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**Consulting Editors**  
- Dr. Wolfgang Kereah Keller

**Student Editor**  
- Mandi Laudenslager

**Student Writers**  
- Tatum Dolan  
- Karina Hossain
UPCOMING DATES

Welcome back Honors College students! Now that the Spring Semester is in full swing, we are so excited for all the things happening in March and April! We have some fun things ahead from bingos to swag giveaways. Stay tuned and let’s make it a good rest of the semester!

Honors College Community Day
March 15th
11-1
Franklin House

HCSA Meetings
March 24th / April 21st
7pm
Franklin House

Registration Social
March 26th
7pm
South Great Room

Spring Banquet
April 21st
1pm
Lehr Dining Room
Gordineir
SHADOWING VOLUNTEER OPPORTUNITY

Love meeting new people? Interested in making a difference? Want to earn service hours and Honors College swag?

If you said yes to any of these, we have a great opportunity for you! We are looking for Honors College Shadowing Volunteers!

Visitation days at Millersville are starting in February and we need your help. Future Millersville students will be coming on campus to shadow Honors College students in their classes and get first-hand experience of college life.

So, what does this mean for you?

Ideally, you’ll meet with a prospective student in your major at Franklin House and attend your Honors course(s) as usual. If the timing works out and you’re able to, we encourage you to give the prospective student a tour of campus, including South Village, and take them to lunch (we’ll provide them with a voucher). Time permitting, you can accompany them back to Franklin House, where they meet with Dr. Wolfgang and/or Kereah Keller for questions and an overview of the Honors College.

If you have any questions, or to sign up, please contact Kereah Keller at Kereah.keller@millersville.edu

(Please include info such as name, major, days available, honors course(s) and class time(s), etc).

Thank you in advance,
Dr. Wolfgang and Kereah
FACULTY INTERVIEW WITH KEREAH

Mandi Laudenslager

**Tell us a little about yourself!**
My name is Kereah. I may not look like it, but I just turned 32. I’ve been married for 10 years and have 2 kids, ages 9 and 6. I don’t have any pets (though I really want a cat!) I consider myself to be an extroverted introvert who has well over 20 tattoos and 7 piercings. My favorite things outside of my family are anime/manga, cosplaying, writing, reading, and traveling. I’ve been to 3 different countries (Peru, Ecuador, and Costa Rica) and hope to add many more to the list.

When did you come to Millersville and how long have you been here?
I’ve been here since December 2022 and it instantly felt like home, which is something I’ve never had at a job before. I seriously love working at MU.

What is your educational history?
I have a bachelor’s degree in ESL and a master’s degree in English and Screenwriting.

Favorite thing about your department?
Where to begin? Dr. Wolfgang is fantastic. He’s kind, caring, and hilarious. I love working with and getting to know the students in the Honors College. And I love getting to plan all of the Honors College events, like the Spring Banquet and NYC trip.

What are some of your hobbies and interests outside of the Honors College?
I’m a writer. I have several books that I’ve self-published and I’m currently trying to find a literary agent to represent the ones I haven’t. I’m also an editor who works for freelance authors and publishing companies. I love anime (reading and watching) and attend several conventions a year throughout PA (and yes, I cosplay). Of course, I also love spending time with my husband and kids – they always come first.

Any advice to the students of the Honors College?
Don’t be afraid to try new things. I missed out on a lot during college (for a lot of reasons) and regret it. I regret not putting myself out there, not doing and saying things that I wanted to. There are opportunities during college that you don’t get during high school or in the career world, so take advantage of it now while you have chance.
Below are some influential quotes said by famous people in the world. Can you match the right quote to the person? How many did you guess correctly? The answers are on the bottom!

1. “Life is like riding a bicycle. To keep your balance, you must keep moving.”
   - A. Eleanor Roosevelt

2. “You can have it all. You just can’t have it all at once.”
   - B. Marilyn Monroe

3. “No one can make you feel inferior without your consent.”
   - C. Oprah Winfrey

4. “Our lives begin and end the day we become silent about things that matter.”
   - D. Frank Sinatra

5. “We are all of us stars, and we deserve to twinkle.”
   - E. Albert Einstein

6. “The best revenge is massive success.”
   - F. Martin Luther King Jr.

**Answers:**

1. E
2. C
3. A
4. F
5. B
6. D
THE BODY PROJECT

Karina Hossain

THE BODY PROJECT

AT MILLERSVILLE UNIVERSITY

THE BODY IMAGE REVOLUTION

CONFRONT UNREALISTIC BEAUTY IDEALS AND DEVELOP A HEALTHY BODY IMAGE BY JOINING THE BODY PROJECT!

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WHO IS IT FOR?
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SCAN THE QR CODE FOR MORE INFORMATION
OR TO COMPLETE AN INTEREST FORM!
COMPLETING THE FORM DOES NOT COMMIT YOU TO PARTICIPATING.

PLEASE CONTACT DR. RACHEL MACINTYRE
(RACHEL.MACINTYRE@MILLERSVILLE.EDU) WITH ANY QUESTIONS!

bit.ly/BPMUinterest
SPRING BREAK - SELF CARE

Tatum Dolan

The Honors College hopes that all of its students take the time over Spring Break to rest and focus on their mental health needs. The mid-semester point is an excellent time for self-reflection and honing in on your well-being. Here is a list of mindful activities that you can do over Spring Break:

- Yoga
- Read a book!
- Spend time with pets
- Watch a movie!
- Spend time with family
- Bake

We wish you all a relaxing Spring Break and we'll see you when we return back on campus!