

SCHOLASTICA

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A FEW WORDS

FROM EDITOR-IN-CHIEF, CHRISTOPHER UHLICK

It is amazing how this semester is flying by at a rapid pace. September and October have come and gone, and now we are heading into November.

Most of you have already experienced midterms, and if not, they are scheduled to begin within the upcoming weeks. Good luck to everyone on their midterms!

Post-midterm season is a great time because you are halfway through the semester and Thanksgiving break is

swiftly approaching. Before you know it, we will be getting ready for the winter break.

Thanksgiving is one of my favorite holidays. Nothing beats eating tons of great food, spending time with family, and watching football. The holiday also provides some perspective on what we should be thankful for in life. For me, knowing I have family and friends who care about me is one of the most comforting feelings, especially when difficult times arise. It is important

to say the “I love yous” year-round, but during this time of year it is imperative to convey the appreciation you have for those people in your life.

Whatever your customs are, I hope you enjoy your Thanksgiving and the well-deserved break it provides from classes.



INSIDE THIS ISSUE :

Fall Honors Event Write-Ups 2

Honors Professors 101 4

Remaining Fall Events 6

Spring 2010 Honors Courses 7

\$1,000 Research Grant Information 8

Student Showcase 9

My Time in Ireland 10

Looking for Help: How to Receive Financial Aid 11

New Trimmings for Turkey Day 12

The Sports That Get No Respect 13

PACE UNIVERSITY
PLEASANTVILLE, NY

- > **Janetta Rebold Benton, Ph.D.**
Director of Honors College, Pleasantville
- > **Joseph Morreale, Ph.D.**
Acting Director of Honors College, Pleasantville
- > **Christopher Walther, M.S.**
Senior Honors Advisor
- > **Christopher Uhlick**
Editor-in-Chief

ICE CREAM ICE BREAKER

BY KELLIE VANWORT



A look at the numerous Honors students taking advantage of the ice cream provided to them.

On September 22, 2010, 149 Pforzheimer Honors College students gathered in the Gottesman Room in Kessel for the Honors Ice Cream Ice Breaker. Here they were able to enjoy delicious ice cream and socialize with fellow Honors students.

Opening remarks were given by Acting Director, Dr. Morreale, who introduced new students of the Honors College, inviting them to stand and be recognized. Since it is difficult to meet everybody, this was a great opportunity to see who the new students, especially freshmen, are in the program. Dr.

Morreale continued to talk about what it means to be a member of the Honors College and its actual requirements. He also touched upon the many Honors Societies that students are able to join, including Alpha Chi, Lambda Sigma, Sigma Theta Tau, Phi Alpha Theta and the Golden Key International Honor Society to name a few. Many representatives from the Honors organizations came to speak to the students about joining organizations and the benefits of them.

Overall the Ice Cream Ice Breaker was about much more than just ice cream. It was a chance for students to learn about the many opportunities at Pace and how it can help for their future success. Students should take advantage of the numerous opportunities and help of faculty members available for guidance. All of these tools and resources can help students reach their potential while attending Pace University.



Dr. Morreale during his presentation.



TOUR OF CITI FIELD

BY JOHN MANNHART

On Friday, September 24, 2010, 19 Honors College students got a chance to see the ins-and-outs of the New York Mets new home, Citi Field. The students started their tour by walking through the Jackie Robinson Rotunda. Their tour guide explained that the rotunda was built to honor the great Jackie Robinson and everything he did for baseball. The group was then lead to the press box, where they were able to sit down and experience the view that sports writers have when covering a Mets game.

The gorgeous Empire suites were the next stop on the tour. If you want to watch the game from an unobstructed view, have catered food service, or want to sit and watch the game from an air conditioned room with big, comfy couches, then the Empire suites are for you! The students were also taken to the Sterling suites, which are the closest suites to the field in all of the MLB.

The students were then lead out onto the actual playing field., which was many students favorite part of the tour. Being able to stand where the New York Mets play baseball 82 games a year is truly an experience. They entered the field from behind home plate and were taken into the dugout. Students were allowed to take a seat on the benches just like the professional players themselves do. After the dugout, the students walked along the outskirts of the field to the Mets bullpen located in centerfield. The newly renovated bullpens were interesting to look at because of all the specific details that were put into it. Things like how the mounds face the exact way the actual mound on the field does, or how they have little air conditioned huts where the relief

pitchers can sit and enjoy the game.

More behind-the-scenes viewing took place at the media center, where Mets players and coaches talk to the press. From there the tour went to see the Mets Lounge and Clubhouse, both of which were a sight to see. There were vast lockers with customized chairs and some players even got to have multiple lockers based on seniority.

The final part of the tour was the Mets Hall of Fame and Museum. There are so many interesting facts about the Mets and their history displayed there that could keep any fan occupied for days. It was here the tour ended, and as the students boarded the bus, they waved goodbye to Citi Field as it disappeared in the distance.



Honors students taking a breather in the Mets dugout.

TRIP TO SIX FLAGS GREAT ADVENTURE

BY MARTIN ZAHARIEV



A look at Six Flags' two famous roller coasters, Kingda Ka and El Toro.

thrill of the day.

My group of friends and I wasted no time and headed directly towards Kingda Ka, the tallest rollercoaster in the world. After going on it twice we moved on to other classic rides like Nitro, Superman: Ultimate Flight, Batman the Ride, and El Toro, all of which make the park so amazing. I recommend these rides to everyone, whether you are a first timer or a returning thrill

On October 2, 2010, I had the pleasure of attending the Honors College trip to Six Flags. The group of Honors students and Professor Christopher Walther, took a Pace bus to the theme park and arrived around 12pm. After a quick briefing from Professor Walther, everyone dispersed, racing to their first

seeker.

In case people are not ready to conquer the larger rides, some more moderate ones available are Skull Mountain and Rolling Thunder. Unfortunately, the newest ride, Green Lantern, will not be ready until 2011. This is something to look forward to for those going next year as it is considered to be in the same category as Kingda Ka and Nitro in terms of intensity.

Overall, The Six Flags trip is a great opportunity to spend an entire day hanging out with friends, or making new ones, at an exciting amusement park. Not only do you get to go on all of the rides as many times as you want, or as many times as possible, but you get to do it all for a cheaper price than a regular ticket.



Some lucky patrons are about to experience the thrill that is Nitro.

NATIONAL ALLIANCE FOR THE MENTALLY ILL PRESENTATION

BY EDEN SMITELLI



Honors students listening closely to the stories of the presenters.

On Tuesday, October 12, 2010, 66 Honors College students had the opportunity to listen to "In Our Own Voices," a presentation by the National Alliance for the Mentally Ill. During the presentation, two speakers shared their stories about their challenging pasts dealing with bi-polar disorder.

Students also had the opportunity to watch short video clips of others who have suffered with mental illness. We heard about their darkest days, coming to terms with illness, treatments, and coping strategies.

One of the speakers had been hospitalized over fifty times in the past twenty years. She related to us a story from her past that she now chooses to laugh at in order to stay strong and not break down. After an ex-boyfriend had put a restraining order against her, she showed up at his house wearing a wedding dress, dancing around his front yard. She was then arrested and spent time in jail. She shares this story because she realizes how

her behavior proves that an unstable person's thoughts or actions can be ridiculous when bi-polar disorder is left untreated. Now she understands the importance of taking her medicine and going to therapy regularly. She has come a long way since her "dark days" and was excited to share her success story with us.

The other speaker had been dealing with this illness for several years as well. Suffering through three very dark periods during the succession of her illness, this featured speaker eventually attempted suicide when her daughter was fifteen. After a full year of recovery, she today is doing much better and living a fulfilling life.

This informative program was eye-opening and made students realize these illnesses are common and treatable. The speakers were average people, similar to us, who developed their illness at around our age. We are now more aware and educated to pick up the warning signs of mental instability. The best way to help a mentally ill person is to detect the problem early on and then try to stabilize the patient. "In Our Own Voices" taught us these lessons with inspiration and humor.



One of the NAMI presenters sharing her story with the audience.

MAKE A DIFFERENCE DAY- PACE READS

BY MELISSA CAPOZZI



Honors student, Valerie Lakes-tream, reading to the children.

On Sunday, October 17, 2010 the Honors College of Pace University, Pleasantville took on "Make a Difference Day." A group of 15 Honors students went to the Mount Pleasant Library to read to the children of the local Pleasantville Cottage School. Six Cottage School children attended the event and they were definitely happy and excited to be there. To begin the event, we each chose three books that we wanted to read aloud. Most of us gravitated towards our favorite children's books from childhood, such as "The Little Critters," "Arthur," "The Bernstein Bears," and the "Dr. Seuss" classics.

We took turns reading and most of us were able to read aloud twice. In light of the upcoming holiday, we also chose to read Fall and Halloween themed books. One that was a particular crowd favorite was "Goodnight Goon," a spin-off of the ever so popular book, "Goodnight Moon." To keep with the theme, we

asked what the children's Halloween plans were and what they planned on dressing up as this year.

This was very much a nostalgic event and it was obvious that my fellow students enjoyed it as much as the Cottage School children. It was a means of revisiting our childhood while giving back to our local community. After our friends from the Cottage School left Honors students continued reading to other children who were in the library that day. This was my first time attending a "Make a Difference Day" event and I have to admit it was probably one of my favorite Honors events thus far.



The children of the Pleasantville Cottage School listening closely to the story.

PROFESSORS 101

MEET THE PROFESSORS TEACHING THIS SEMESTER'S HONORS COURSES



Dr. Linda Anstendig—ENG 201: Writing in the Disciplines
Dr. Linda Anstendig, Professor of English and Modern Language Studies, who has taught full time at Pace since 1989, served as Director of Writing for her department, Co-Director of

Writing Across the Curriculum and Associate Dean of Dyson College, and is now Co-Director of the Pace Electronic Portfolio Program and Executive Assistant to the Dean of Dyson College.

She enjoys teaching Honors College students, and has mentored a number of Fullbright applicants and Dyson Society of Fellows Conference presenters. Dr. Anstendig continues to be inspired by her students in courses such as English 201 and American Literature—"the new American Dream: Literature and Cultural Diversity". Her publications include a text, *Writing through Literature*, numerous journal articles and book chapters on writing, technology, and civic engagement issues. Awards include the Kenan Award for Teaching Excellence, the Dyson College Distinguished Faculty Award, and the University Award for Distinguished Faculty Service.



Prof. Daniel Botting—UNV 101: Introduction to the University Community

For the past 5 years Prof. Daniel Botting has served as the Program Coordinator, and more recently, the Assistant Director

of the Center for Community Action and Research at Dyson College (CCAR). He has worked to integrate service and civic engagement into the university community and build connections between Pace and local non-profit organizations. Prior to joining the CCAR, he worked for the New York Public Interest Research Group in Staten Island, NY. Here he worked to organize students and the community around a variety of successful social campaigns to increase the minimum wage, clean up toxic waste sites, protect children from lead poisoning and others. Prof. Botting has his Masters in Public Administration from Pace University and his BA in Environmental Studies from the State University of New York at Buffalo.



Dr. Clare Brown—ENG 120: Critical Writing

Dr. Clare Brown's educational background includes a Bachelor of Arts degree in English Literature from the Franciscan

University of Steubenville, a Master of Theological Studies degree from the Pontifical John Paul II Institute at the Catholic University of America, and a Master's degree in English Literature from the University of Edinburgh. Her area of specialization in literature is eighteenth-century British fiction.



Dr. Diane Cypkin—COM 214: Interpersonal Communications and Relationships

Dr. Diane Cypkin, Ph.D., Professor of Media, Communication, and Visual Arts, is an academic and a professional

singer/actress/director. She has a chapter in the anthology *Courage of Conviction: Women's Word, Women's Wisdom*. For twenty years she has written book reviews for *Martyrdom and Resistance*, a publication of Yad Vashem. She has curated exhibitions at the Museum of the City of New York and the New York Public Library for the Performing Arts at Lincoln Center. As a singer/actress she has appeared in many Yiddish and English language musical productions spanning more than two decades. She has directed productions of *You're A Good Man Charlie Brown*, *HMS Pinafore*, and *Annie Get Your Gun*, to name a few. As a child of Holocaust survivors, she sang at the 1981 World Gathering of Holocaust survivors in Israel. In 1998 she presented a concert of her father's song at the United States Holocaust Memorial Museum in Washington, D.C. in conjunction with their exhibition on the Kovno Ghetto. She is a featured vocalist on the Compact Disc produced and distributed by them entitled: *Hidden History: Songs of the Kovno Ghetto*. In 2003-2004 she won the Kenan Award for Teaching Excellence at Pace University. In 2010 she received the Pace University President's Extra Mile Award.



Prof. Kimberly de Beaumont—INT 197: Baroque Bravura (1600-1700): Painting Lessons from the Masters

Dr. Kim de Beaumont, Adjunct Associate Professor of Art History, Pace University (PLV), Dyson College of Arts and Sciences, holds a Ph.D. from the Institute of Fine Arts, New York University (September 1998), where she wrote a dissertation entitled "Reconsidering Gabriel de Saint-Aubin (1724-1780): The Background for His Scenes of Paris" under the guidance of the late Professor Donald Posner. A specialist in European art from the seventeenth through nineteenth centuries, Professor de Beaumont has extensive teaching and public-speaking

experience, and genuinely enjoys working with students at all levels of interest and achievement. She particularly loves French art and culture, and is fluent in that language. An amateur singer as well, she participates actively in the classical music program of a local church choir in her hometown of Pelham Manor, New York.



Dr. Peter Edelstein—Managing Legal and Ethical Business Challenges

Dr. Peter Edelstein has been a practicing lawyer for 44 years and has been teaching at Pace

for 37 years. He is the recipient of many teaching awards (*Teacher of the Year*), publication awards, and the Keenan Award from Pace. He lectures in New York State as well as nationally to lawyers and law professors. In the past, he has served as the Editor-in-Chief of the *Westchester Bar Journal* and the Director of the Westchester County Bar Association. He is the author of many publications, including articles in the *New York Times* and the *New York Law Journal*, as well as columns and a book. Currently, he serves as the Chairman of the Board of the Fairfield Chapter of the *Killer Vees Motorcycle Gang*. He has been married to Nancy for 45 years, has two married daughters (who are Pace alumni), and 3 fantastic grandchildren. He says his favorite thing is being in a classroom with Pace students.



Dr. Jonathan Hill—CIS 102W: Web Design for Non-Profit Organizations

Dr. Jonathan Hill coordinates the Introduction to Computing program at Pace University's

School of Computer Science and Information Systems. He is a member of the faculty in the Technology Systems Department. Dr. Hill came to Pace with significant private sector managerial experience after Travelocity.com, United Airlines, and Aeroflot Russian Airlines, combined with 15 years on the faculty of City University of New York. At CUNY he worked to develop several successful educational and training programs for international students, and he started the Honors Entrepreneurship program at Queens College. At Pace, in addition to CIS 101, Dr. Hill works with a number of technology companies, including Microsoft, HP, and Apple, to incorporate technology into the classroom. He has served as a trainer and consultant to a number of colleges and universities on technology education and service learning, and he has trained teachers for the New York City Department of Education.



Dr. Charlene Hoegler— UNV 101: Introduction to the University Community

Dr. Charlene Hoegler is an enthusiastic supporter of the Honors College mission of excellence.

The opportunities she has had to work with Honors students have always underscored their appreciation for learning.

In Biology, there is a challenging and changing dynamic; Dr. H. feels that sharing this with students is exciting. She is President of the Pace University *Sigma Xi* Chapter, an international scientific society, and assists with her Biology Department's *TriBeta* Honor Society for students. She has taught a variety of courses including General Biology, BIO 170/CIS 101 Learning Community, Web of Life for the Environmental Studies program and specialty courses such as Microbiology and Histology. In collaboration with research colleagues at New York Medical College, Dr. Hoegler's studies cardiovascular (heart and blood vessel) tissues reacting to inflammation. She has presented research about the developmental biochemistry of plants and animals, and has published posters and articles in FASEB and the ABLE Conference journals. She is looking forward to BIO 123 HONORS in spring 2011.



Dr. Lawrence Hundersmarck— Learning Community: PHI 110: Introduction to Philosophy

Dr. Lawrence Hundersmarck says he has had the honor of teaching at Pace for the past 29 years. The former chair of the

University-wide department of Philosophy and Religious Studies, he has taught a variety of courses in the disciplines of Philosophy and Religious Studies.

Interested in the religions of the world and the history of Eastern and Western thought, he has lectured throughout the United States and in Europe. And speaking of Europe, he is looking for Honor College students who want to take the grand tour with him of all the most awesome and unforgettable places in Rome, the Eternal City, a spring 2011 INTERDISCIPLINARY (INT) 197 course, that spends 3 glorious weeks in Rome this May/June of 2011. He is also an avid skier, so ask him about skiing when you next see him.



Dr. Robert Keegan— Learning Community: PSY 111: Introduction to Psychology

Dr. Robert Keegan received his Ph.D. from the Institute for Cognitive Studies at Rutgers University. In recent years, he has made a major commitment to expanding the teaching of Social

Psychology, both in his role as External Advisor for Psychology with the International Baccalaureate Organization and as a member of the team in the Pleasantville Psychology Department that established a new Social Psychology major in the fall 2009 semester. As part of this new major, Dr. Keegan teaches Environmental Psychology and is preparing a course on Conservation Psychology.



Prof. Kathryn Marohn— INT 197: Baroque Bravura (1600-1700): Painting Lessons from the Masters

Prof. Kate Marohn has been an adjunct Professor in Pace's

Fine Art Department since 1988. She holds a BFA in painting from Northern Illinois University and an MFA in painting from the University of Montana. A multi-media artist, her current work combines acrylic paint with various drawing and collage materials on wood panel. Prof. Marohn is also a curator and has organized exhibitions at various museums and galleries throughout the area as well as curating many of the shows at Pace's Choate House Art Gallery.



Dr. Susan Merritt— CIS 101: Introduction to Computing

Dr. Susan M. Merritt was hired by the Lubin School of Business in 1978 to teach information systems; was

invited to move to the Dyson College of Arts and Sciences to start the new computer science department in 1980; and in 1982 was appointed dean of the new School of Computer Science and Information Systems (named the Seidenberg School of Computer Science and Information Systems), a role in which she served for 25 years.

Dr. Merritt holds a Ph.D. in Computer Science and is a member of Phi Beta Kappa and Sigma Xi. She is co-author of a textbook and has published and presented hundreds of scholarly papers. She has been honored by the ACE National Women's Leadership Network, the IEEE, the Computer Science Accreditation Board and others.

Dr. Merritt is now on the faculty as Professor Emerita- in- Residence. She is teaching Honors CIS 101 and enjoying it greatly!



Dr. Joseph Morreale— Learning Community: Managing Legal and Ethical Business Challenges

Dr. Joseph C. Morreale presently is Acting Director of the Pforzheimer Honors College-PLV. He holds a joint position at Pace in Economics (NY) and Public Administration (WP).

He is the former Provost of Pace University. He holds a B.A., M.A., Ph.D. in Economics, and a M.S. in Higher Education Administration and Finance. He holds degrees from the University of Buffalo-SUNY, University of Albany-SUNY, and Queens College-CUNY. He has authored or coauthored three books and numerous articles on applied economic analysis. He has also had extensive experience in administration, research, and teaching, and business and governmental consulting. He has had international experience in Europe, China, and Canada.

Dr. Morreale was selected as an American Council on Education (ACE) Fellow (1995-1996) and spent this fellowship at the University of North Carolina at Charlotte. He has also been a Harvard Fellow at the Summer Institute for Educational Management (IEM) for senior administrators (summer 2000) and had been a Senior Scholar at the American Association for Higher Education (AAHE) (1996-2005).



Prof. Laurice Nemetz— HW 297A: Yoga, Pilates, and Your Body

Prof. Laurice D. Nemetz, MA, BC-DMT, ERYT, LCAT has been an adjunct

faculty member on the Pace University campus for several years, and guests periodically in the Honors department with the course, Yoga, Pilates and Your Body. She is enthusiastic about teaching and likes students to be able to apply their learning in creative ways. Prof. Nemetz is a certified and registered experienced-level yoga teacher, a board-certified dance/movement therapist, a licensed creative arts therapist and current co-President of the YTA (Yoga Teachers' Association). With degrees from Wellesley College in Art History and French, and a Master's degree in dance/movement therapy from Goucher College, Prof. Nemetz has followed her education with several intensive movement studies, including multiple course studies on functional anatomy at Mt. Sinai School of Medicine in the Gross Anatomy Department. She has developed her anatomy work further through a 200 hour intensive course in Body Language with anatomist Thomas Myers, author of Anatomy Trains, with whom she continues to study.

For several years, Prof. Nemetz has also been co-leading international yoga and sea kayaking trips in Canada and Costa Rica and has been a featured writer in Sea Kayaker magazine. More info about Lauri is available at her website: www.wellnessbridge.com.



Dr. Rostyslaw Robak— PSY 230: Leading Edge Psychology: Readings In Personality and Social Psychology



**Dr. Durahn Taylor—
HIS 264: History of
the American
Presidency, 1900-
Present**

Dr. Durahn Taylor is an Assistant Professor of

History at Pace Pleasantville. Dr. Taylor received his Bachelor of Arts in History at Columbia University in 1990. In 1993 he received his Master of Arts under a Teaching Fellowship at American University in Washington, D.C. In 1999 he received his Ph.D. in History at Columbia University. Dr. Taylor's research explores how electoral politics on the national and city levels have affected black communities such as Harlem on the local level.

Dr. Taylor has been at Pace since 1999, and he teaches African-American History, American Presidential and Constitutional History, 20th Century United States History, and the history of American Ethnic and Race Relations. Dr. Taylor has also created, produced, and hosted a local history television program in White Plains, New York entitled, "Stories in Time, with Durahn Taylor." On this program, he has dramatized and explored the administrations of Franklin D. Roosevelt and Harry S. Truman, and has examined the interaction between the Presidency and African-American history.



**Prof. Christopher
Walther— UNV 101:
Introduction to the
University Community**

Prof. Christopher Walther is teaching an Honors section of UNV 101 this Fall and is also an Adjunct Professor in the Psychology Department. He is the advisor for Golden Key International Honor Society and the UNICEF C.H.I.L.D. Project here on the Pleasantville campus.

Born and raised in Manhattan, Prof. Walther is an Honors College graduate of the Class of 2002 and is currently the Pforzheimer Honors College Senior Academic Advisor on the Pleasantville Campus. Prof. Walther took his Bachelor's degree in Psychology and his Master's degree in Counseling at Pace. He has taught classes in Social Psychology, Psychology of Civic Engagement, Introduction to Psychology, Psychology of Personal Adjustment, Psychology of Cultural Diversity, and Psychopathology for the Psychology Department. You can contact Prof. Walther by visiting the Honors College office on the third floor of Mortola Library, by calling 914 773-3961, or by email at cwalther@pace.edu.



**Dr. Marie Werner— SOC
209: Race Relations**

Dr. Marie Werner of the Sociology department has been at Pace for 30 years. She started at the Pace White Plains campus and migrated to Pleasantville over 15 years ago. She did some time at Pace New York, but her heart is definitely in the garish pink building overlooking the Pleasantville campus.

After completing a B.S. at the University of Connecticut and a M.A. at NYU, Dr. Werner began her professional career with a stint as a high school teacher in Yonkers. Finishing a Doctorate in Education at Columbia University was a major achievement, but it was her time teaching at Hunter, Brooklyn, and Bronx Community Colleges in the late 1960s that led to her most meaningful degree, a Masters in Social Work, also from Columbia. Working with disabled Vietnam veterans and a population of "at risk" community college students made it clear that she needed more sophisticated counseling skills, so she went on for training at the New York (city) Center for Psychotherapy and Psychoanalysis and the Center for Family Learning in Westchester. Her doctoral work was on the developing women's movement in the late 1960s, but more recent work, such as a Masters in Sociology, was in sociology, with a concentration on race relations and immigration issues.

REMAINING FALL 2010 HONORS EVENTS

Each semester, the Honors College holds events on and off campus. Honors students are required to attend a minimum of two Honors events each semester. For events requiring reservations, please call Prof. Christopher Walther at (914) 773-3961 or e-mail him at cwalther@pace.edu.



Trip to the United Nations
Manhattan, NY
Friday, November 12, 2010
10:00am-3:00pm
Reservations required

Explore the United Nations with a guided tour. Lunch is not provided, but there will be an opportunity to purchase lunch after the tour.

Bus leaves Pace at 10:00am from Miller Hall on the Pleasantville campus, and should return by 3:00pm. Co-sponsored with the UNICEF C.H.I.L.D. Project and Golden Key International Honors Society.

**Dinner and Dancing
with Over the Top**

Friday,
November 19, 2010
8:00-11:00pm
Victor's
Restaurant
Hawthorne, NY
Reservations required



Come and enjoy a night at Victor's with the band *Over the Top*, which headlines Honors student, Jessica Calamera. Victor's is an Italian family style restaurant, where all will enjoy a buffet meal while listening to Westchester's number one party band. There is a \$10 charge, which must be paid in advance to reserve your seat on the bus.

Pace bus leaves at 7:40pm from Miller Hall on the Pleasantville campus, and should return by 11:20pm.



**Wrapping Gifts for
Underprivileged Children**
Tuesday, November 30, 2010
3:35-4:30pm (common hour)
Pizza will be served
Butcher Suite, Kessel Student
Center

Make the holiday season brighter--join the Honors College in wrapping presents for underprivileged children. Let your creative side emerge for this worthwhile event! Ms Candida Fitts, Director of Volunteers at the Children's Village, will speak. Co-sponsored with Golden Key International Honor Society.

**Decorate the Pleasantville
Cottage School for the Holidays**

Saturday, December 4, 2010
10:30am-1:20pm
Reservations required



The Honors College and the Center for Community Action and Research will decorate four cottages for the holidays at the Pleasantville Cottage School, while getting an introduction to residential treatment centers from Ms Phina Geiger, Director of Volunteers at the Pleasantville Cottage School.

Bus leaves Pace at 10:30am from North Hall on the Pleasantville campus, and should return by 1:20pm. Co-sponsored with the Center for Community Action and Research and the Golden Key International Honor Society.



Honors Yoga Workshop
Thursday, December 9, 2010
4:00-5:00pm

1st floor, Goldstein Fitness Center
Reservations required

Relax all of your pre-finals stress and anxiety by attending a yoga workshop taught by Prof. Laurice Nementz. Please wear comfortable clothing.

SPRING 2011 HONORS COURSES

Honors courses are designed to be innovative and challenging. They may be interdisciplinary, focus on great works and ideas, cover issues of keen interest, or present a topic in great depth with a faculty member who has expertise in the subject. Honors courses are open only to students in the Pforzheimer Honors College. Students who are not in the Honors College may be permitted to register for an Honors course with written permission from the Director of Honors, contingent upon the student's GPA and space availability in the course. Each Honors course carries Honors credit which appears on the student's transcript counts toward completing the requirements of the Honors College. For additional information, contact Dr. Joseph Morreale, Acting Director, Pforzheimer Honors College, Mortola Library, third floor, Pleasantville campus, at 914 773-3848 or JMorreale@pace.edu.

LEARNING COMMUNITY CIS 102: INTERGENERATIONAL COMPUTING AND GERONTECHNOLOGY, 3 credits, CRN

Prerequisites: CIS101 or equivalent

Fulfilled requirements: AOK1

Day: M 10:10 am -1:15 pm, Jean Coppola, Sharon Stahl Wexler, and Lin Drury

Course description: In this interdisciplinary course, students will learn about developments in computing technology that affect society. This course will focus on innovations students can accomplish with computing technology, while immediately being able to apply those skills to the older adults in our community. Students will learn how the computer can be a tool in the lives of older adults while making a difference in daily activities and improving their overall life quality. Theory will be brought into practice with hands-on experiences teaching computing tools and applications to older adults. Students will be encouraged to be creative with their group projects to put these learned skills into action on-site with senior citizens in collaboration with community partners to assist with technology needs.

LEARNING COMMUNITY INT 198G TOPIC: NATURE EXPOSED: EXPLORING NATURE THROUGH THE LENS, 3 credits, CRN 22953

Prerequisites: None

(This course includes elements of ART 153 INTRODUCTION TO PHOTOGRAPHY and ENV 130 NATURALISTS)

Fulfills: AOK 4

Day: T 12:20-3:05pm, Angelo Spillo and Carla Shapiro (Prof. Spillo is Director of Pace's Environmental Center and Prof. Shapiro is a photographer)

Course description: This course challenges students to investigate nature beyond the surface in order to understand how natural systems work in harmony. Students record their interpretations through the lens of a camera, creating a convergence of nature and photographic technology. Field study combined with essays and other readings expose students to the beautiful simplicities as well as the intricacies of the plant and animal world. Correlations are made between human impact and current environmental issues. Students must have use of a 35-MM film camera with manual focus and manual exposure.

BIO 123 BIOLOGY AND CONTEMPORARY SOCIETY, 4 credits, CRN 21629/21630

Prerequisites: None

Fulfills: Lab science foundation requirement, AOK 5, meets for 4 hours (2 lecture, 2 lab)

Lab fee: \$45

Evening: T lecture 5:30-7:20pm, lab 7:30-9:20pm, Charlene Hoegler

Course description: This is an inquiry-based science course. Discussions focus on issues that impact human biology and/or biodiversity from practical, theoretical, and political standpoints. Emphasis is on the interdependence of human, plant, and animal biology and the environment. This course has lecture and hands-on laboratory components. Students choose three issues for further research and present their findings in commentary format. Includes a field trip to Cabbage Hill Farm, Mt. Kisco.

COM 200 PUBLIC SPEAKING, 3 credits, CRN 21418

Prerequisite: None

Fulfills: Foundation requirement

Day, W 9:05-11:50am, Ellen Mandel

Course description: This course is devoted to instruction in the mechanisms of writing and presenting one's own material. Included are outlining, addressing various audiences, style, and appropriate techniques of delivery, as well as the use of technology to enhance one's presentation. This pragmatic, skills-oriented course is designed to provide a context for practicing the construction and presentation of well-reasoned public messages.

EDU 201 SEMINAR: INTERNATIONAL COMMUNICATION, 3 credits, CRN 22926

Prerequisites: None

Fulfills: Elective

Day: R 12:20-3:05 pm, Xiao-Lei Wang

Course description: This course examines nonverbal behavior as it affects communication style and competence in the communication process. Theories and research on nonverbal communication will be discussed in cultural, gender, and professional contexts. Students analyze their experiences and practice new skills through class discussions and assignments. The topics addressed in this course include physical appearance, gestures, movements, facial behavior, eye behavior, vocal behavior, touch, space, time, and environment.

ENG 201 WRITING IN THE DISCIPLINES, 3 credits, CRN 20925

Prerequisite: ENG 102 or ENG 120, suggested for second semester sophomores and juniors

Fee: \$20 Fulfills: Foundation requirement

Day: T 4:30-5:25pm, R 3:35-5:20pm, Deborah Poe

Course description: This course is an upper level writing requirement. It focuses on writing effective essays and research papers in disciplinary modes and in students' fields of interest. It may include interviews, analysis of journal articles, and appropriate documentation style formats.

HIS 134 MODERN LATIN AMERICA: 1960s TO THE PRESENT, 3 credits, CRN 20342

Prerequisites: None

Fulfills: AOK 3

Evening: M 6:00-8:45pm, Harold Weishaus

Course description: This course provides a survey of meaningful and relevant events that have influenced modern Latin American history. Topics to be addressed include: Castro and Cuba; human rights issues in El Salvador and Chile; the Iran-Contra scandal in Nicaragua; Mexico and NAFTA; drug trafficking from Latin America into the United States; illegal immigration into the United States; Hugo Chavez and the Venezuelan oil crisis; and the earthquake in Haiti.

MGT 396S ENVIRONMENTAL MANAGEMENT AND SUSTAINABILITY, 3 credits, CRN 22922

Prerequisite: None

Fulfills: Elective

Day: W 1:25-4:10pm, Robert Isaak (Dr. Isaak is the author of the book [Green Logic: Ecopreneurship, Theory, and Ethics](#))

Course Description: Is the Ecopreneur a creative free-rider or an existential manager committed to sustainability? Students will answer this question by exploring contrasting cultural views and theories of creativity, entrepreneurship, eco-design, and government eco-regulation. They will create individual green business plans for an actual start-up that is sustainable both economically and environmentally, and will 'pitch' these designs at the end of this celebration of community sustainability and learning.

NUR 247 PATHOPHYSIOLOGY AND THE ENTERTAINMENT MEDIA, 3 credits, CRN 22903

Prerequisite: BIO 152 and BIO 153 and CHEM 101

Fulfills: Elective, Writing Enhanced

Day: W 4:30-7:15pm, Elizabeth Berro

Course description: This course focuses on analysis of media portrayals of disease manifestations, which are assessed and contrasted to evidence-based disease manifestations and clinical experience. The effect of accurate and inaccurate disease portrayals on health care, health policy, and the general public is examined.

POL 114 INTRODUCTION TO INTERNATIONAL RELATIONS, 3 credits, CRN 22901

Prerequisite: None

Fulfills: AOK 3, Contemporary Global Studies

Day: R 12:20-3:05pm, Gregory Julian

Course Description: This course explores power relationships between the major political entities in the world, including

both nation-states and non-state actors. How major schools of thought interpret the way the world works are explored.

Topics include the processes of globalization, global and regional security, terrorism, global environmental crises, transnational social movements, war, peacemaking/keeping, trade, diplomacy, colonialism, and human rights. Particular attention is paid to the United Nations, the effect of systems/institutions on real people, and the phenomena of civil society producing changes in a global context. Debates, simulations, and active listening offer opportunities to increase understanding about the planet we share with others. This course is especially appropriate for students who expect to work in a global context.

RES 231 THE BIBLE: HEBREW SCRIPTURES, 3 credits, CRN 22902

Prerequisite: None

Fulfills: AOK 2

Evening: R 6:00-8:45pm, Lawrence Hundersmarck

Course Description: This course provides an introduction to the history, literature, and religion of the ancient Hebrews in the cultural framework of the ancient Near East. Attention is given to the formation, development, and major themes of the Pentateuch, as well as the historical, prophetic, and poetical aspects of the books of the Bible and their wisdom.

SCI 226 GEOGRAPHIC INFORMATION SYSTEMS, 3 credits, CRN 21281

Prerequisites: None

Fulfills: AOK 1

Day: M 1:25-4:10pm, Mary Margaret Minnis

Course description: By creating and analyzing geographic data, students learn how spatial information is used to answer environmental, economic, social, and business questions. GIS is an integrated computer-based system designed to capture, store, edit, analyze, and display geographic information having many applications in state and local governments, consulting agencies, environmental planning agencies, and education. GIS helps perform numerous analytical operations to support decision-making processes, such as site suitability analyses for future landfills or soil erosion potential within a specific region. Students work with a community group or municipality to develop maps that help them with their geographic decisions.

HONORS INDEPENDENT RESEARCH COURSES, 3 credits

Prerequisite: Junior or Senior standing, 3.3 GPA minimum

With the written approval of the appropriate professor, the department chairperson, and the Director of the Honors College, a student may select a topic that is not included in the usual course offerings for guided research. The student meets regularly with the professor to review progress. To receive Honors College credit, the results of this independent research must be presented at the Honors Independent Research Conference held every year at the end of April or beginning of May.

Students may have their papers published in [Transactions](#), the scholarly journal of the Dyson Society of Fellows, and also made available through Pace University's Digital Commons.

HONORS OPTIONS COURSES, 3 credits

Prerequisite: None

The Honors Option is designed for Honors-level work in a non-Honors course. To receive Honors College credit, an additional paper (10-20 pages), project, or presentation is required. Written approval of the appropriate professor and the Director of the Honors College are necessary. Depending upon the number of credits completed prior to entering the Honors College, Honors students are limited to either one or two Honors options; other Honors course requirements must be completed in Honors courses.

The Business Honors 495 course for seniors may also count as an Honors College course if you present the results of your research at the Honors Independent Research Conference.

ATTENTION: HONORS STUDENTS WHO JOINED THE HONORS COLLEGE AS FIRST-YEAR STUDENTS AND WHO ARE CURRENTLY SOPHOMORES OR JUNIORS!

The Pforzheimer Honors College Research Grants are designed to support and encourage Honors College students in research. Students devise and undertake worthy research projects in collaboration with Pace University faculty mentors. The stipend, up to \$1000, may be used on or off campus to support research expenses or travel abroad related to the student's research interest. This award is intended to foster a culture of undergraduate student research at Pace that both enhances student learning and engages larger numbers of faculty members in guiding students in research.

This grant is open to student-faculty teams from all fields of study.



ELIGIBILITY:

The student must be a currently enrolled full-time undergraduate student at Pace University who joined the Honors College as a first-year student. The student must be a Sophomore or Junior, have maintained an overall grade point average of at least 3.3, and have prior experience either in completing a significant research or writing project, participating in an internship, or engaging in community service or occupational involvement relevant to the proposed research.

The faculty member must have an earned doctorate or the appropriate terminal degree. He/she must be currently employed by Pace University as a full-time faculty member, and have previous experience working with students in supervised research or academic projects.

THE PROPOSAL:

Grant proposals should include: a project description written in a manner understandable by those in different disciplines, a statement of objectives and anticipated outcomes, a timetable for fulfillment, and a budget detailing principle items with brief explanations. If the proposal involves participation by human subjects, it must undergo IRB review using the approved University processes. Budget items may include: start-up costs, equipment (e.g., software), travel, photocopying, entrance fees (i.e., museums or archives), and other necessary and appropriate expenses. The student is required to provide a resume and other personal information. He/she should also identify other sources of funding available or solicited to support the proposed research project (e.g., a student who receives a Lang fellowship will not be eligible for an additional Honors Research Grant).

FUNDING, DURATION, AND OTHER INFORMATION:

Award amounts shall not exceed \$1000. Projects may commence as early as May 1, 2011 and will continue throughout the 2011-2012 academic year. Student/faculty teams are encouraged to use the summer months, if possible, for concentrated research. Final reports on the results are due at the close of the Spring semester; grant recipients report on the results of their research at the Honors Independent Research Conference held each year at the end of April or beginning of May.

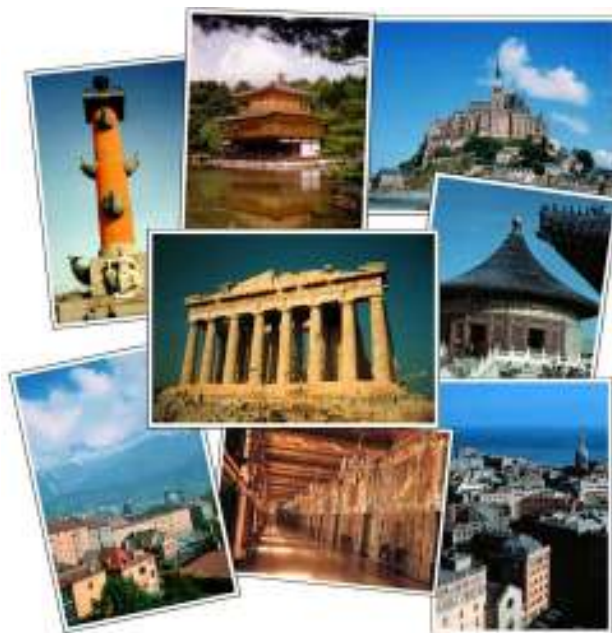
All equipment, databases, and non-perishable materials of a substantial nature purchased with these research funds shall be the property of Pace University and the Honors College.

Grant applications by qualified students must be submitted to the Honors College office on the campus they attend on or before April 4, 2011. A committee will evaluate proposals and will recommend grants. Once approved, awardees will be notified by the end of April.

Hard copies of the application are available in the Honors office. The electronic version is available on the Honors College website.

Note from Dr. Benton:

Please let me know if you intend to apply. If you wish to talk with me about your research project and how to write a good proposal, I will be happy to help. Please stop by the Honors office, Mortola Library, 3rd floor, or phone (914) 773-3848, or e-mail jbenton@pace.edu.



STUDENT SHOWCASE

BY CHRISTOPHER UHLICK

The purpose of the Student Showcase is to let Honors students know about fellow Honors College students who demonstrate leadership both at Pace University and in the real world. If you would like to nominate yourself or someone else for a Student Showcase, please e-mail Prof. Christopher Walther at CWalther@pace.edu with an e-mail address and telephone number for yourself or the person you are nominating. Please state why this person should be showcased.

Sindhu Mathew



With Sindhu's schedule, it is not often she gets to take a moment to just sit and smile.

Sindhu Mathew is a senior in the 5-year BBA/MBA program for Public Accounting. This 21-year-old is a brilliant, dedicated student who has achieved a great deal at Pace University.

Few may see her on campus nowadays because she currently commutes to the Manhattan campus from her home in Bloomfield, New Jersey. After living on the Pleasantville campus for three years, she decided to make the switch. Even though she attends classes on the other campus, she is an active member of the Pleasantville community through her involvement with Golden Key Honor Society which she has been

the Vice President of for the past two semesters.

Sindhu does miss living on the Pleasantville campus, as she highlights living in Dow Hall for two years as one of her favorite experiences at Pace. She states, "The room in Dow was so

nice, and I had a lot of fun with everyone there."

She decided to attend Pace largely due to her intended major. Sindhu knowing she wanted to major in Public Accounting, recognized the strength of Pace's Accounting program. She also was aware of the University because her cousin had attended Pace as well.

One of Sindhu's favorite parts about Pace is the Honors College. Some of her cherished memories were provided by the events that Honors offers. Her favorite has been the trip to Six Flags Great Adventure each year. Sindhu says, "I like them all, but Six Flags is the best because it is unique from many of the trips offered on campus." Sindhu has accomplished many things while attending the school. Along with being V.P. of Golden Key Honor Society, she has been the Treasurer for Lambda Sigma Sophomore Honor Society, a UNV 101 Peer Advisor for two years, and an active member in the Accounting Society.

She is proud to say that she has had an internship every summer and gained experience in the field of accounting. This has helped Sindhu secure a full-time offer from PricewaterhouseCoopers accounting firm.

Along with working at PricewaterhouseCoopers, Sindhu plans to study and earn her Certified Public Accountant license. Given her dedication and work ethic, Sindhu should have no problem accomplishing any of her tasks.

Brandon Lentine

If you live in Martin Hall, you probably already know Brandon Lentine; if not, it is time to learn about one of Pace's most gifted students.

This Molecular Biology major hails from Putnam Valley, New York. Given the proximity of his town to Pace, Brandon was a commuter during his first-year. Realizing that he wanted to become more involved on campus, Brandon decided to apply to be a Resident Assistant. Not only did he get the position, but he has been a high-performing R.A. for the past three years in both North and Martin Halls.

Being a Resident Assistant has helped Brandon become immersed in the university, as well as develop lifelong relationships along the way. His favorite part about Pace has been seeing his residents grow and helping them in anyway possible.

Aside from being a R.A. on campus, Brandon is a UNV 101 Peer Advisor, a member of Alpha Phi Delta national fraternity, and a tutor for Chemistry and Micro-Biology.

Pace garnered such a prized student because the school "runs in the family" as Brandon puts it. Both Brandon's father and brother attended Pace, and his mother currently works for the University.

Brandon appreciates being a part of the Honors College because of the opportunities offered outside the classroom. Brandon states, "The Honors College provides the room for creativity to maximize your education." He has completed an Honors Research Grant this past spring, which he enjoyed thoroughly. The Honors events are also something Brandon takes pleasure in, especially the Yoga workshop.

Brandon's most valued accomplishment involves the three research projects he has worked on while attending Pace, one of which was published. He is currently doing research pertaining to cancer.

After Pace, Brandon hopes to attend Medical School, and currently has several interviews lined up with prestigious schools. His top three choices are Dartmouth College, Stony Brook University, and Albert Einstein School of Medicine. If his previous success at Pace is any indicator, Brandon will go on to many great things in the future.



Given all that he has done at Pace, Brandon deserves to smile.

MY TIME IN IRELAND

BY ANDREW COLOMBO



A beautiful view of Cork, Ireland.

After the summer of sophomore year, I decided to do something special and make my time here at Pace truly unique. That choice was to study abroad and I am glad I made that decision. At first I did not know where to go, but with research and help from Cindy Cullen of the Study Abroad office, I decided to attend University College Cork in Cork, Ireland through the Pace One to One Exchange Program.

Overall, I found it very easy to adjust to the Irish lifestyle. I felt right at home within two weeks of being in Cork. The Irish are very accommodating and friendly; always looking for a good time (called craic) and inviting newcomers to join them. Not only did I make many Irish friends, but I also met student from the U.S. and all around the world. Meeting all of these people and learning about their cultures was by far one of my favor-



Andrew with some of his roommates outside of the oldest pub in Ireland, The Brazen Head.

ite experiences of studying abroad.

Although the strength of UCC's academic program was not my main reason for attending, I was truly impressed with the knowledge and openness of the lecturers. The staff of the Department of Accounting and Finance was very helpful and tried to make me feel like I was part of their normal full time program. I was one of only two Americans in all of my classes which I feel helped me integrate more into the Irish student population and get a true view of a typical UCC class. It was not uncommon to go to one of the pubs on campus in between classes and have a pint and some lunch with fellow Irish classmates.

The City of Cork is truly a unique city. Although not as big as Dublin, Cork, the rebel city, provides all the amenities that one could ever want along with a small town feel. You find yourself running into the same people quite often. The pubs in Cork are also great. Some pubs are hundreds of years old and rich with history. *An Spailpín Fánach*, one of my favorite pubs in Cork, is right across the street from the Beamish and Crawford Stout Brewery.

The pub has traditional Irish music night every week and I enjoyed listening to the tunes and songs performed by anyone who wanted to join in and play.



Andrew site-seeing at the Cliffs of Moher.

With many trips offered through the UCC International Student Society, it was easy to see all of the great sights of Ireland, like the Cliffs of Moher, the Aran Islands, Galway, the Rock of Cashel, Dingle, the Ring of Kerry, Dublin, and much more. One of my favorite places to visit was Blarney. It is a beautiful castle with an impressive landscaped park. The best part about Blarney is its location, only 10 minutes outside of Cork.

Not only did I travel all around Ireland, I was able to travel around Europe as well. I was able to visit Spain, the United Kingdom, Germany, and the Netherlands. Overall, my study abroad experience at UCC was one that I will never forget. It forced me to step out of my comfort zone, and in doing so I made some great friends that I still keep in contact with regularly. Studying abroad has been my favorite part about my time at Pace so far, and I look forward to going back to Europe for graduate school.

LOOKING FOR HELP: HOW TO RECEIVE FINANCIAL AID

BY DIANA CAVALLO



As the cost of college tuition increases annually, it becomes even more difficult for students and parents to pay the price for higher education. Institutions, like Pace, have attempted to decrease the financial stresses of the college experience through various scholarships, grants, and student loan opportunities. The only way to benefit from these opportunities is to be well informed about them and be active in your quest for cash.

The first requirement necessary in order to receive financial aid is to fill out the Free Application for Federal Student Aid, also known as FAFSA. FAFSA applications are available beginning January 1 of each year and can be found online as well as on paper. Filing by February 15 provides priority consideration; applications received after this date will be considered, but will be awarded limited financial aid from the remaining funds available. For more information about the FAFSA, students should go to www.FAFSA.ed.gov. Warning: Websites like FAFSA.com are not official and charge students to gain access to this free form. Remember to use caution when inputting your personal information on the web.

Pace's Office of Financial Aid is the best place to go to discuss college costs and how to create individualized payment plans and options. The Office's purpose is "to enable students to pursue and complete their studies and graduate." This is a place where trained professionals can offer you the best information on four types of available financial aid at Pace: scholarships, grants, work-study positions, and loans. Pace has provided over \$208 million in aid during the 2007-2008 academic year alone. By meeting with the employees of the Office of Financial Aid, you can become one of the many students who have completed their college education with the best aid packages available.

Financial aid options provided by Pace University are not the only opportunities to which students are limited. There are many other scholarships and research grants available to those who apply. Each of the five schools at Pace offer unique scholarships and further information about their requirements can be found at the Honors College website under the "Scholarships and Research Opportunities" tab or by the direct link, http://appserv.pace.edu/execute/page.cfm?doc_id=13775. Also, the Honors College offers a \$1000 stipend for an approved research project during students' junior or senior year. To learn more about this stipend, please review the Honors website or contact the Pleasantville office directly (see page 8).

Generous Pace alumni and friends also play an active role in students obtaining financial aid by donating funds that contribute to many endowed scholarships. Information about these scholarships can be found by going to the "Financial Aid/Scholarship Opportunities" link under the "Scholarship and Research Opportunities" tab on the Honors College page or by typing <http://enrollment.pace.edu/asp/studentscholarship>.

A great many outside scholarships are offered through various websites. Below is a list of reliable websites that students have used throughout the years:

www.CollegeBoard.com www.CollegeNet.com
www.CollegeQuest.com www.FastAp.org
www.FastWeb.com www.Scholarships.com
www.WiredScholar.com
www.finaid.org/scholarships/
www.CollegeScholarships.com

The Office of Financial Aid also notes, "It is important to recognize that many scholarship opportunities are overlooked by students who are unaware of their availability. Be sure to check all possibilities." Understanding and being aware of the opportunities in front of you is the first step towards making an educated decision about paying for your future.

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For more information visit:
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Or call

- Office of International Programs & Services
- New York City– One Pace Plaza, W207– 212.346.1368
 - Pleasantville– Kessel Campus Center– 914.773.3447

NEW TRIMMINGS FOR TURKEY DAY

BY DIANA CAVALLO



A major part of American holidays is the traditional dishes served to celebrating groups of family and friends. People tend to associate certain holidays with their respective foods. Halloween, for example, has earned a negative reputation with dentists and Valentine's Day has gained a strong following from the folks at Hershey's and Nestle. The most common food associated holiday is undoubtedly Thanksgiving, when people loosen their belts and vow to begin dieting after hours of eating. The celebration has international and ancient roots stemming from the height of the Roman Empire to early Chinese dynasties and the American favorite, the Pilgrims. These feasts were created to give thanks for a successful harvest and honor the practice of agriculture, but recent gatherings have lost sight of the natural dishes and favor less healthy meals.

Thanksgiving does not have to be considered an eating competition and the elastic-waist pants are not necessary for the post-dinner festivities. The traditional American dishes can be tailored to loose the fat while still retaining flavor and eye watering appearances with a few simple steps. The first is substituting unhealthy cooking ingredients and foods for equally delicious but more beneficial options. The simple substitutions like nonfat whipped cream on pumpkin pie, brown rice pasta instead of enriched white pasta, serving turkey without the fatty skin and using reduced fat or soy milk instead of whole milk, can save you countless calories and regrets on this holiday.

Cooking with natural ingredients, like whole grains and fresh fruits and vegetables, instead of processed canned foods and sugars will help your body digest and break down foods more easily. Nutrients from these foods will also stop you from feeling sluggish the next day. Cutting the number of starches, like potato casseroles, high fat dishes, creamy soups and deca-



dent desserts will limit your ability to eat too much of the wrong things.

A second trick to help you navigate the dinner table is to use smaller dishes and bowls to create portion control. This will even help cut your calorie intake from second servings in half, not to mention it's easier to clean! A smaller slice of pie is just as tasty as the slice that was double its size. People often follow the customs of obligatory-plate-filling and "of course, I'll have seconds" at Thanksgiving dinners, so reducing the plate size and the calorie content is a great way to save yourself in these situations.

Another Thanksgiving downfall is sitting and relaxing after dinner. Families gather around the TV to watch the traditional Thanksgiving football game, allowing all the mashed potatoes, green bean casserole, dark meat turkey and pumpkin pie mesh together in their stomachs. This year, grab the pigskin yourself and start a family game in the back yard; kids versus parents or guys versus gals, whatever works! You'll be burning off dessert while making priceless memories with loved ones.

This November, ironically national "Good Nutrition Month," you can create a new recipe for your Thanksgiving celebration, with ingredients that won't hurt your budget, your waistline or your family fun!



THE SPORTS THAT GET NO RESPECT

BY CHRISTOPHER UHLICK



The game of Octopush being played at its finest.

November is a time to watch the warriors of the football field and the high-flying slam dunks of basketball players. With football dominating the attention during this month, it is easy to forget other sports that occur during this time of year.

Perhaps one of the most exciting all-around sports is hockey. Hockey is usually forgotten by most fans, receiving less attention than that of baseball, football, and basketball in the United States. Originated in Canada, hockey is practically a form of religion there, while in the U.S., hockey competes with bowling for television ratings.

Since a major sport like hockey is often dismissed for other sports, the question came up, "What other "forgotten" sports are out there?" During the search for these sports, it was realized that there are many "wacky" sports that have never even been heard of, let alone get any respect.

Many people would not consider arm-wrestling as much



The intensity of cheese rolling participants as they roll down the steep Cooper's Hill.

of a sport. But, what about thumb-wrestling? Probably not. If your original thoughts were, "I would not consider these sports," then you definitely have never thought of toe-wrestling as a sport. This competitive sport was created in the United Kingdom in 1976. It entails two contestants locking toes and forcing their opponent's foot to the ground.

Another unique sport is Octopush. This sport is sometimes referred to as underwater hockey. It has a puck, just like hockey, and the two teams compete to push the puck into goals. The major difference between hockey and Octopush is that all of this is done underwater on the floor of a

pool. Octopush has actually become quite popular in the United Kingdom, Australia, Canada, and New Zealand.

Did you ever think that there was a World Chess Boxing Organization? Well there is, and they govern the sport of chess boxing. This sport combines chess and boxing into one. There are eleven rounds, beginning with a four-minute chess round followed by a two-minute boxing round. It is one of the only sports that combines intelligence and strength to such a high degree.

One "different" sport that can be found in the U.S. is Wife Carrying. This competition involves men racing through a special obstacle course while carrying their female teammate on their back. It was first introduced in Finland, but major competitions can be found in Monona, Wisconsin and Marquette, Michigan.

Kickball is a popular game among children, and apparently with adults as well. The World Adult Kickball Association allows adults to get back out on the field to relive childhood memories. This competitive sport has tournaments and teams located throughout the U.S. The Fall 2010 season is currently going on now and more information on teams and locations of games can be found on www.kickball.com.

A unique sport that has actually received attention through an ESPN special is Cheese Rolling. This sport involves taking a round of Double Gloucester cheese and rolling it from the top of a hill. Competitors then race down the hill to attempt to beat the cheese or even capture it. It is difficult to capture the cheese considering it gets a one-second head start and the first competitor to reach the bottom of the hill wins. The event is held at Cooper's Hill in Gloucestershire, United Kingdom.

All of these sports have one thing in common- most people have probably never heard of them. Whether you consider these actual sports or not, one must admit that they are interesting and creative. Some of them may be intriguing enough that you will actually attempt one of them with a group of friends. So, the next time you are watching a mainstream sport, just remember that somewhere in the world someone else is playing one of these fascinating games.



The official kickball used by the WAKA and a pitcher set to deliver to the plate.

**QUESTIONS? COMMENTS? ADVICE?
FEEL FREE TO CONTACT OUR OFFICE:**

**3rd floor,
Mortola Library
Pleasantville
Come Visit!**

Phone
(914) 773-3848
Fax
(914) 773-3896
Email
JMorreale@pace.edu
CWalther@pace.edu



Acting Director of Honors College
Joseph Morreale, Ph.D.
Monday 9-10am, 11am-3pm
Tuesday 9-3pm
Wednesday 9-10am, 12-2pm
Thursday 9am-3pm

Senior Honors College Advisor
Christopher Walther, M.S.
Monday 9am-5pm
Tuesday 9am-5pm
Wednesday 9am-2:30pm
Thursday 11am-5pm
Friday 9am-5pm

Out to Lunch...



With your professor, that is!
Somewhere between
McDonald's and
Tavern on the Green...
is the chance to take your
Honors professor out to lunch, on us!
Contact the Honors Office
at (914) 773-3848 for more
information.



**Want to see
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CWalther@pace.edu if you'd like to write for
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Did you know....

Taking a foreign language course at
the **280 level** or above counts as an
Honors course?



MIDTERM ADVICE

FROM ACTING DIRECTOR, DR. JOSEPH MORREALE



As we approach midterms I have
been thinking about some of the advice I give
to my students about doing well on mid-
terms. Here are some tips:

Time management: Plan your study time
into your schedule at least a week in advance
and try to stick to it. What will you study for
and when? Also, free your schedule from
other distractions as best as you can.

Prioritize: You have a limited amount of time to study and
many exams to study for. Where will you get the biggest "bang
for the buck" is the question?

**Take advantage of study sheets, power points, your class
blackboard and study sessions if available:** But remember
these are just aids to studying and cannot replace actually read-
ing course material, your class notes and studying.

Ask the expert (your professor) for help if you need it: First
go over your notes and then prepare some questions to ask him/
her either face-to-face or via email.

You may take part in effective study groups: In this way you
can learn from others and also bounce ideas and questions off
each other to gain insight into what might be asked and how to
answer questions on the exam. Try to get into study groups with
your peers in your class.

**Schedule in two important non-studying times: Breaks and
Sleep:** In your schedule include short study breaks to help you
recharge. Remember just like everything else in life, extended
studying time is subject to "diminishing returns" and you will
need to recharge at times. Try to schedule in at least 7 hours of
sleep the night before the exam. There is such a thing as
"negative studying" where the longer and more tired you are
when you study, the less you retain and learn.

Finally: Keep things in perspective and remember how success-
ful you are and have been in your academic career. This is why
you have been selected to be in the Honors College, so do not
stress out!

I wish you the best of luck in taking your midterms and
throughout the rest of the semester.