



HIM

HONORABLE MENTIONS

APPRECIATION: Chicago winters always bring nasty weather, but this allows us to appreciate the February days above 40°. Appreciate all things you experience on a day to day basis like you appreciate a 58° winter day. In the words of Neil Gaiman, “Most things are pretty magical and it’s less a matter of belief than it is one of just stopping to notice.”

WINTER 2016

A collaboration by DePaul University’s Honors Program

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THANKS TO EVERYONE WHO CONTRIBUTED!

Co-Editors: Theresa Bailey and Taylor Marcel
 Advisor: Jennifer Kosco

Send submissions to hsgnewsletter@gmail.com
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STATE OF THE UNION

KRISTINA POULIOT SENIOR, SOCIOLOGY

Winter quarter at DePaul, for all of its cold-weather and gloomy days, is also jam packed with fun traditions and opportunities for growth. For the third year, DePaul celebrated “Blue Demon Week,” our annual week-long school spirit celebration. As a senior, this celebration was super fun and very bittersweet.

School spirit is one of those things that is super cheesy, but I have to admit that I absolutely adore Blue Demon Week. 51 weeks of the year, we study, work, go to the gym, and ride the L as people who happen to be students at DePaul University. But, one special week a year, we are able to take a moment and truly celebrate what makes being a Blue Demon so AWESOME. Everyone has a different explanation of what being a Blue Demon means to them, but I thought I would use this space in Honorable Mentions to share some of my reflections from my time (so far) at DePaul, and to explain what being a Blue Demon means to me:

- Being a Blue Demon means being able to anticipate having a week in February where the weather goes from being 60 degrees one day to having snow flurries the next day.
- Being a Blue Demon means you will genuinely get shocked when midterms come around. “Come on, it’s week five already?!”
- Being a Blue Demon means wearing Blue on Thursdays (#OTWWB!) and sleeping in every Friday before going to awesome HSG meetings!
- For me, being a Blue Demon is riding the red line, brown line, purple line and the #8, #74, #22, #36 busses... sometimes all in one day!
- Being a Blue Demon means walking right past the Ray Meyer Fitness Center on my way to eat a Devil Dawgs Morning Burger with fries for dinner.

But, most importantly (and forgive me, this is where the cheese comes in), being a Blue Demon means being surrounded by the most genuine, creative, hardworking, and talented people. Both within and outside the Honors Program, I am astounded at what DePaul students can accomplish while still carrying themselves with incredible humility and integrity.

Don’t believe me that DePaul students are the absolute best? Head to page 11 where you will find our HaikuJam poems from our first HSG meeting of 2016. I was a bit nervous before doing this activity because I was super afraid that nobody would understand the point of “community-generated” poems. That was naive of me. The final poems were serious, funny, emotional,



KRISTINA POULIOT

creative, critical, and truthful-- just like the DePaul students who wrote them together.

Blue Demon week only officially happens once a year, but I encourage you to take some time every day to appreciate the little things that make your DePaul experience unique. Someday, you’ll be like me and all of the rest of the class of 2016, and you’ll have only 10 weeks remaining to enjoy life as a DePaul University undergraduate student.

Xoxoxo
 Kristina

DEPAUL UNIVERSITY HONORS PROGRAM
[HTTPS://ACADEMICS.DEPAUL.EDU/HONORS](https://academics.depaul.edu/honors)
HONORSPROGRAM@DEPAUL.EDU

COME VISIT THE WRITING CENTER!

ERIN KIBBY SENIOR, ENGLISH



How many papers do you think you've had to write this quarter? 4? 7? 10? More? How many pages do you think your weary fingers have typed? 10? 15? 20? More? As a fellow Honors student, believe me when I say I know your pain at writing so much.

What if I told you that there is a way to make this paper writing process better? It's free. It's on both campuses. It's super friendly. It's the Writing Center!

All day, all quarter, every quarter, Writing Tutors meet with student writers of all years and majors to help them with their writing.

Whether it's understanding the prompt and brainstorming topic development, researching sources, or reading through rough drafts and helping them become final, the Writing Center does it all. Whether it's for a class on rhetoric, history, economics, or science, there is a tutor for you. Your appointment also doesn't even have to focus on a class paper; we work on e-Portfolios, resumes and cover letters, and creative writing pieces.

Getting feedback from the Writing Center is painless. They offer appointment times for as little as thirty minutes (though feel free to block off up to 2 hours for bigger projects!) You can come in to meet with the tutor, but you can also submit your draft digitally and get it sent back to you with comments from a tutor – you don't even have to leave the comfort of your room!

As an Honors student myself, I know that I've benefitted from the Writing Center. I've realized how important it is to have someone else look at my writing and offer feedback on more than just grammar. Even as an accomplished Honors student who has so much writing experience, there are always ways to improve. And the Writing Center has helped me do that. I want that for you too!

You should come. Really. Your writing will thank you.

For information about location, hours, and resources, go to: <http://condor.depaul.edu/writing/>

HONORS DISTINCTION

THERESA BAILEY SENIOR, ENGLISH & WRITING, RHETORIC, AND DISCOURSE

Do you participate in the Honors Program by going to Honors Student Government meetings and other Honors-sponsored events? Have you held a leadership role in the Honors Community? Have you presented at the Honors Student Conference or are you thinking about completing an Honors Thesis?

If you answered yes to any of these questions, you are on your way to achieving a new designation in the Honors Program: HONORS DISTINCTION.

Honors Distinction is achieved by fulfilling each of the following three steps:

- Partnership – attaining Honors Points through participation in the honors co-curricular community. This could include attending events or writing for Honorable Mentions!
- Leadership – assuming a leadership role in the honors community. Elections for HSG are coming up, so you might start to consider if you'd like to have a greater presence in the Honors community by becoming a leader.
- Scholarship – completing an honors senior thesis or presenting your work at the Honors Student Conference. It's not too late to apply for this year's Student Conference: the deadline is April 4th! Students with this designation will be celebrated at the Honors Senior Gala when they graduate and will be able to add "Honors Distinction" to their resume.



FIRST STUDENTS TO EARN PARTNERSHIP STATUS ON 2/5.
LEFT TO RIGHT: BENJAMIN TOMASIK, MAGGIE OLSON, QUENTIN GRIFFIN, AND LUKAS SKUCAS.

STUDENT SPOTLIGHT - GREG KULASIK

TAYLOR GILLEN JUNIOR, DIGITAL CINEMA

In most instances, double majoring across colleges is difficult to accomplish in four years. That is not the case for Greg Kulasik, however: he will accomplish it by graduating in June with a double major in computer science and accounting. These are in the CDM and business colleges, respectively. Additionally, he is in both the university Honors Program and the Strobel accounting honors program. Greg also commutes from his home in the suburbs, which means he spends four hours a day commuting. Between the requirements of two types of curriculum and two honors programs, Greg keeps himself busy with school.

Though this might occupy most of his time, Greg's involvement does not end there. He balances his curriculum with an internship at Retrofit, a start-up company focused on weight management systems for companies for their employees. Greg currently contributes to the server programming, where he integrates software between the company and third parties to ensure that they are compatible.

The internship contributes to only half of the projects that Greg works on. At home, he spends his free time developing two web apps. One is AccountingStudies, a Q & A website for accountants. He compares it to Stack Overflow, a popular website with a similar concept for computer programmers. Another personal project in development is StockBuddy, which is a stock trading alert app. "I wanted to get into the stock market, but I tracked the stocks constantly and grew tired of it," Greg explained. "I thought it would be great to create an app that would alert you when there has been a breach in a threshold you make." Users can specify when the app would alert the user, whether it reaches a high or low amount. Both of these programs are live but are not publicly accessible, and Greg plans to make his final adjustments in the summer and then release them.

Around this time is when Greg will graduate from the university. A senior undergraduate, he is preparing to move from the college life to the workforce. While some students are unsure what they will do after graduation, Greg has a solid plan. Once he completes his coursework, he will become a full-time employee of Retrofit. "I will likely continue working on the same assignments," Greg says, "but I hope to work more on bigger projects internally - as an intern, there is less time to do that." Thanks to his internship and hard work, Greg has a full-time job waiting for him.

Greg attributes part of his success to the support of his advisors and the faculty. Because he has two majors in different colleges,



GREG KULASIK

Greg relies on the help of the staff to ensure that his academic plan is on course and most beneficial to his education. "[My academic situation] is an administrative horror," Greg says, "because the system doesn't support it. I can't use the DPR." He states that the Honors Program helps makes the requirements simpler, and he spends time meeting with Jennifer Kosco for this facet of his progress. He works extensively with Brian Maj, his Strobel advisor, and Brooke Shannon, who focuses on scheduling his CDM classes. He has found fulfillment particularly through honors classes with Professor Steeves, who taught his philosophy course (HON 105). Now four years later, in the exact same classroom and in the exact same seat in his class, he has Professor Steeves for his capstone class, HON 350, Time and Freedom. In a fitting bit of symmetry, he has been with him at the beginning and at the end of his academic career at DePaul.

Overall, the support of these people has assisted Greg with streamlining his education. Though his academic situation is unique and poses some challenges, Greg has been able to effectively navigate it, and will no doubt be successful in all his future endeavors.

FORTY BLOCKS: GIVING VOICE AND PRESERVING HISTORY

YASMIN MITCHEL SOPHOMORE, DRAMATURGY/CRITICISM



The news and media influence a majority of how our world is viewed. Everyone has a story to tell and everyone has a distinct perspective. When we consider history, we have to remember that there is a purpose behind whose story is captured and what narrative makes it into textbooks. In fact, many stories get lost in translation. By the time history hits the page, it has already been altered for a specific purpose or tailored to a specific audience. When museums are thrown into the mix, the variables are even greater. DePaul University is fortunate enough to have ties with a museum that is currently in the process of capturing these lost histories. The Chicago History Museum (CHM), which is free to DePaul students with a student ID, has an entire center that is dedicated to preserving histories that are unknown, underrepresented, and undocumented. The Studs Terkel Center for Oral History is under the direction of Dr. Peter Alter, who teaches a class called Chicago History Museum Experience (HST 382).

In his class, Alter introduces students to the world of museums. From behind the scenes tours to guest speakers and hands on experience with artifacts, we were fully engaged with several aspects of museum work. Halfway through the quarter we were split into groups to work on museum projects that would be furthered by interns once the quarter ended. These interns would take our research and develop it into bus tours, exhibitions, and an oral history project. Students in the class had the opportunity to apply to be these interns; I was selected specifically for the newest oral history endeavor.

I am so excited to be working on a project that truly speaks to my future aspirations and experience as a dramaturg in The Theatre School. Oral History is about listening to human experi-

ences and preserving them in the grand fabric of historical narratives. In an effort to fill in these gaps and preserve history that would otherwise be nonexistent, the practice of oral history has grown. Oral historians go straight to the source and interview those who have experienced events that have impacted society in ways that are unrepresented anywhere else. Such thematic interviews piece together the world in a new light.

The newest endeavor for CHM is the Forty Blocks: East Garfield Park Oral History Project. East Garfield Park, a community area in the middle of Chicago's West Side, has undergone major change since World War II, but the history becomes synonymous with poverty and violence post-1970s. In order to break down stereotypes and address stigma head-on, CHM has partnered with Breakthrough Urban Ministries, a community center that provides services for homeless men, women, and children, and survivors of domestic violence; a robust day care and after-school programs; a health clinic; a food pantry; sports programs; and much more. Breakthrough even has an Arts and Science Academy that employs middle and high-schoolers as a part of a Film Crew.

This partnership has provided CHM with an opportunity to conduct oral histories with East Garfield Park residents, in hopes of providing a more positive and truthful portrayal of a community full of growth and perseverance. In order to make a greater impact, the Film Crew will be conducting and recording the oral histories. These middle and high-schoolers will learn oral history techniques while discussing East Garfield Park's rich history. Once the histories have been recorded, they will be transcribed and uploaded to CHM's Online Collection and the Film Crew will create a documentary. The funding for this project has been done via Kickstarter; all funds raised will go directly to the purchasing of new audio recording equipment and paying the Film Crew. With the help of DePaul University interns, Film Crew mentors, and Breakthrough staff, CHM's project will give voice to experiences that would have otherwise been lost. By filling in the post-1970's, East Garfield Park history, they will be showcasing the strength of a discriminated community.

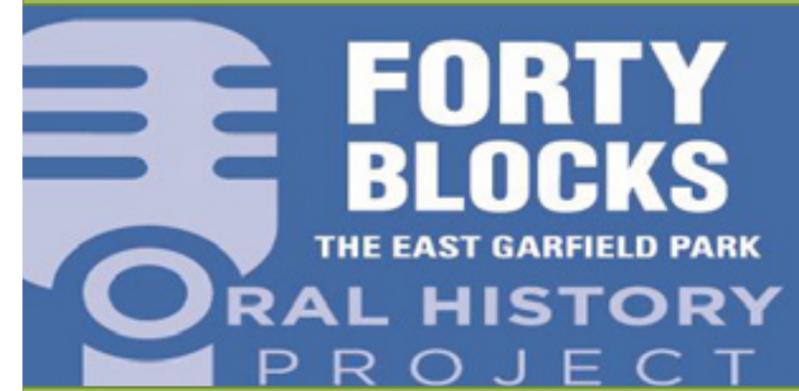
With such an ambitious task at hand, the DePaul interns have many roles in this project. In the beginning stages of the project, I was responsible for comparing costs of different audio recording equipment, vendor transcription fees, and payment for the Film Crew. I also had to dive into the history of the Civil Rights Movement and social justice work in regards to housing poli-

cy and civil protests. By understanding this foundational history--the history that is known--we can get a better sense of what is missing. Based on the prior research conducted by students in Alter's class and the extended efforts of DePaul Interns, we are able to explore new perspectives and preserve new history. So far, it has been an extremely rewarding process. It was easy to get lost in research and lose sight of the goals of the project. But once we started working with the Film Crew, passion resurfaced. DePaul Interns are actively mentoring the Film Crew by facilitating primary source analysis, teaching oral history techniques, and assisting in the field. This collaboration and commitment to

storytelling is at the heart of oral history.

Gaining an awareness of these issues will incite action in those who are inspired by the stories of persevering residents and dedicated community leaders. Through my work with CHM and Breakthrough, I feel like I am part of a greater movement towards justice and fair representation. By conducting these oral history interviews we are giving voice and agency to a wide range of issues, including racism, gentrification, poverty, and flawed educational systems. Once we have the knowledge, we must rise to action in order to better the world around us. One person can make a difference, and one story can cause a revolution.

Chicago History Museum



Forty Blocks of History! **The Chicago History Museum and the Film Crew of Breakthrough will interview East Garfield Park residents this March to document the community's history.**



Question?
Contact: Yasmin Mitchel
Curtemp@chicagohistory.org
Phone: 312-799-2180

Film Crew students will study history, learn oral history techniques, and conduct the interviews

Please support this project on the Kickstarter fund raising website, search Forty Blocks or scan this code!



JUSTICE, MERCY, HUMILITY

EMILY HOEY FRESHMAN, INTERNATIONAL STUDIES

Discover Chicago is one of the most unique aspects of the First Year Experience at DePaul. Incoming freshmen have the invaluable opportunity to unearth some of Chicago's hidden gems in areas of their own interest during Immersion Week and continue to reflect on these experiences with practical applications once autumn quarter begins.

My friends have all had amazing experiences within their Discover classes. They have explored areas concurrent with their major interest, indulged their hobbies, and learned about topics meaningful to them. These are all invaluable educational encounters and I'm glad they had the opportunity to see Chicago through different lenses. But there is something entirely different about my Discover class "Poverty Amidst Plenty."

My class took me out of the picture. It wasn't the fun break or "blow off class" as one of my roommates described hers. My class was entirely focused on the "other" and how to erase the lines dividing classes, races, genders, and religions. We did not just learn about diversity in a scripted Common Hour segment; diversity bled into all of our work as we looked at Chicago from the lens of the impoverished.

Inspiration Cafe is a building in Uptown suspended by passion and drive, and a piece of a corporation working steadily to chip away at this iceberg that is urban poverty. Creative thinking has led to the solution of a service that draws from volunteers who do everything from serve breakfast at 6 in the morning to man the tables in the resource room in the back. Inspiration does everything in its power to provide for its patrons. It is a building which radiates love and hope. Walking in is comparable to the Rockefeller Memorial Chapel at the University of Chicago -- you are at once breathless and in awe of the work being done.

I have dabbled in most of the different areas of service that Inspiration Cafe allows for volunteers of my age and experience. My stint as a housekeeping assistant at a bed and breakfast in Ohio came in handy, whether I was serving or getting my hands dirty and scrubbing the grime from the day. But no task is dreary. Everything you work on at Inspiration is for a great cause. You don't feel so much like you are working for a community. It is not "Oh, let me humble myself to work at this level and then leave with a heavy dose of hand sanitizer and forget this ever happened." It is not working for a community, it is working with and as a part of a community.

At Inspiration, those lines between race and class are blurred to the point that sometimes it is sad to get back on the train to come home to the Fullerton stop. I can easily say that the consistency of my work with Inspiration Cafe -- going there at least weekly for my first quarter in college -- has been one of the most transformative events in my life.

In my Communication class, we discuss how adapting to a new culture can sometimes affect individuals in the form of a U-curve. Beginning at the top, we are excited for the new experience at hand. I know I was thrilled to come to Chicago and take my first class in what basically is Superheroing 101. Then comes the culture shock where we dove into some heartbreaking and skin-crawling areas of the city. I mean, who doesn't have trash cans?! As we discussed daily, there were aspects of Immersion Week that shocked us all. But the best part of this initial discomfort is that it called us to action. We all answered, "What must be done?"

Adaptation is the result of crawling out of the negativity that is initial culture shock. It is changing our perspective, refocusing and tuning our instrument to best understand the issues at hand and utilize our skill sets. Adaptation in this case is immersing ourselves in our work, Discovering way more than other Discover students will learn in the confines of their classrooms. DePaul students as a unit learned about consent and diversity and goal setting, but Discover Chicago: Poverty Amidst Plenty students learned to do justice, love mercy, and walk humbly.

Now all we have to do is keep it going.

UPCOMING EVENTS

THE HONORS BALL

The social committee has started planning for this year's Honors Ball. We hope you all attend and experience dancing, decorations, and discussion with your fellows Honors students. The Ball will take place in Cortelyou commons, like always, and will be held **April 8th from 7:00-10:00**. The theme for this year was based on Honors students' suggestions, and it is DemonTHON. Don't forget to mark your calendars!!



CONFERENCE

The annual Honors Conference: Spotlight on Research and Creativity is coming up! If you plan on submitting a possible proposal, the upcoming deadline is April 4th. You can submit either a conventional written paper that you're proud of, or you can submit an artistic work with a written supplement. Each student can only submit one paper or project for consideration. The conference will be taking place on **Friday, May 13th, from 3:00-6:00**.



HONORS SENIOR GALA

If you are a graduating senior, don't forget to submit your address to Emma Rubenstein (erubens2@depaul.edu) to ensure you receive an invitation to the Honors Senior Gala. This event is a great way for the Honors program seniors to reflect on everything they've achieved during their time at DePaul, and celebrate their accomplishments with their families.. This year, the Gala will be held on **May 14th**.



THIS QUARTER THE HONORS PROGRAM AND HONORS STUDENT GOVERNMENT BROUGHT IN SEVERAL DIFFERENT SPEAKERS AND HOSTED SEVERAL EVENTS. SOME OF THESE INCLUDED A TALK ABOUT THE BLACK LIVES MATTER MOVEMENT, A TALK ABOUT PUBLIC SPEAKING FROM FIRST YEAR PROGRAM DIRECTOR DOUG LONG, AND A PRESENTATION ABOUT PROCRASTINATION FROM PSYCHOLOGY PROFESSOR JOSEPH FERRARI.

DO YOU WANT TO ATTEND EVENTS LIKE THESE? FOLLOW HONORS STUDENT GOVERNMENT ON FACEBOOK AND READ THE WEEKLY EMAILS THAT THE HONORS PROGRAM STAFF SENDS OUT ON TUESDAY.

PROCRASTINATION

MADÉLINE CROZIER FRESHMAN, JOURNALISM

It took J.R.R. Tolkien over twelve years to finish the Lord of the Rings.

Frank Lloyd Wright barely completed the blueprints for his famous “Fallingwater” home with hours to spare.

And it was Hamlet who questioned, “To be or not to be?”

Psychology professor Dr. Joseph Ferrari would call these people famous procrastinators. He spoke to honor students about procrastination at the January 22 winter quarter lecture entitled “Procrastination—it’s NOT About Time!”

The title fits: Dr. Ferrari would argue that procrastination has nothing to do with time management. Chronic procrastinators are “great excuse makers—it’s never their fault. There’s always a reason why,” he explained. This is why he looks at chronic procrastination as a maladaptive behavior that intentionally and irrationally delays the completion of a goal. Chronic procrastinators try to avoid blame in any situation through indecision, showing only “a lack of effort instead of a lack of ability,” he said.

The main difference between chronic procrastination and procrastinatory behavior is that chronic procrastination is dispositional, while procrastinatory behavior is situational.

“Everybody puts off some tasks, but that doesn’t make you a procrastinator,” said Ferrari. According to him, 70 to 75 percent of college students report delaying tasks. But this only applies to certain tasks, like studying.

This leads to Ferrari’s important assertion: “everybody procrastinates, but not everybody is a procrastinator.” Most people procrastinate, but not chronically. From someone who has studied procrastination since the late 1980s, including his doctoral dissertation in 1989, it’s worth trusting.

Dr. Ferrari made interesting connections between procrastination and technology. Some people would say that advances in technology have made great improvements in productivity, while others would argue these advances have decreased productivity, increasing procrastination.

Technology has been there for people to use in increasingly fast forms, from letters to the telephone to email and text messages. However, it isn’t the technology that’s the problem, but how people use it. Ferrari posed the question, “Does social media make you more social, or just more media?”

Sure, advances in communication make it easier to share information. You don’t even have to open your mouth to send an email or a text message. But these might inhibit work more than they help it. Dr. Ferrari quotes figures from a 2005 study that showed



PROFESSOR FERRARI ENGAGES STUDENTS AT HIS PROCRASTINATION WORKSHOP

every 11 minutes, people report interruptions at work, mostly from receiving calls or emails. After that, it takes people 26 more minutes to get back on task. “That’s a lot of time lost,” he said.

If not us ourselves, we all know someone who procrastinates, and probably someone who is a chronic procrastinator. Dr. Ferrari offered tips on having relationships with chronic procrastinators.

“Sometimes we have to let people fail. It is out of the failure that we grow and learn. If we never fail, we never grow,” he said. It’s important to be supportive, but also to step back and let procrastinators make bad decisions and face those consequences. This eventually leads chronic procrastinators to a place of change and growth. Step in too often, and things will never change.

Dr. Ferrari also had advice for chronic procrastinators: “don’t look back.” Chronic procrastinators have the mentality that if they never finish, they can never be judged. This allows them to stay comfortable. But life isn’t about being comfortable—it’s about the uncomfortable times that make us and our worlds grow.

This means we can all leave a legacy if we put ourselves out there. “Life’s too short to be a procrastinator,” said Dr. Ferrari. If that’s not enough to motivate you, remember, “there are people out there who need you.”

Think about it in terms of our University’s mission and the question of St. Vincent DePaul: what must be done? The answer is unfathomable. Nevertheless, Ferrari assured his audience that “you don’t have to do big things to make a difference. You can do little things.” You can make a difference for at least one.

Thomas Jefferson said, “Never put off until tomorrow what you can do today.” Mark Twain countered with “never put off until tomorrow what you can do the day after tomorrow.” Some

days you’re like Jefferson, the go-getter, and some days you’re like Twain, exhibiting procrastinatory behavior. The important thing to remember is that your time and your motivation can and does lead to incredible things. What you do matters, and it matters for other people. Just keep your potential in mind next time you delay a task.

Dr. Ferrari holds the honor of being a St. Vincent DePaul Distinguished Professor, one of 32 professors selected for scholarship

ORIGINS, ALLIANCES, AND WHERE WE GO FROM HERE: DR. VALERIE JOHNSON’S LECTURE ON THE “BLACK LIVES MATTER” MOVEMENT

ERIN ROUX FRESHMAN, ENGLISH

To have a future and understand the present, we must start with the origin. To understand the origin, we have to be aware of our alliances. To form and understand alliances, we use the power of the word. Honest discussion and dialogue are the key components of understanding, nourishing and fulfilling a movement. A lecture regarding the Black Lives Matter movement by Dr. Valerie C. Johnson, Associate Professor and Chair of the Political Science Department at DePaul University, was delivered on the January 13th, in order to further our understanding of race and justice in post-civil-rights America. The Honors Program co-sponsored this lecture, which had a turnout of more than 80 students, professors, and community members sitting in chairs and then on tables in a packed conference room in the Student Center. This lecture allowed an open, yet challenging space to hold this important conversation, and for a lot of us, to recognize our privilege. As students of a prestigious, private school, these conversations can be difficult, yet all-too necessary for many of us to recognize the subconscious American psyche, white supremacy, and to alleviate the numbness of the privileged by recognizing and talking about these disparities.

Dr. Johnson is keen to have “a good protest” -- and more than willing to have this tough conversation. Along with her position at DePaul University, she is an author and editor of several books and articles regarding the landscape of American politics in the post-civil-rights era. In her works, she discusses different types of violence in this era such as police brutality, poverty, and diversity seen as equality, all with a focus on race. The Black Lives Matter movement, in particular was founded in 2013 after the murder of Trayvon Martin, and is a non-hierarchical, chapter-based organization aimed to reveal the true nature of American society as it pertains to race and equality. This movement, despite its com-

and leadership in the University. His lecture also promoted his 2010 book *Still Procrastinating: The No Regret Guide to Getting It Done*.

pletely understandable objective, is often met with questioning and opposition. Dr. Johnson described a common expectation of what people think a movement should be; she says that “most people want a movement in a box,” when in reality, a movement is immense and fluid and runs like a river, without permission, to its inevitable and natural destination. That’s not to say that movements come without effort: movements as large as that of Black Lives Matter require endless planning and direct, deliberate action to continue to spread accurate information about the state of our country as well as to initiate thousands of protests nation-wide.

In order to have a successful movement, it is vital for people to get together in small groups and have “honest discussion and dialogue,” as Dr. Johnson reiterated throughout the lecture. Within these discussions and dialogues, earnest listening and acceptance of the following concepts are vital tools to eventually building a better movement. It is important to remember intersectionality; the Black Lives Matter movement is for everyone of every race, gender, age, sexuality, or socio-economic status. Racism essentially pits everybody against each other. We have to recognize our similarities as humans while also respecting racial, cultural, and

“ DIALOGUE HUMANIZES THE PEOPLE WHO ARE CONSTANTLY DEHUMANIZED AND GIVES LEVERAGE TO A MOVEMENT THAT WOULD NOT SURVIVE WITHOUT WORDS.”

HONORS EVENTS

economic differences that make the life of one harder than the life of another. Along the same lines, we need to be able to see every person of every race as an individual. We can't label one instance as the issue of an entire race whereas a mass shooting by a white man is considered the work of a "lone wolf." On the other side of this, the presence of a few successful people of color doesn't suggest entire systematic change. We may have an African-American president, and of course this is a great thing, but we must remember how slowly progress came after black abolitionism and the Civil Rights Movement.

The youth of today needs to advance with the movement and choreograph the next move. We cannot be afraid to disrupt the status quo, to stop traffic, to storm Michigan Avenue, to open ears and eyes. But first we need to open our mouths, and for some of us, also be willing to hold our tongues. The right conversation can't be made when "Black Lives Matter" is constantly replaced and undermined with "All Lives Matter." The conversation that is constantly being held on the South and West sides of Chicago and countless other places in America needs to be held everywhere. Getting this information out is of utmost importance. We need to let the river flow, having honest dialogue, "town-hall style," in the true form of democracy that doesn't seem to quite exist in the America that we are taught to believe in. Through listening and discussions such that this lecture provided, we as students at DePaul University and citizens of Chicago and this country, are able to continue this conversation and thus the movement as well. Dialogue humanizes the people who are constantly dehumanized and gives leverage to a movement that would not survive without words.



POLITICAL SCIENCE PROFESSOR DR. VALERIE JOHNSON SPEAKS ON THE BLACK LIVES MATTER MOVEMENT



POETIC THOUGHTS

MID-FEBRUARY DREAM

you are the smell of smoke from a blazing summer-time fire
in the middle of the green woods.
you are wet leaves on the rain soaked sidewalk
as we walk through Chicago neighborhoods.

you are ice cream dripping down the cone and onto my hands,
sitting under the sun on picnic benches.
you are the hand that I reach for in the car;
you are my favorite friendship.

you are 2am and the holder of all my secrets,
the first to unravel me completely.
you are seeing the stars in a clear sky
after leaving the empty indigo canvas of the city.

you are a dirty receipt-filled car
with the windows down and no destination.
you are talking fast and excited about big plans -
my everyday vacation.

you are the only body I want to turn to in the middle
of the night,
you are the love of my insignificant little life.

KATE HARRINGTON SOPHOMORE, ENGLISH & CREATIVE WRITING

COMEDY CENTRAL

They say anti-semitism is buried, that it no longer exists,
But I'm telling you now, it's seen me on a few trips.
I've heard taunts upon taunts about stepping in showers,
About a difference in higher powers,
About people planting wheat instead of flowers.
I've been asked, hands fisted at sides, teeth ground to gums,

"If you're a techy Jew, was your camp number zeros and ones?"

Excuse me, what was that? I can't be hearing you right.
Because if I did, I want you swiftly out of my sight.
Again, a question. "Why are you so upset?"
I'll tell you why; it's because you're making fun of death.
"It's just a joke!" Yeah, a joke about millions killed!
What, did you think that sentence had an ethical build?

It's never "just a joke." Can't you learn from the past?
Yeah, the Holocaust was so fun, the Jews had a blast.
Not to mention Ukraine and Stalin's toll
What was in that bread? My great-grandfather's soul.
My ancestors were in peril, don't you understand?
My great-grandmother lost four brothers, soldiers were
so in demand.

This isn't comedy central, it's my history, my life.
And you want my mercy because speech is your right?
So pardon me, if I can't see humor in your comedy.
Leave it alone, I won't give you any sympathy.
It is obvious to me, that you have taken the wrong path.
I know I'll never laugh at your approval of a bloodbath.

SAGE SHULMAN FRESHMAN, INFORMATION TECHNOLOGY

POETIC THOUGHTS

HAIKUS FROM 'HAIKUJAM 2016' HONORS STUDENT GOVERNMENT MEMBERS

During our first Honors Student Government meeting of winter quarter, members came together to relax and have some fun at the end of the week and created some haiku masterpieces. Below are some of the poetic thoughts that were on the minds of HSG members that day.

“ PIZZA FOR DINNER
PIZZA FOR BREAKFAST AND LUNCH
PIZZA FOREVER

“ LET ME FIND THE WORDS
TO SAY WHAT I REALLY MEAN
I AM NOT TOO SMART

“ YOU USED TO TASTE GOOD
WHY DID I EVER LIKE YOU
GOING TO WHOLE FOODS

“ IT IS AMAZING
ONE MIGHT SAY IT'S "WONDERFUL"
NEED MORE ADJECTIVES

“ PAPER AIRPLANES FLY.
BUT ONLY FOR A MOMENT
UNTIL THEY CRASH DOWN

“ IF IT WERE MONDAY
I WOULD HAVE TO THANK SATAN
FOR CURSING MY BIRTH

“ DANCING IN THE DARK
MOON SHINING IN WINTER'S NIGHT
I LOVE THIS SEASON

“ FIRST, TEAR IT APART
TRY TO CREATE SOMETHING NEW
TAKE IT DOWN AGAIN

“ TIME GOES BY TOO FAST
FOUR LONG YEARS GONE IN A FLASH
MY BANK ACCOUNT WEEPS

“ ALL THE DOGS I SEE
I WISH I COULD PET THEM ALL
AND SNUGGLE ALL NIGHT

“ THIS QUARTER IS HARD
BUT THIS PILLOW IS QUITE SOFT
I GUESS IT'S BEDTIME

“ TO WHERE DOES RAIN FALL?
UP TO THE SKY IT POURS
WHERE SHALL I GO NOW

“ I TOOK THE RED LINE
IT HAD A BAD STANK OF PEE
YELLOW LINE SMELLS FINE

“ ELEPHANTS ARE NEAT
PLEASE DON'T USE THEM FOR THEIR TUSKS
TRY MAKING A FRIEND

“ ALL I CAN AFFORD
IS SOME CHEAP, SHITTY RAMEN
HELP ME, I AM POOR

“ MY BED IS WARMEST
AND NETFLIX STREAMING IS CHILL
NEVER WANT TO LEAVE

“ MAKING A HAIKU
I NEED SEVEN SYLLABLES
NOW IT IS COMPLETE

“ I'M NOT A POET
I, LIKE, DON'T EVEN KNOW IT
JUST KIDDING, I AM

“ THIS CITY IS BROKE
I WILL TRY TO FIX IT SOON
GET RID OF RAHM FIRST

POETIC THOUGHTS

OPENING UP IN JAPAN

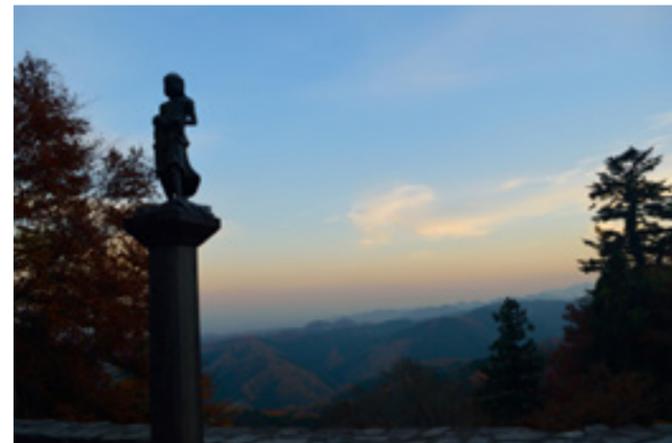
HEATHER DOVE SENIOR, ANIMATION

I'm standing in front of Todaiji temple, one of the largest temples in all of Japan; its history extending all the way back to 728 A.D. As I'm standing there, I'm video-taping a fellow study-abroad student who is showing the rest of us how to correctly wash our hands before entering the temple.

This simple moment for me is suspended in time; a light-bulb memory that will only brighten with time. No, not because of the giant complex of Todaiji temple and its expansive grounds of endless, free-roaming deer (although, that is a perk in its own right).

The reason this event is so memorable to me is because in the next few moments, an older Japanese woman would walk up to me and gently ask, "Where are you from?" We continued to have this conversation, and luckily I was able to keep up some responses in broken Japanese. I had taken Japanese during my freshman year at DePaul because of the Honors Program foreign language requirement, and genuine interest in the culture had led me to be roughly acquainted with it through three years out of class.

Our conversation generally was about where I was from, the fact that she had a daughter in Minnesota, and whether or not it was my first time in Japan. The entirety of the conversation was quite simple, but for some reason it struck a chord in me. There I was, in a completely foreign country, meeting someone else on the same footing in a language they did not quite grasp. Not only that, but this woman had, completely of her own volition, approached me out of genuine curiosity and kindness.



MOUNT TAKAO

Of course, there are plenty of other amazing things about Japan. You can take a bullet train and be in a completely different biome than just hours before. You can get lost in a city for weeks but not experience any of the natural beauty surrounding it, even with Mount Fuji towering in the distance. Walk for 30 minutes and you'll pass by a dozen or so restaurants that all boast delicious food-- even their fast food chains are classy.

You can also hike up mountains; see some amazing views; walk barefoot through temples older than the entire history of America; feel an omnipresent kinship to all things American, a feeling steeped in its own twisted history; accidentally see a Japanese student doing English homework that doesn't actually make sense; pay about five dollars to pet bunnies for an hour; eat cotton candy larger than your head; pet a wild deer; eat sushi prepared in the country of its origin; toast sake with native Japanese people; belt your heart out at karaoke with Japanese students; see the under belly of Japan that is often hushed; recognize homeless people that still neatly tuck their belongings out of other's way; be delayed by trains because of "human accidents"; recognize that although you are welcomed you are not "a part of".

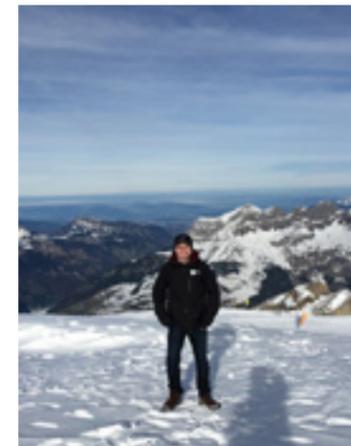
To talk about a two week experience in such a small space is nothing but claustrophobic. The pages containing these words only constrain the infinite exploration and wonder into a finite physical space.

However, of everything that I did and saw while I was in Japan, the sudden and unexpected beauty was mirrored in its actual inhabitants. Even the tiniest victory in making a Japanese person laugh made my trip that much more enjoyable. I could not stress any more that going on this trip not only brought me happiness and relaxation-- those things are so shallow—it quite literally brought me a renewed sense of purpose and wonder for the world around me. I can only hope that, if not in Japan, at some point, everyone has an opportunity to truly open themselves to other cultures, if for only just a moment.

To see more photos from Heather's trip to Japan over the winter intersession in December of 2015 as part of the "Computer Gaming and Animation in Japan" study abroad program, go to the Honors Program web page: <http://bit.ly/1W-C9qgD>.

A JOURNEY TO SWITZERLAND: MY STUDY ABROAD EXPERIENCE

KYLE REZWIN JUNIOR, MARKETING & MANAGEMENT



MOUNT TITLIS



THE VIEW IN ZURICH



ZURICH, SWITZERLAND

This past December, I was fortunate enough to participate in a nearly two week-long International Business Seminar in the extraordinarily beautiful and culturally rich country of Switzerland. Led by Marketing Professor Dr. Melissa Markley (who also teaches in the Honors Program), and accompanied by the Marketing department chair, Dr. Steve Koernig, the trip focused on the many nonprofit and intergovernmental organizations that operate in Switzerland.

In the beautiful cities of Geneva and Zurich, our group visited the United Nations, UNICEF, Schwab Foundation for Social Entrepreneurship, World Trade Organization, Red Cross Museum, Médecins Sans Frontières (Doctors Without Borders), and ROK-PA International, among a number of other institutions. While all of these organizations were created to serve different purposes, it was interesting to learn how many of them share the same underlying principles that guide them. They all have missions to help those in need of assistance, and to improve the way of life for people around the world, whether it is through distributing food and education supplies, providing direct medical aid, or conducting human rights and economic negotiations. I loved hearing from each official we spoke with about how they began their involvement in nonprofit work. We also learned about the organizational structures of these large entities, and about some of the struggles they face on a daily basis, such as fundraising, facing political pressure, and trying to form corporate partnerships. The trip changed my perception of nonprofit organizations in the sense that their operations are much more intricate and businesslike than I had previously imagined.

In addition to the organization visits, our trip had a great amount of cultural visits, walking tours, and group dinners that helped us learn more about the people and customs in Switzerland. We visited the charming Christmas markets that were in operation during the month, explored the magnificent Château de Chillon on the shores of Lake Geneva, attended a chocolate making class, and traveled to the Olympic Museum in Lausanne. My favorite experience of all of these was traveling to the Swiss Alps. I will always remember rising up the side of the mountain on a ski lift, wandering through the slick ice caverns, walking across Europe's highest suspension bridge, and taking pictures from the 10,000-foot high peak of Mt. Titlis.

After visiting both Geneva and Zurich, it was interesting to witness the differences between the two cities firsthand, as Geneva is French influenced, and Zurich is German. From the language to the architecture, it was fascinating to see how disparate these areas were despite being in the same country. Throughout the entire study abroad journey, I learned a substantial amount about the people and culture of the country, as well as the operations of nonprofit and IGOs that are based there. The trip was not only a great way to gain class credit, but also to explore a new part of the world guided by two great professors. I will always value the friendships that I formed with my fellow classmates, and the experience I gained traveling to Europe for my very first time. As a whole, the trip provided a perfect mix of business and fun to make studying abroad an unforgettable experience and one I will cherish for a lifetime!

GOTTA SEE GOTTA DANCE

OLIVIA KUHN FRESHMAN, PUBLIC RELATIONS AND ADVERTISING



PHOTO CREDIT: MATTHEW MURPHY, CHICAGO SUN-TIMES

If you've ever wanted to see an entire musical centered on a crew of elderly citizens hip-hop dancing, look no further. I had the chance to see *Gotta Dance*, a spunky musical filled with seniors bustin' moves, when it was playing in Chicago at the Bank of America Theatre (right by the Monroe Redline stop). This musical tells the story of a group of old-timers (65 years and up!) who audition to dance at a halftime show at the New Jersey's Cougars basketball game. The show follows this posse through their struggles throughout the processes of tryouts, learning the choreography, memorizing that choreography, and dealing with the grey haired elitists on the team. Not only is the show adorable and hilarious, it also leaves the audiences understanding a very important message: even when you're older, you're still able to do the things you love.

Gotta Dance is one of the four live shows I've seen since I've been here at DePaul. Anyone who has looked online at the prices of Broadway in Chicago shows may be wondering how have I seen so many on a broke-college-kid budget. The answer is simple: do your research. I went to two of the four shows because of DePaul discounts: always check the Demon Discounts in the Office of Student Involvement- sometimes they have \$10 tickets to shows! I also learned a pretty nifty tidbit of information since I've been here: if you go to the box office of the theatre on the morning of the show you want to see, and ask for "student discount tickets," you can get tickets for \$25! I saw *Gotta Dance* for just \$25 and sat in the third row (!!!).

So whether you want to see a heartwarming musical about the perseverance of elderly citizens who just love to dance, or if you want to see a future show coming to Chicago, I highly recommend you do your research to find the cheapest way to get your hands on some tickets. Because a night at the theatre is a night well spent.

THE 50TH ANNUAL NCHC CONFERENCE

ZOE KREY SENIOR, POLITICAL SCIENCE

I've conducted a surprising amount of research during my time at DePaul. While the task of writing a research paper is always intimidating, the rewarding feeling when the paper is done and handed in makes it all worth it.

Being in the DePaul Honors Program, I think it's safe to say that most of our honors classes culminate in writing an original research paper. Since I'm currently taking my last honors requirement -- my senior thesis -- I estimate that I've written about nine substantial research papers consisting of ten or more pages through the Honors Program thus far.

I appreciate the opportunities I've had to develop my research even after a class has ended. Sometimes it can be frustrating to spend 3,875,975 hours (approximately, of course) researching a topic only to get a grade back and never think about your paper again.

This past quarter I was fortunate enough to present my research from my Honors 201 States, Markets, and Societies course at the 2015 National Collegiate Honors Conference. The conference is an event held once a year by the National Collegiate Honors Council (NCHC). Honors students from

across the nation are invited to participate in weekend-long activities. This year, the conference was held at the Sheraton Hotel in downtown Chicago.

My project was titled "What's Wrong with the 99 Percent?: The Failure of the Occupy Wall Street Movement in the United States." In my paper, I examined how the messaging, protest tactics, and outcomes of the Occupy Wall Street movement were different from that of the women's suffrage movement and the Civil Rights Movement. I made sure to include visual elements in my poster to illustrate the differences present within the movements.

For the poster presentations, students set up their posters in a large room within the Sheraton. We then stood by our posters as other students and faculty perused topics and

“ THE CONFERENCE IS AN EVENT HELD ONCE A YEAR BY THE NATIONAL COLLEGIATE HONORS COUNCIL (NCHC). ”



KREY'S POSTER ON THE 99 PERCENT FOR THE 2015 NCHC CONFERENCE.

mingled amongst themselves. I had some very engaging and thought-provoking conversations regarding my topic with people from all over the United States. It was also fun to hear about other students' experiences in the city so far. Many of the students I talked to had never been to Chicago and wanted to know what was worth checking out.

The NCHC conference was a definitely a neat experience — but I won't lie, I'm a total nerd so I dig these types of things. Regardless, the conference proved that you don't have to be a graduate student to start conducting your own research. With the right resources and guidance, undergraduates can have the ability and confidence to examine and analyze any topic.

A COMPREHENSIVE GUIDE TO BEING VEGAN IN COLLEGE

MAEVE SHERIDAN FRESHMAN, ENVIRONMENTAL SCIENCE

Let's set the scene. It's January 1st, and after a month of crazy eating and laying around, you want to start being healthier. Instead of cutting out all carbs, running 5 miles a day, or trying a 5-day juice cleanse, I urge you to think about a plant-based diet. There are tons of reasons why this is going to help you in the long run, and it turns out it's actually not that hard to do in college. Now before you grab your chicken wing and yell, "but what about my protein!?", take a deep breath, put down the poor wing, and listen.

A lot of people tell me, "you can't get enough protein on a vegan diet." You don't know how many times I've heard this, and how false it is. Instead of eating animals, we vegans eat like animals. From leafy greens and vegetables like kale and broccoli to legumes and nuts like lentils and almonds, there are so many ways to get in your daily source of protein. Per ounce, beef has about 7 grams of protein for 75 calories, while Spirulina (an algae-based food supplement that is just one of the many options) surpasses that in just 2 teaspoons. So no, you don't need meat to get protein.

Another favorite myth people have that keeps them from going Vegan focuses on dairy and the thought that "Cows need to be milked, it's natural." I can't even go into how ridiculous this claim is. Think about this from a human perspective: mothers produce milk only after they have babies. Cows are the same, and are artificially inseminated every year so they continue to provide milk for the industry. For the sake of the cows, consider trying milk alternatives. Almond milk is sweet and good in cereal and is low in calories and saturated fat/cholesterol, soy milk is yummy in lattes and has no cholesterol, and rice milk is mild and the least allergenic of the bunch.

Those are just a few common misconceptions, but I assure you there are answers for all of them. If you're interested in learning more about veganism, be sure to check out some of the documentaries on Netflix, such as Cowspiracy, Forks over Knives, and Vegucated.

Now that you've been vegucated by me, I have a few tips! The first is, "how do you afford it in college?" I've got two words for you: Trader Joe's. It's my go-to place for yummy,

healthy fruits and veggies. If it happens to be in your price range, Whole Foods is convenient and often has a selection of pre-cut fruit for a quick snack between classes. My second tip? Make sure to plan your list in advance; even googling "Vegan Grocery List" can give you a great base for what to buy. The most important thing I can advise it to remember to be flexible! You may have to experiment, and you may hate a meal the first time, then tweak the recipe and suddenly fall in love. Just get creative everyone... and think about going vegan!



TIPS FROM VEGAN.COM

- LEARN.
- GET COOKIN'
- CONNECT
- GO ALL THE WAY
- DON'T FALL INTO THE SNACK TRAP
- FOLLOW THE "ESSENTIAL ENERGY BAR RULE"
- DON'T TAKE YOURSELF TOO SERIOUSLY
- HAVE FUN!

HOW THE ALUMNI SHARING KNOWLEDGE PROGRAM INFLUENCED MY COLLEGE EXPERIENCE

MIKEY MAYERS SOPHOMORE, FINANCE



I was lucky enough to be in the EDGE Program as a first quarter freshman and was placed on the Career Center Team. While I was in EDGE I learned a lot about the importance of the Alumni Sharing Knowledge (ASK) Program.

Going to DePaul is a very unique experience in itself because of our Catholic, urban, and Vincentian values; however, being in Chicago poses a distinctive opportunity that not many other universities can offer. We are in the city where the vast majority of our alumni work. We are lucky enough to have decades and decades of influential and very generous alumni that are willing to take current undergraduate students under their wing as a mentee to help them find their way as a professional.

The Alumni Sharing Knowledge Program is the system for making connections between students and alumni happen. You can go on the Career Center's website at any time and access the database of alumni who are interested in helping out. There are alumni from every school and they cover a vast array of industries that we are all considering pursuing. As an Orientation Leader last summer, I would urge students to reach out to potential mentors as soon as possible rather than waiting until you're ready to graduate. The connection you start today will be infinitely more valuable after knowing them for the rest of your college career. The value of a mentor is beyond anything you learn in class. You could ask a mentor to do anything from just converse via e-mail or to meet for coffee once a quarter. It is completely up to what you're hoping to get out of the relationship and what you're both available for.

One thing that I learned about the ASK Program is that most of the mentors are not there to hand out internships; they are much more interested in educating you. They would love to talk about potential career paths or graduate schools. While the relationships you maintain with them could very possibly lead to an internship or job opportunity, it is important to keep in mind that the experience this person could share with you much is more critical. I personally used ASK in order to find a mentor in entrepreneurship and investment banking. I was able to meet with an investment banking mentor and work with him on a project to familiarize myself with the process that an analyst at an investment banking firm goes through. I am very grateful for having that experience, even though I decided against pursuing a career in that field. The ASK program gave me the opportunity to bounce ideas off of someone who was once in my shoes and is now excited to be able to give back to their DePaul roots.

Ultimately, a mentor is a wealth of knowledge for all undergraduate students. Being in Chicago where a lot of our DePaul Alumni work and live, we would be missing out on an incredible opportunity presented to us if we didn't take advantage of this service. The ASK Program has influenced my DePaul experience because I now have a team of successful alumni cheering me on and helping me out on my journey to finishing my undergraduate degree and beyond.

To find out more about the ASK program, go to: <http://resources.depaul.edu/ask/Pages/default.aspx>

"THE HAND MUST BE DIRECTED AS MUCH AS POSSIBLE BY THE HEART."

-ST. VINCENT DEPAUL

LINCOLN PARK OFFICE:

990 WEST FULLERTON AVENUE, SUITE 1300
CHICAGO, IL 60614
773-325-7302

LOOP OFFICE:

25 EAST JACKSON, SUITE 1600
CHICAGO, IL 60604
312-362-8743

ROSE SPALDING, DIRECTOR
RSPALDIN@DEPAUL.EDU

NANCY GROSSMAN, ASSOCIATE DIRECTOR
NGROSSMA@DEPAUL.EDU

JENNIFER KOSCO, ASSISTANT DIRECTOR
JKOSCO@DEPAUL.EDU

EMMA RUBENSTEIN, PROGRAM ASSISTANT
ERUBENS2@DEPAUL.EDU