



# *Honors Program Newsletter*

# MARCH



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# GREETINGS!



Hey everyone, Caleb here! As we move further into the spring semester, I'm excited to continue my role as one of the writers for our Honors newsletter. You'll usually find me working on our "Cultural Corner" page, sharing stories and experiences from around the globe. I'm also happy to contribute to many other areas of the newsletter to help bring each issue to life.



Hey everyone! I'm Kaiden, one of the writers for the newsletter. I hope to share with you all tips to make your college journey a successful one. I am looking forward to connecting with you and helping you to become the best versions of yourself.



Hey everyone, Viviana here! I am the editor-in-chief of the Honors program newsletter. I am a senior, and am so excited to share and experience the honors program newsletter with you all! I am looking forward to seeing the new voices and faces.



Hey everyone, I'm Carol! I'm so excited to be part of the Honors newsletter and to share the voices, stories, and experiences that make our community special. I'm really looking forward to connecting with familiar faces and getting to know new ones along the way!

# POP CULTURE CORNER

## CLIMATE CHANGE & THE FUTURE OF WINTER OLYMPICS

BY: KAIDEN MOSS MOULTRIE

If any of you are like me, you have probably been tuning into the Winter Olympics on television and social media. This international event, known as the Winter Olympic Games, occurs every four years and features sports such as figure skating, bobsleigh, curling, and skiing. All of which occur on snow or ice. With global temperatures steadily increasing every year, that brings forth the question, "How can the Winter Olympics survive the climate crisis?"

An article written by CNN states that in just 25 years, dozens of places will be too warm to host the Winter Olympics. Back in 1924, the first Winter Olympics, held in Chamonix, France, took place primarily outdoors. By the 1980s, sports such as ice skating, hockey, and curling were moved indoors where "perfect ice could be guaranteed." As temperatures continue to rise, snow has become thinner, wetter, and more unpredictable, making conditions more dangerous for athletes who train for years to compete on reliable surfaces.

Many organizers have already resorted to using artificial snow for winter sports. The Beijing 2022 Winter Olympics relied almost entirely on artificial snow due to dry and inconsistent winter conditions. While this may seem like an innovative solution, artificial snow production requires massive amounts of water and energy, raising concerns about sustainability. If warming trends continue, future Winter Games may depend even more heavily on such methods or may be limited to only a small number of consistently cold regions.

As we can see, climate change continues to pose significant challenges, not only to the environment but also to traditions and global events we often take for granted. The future of the Winter Olympics is just one visible example of a much larger issue. Addressing climate change will require more than temporary fixes, it calls for collective action. Students can start by staying informed, reducing energy consumption, supporting sustainable initiatives in their communities, and advocating for policies that prioritize environmental responsibility. Small changes, when multiplied across millions of people, can lead to meaningful impact. If we hope to preserve the traditions we love, including the Winter Olympics, we must begin taking responsibility for the climate today.

# LOVE YOURSELF!!

The importance of self love in a world of hate

"Self-love" is the word for 2026! It can look like many things:

- 1. Setting Boundries:** This means recognizing your limits and communicating them clearly. It's understanding that protecting your time, energy, and peace is not selfish but necessary for your well being.
- 2. Putting yourself first:** Prioritize your mental, physical, and emotional health. You can't pour from an empty cup. So, by taking the time to care for yourself, you can show up better for others
- 3. Treating yourself:** It's not just about material things, its about intentionally doing things that bring you joy and happiness. This can be something as simple as setting some time for yourself or getting your favorite meal. Remember to be kind to yourself!
- 4. Self Growth:** Commit to becoming a better version of yourself each and every day. It means learning from mistakes, embracing challenges, and stepping outside your comfort zone to evolve into the person you're meant to be.



# HONORS EVENT HIGHLIGHT

The Honors Program kicked the 2026 year off in January with its first event: The Honors Vision Board Party. It encouraged students to reflect on short and long term goals they wish to accomplish and think ahead for the future. They were then able to write these goals out in a creative way that allows them to visualize and keep them accountable. Many students shared how motivating it was to see their goals come to life on paper.

Last month, Honors students came together to participate in the Honors Valentine's Skate Night at Xtreme Action Park. It was a night filled with laughter, encouragement, and unforgettable memories. Whether they were confidently skating on the rink, or best friends with the floor, they were surrounded by people who were ready to cheer them on and help them back up.

The fun is just beginning! We have so much more events planed out for the rest of the semester:

Picnic and Scavenger Hunt: April 23rd

\*\*\*Remember, Honors students must attend 2 events per semester



# Cultural Corner

## LUNAR NEW YEAR

FEBRUARY 17 - MARCH 3

Originating in China and primarily celebrated across Asia, Lunar New Year is becoming globally celebrated.

Lunar New Year is a Spring festival that celebrates the arrival of the new lunar cycle and banishment of old energy. It is a time for renewal, family reunions, and honoring ancestors. The celebrations take place over 15 days and includes the following:

Day 1: The Day of the New Year Day 2: The Day of the Son-in-Law  
Day 3: The Day of the Red Dog Day 4: The Day of the Kitchen God  
Day 5: The Day of the God of Wealth Day 6: The Day of Sending Away Poverty  
Day 7: The Day of Mankind Day 8: The Day of the Millet  
Day 9: The Birthday of the Jade Emperor Day 10: The Birthday of the God of Stone  
Day 11: The Day of the Son-in-Law (Feasting) Day 12: The Day of Lantern Preparation  
Day 13: The Day of the Diet Day 14: The Day of the Lantern Trial  
Day 15: The Lantern Festival

The Chinese Zodiac is a 12-year cycle where each year is named after an animal based on its finishing position in a legendary Great Race held by the Jade Emperor. People believe that the animal representing your birth year determines your personality, luck, and future success.

This year is a fire horse year, which only occurs every 60 years. The horse represents speed, freedom, and independence. The fire element intensifies and makes 2026 a year for

bold ambition. This year, it was estimated that people made over 9 billion trips to get home for their reunion dinner! The tradition of wearing red, hanging lanterns, and using firecrackers stems from the legend of Nian. The traditional dishes also have meaning. Fish symbolizes having more than enough at the end of the year and dumplings symbolize bringing wealth.

# Cultural Corner

Every international student brings a world of experience to our campus. This semester, the Cultural Corner wants to celebrate you. We're looking for a student to spotlight who is proud of their roots and willing to share a piece of their home with the Honors family.

No story is too small! Whether it's a holiday tradition or just a fun fact about your hometown, we want to feature you.

Email [sherwin.gardner@mymail.barry.edu](mailto:sherwin.gardner@mymail.barry.edu).

## Advice from your fellow students!:

"As an international student, my advice is to take full advantage of the opportunities in the Honors Program, connect with professors, get involved, and don't be afraid to step outside your comfort zone. It may feel overwhelming at first, but the community and resources here will help you grow academically and personally. Stay curious and remember, you belong here."

"Stay focused and take care of yourself. Don't allow what's happening around you disturb your peace and joy, including school and classes. Take sometime away to recuperate so that you can be at your best!"

"Don't be afraid to ask for help. Network with your peers and take advantage of all the resources available for your academic success."

# HONORS STUDENTS SPOTLIGHTS

## Freshman Spotlight

Isabella Grace Rosenberger

Major: Chemistry



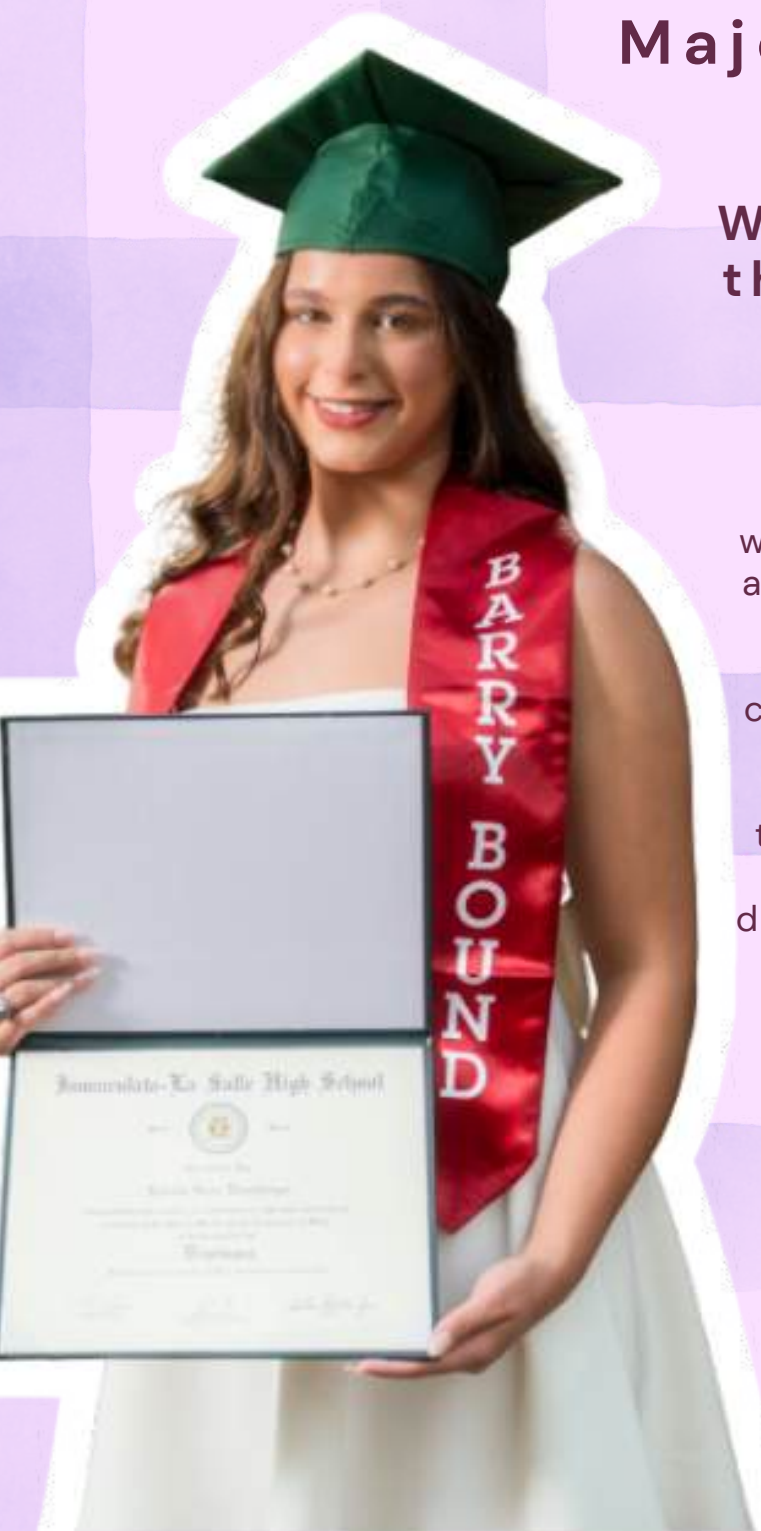
What does being a part of the Honors Program mean to you?

"Being part of the Honors Program means having the opportunity to challenge myself, engage deeply with subjects I am passionate about, and learn alongside motivated peers who inspire me to grow. The close mentorship from professors and collaboration with peers make every project and discussion more meaningful. I also appreciate how the program encourages leadership and personal growth, helping me develop skills I can carry beyond the classroom. Overall, it makes my educational experience more enriching and rewarding."



Advice for your fellow peers?

"Stay curious and don't be afraid to ask questions. Some of the best learning comes from exploring ideas outside the classroom"



# HONORS STUDENTS SPOTLIGHTS



## Senior Spotlight



# Debora Castro

Major: Music | Minor: Education

### What does being a part of the Honors Program mean to you?

"Being part of the Honors Program is a commitment to doing my best in every area of life, not just in academics. It pushes me to think more deeply, ask important questions, and connect with the world in a meaningful way. As a Music Education major, I see the Honors Program as a place where I can combine creativity with learning, helping me grow as both an artist and a teacher. For me, it stands for opportunity, discipline, and the chance to use my talents to help others."

### Advice for your fellow peers?

"One thing I struggled with at first was realizing that it's not just about your own achievements. Building connections with others is just as important. The Honors Program isn't only about meeting high standards; it's also about working together, growing, and learning from each other. Talk to your professors, take charge of projects, and try new things, even if they seem unfamiliar. I've really enjoyed getting to know the people around me, and it made my time at university unforgettable. You'll get so much more out of the experience if you get involved, instead of just focusing on grades."

### One academic or personal goal you have for this academic year?

"This year, I am aiming to finish my capstone project to the best of my ability. As a senior, I hope my Senior Recital will show the results of years of hard work, growth, and persistence. I want this moment to reflect both my academic journey and the passion that led me to choose this path."



Want to get involved on campus?

# Upcoming Events



MARCH

4

## Women's Leadership Summit

A signature, high-impact experience designed to empower women to lead with confidence, purpose, and intentionality.

Andreas Hall, 111 | 4:45PM-8:00PM

MARCH

5

## HPSAB Meet, Greet & Eat Breakfast!

Start your morning with good food and even better connections!

Landon Events Room | 8:00AM-10:00AM

FEB 13  
TIL  
MARCH 13

## Writing Contest Poetry/Fiction/Hint Fiction/Graphic Novels/Essays

Sponsored by Sigma Tau Delta, the International English Honor Society & Department of English & Foreign Languages, Barry University.

MARCH

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## 2026 Spring Career Fair

Join us for this dynamic event where leading professionals, influential organizations, and enthusiastic job seekers converge for an unparalleled networking experience.

Andreas Hall 111 | 3:00PM-5:00PM

MARCH

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## Festival of Nations

a lively celebration of international culture and community.

Thompson Lawn | 3PM-5PM

MARCH

20

## College Brides Walk

Participate in the annual College Brides Walk to raise awareness about dating and domestic violence.

Broad Auditorium | 10AM - 3:00 PM

MARCH

26

## Honors Game Night

Take a break from assignments and join us for Honors Program Game Night!

Landon Events Room | 6:00 PM-8:00PM

For more information for all events and to join clubs on campus, check out [Barry.campuslabs.com/engage!](https://barry.campuslabs.com/engage)

# Would you like the chance to win a TV?



Find the following easter eggs:



They are hidden across the newsletter.  
First to locate and send pictures of them  
wins the TV!

Email [sherwin.gardner@mymail.barry.edu](mailto:sherwin.gardner@mymail.barry.edu).

# Word Search

R E S E A R C H X V Q Z W B L

B S C H O L A R V A L E N T E

A C O Z Y B N M E R I T T P A

R H E A R T F R O S T G E K D

R O C H O C O L A T E H R L E

Y C O C O A S E R V I C E A R

X O L E A D E R S H I P B N S

C A R N I V A L P I N K F J H

E X C E L L E N C E M O R E I

C H I L L A M O R E S N O W P

## Word List

Find these words in the puzzle above:

- BARRY, SCHOLAR, EXCELLENCE, SERVICE, MERIT, RESEARCH, LEADERSHIP
- VALENTINE, HEART, AMORE, PINK, CHOCOLATE, CARNIVAL
- COZY, FROST, COCOA, CHILL, SNOW

## Bonus Words:

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MEDIA**



**@barryuhonorsprogram**