



Fall Newsletter

COOKING CORNER

Tuna and Noodles

Ashley LaPointe (PSP '16)

1 16 oz. box of noodles
(I use elbow macaroni)
1 can cream of mushroom
1 can tuna
Velveeta and milk, to taste (about 2 oz. of Velveeta, in my experience, and a couple of splashes of milk)

Directions: Cook the noodles as directed by the box. When done, drain the water and add all other ingredients and stir until well-mixed.

Protein Balls

Ariana Mitra (PSP '15)

2 cups quick oats
1 cup peanut butter
¾ cup honey
1 cup dark chocolate chips
1 cup dried cranberries
1 cup ground flax
1 cup vanilla whey protein powder

Directions: Mix all ingredients together until blended. Roll into balls and refrigerate until ready to serve. Store in the refrigerator for 1-2 weeks or freeze for later.

PSP at the NCHC Annual Conference

Dr. Spisak, Emily Johnson, and Liam Crawford (PSP '15), current Teaching Assistant for the PSP freshman seminar, will be presenting at the 52nd National Collegiate Honors Council Annual Conference, held in Atlanta, Georgia from November 8-12. They will be discussing the extra-curricular community-building efforts within the PSP in comparison to a

more holistic approach by a different university.

This is a very exciting opportunity for the leadership of our program to both share the successes and challenges of the past five years of the Presidential Scholars Program, as well as learn from the experiences of other similar programs at different programs.

Also in attendance will be Sean Finn, PSP '14, who will be one of the student representatives on the National Collegiate Honors Council Board of Directors.

More information about the conference can be found at <https://www.nchchonors.org/events/2017-conference/about>.

Co-Curricular Programming for Honors Students: What Is Its Worth?

Liam Crawford, *University of Iowa*

Emily Johnson, *University of Iowa*

Art Spisak, *University of Iowa*

Melinda Yeomans, *Southern Illinois University*

Two honors programs at different universities share the fundamentally different types of co-curricular programming they have done for their honors students. They will discuss the value and return on investment of that programming in response to the challenges of an already over-programmed population as well as the resources programming requires.

Upcoming Events

Mindfulness Workshop –
Nov 7 6:30-8:00 at LGBT
Resource Center

Carver College of Medicine
Pre-Med Conference – Nov
10 1:00-5:00 at MERF

Dance Gala – Nov 10 8:00 at
Hancher

Spring Theatre Auditions –
Nov 10 6:00-9:00, Nov 11 1:00-
5:00 Theatre B

Diwali – Nov 11 6:00 at IMU
Main Lounge

“I Am Not Racist...Am I?”
Screening – Nov 13 6:00-9:00
at IC Public Library

Fall Undergraduate
Research Festival – Nov 15
4:30-6:30 at Old Capitol Mall
2nd floor

Camp Adventure Info
Session – Nov 27 5:00-8:00
IMU Minnesota Rm

Holiday Thieves' Market –
Dec 2-3 10:00-5:00 at IMU

COOKING CORNER CONT'D

Baklava

Ian Klopfenstein (PSP '16)

- 1 16-oz package phyllo dough
- 1 pound chopped nuts
- 1 cup butter
- 1 tsp ground cinnamon
- 1 cup water
- 1 cup white sugar
- 1 tsp vanilla extract
- ½ cup honey

Directions: Chop nuts, toss with cinnamon. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover with damp cloth. Place two sheets of dough in buttered 9x13" pan, butter dough. Repeat until 8 layers. Sprinkle 2-3 Tbsp nut mixture on top. Top with 2 sheets of dough, butter, nuts, and layer as you ago. The top layer should be 6-8 sheets deep. Bake 50 min at 350F. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes. Remove baklava from oven and immediately spoon sauce over. Let cool. Leave uncovered so it doesn't get soggy.

To hear more about the happenings in the PSP world:

Please visit the Presidential Scholars website run by the Outreach Committee at psp.org.uiowa.edu and/or join the Facebook page "Presidential Scholars Past and Present" at facebook.com/groups/UlowaPSP/.

This newsletter brought to you by the Outreach Committee: Olivia Lewis ('15), Ian Klopfenstein ('16), and Ashley LaPointe ('16).

2017 Freshman Profile

Here are some facts about the 2017 class of Presidential Scholars at a quick glance:

Campus Involvements

- Amnesty International
- Garden Club

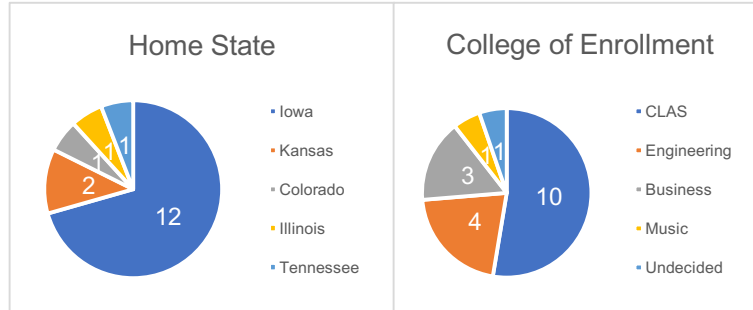
-University Bands

-Environmental Coalition

-Volunteering at UIHC

Hobbies

- Carefully choosing which 10 free NYT articles to read a month
- Watching Tasty videos
- Intramural sports
- Art
- Seeking sunsets
- Trap shooting



PSP in the Press Box



The freshman class and leadership positions were invited to the President's press box to watch the third quarter of the Iowa vs. Wyoming game on September 2, 2017.

PSP Resources

Faculty Advisor: Dr. Art Spisak
Staff Advisor: Emily Johnson

Executive Board
President: Anya Kim ('14)
Vice President: Liam Crawford ('15)
Secretary/Treasurer: Ariana Mitra ('15)

Committee Chairs
Mentoring: Sam Werner ('15)
Alumni: Alison Monroe ('15)
Outreach: Olivia Lewis ('15)
Events: Molly Sharp ('15)

Class Representatives
Senior: Anthony Yang ('14)
Junior: Jenah Black ('15)
Sophomore: Barbara Badinovac ('16)
Freshman: Guowei Qi ('17)