Fostering Civic Engagement: Westfield State’s Honors Program

Thomas Howard

As the Fall semester comes to a close, I can reflect on my experience as the Honors Program Student Leader Intern. My duties included supervising the Mentor/Mentee Program, building community in the Honors Program, and coordinating and scheduling events as the Student Honors Advisory Council President. Through these activities, I saw the Honors Program transform into the advisors for students in the Honors Program and beyond. Over just three months, I’ve been impressed by how such a small time frame led to a beautiful metamorphosis. A few examples illustrate that leadership trend among our first-year students, who are representing their peers:

- Lorenze Beltran is President of the Class of 2022; Katie Pinney serves on the Student Government Association as a Representative to Senate, and Mia McDonald serves as First-Year Reps for our Student Honors Advisory Council. In the community, Bridget Venezia assists the Circle K Club in fostering service both on and off campus. And our newest students are emerging as academic leaders as well: three first-year students - Josselyn Donahue, Shannon George, and Jared La Valley - will be presenting their research at the Northeast Regional Honors Conference in Baltimore, and more than half of our first-year students attended our Fall Celebration of Undergraduate Research and Creative Activity, to present their work in a variety of fields to the general public of both the City of Westfield and Westfield State University.

The Westfield State University Honors Program provides students the resources that they need in order to become active leaders within their communities. Many of our alumni continue on to graduate programs, and we are proud of the various ways our alumni have gone on to make a difference, becoming leaders in local government and nonprofit organizations, activists, lawyers, writers, entrepreneurs, medical professionals, social workers, rehabilitation specialists, and educators who pass the torch on to the next generation of civic leaders.

My role as the Honors Program Student Leader Intern exemplifies the possibilities for students in the Honors Program to become leaders and to foster leadership among their peers.

Thomas is a senior History and Political Science major from Agawam, MA.

Rising juniors and seniors interested in applying to be the Honors Student Leader Intern should contact Professor Hillary Sackett-Taylor at hsackett@westfield.ma.edu for more information.
First-year Honors Program students and their mentors gather for Welcome Weekend, where residential students get to move in one day early, all students gather at the Saturday Night Social and Pizza Party and the Sunday Breakfast to learn more about Honors Program opportunities, and we explore Stanley Park for a cookout, complete with kickball and tie dye! (above and left)

The Squire Squad
Student Editors and Contributors: Erin Doyle, Jenna Eckstrom, Thomas Howard, Thomas Mespelli, Rachel Pollan, Grace Seguin, and Alissa Smith.

Staff Editors: Glen Brewster, Vanessa Diana, and Gretchen Konrad.

Interested in contributing to The Squirrel Squire?
Send your story ideas and photos to Professor Vanessa Diana at honors@westfield.ma.edu.

Get in touch with the Honors Program:
Visit the Honors Center in Mod Hall 103.
Call at (413) 572-8086. Email at honors@westfield.ma.edu.
“Like” us on Facebook and Instagram! Follow the WSU Honors Facebook page for updates on upcoming events!
HONORS PROGRAM WELCOME WEEKEND 2018!
**HONORS COURSES IN REVIEW**

**FIRST-YEAR STUDENTS “DISCOVER WESTFIELD”**

Students in Professor Diana’s “Discover Westfield” Honors first-year composition course spent the semester learning about the community through trips downtown, interviews, research, and service work including the HOOT Day of Service, where some greeted kids on their first day of school in super style. Students interviewed local business owners and wrote promotional pieces, researched local history, and created posters reporting on their service activities in the city of Westfield to share with members of the local community.

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**MAMA CAKES BAKERY: A TOUR OF A LOCAL FAN FAVORITE**

**Grace Seguin**

Ever have a craving for sweets, or have a special event coming up? Mama Cakes is the place to go, whether you need coffee, a place to hangout and do homework, or want to fulfill a sweet craving. Right downtown, located at 40 Elm St, Mama Cakes is a family-owned and family-run cupcake bakery which is the vibe you feel the moment you walk in. Mama Cakes has almost 300 cupcake flavors, from Vanilla Dream to Chocolate Indulgence. They swap them out every now and then so there is always something new to try. They have a baby cupcake if you want something small, a mama cupcake, and a big daddy cupcake that is huge, and great for birthdays! If you are into trying things, they put out a new flavor on the first Wednesday of the month. In an interview with the owner, she said, “The most popular flavors are cookie dough and french toast with bacon.” They offer a variety of gluten free and vegan cupcakes as well. And don’t worry, if they don’t have the cupcake flavor that’s your favorite, you can call ahead and order them. As a new student at Westfield State, I know how hard it is to stay on campus all the time. If you don’t have a car, getting to Mama Cakes is easy by the free PVTA bus. The bus schedules are even on most navigation apps on your phone! Mama Cakes offers a variety of scrumptious cupcakes for customers to savor.

Mama Cakes offers a variety of scrumptious cupcakes for customers to savor. cupcake shop has plenty of seating, with cute pictures everywhere, and the aroma is amazing. No place in town can beat the smell of cupcakes right out of the oven and fresh brewed coffee. They offer free WiFi, and their doors are open to anyone, and what’s a better study motive than a delicious, affordable cupcake?

Mama Cakes is open Tuesday -Friday, from 11:30 am to 6:30 pm, and Saturday 11:00 am to 7:00 pm. Their motto is “a cupcake makes everything better,” so go visit Mama Cakes to make your day a whole lot better.

Grace is a first-year Exploratory major from Fiskdale, MA.
HONORS COURSES IN REVIEW

THE GELATO GENIUS: FORTINI GELATO AT WESTFIELD FARMERS’ MARKET

Grace Seguin

Attention all Westfield State Owls, meet Gelato Jim, the friendly and talented owner of Fortini Gelato who stands by his “Gelato” sign every week at the Westfield Farmers’ Market. At only three dollars per serving, his prices are a steal. This gelato is not only delicious and nutritious, but it is also dairy free. That’s right, you can leave your Lactaid at home. Jim also uses his business to support local farms by using juicy fresh fruit from nearby farms whenever he can. This small business supporting small businesses mentality is a great thing to see in any community. Jim’s smiling face invites visitors to check out his colorful list of featured flavors like Mounds, Fig, Espresso, Pumpkin Pie, and Toasted Marshmallow and Coconut, which all sound delicious, right?

Not only does Fortini Gelato have amazing flavors, they also have a great startup story. Jim was inspired by a trip he took with his wife to Italy where he “ate gelato every day but [he] will not tell anyone how many times per day!” When he came back home, he found himself reminiscing on this sweet treat and wondered how he could make some of his own. It started with his wife giving him a little gelato machine, which sparked his imagination. He began bringing gelato to his friends and family and shortly found himself renting a kitchen space at Steve’s Sugar Shack for two years before finally building himself a commercial kitchen in his own home. Using almond milk, Jim makes a great tasting product that’s dairy-free. As someone who lives in a dorm with two lactose-intolerant people, I can appreciate that it allows them to eat gelato freely without their beloved Lactaid pills.

Stopping by this stand and hearing Jim’s story showed me why shopping at the farmer’s market is worth a trip downtown on the free PVTA shuttle. With Gelato Jim, a normally short interaction between buyer and seller can somehow stretch into a fifteen-minute conversation of the local news and a bit of the history of his business. Jim is a sweet guy who will help you with your sweet tooth and; let’s face it, that fro-yo machine is not cutting it. The City of Westfield’s Farmers’ Market supports local families and businesses and also adds some new tastes, smells, and culture for anyone who visits the market. Gelato Jim of Fortini Gelato provides a sense of place to anyone who stops by for a bite of dairy-free goodness. You can check out their new flavors every week on their Facebook page!

Grace is a first-year Exploratory major from Fiskdale, MA.

HONORS COURSE ENHANCEMENTS

Donald Perry, Director of Project Operation Change, speaks to students in Professor Kim Tobin’s Honors: Introduction to Criminal Justice course about antiquated and abusive practices in the criminal justice system. Mr. Perry is an advocate for criminal justice reform, with a focus on post-conviction system changes.

Students in Professor Vanessa Diana’s “Discover Westfield” class join those in Professor Catherine Savini’s Tutoring Writing class for a panel discussion about civic engagement on campus and beyond led by alumni and current students as well as Dr. Tamara Smith, Director of Civic Learning and Democratic Engagement at Westfield State.
Have you ever wondered how you can just get on a bicycle and begin riding it? Or how you can get in your car and drive to work without having to actively think about the route you’re taking? We have examined both of these questions in How Memory Works, an upper-level interdisciplinary Honors seminar, taught by Dr. Alex Daniel. We have also talked about short-term memory and long-term memory, and how they affect our daily lives. To demonstrate short-term memory, also referred to as “working memory,” Dr. Daniel brought in his dog, Teddy, for assistance.

We wanted to know if animals have a working memory: Can they remember things that happened very recently? To test this, we bribed Teddy with food. One student held a bag of turkey and let Teddy sniff it. Then, Professor Daniel brought Teddy out of the room while we gave the bag of turkey to another student on the other side of the room. We wanted to know if Teddy would go to the first student to find the turkey, thus demonstrating a working memory, or if he would go to the second student simply because he smelled the turkey (thus, not demonstrating use of working memory). Teddy did go to the first student, which showed us that perhaps non-human animals do have working memories. However, as we know, humans have the most complex memories of any species on the planet. Take John Graham, for example, who is the World Memory Champion of 2018. When you hear a title like this, you think this person must be a genius, or he must have been born with an innate specialty for memory. Well, earlier in the semester, Dr. Daniel arranged for John Graham to Skype in with us so we could ask him questions about his experience. When we started talking with him, it was obvious that he was just like any other guy. What hit home most to students in the class was that memory is something anyone can become good at by practicing 20 minutes a day. For this reason, Dr. Daniel chose to include a little challenge of his own to the class: the Feats of Memory. This task, a part of our grade, required us to memorize one list (e.g., the first 100 digits of pi, the presidents in order) and one written composition (e.g., the “I Have a Dream” Speech). While these tasks felt very daunting on the first day of class, students tackled them with the help of aids like mnemonics or memory palaces!

At the end of the semester, our class held a Memory Championship modeled after the specifications of the National Memory Championships held in New York City annually. The events required students to use many of the memory techniques we had practiced in class; to memorize random faces and pair them with names, memorize a list of 100 digits, memorize a deck of playing cards, and recite poetry from memory. The winner of the competition was Stephanie Mathieu (it was very close)!

Overall, this class has been a fun and applied alternative to a regular elective and an interesting choice for an upper-level seminar to fulfill the Honors requirements.

Jenna is a junior Elementary Education and Liberal Studies dual major from North Easton, MA.

Alissa is a senior Criminal Justice and Psychology dual major from Amesbury, MA.
VOLUME 10, ISSUE 1

HONORS STUDENTS GO GLOBAL

PRESERVING THE ART OF GIVING IN GUATEMALA

ERIN DOYLE

Erin shares laughter and smiles with a patient.

One simple lesson I was taught growing up was to put others before yourself. I did not know the true meaning of this lesson until my recent travels to Zacapa, Guatemala. Sponsored by Athletic Therapeutic Institute Physical Therapy and Hearts in Motion, I joined four other students from across the country on a service learning trip to a country we knew little about, Guatemala. We had one mission in mind: provide those in need with exceptional physical therapy and medical services. Following an orthopedic surgeon’s trip, our duty was to ensure proper recovery and rehabilitation. This is the mission we had in mind at least; little did we know we would be serving these people in a much deeper way. According to the Center for Disease Control, there are 0.93 physicians per 1,000 people in Guatemala. Comparatively, the prevalence of physicians per 1,000 people is 2.3 in the United States. Not only are there small numbers of health care providers in Guatemala, but they are typically concentrated in the cities. As poverty is a norm, transportation to the city for a doctor’s appointment is not feasible to most. In addition, most Guatemalan citizens do not have health insurance, forcing them to pay out of pocket for private health care or wait in long lines at understaffed and under-equipped public hospitals.

One patient we treated recently underwent femur reconstruction, requiring a metal rod. The hospital would perform the surgery but did not have the rod available, requiring the patient to save money to purchase a rod himself and delaying the surgery six months. Finally, the patient purchased the rod and was admitted for surgery, only to find out that the rod was too long for his femur, as the doctor did not provide the patient with the correct measurement information. Despite the mismatch, the doctor inserted the rod because “something is better than nothing.” Stories like this patient’s are not rare in Guatemala; many times over the course of my trip I found myself in awe from medical stories. In addition to physical therapy, we provided patients with general medical services—something we would go to our primary care physician for here in the states. We monitored blood pressure, cleaned wounds, and took comprehensive medical histories. In addition, we provided ankle-foot orthosis, joint braces, canes, walkers, and wheelchairs to those who needed them. The most important service we provided to our Guatemalan patients was education. Knowledge about living a healthy lifestyle through physical activity and diet is not prevalent. With our help, our patients now know ways to live a healthy, fulfilling life free of pain. Despite the poverty they face, the Guatemalan people were among the most joyous and grateful individuals I have ever encountered. In the states, physical therapy is often seen as an intermediate step, blocking people from surgery or further testing. On the contrary, because physical therapy is the sole option for Guatemalans in pain, many individuals waited hours on end to be treated by our team. Their gratitude after treatment was clear: we were given hugs and kisses, offered thanks and prayers, and rewarded with Guatemalan desserts and goodies. The sincerity of Guatemalans made me realize how something easily accessible here in the United States can be taken for granted. I experienced the true art of connection while in Guatemala. My role, as the rehabilitation technician on the team, was to provide home exercise programs, teach proper technique, stretch out patients, and educate them on the importance of keeping up with the assigned exercises. Although I was not able to physically manipulate a patient’s joint or diagnose the issue, I offered what I had to give: assistance, knowledge, education or even a simple smile and hug. Despite the language barrier, we connected through eye contact, smiles, laughs, and gestures. The people of Guatemala taught me so much. Their warm, hospitable personalities taught me to maintain an open mind about other lifestyles. Their living conditions taught me to be grateful, and not take anything for granted. The entire experience taught me to constantly give to others. No matter how small, offer what you have to others first. Whether it’s knowledge and skills or simply time and a smile, give anything you can.

Erin stretches a patient’s hamstrings.

Erin stretches a patient’s hamstrings.

Erin is a junior Movement Science major from Pepperell, MA.

Interested in studying abroad or in another state?

The International Programs Office can answer your questions about Study Abroad, Exchange Programs, Short-Term Study Abroad Programs, and National Exchange Programs.

For more information, visit the International Programs Office in Parenzo Hall lobby, Room 130.
AWARD-WINNING HONORS STUDENTS

PRESIDENT’S AWARD FOR EXCELLENCE IN LEadership

The proud Honors Program Team celebrates awardees at a dinner banquet held in their honor. (Left to Right: Dr. Glen Brewster, Honors Program Director, Dr. Hillary Sacket-Taylor, Honors Program Faculty Fellow, Jarrod Petersen, Marcus DiBacco, Alissa Smith, Carly Thibodeau, Corey Pooler, Dr. Vanessa Diana, Honors Program Assistant Director, and Gretchen Konrad, Administrative Assistant.

Five Honors Program students were among the 2018 recipients of the President’s Award for Excellence in Leadership, which recognizes outstanding achievement in academics, community service, civic engagement, and co-curricular involvement.

Marcus DiBacco ’19, a Criminal Justice and Political Science dual major from Norfolk, MA, is a devoted student leader as president of the Student Government Association (SGA). He has served the University as a student representative on a variety of committees, and is a member of the University’s Honors Program and working on his Senior Honors Project. SGA Advisor Barbara Hand said, “Since being elected as a Representative to SGA four years ago, Marcus has been a consistent, diligent, participatory fixture within the Student Government Association. He works tirelessly every day for the students at Westfield State University. It is an honor to work with Marcus. He is an outstanding student leader.”

Jarrod Petersen ’19, a Biology major from North Attleboro, MA, worked closely with Biology Professor Dr. Jason Ramsey on his Senior Honors Project; which opened doors to present his findings at regional conferences. Jarrod founded the University’s Center for Undergraduate Research and Creative Activities (CURCA) Club, and serves as a resource to encourage and guide other students interested in conducting research projects. His advisor Dr. Ramsay said, “Jarrod has the very rare combination of intelligence, initiative, and perseverance wrapped up in a great deal of common sense. By creating the CURCA Club to inspire younger students to conduct research and generate creative works, Jarrod’s actions illustrate that he is a shining example of student excellence in leadership at Westfield State.”

Corey Pooler ’20, a Mathematics major with Secondary Education certification from Middleboro, MA, who begins his Senior Honors Project this spring, is a conscientious student-athlete and volunteer. Corey Pooler has donated his time to numerous community service efforts, globally, locally and in his home community, where he has helped coach a Little League baseball team and served as a summer recreational camp director. As a student leader for the University’s civic engagement course in Nicaragua last January, he assisted in directing an international construction work site. Kathi Bradford, director of Alumni Relations and chaperone on the Nicaragua trip, shared that “Corey’s passion for civic engagement, his commitment to relationship building and making a difference in the world turned him into an outstanding student leader for the short term class to Nicaragua. He exhibited patience, humor and an awareness of a global world with each interaction and truly represents the best of Westfield State.”

Alissa Smith ’19, a Criminal Justice and Psychology dual major from Mendon, MA, who plans to begin her Senior Honors Project next fall, is the junior advisor for the University’s civic engagement course in Nicaragua last January, he assisted in directing an international construction work site. Kathi Bradford, director of Alumni Relations and chaperone on the Nicaragua trip, shared that “Corey’s passion for civic engagement, his commitment to relationship building and making a difference in the world turned him into an outstanding student leader for the short term class to Nicaragua. He exhibited patience, humor and an awareness of a global world with each interaction and truly represents the best of Westfield State.”

Carly Thibodeau ’20, an Economics and Environmental Science major from Mendon, MA, who plans to begin her Senior Honors Project next fall, is the junior advisor for the University’s civic engagement course in Nicaragua last January, he assisted in directing an international construction work site. Kathi Bradford, director of Alumni Relations and chaperone on the Nicaragua trip, shared that “Corey’s passion for civic engagement, his commitment to relationship building and making a difference in the world turned him into an outstanding student leader for the short term class to Nicaragua. He exhibited patience, humor and an awareness of a global world with each interaction and truly represents the best of Westfield State.”

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The Honors Program congratulates these five impressive student leaders!
Celebrating Student Research and Creative Activity

Introducing Students to Research Presentation Skills
From the Start of Their Undergraduate Careers

At the end of each semester, Westfield State University hosts a Celebration of Undergraduate Research and Creative Activity, where students share their work publicly with members of the campus and community. This fall, many first-year Honors Program students joined their older peers in presenting their work.

The Spring Celebration of Undergraduate Research and Creative Activity will be held on Friday, May 3, 2019, in Ely Hall. For more details, check the CURCA website at http://www.westfield.ma.edu/center-for-undergraduate-research-creative-activity.

Baltimore - Bound!

Congratulations to Honors Program Students Presenting Their Work at the Annual Northeast Regional Honors Council Conference in April 2019! Christian Biseinere, Gabrielle Biseinere, Lillian Bruffee, Christopher DiCarlo, Josselyn Donahue, Sarah Dunn, Elizabeth Ferrara, Steven Ferrara, Shannon George, Matthew Giebel, Thomas Howard, Jared La Valley, Bryan Pimentel, Corey Pooler, Emily Slote, Lauren Stornelli, Brandon Sullivan, Audrey Therriault, Rachel Tynan, and Carolyn Wallace.
CONGRATULATIONS, COMMONWEALTH HONORS SCHOLARS

FALL 2018 SENIOR HONORS PROJECT PRESENTATIONS

The designation of Commonwealth Honors Scholar is awarded to students who complete a minimum of four Honors courses (at least one upper-level Honors seminar) with a B or higher, maintain an overall GPA of 3.30 or higher, and complete a six-credit, individually designed Senior Honors Project (SHP). Listed above are recipients, their major(s), their SHP titles, and their Project Advisors.

Sean Bacon: Psychology and Biology, Mental Resilience, Discrimination and Social Support, Dr. Claudia Ciano-Boyece.

Amanda D’Aprix: Elementary Education and Liberal Studies, Books, Bullying, and Bibliotherapy: How the Bibliotherapy Method Applies to Children’s Literature about Bullying, Dr. Megan Kennedy.

Steven Ferrara: Special Education and Liberal Studies, Strategies Used by Successful College Students with Learning Disabilities, Dr. Sandra Berkowitz.

Kaitlyn Hester: Elementary Education and Liberal Studies, Critical Literacy in the Elementary School Classroom, Dr. Stephanie Grimaldi.

David Kennedy: English, The Witch and the Northman, Dr. Michael Filas.

Ashley Linnehan: English, Promoting Linguistic and Dialectal Diversity in Westfield State University’s Reading and Writing Center, Dr. Catherine Savini.

Christine Luongo: English, Destabilizing Dichotomies: Bisexuality in Young Adult Literature, Dr. Sophia Sarigianides.

Sarah Morgan: History, Race and American Public Education, Dr. Nicholas Aieta.

Kathleen Morris: English, Rethinking the Way We Teach: Moving from Standards-Based to Student-Based Education, Dr. Paige Hermansen.


INTERESTED IN LEARNING MORE ABOUT SENIOR HONORS PROJECTS?
CONTACT THE HONORS PROGRAM TEAM

Celebrating Student Success

Karolina Bak, Class of 2015, is practicing law with the Law Office of Richard C. Bardi & Associates LLC, Boston, MA.

Christine Luongo, Class of 2019, turned the content of her Senior Honors Project into a blog post, "Why the B Matters: Representations of Bisexuality in YAL," with Dr. Sarigianides on a site focused on young adult literature.

Jarrod Petersen, Class of 2019, has been accepted to Brown University’s Ph.D. Program in Ecological and Evolutionary Biology where he will build on his Senior Honors Project work focusing on muscle physiology and biomechanics.

Lauren Stornelli, Class of 2019, has been accepted to the Clinical Psychology Ph.D. program at Palo Alto University in California.

Alumni, send us your news!
Students carrying out Senior Honors Project research or creative activity are supported by committees including a Project Advisor, Second Reader, and Honors Reader, as well as a Library Liaison and Reading and Writing Center consultant. Dean of Faculty Enrique Morales-Diaz (top left) and Provost and Vice President of Academic Affairs Diane Prusank (top right) congratulated the newest class of Commonwealth Honors Scholars during their presentations.
The Student Honors Advisory Council (SHAC) acts as a liaison between Honors students and administration. SHAC allows Honors Program students to be heard in an open and constructive way. In addition to addressing student concerns, the council plans fun events throughout the year. Have ideas for programming or just want to find out more about SHAC? Contact: Thomas Howard at thoward6798@westfield.ma.edu or Jennifer Oglesby at joglesby1761@westfield.ma.edu.