaii, where she interned as one of 13 students at the Institute for Astronomy.

“Among all the students I’ve worked with that have the highest grades and the best honors and so

on, some of them are a little too intense and serious,” Impey said. “They’re just a little too maniacal about what they do. And (Casey) has a good perspective.”

He added: “I have no doubt she’ll just sail through graduate school.”

NOTHING IN LIFE IS TO BE
FEARED, IT IS ONLY TO BE
UNDERSTOOD. NOW IS THE TIME
TO UNDERSTAND MORE, SO THAT
WE MAY FEAR LESS.

MARIE CURIE
FRENCH (POLISH-BORN)
CHEMIST & PHYSICIST (1867
- 1934)

KELLY OUTSTANDING SENIOR OF THE HONORS COLLEGE



Loran Kelly will graduate with a B.A. in Psychology and a minor in Religious Studies. Loran was born in Novi, Michigan, but has lived in Fountain Hills, Arizona since she was thirteen. She has earned a 4.0 GPA in her studies at the University of Arizona. A stellar student and researcher, Loran has worked in Professor John Allen’s laboratory for three years, where she developed her own project, the results of which were presented at a conference of the Society of Psychophysiological Research. Loran’s work with Dr. Allen led to a summer

program at Yale University in a behavioral neuroscience lab there. Loran embodies the mission of The Honors College not only because she has accepted and excelled at uncommon academic challenges, but also because she has demonstrated her commitment to social responsibility in her volunteer efforts for the Commission on the Status of Women, the National Alliance for the Mentally Ill, the Southern Arizona AIDS Foundation, and the Network of Feminist Student Activists. Her goal is to enter a graduate program in Clinical Psychology. Dr. Allen, Distinguished Professor of Psychology, Cognitive Science and Neuroscience, had this to say about our Outstanding Senior: “Loran is meticulous in her approach to work in the lab, and has the exacting eye of a scientist.”

IMPORTANT: UPDATING

All students who wish to remain members of The Honors College must activate their Honors status by filling out the on-line update form each semester. The form is located on The Honors College webpage. Updating will be available for the first five weeks of each semester. Students who do not update their Honors status during the first five weeks of classes will be dropped from The Honors College and may reactivate

their Honors status only AFTER PRIORITY REGISTRATION IS COMPLETE for that semester. Dropped students may not complete an Honors Contract during the semester in which they have been dropped. If a student does not update for two consecutive semesters, they may only reactivate their Honors status by going through the self-nomination process and meeting with an Honors advisor.



Congratulations to all Honors Graduates & Award Recipients!

The Honors College staff is proud of all our Honors students' accomplishments and our Outstanding Senior, Loran Kelly.

Honors Graduates

(listed under discipline in which honors will be awarded)

Aerospace Engineering

Katelun May
Thomas Balsa

Anthropology

Rebecca E Lane †
Ivy Pike
Sarah J Macdonald †
Michael Schiffer
Margaret K Neff
Mary Ellen Morbeck

Biochemistry and Molecular Biophysics

Wendy M Ingram
Matt Cordes
Stefan A Merrill
John Osterhout

Business Management

Jocelyn E Kukulka
Stephen Gilliland

Civil Engineering

Armando J Lopez
Michael Mathieu

Classics

Stephanie Beggy
Marilyn Skinner

Commerce

Susan Glines †
Byron Bissell

Creative Writing

Craig Steven Baker
Eric Hayot

Economics

Heidi Hayes
Donald Wells

Electrical Engineering

Varun V Bhartia
Elmer Grubbs/Martha Ostheimer
Shahil B Rais
Elmer Grubbs/Martha Ostheimer

English

Cherilyn Gain *
Edgar Dryden
Kaitlyn A Roehrick
Carlos Gallego

Family Studies and Human Development

Tara Ray
Stephen Russell

Geography

Renee N Johns
Stephen Yool
Sharon McKenzie
Marvin Waterstone/Keiron Bailey

History

Brian W Salas
Allison Futrell

IDS/International Studies

Cherilyn Gain *
Wayne Decker
Stephanie Kopplin
Wayne Decker
Salees A Seddon
Wayne Decker

Materials Science and Engineering

Kyle R Smith
David R Poirier

Mechanical Engineering

Tyler Brown
John Williams/Thomas Balsa

Molecular and Cellular Biology

Shaun D Daidone
Roy Ax
Jessica Jimenez
Kathleen Dixon

Music

Rebecca N Bloomfield
Janet Sturman

Nursing

Rochelle K Leitschuck
Carrie Merkle
Nicole Marble
Lois Loescher
Bethany Dawn Palosaari †
Terry Badger
Heather Rossenbach
Elaine Jones
Christy Slaughter
Carrie Merkle

Nutritional Sciences

Amanda Murphy
Jennifer Ricketts

Optical Sciences and Engineering

Dylan Martin
Gerlad Pine

Physics

Yancey H Sechrest
Alexander Cronin

Plant Sciences

Emily S Seddon *
Malkanthi Gunatilaka

Political Science

Mark H de Barros
Ramiro Berardo
Michael Huston
James Todd
Laura Jion Park
Michael P Sullivan

Psychology

Loran Kelly †
John Allen
Lauren Leila Tichy
Judith Becker
Andrew R Wilson
Stephanie Fryberg

Public Management and Policy

Stephanie N Shear
Neil Vance

Spanish

Emily S Seddon *
Robert Fiore

Studio Art

Jennifer E Cox
Alfred Quiroz

Studio Art & Visual Communication

Val J. Lehnerd
Karen Zimmerman

Wildlife, Watershed, and Rangeland Resources

Valerie Steinbronn
Guy McPherson

* Da Vinci Award recipient is a student who has completed more than one thesis

† Silver Award of Excellence recipient is a student who is graduating with a 4.0 GPA

(Thesis Advisors listed under student)

The Honors College Faculty and Staff

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- DR. WAYNE DECKER** *Director of International Studies and External Affairs*
- PETER IN-ALBON** *Support Systems Analyst, Sr.*
- DR. PATRICIA MACCORQUODALE** *Dean*
- RAFAEL MEZA**..... *Assistant Director for Recruitment and Outreach*
- KRISTY SAWDY**..... *Event Coordinator*
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- HELENA RODRIGUES** *Academic Advisor, Senior*
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- BARBARA WHITTLESEY**..... *Administrative Associate*

Edited by Angelica Robison