Ave Atque Vale: Hail and Farewell
By Dr. Prasanta Kalita, the Fifth ACES Honors Dean

Dear Scholars,

It is my honor and privilege to welcome you to the College of ACES. As we are welcoming many of you as freshmen to our college, I want to welcome and thank all of our returning scholars as well. The year 2018-19 has a lot of exciting things waiting for you in the college and campus, and I hope and encourage you to take full advantage of all the events. Please get to know Mr. Rob Chappell, the Honors Program Coordinator, because he knows it all. Rob has served in this role for many years, and you will enjoy not only getting to know him, but also to get his advice for a successful honors career here at Illinois. I encourage you to do something extraordinary this year, because I believe in you, and I know you can. Get involved, read a series of books, write a poem, work in a research project, run through the prairielands, participate in a musical event, go to a professional conference, or do anything that makes “you” feel extraordinary. Just be “you.” Here at Illinois, we are always ready to support you and walk with you side by side.

As an Honors Dean, I have tremendously enjoyed getting to know and working with many of the returning scholars over the last two years. I have seen you grow and become professionals. It has been a true pleasure, and I will always cherish these memories. I wanted to let you know that as of August 16th, I will be moving on from this position to serve the University of Illinois System in a different role. And guess what? I will also be teaching a Campus Honors Program course, Water in the Global Environment (ABE 199, section CHP), every fall. I would encourage you to continue to keep in touch with me and never shy away to stop by my new office and update me on what you would be doing. I would love to see and hear from you. Thank you for everything, and I wish you all the best for a successful college and professional career.

Sincerely,

Prasanta Kalita

From the Editor’s Desk
Welcome to the August issue of News Bytes for Neophytes, our monthly newsletter for freshmen ACES James Scholars! Please visit our website (the ACES Honors Portal) at http://academics.aces.illinois.edu/honors, our news blog (updated weekly) at http://theacheshonorsherald.blogspot.com, and our Twitter feed (@ACESJSHP) to keep up to date on all the latest happenings.

Please feel free to contact me anytime if you have questions or wonderings about the ACES James Scholar Honors Program and your progress within it. I can be reached at 217-244-1684 and/or rchappel@illinois.edu.
Meet Dr. Anna Dilger and Rob Chappell

The ACES James Scholar Honors Program is housed in the Honors Alcove within the Office of Academic Programs (128 Mumford Hall, at the southeast corner of the building). Our office hours are 8:30 AM-12:00 noon and 1:00-5:00 PM on weekdays (excluding all-campus holidays).

Dr. Anna Dilger, Co-Interim Associate Dean of ACES Academic Programs, became the sixth ACES Honors Dean on August 16th, succeeding Dr. Prasanta Kalita. In addition to her role as Co-Interim Associate Dean, she is also an Associate Professor of Animal Sciences. Dr. Dilger earned her B.S. (2002) and M.S. (2004) degrees in Animal Sciences at Purdue University and completed her Ph.D. at the University of Illinois in 2009. Her research and teaching program both focus on meat science, especially the growth and development of muscle and how that impacts the quality of meat they produce. She directs undergraduate research using mice as models for livestock species and in projects involving meat production. Dr. Dilger is a recipient of the 2015 NACTA Teacher Fellow Award and the 2016 College of ACES Faculty Award for Excellence in Teaching. She can be reached at adilger@illinois.edu or 217-333-3380.

Rob Chappell, the Assistant to the Honors Dean, is an alumnus of the University of Illinois. He obtained his B.A. degree in Classical Latin in May 1991 with Bronze Tablet Honors. He also completed an M.A. degree in Germanic Languages and Literatures in May 1996. Rob has served as the Assistant to the Honors Dean since April 2000 and received the 2016 Marcella M. Nance Staff Award for Excellence from the College of ACES. In addition to supporting ACES James Scholars throughout their years in the Honors Program, he maintains the Honors Program's websites, produces its publications, and oversees the development of its social media outlets. He can be reached at rchappell@illinois.edu or 217-244-1684.

Upcoming Events

Information about these and other upcoming events is on our Honors Calendar at http://academics.aces.illinois.edu/honors/james-scholars/guide. Notices about additional opportunities of interest to ACES James Scholars will be shared on Twitter (@ACESJSHP) and on our news blog at http://theaceshonorsherald.blogspot.com.

All of the following events will take place in the Heritage Room of the ACES Library, Information and Alumni Center.

- **Welcome Dinner for Freshmen and All Other New ACES James Scholars**
  - **Wednesday, September 26th, 4:45-6:15 PM**
  - **Presenters:** Dr. Anna Dilger, Rob Chappell, Honors Advisors, Local Alumni, Inter Alia

- **Career Preparedness Program**
  - **Thursday, November 1st, 3:15-4:30 PM**

- **Diamond Jubilee Holiday Reception for All ACES Honors Students**
  - **Tuesday, December 11th, 3:15-4:30 PM**
  - **Presenters:** Dr. Anna Dilger, Dr. Kim Graber, Rob Chappell, Inter Alia

In October 2010, ACES James Scholar alumna Skye David (B.S. in HDFS, Class of 2013) took this photo of the ACES Library, where special Honors Program events are held throughout the academic year.
Top Ten Nuggets of Wisdom for Freshmen ACES James Scholars
Based on a List Created by the ACES James Scholar Class of 2008

1. Don’t procrastinate – balance your time.
2. Go to class.
3. Get involved.
4. Meet your professors and advisor.
5. Ask questions.
6. Go to your instructors’ office hours.
7. Be confident.
8. Network!
10. Live a little.

How to Earn Honors Credit for Your Coursework with an Honors Credit Learning Agreement (HCLA)

ACES James Scholars are required to complete four courses with honors credit before they graduate. Freshmen are expected to complete their first course with honors credit during their first year in the Honors Program. The vast majority of H grades (the transcript notation for honors credit earned) come from Honors Credit Learning Agreements (HCLAs). The Honors Program’s electronic HCLA (eHCLA) system, which can be accessed from its web portal at http://go.illinois.edu/ACES_HCLA, allows you to prepare an HCLA request and have it sent directly to your instructor. The instructor can then review the HCLA request and respond with approval or else request additional information from you about the proposed HCLA. Finally, the HCLA proposal is reviewed by Rob Chappell, the Assistant to the Honors Dean, and confirmation emails are generated to you and your instructor.

The entire HCLA process is described in the recently updated “eHCLA Factsheet,” which is available from our website at http://academics.aces.illinois.edu/honors/james-scholars/guide. This handout also includes information on due dates for HCLA submission, plus some suggestions on the types of honors assignments that can be done. Questions about HCLA policies and procedures may be directed to Rob Chappell (217-244-1684, rchappel@illinois.edu).

Unique James Scholar Honors Activity: HCLA – Nutrition Internship
By Toni Burkhalter, Senior Instructor, Department of FSHN

Position Overview:
This unpaid entry-level position provides practical experience for specialization in sports nutrition. This position will assist the nutrition department, and students will gain valuable experience in athletics, public speaking, writing and counseling skills, foodservice, and more!

Major Duties and Responsibilities:
- Assist in the development and improvement of nutrition education materials.
- Assist with managing, stocking, and operating fueling and recovery stations.
- Assist with athletic dining meals and menus.
- Shadow Sports Dietitians for individual counseling, team education, and body composition analysis and assessment.
- Aid in conducting cooking classes, food demos, dining hall and grocery store tours.

Incentives:
- 2+ hours a week can earn James Scholar credit for FSHN 120 in fall 2018 (CRN 30234).
- Concurrent enrollment in FSHN 120 required.
- Hands-on experience within sports nutrition.
- Access to athletic facilities: including free meals at our training table.
- Portfolio building projects.
• Sideline practice and game opportunities.
• Gain knowledge on proper fueling and supplementation for sport.
• Experience shadowing one-on-one nutrition consultations.
• Learning how to conduct body composition analysis testing on athletes.

Interested?
Please contact Toni Burkhalter at Burkhalter@Illinois.edu to sign up for this opportunity prior to September 7th. She would be happy to schedule a meeting at your convenience.

FEATURES FROM THE GROVE OF ACADEME

My Journey to the College of ACES
By Megan Finfrock (CPSC Major, ACES James Scholar Class of 2022)

The Great Seal of the University of Illinois is engraved at the base of the McFarland Memorial Bell Tower on the ACES Quadrangle. (Photo Credit: Dr. Kendall Annetti, D.V.M., ACES James Scholar Class of 2012)

As the days draw closer to the first day of a new school, a new place, and a new time in my life, I decided to reflect back on the path that led me here to the University of Illinois’ College of ACES.

Thinking back to the end of my junior year of high school, when the reality set in that some very important decisions would have to be made in my near future, the excitement of exploring new schools and choosing the perfect one set in, but also, so did the pressure of choosing the right one for me.

I remember the first college visit I went on: I left very disappointed and knowing that it was not the school for me. The next stop I had was a college visit to the University of Illinois. After my previous experience, I was nervous and not sure what to expect from the day to come, but when I arrived, I instantly felt welcomed, like I belonged. Every staff member and student I met that day was so incredibly welcoming and helpful. I had the opportunity to meet with many student ambassadors in the College of ACES, who gave me great advice and helpful insights about the university as a whole and especially the College of ACES. They helped to ease some of my fears I had about the size of the campus and the class sizes. They helped me to picture myself in their shoes and gave me a look at what their typical day and life were like at the University of Illinois.

As the day continued on, and I made my way around the beautiful campus, learning about the rich traditions and the modern outlook on education that the University of Illinois has to offer, I started to envision myself walking those same sidewalks from class to class every day. At that moment, I knew that the University of Illinois was where I belonged for the next four years of my life.

There was still one very important step before I could officially consider myself an Illini: I had to fill out the application and wait for the dreaded weeks until the admission letters were officially sent out. I pulled up the application and started filling out all of my information from high school, and that is when the nerves started to set in. I remember looking over the application hundreds of times, making sure everything was perfect. I was determined to become an Illini, and I was not going to let anything get in my way. I finally got the courage to officially submit it and begin the dreaded wait until December, when the early application admission
letters were to be sent out. As the days drew closer, I began to check the mail every day after school, waiting to see if any big envelopes from the University of Illinois had my name on them. Finally, the day came that I opened up my mailbox, and there it was – a big bright orange envelope that read Megan Finfrock! I immediately ripped open the envelope, and that's when I read the note that said, “Congratulations on your admission to the University of Illinois!” I was ecstatic! Coming from a small town, I had never felt like I belonged to something so much bigger than myself.

As my senior year continued on, I started to plan out my college career and set goals for what was to come in my future. I began to narrow in my interests and figure out what really intrigued me. That is when I received a letter in the mail that said that I was invited to join the ACES James Scholar Honors Program. I was instantly excited and wanted to know more about the program and what it truly means to be a James Scholar. I decided that the best way to get to know more about the program would be to visit the ACES Academic Programs Office in 128 Mumford Hall, where I had the opportunity to visit with Rob Chappell, the Assistant to the Honors Dean. He shared with me everything I needed to know to know so that with no doubt I wanted to be a part of the ACES James Scholar Honors Program. It was so nice to learn about all of the amazing opportunities being a James Scholar gives you access to, and knowing that when I arrive on campus this upcoming fall that I will already have fellow students whom I share a common bond with: being a part of the James Scholar Honors community.

With less than a month left until I embark on this new journey in life at the University of Illinois College of ACES, it is nerve-racking to be leaving behind everything I once knew, but such an exciting time knowing that these next few weeks and even years will be filled with new people, places, and experiences that will leave lasting impact on the person I become. I am beyond ready and proud to officially become a University of Illinois, College of ACES Class of 2022 student starting Monday, August 27th!

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Words for Dawn from the Mouth of Dusk: Reflections for Freshmen ACES James Scholars

Text and Photos by Alicia Gardner-Kallal (B.S. in CPSC, ACES James Scholar Class of 2013; M.S. in CPSC, 2015), President Emerita of the James Scholar Activities & Communications Team (JS-ACT)

Adapted & Condensed from Cursus Honorum XIII: 1 (Autumn/Holiday 2013)

Dawn is a poetically charged word that evokes anticipation, newness, and fresh beginnings. There is something inherently pure about the dawning of a new day or a new adventure. Whether you are a student returning to campus, or a newcomer at the University of Illinois, the beginning of the academic year affords the opportunity to take a deep breath and orient your course before plunging headlong into the fray that is college life. It is in this moment that I, as a JS-ACT President Emerita, offer a simple truth I discovered on my college journey that may be of use to you.

You’ve likely heard all of the usual advice given to college students: Get involved in clubs and organizations that tie in with your passions, actually talk to your professors, go to class, and take advantage of the abundant resources on
This counsel is true, and I encourage you to follow it, but I think that there is something even greater that underlies these tips for college success. In the end, your success (according to the world’s standards) will be measured by degree, GPA, honors, and résumé lines. But for yourself, what will have changed and guided you most during college are the relationships with people that you have invested in. The people you meet will have the most lasting impact upon your enjoyment of the adventure and the person that you will become along the way. Take care, therefore, with whom you spend these precious and fleeting years. Surround yourself with individuals that challenge you to put forth your best effort, and in so doing, all of you will be propelled to success. It is the professors, classmates, club members, and resource staff that make going to class and participating in campus organizations worthwhile.

As an example, one of the communities that I involved myself in was the ACES James Scholar Activities & Communications Team. The adventures and successes that I shared with my fellow JS-ACT members encouraged me on my academic path and motivated me for my journey of lifelong learning. It was not so much the newsletters we published or the venues we visited that made this impact, but the people themselves that inspired me. Prime examples are Kendall Annetti and Margaret Jodlowski, former Co-Presidents of the JS-ACT. These two vibrant women each have a passion for their field of study and a knack for discovering and taking hold of opportunities to adventurously pursue their interests. Kendall, a bird enthusiast and current veterinarian, delved into these fields during her time at Illinois on a Winter Break internship at the Smithsonian’s ornithology department. Margaret, now an alumna of the master’s degree program in Agricultural and Applied Economics at the U of I, spent a summer on an internship in Addis Ababa, Ethiopia. Hearing stories from Kendall and Margaret about their academic (and recreational) escapades has influenced my view of the possibilities for my own educational ventures. It has been exciting for me to see the amazing work of my peers, and the hope they have given me is one of the most valuable assets I have gained in college.

With this reflection, I charge you to be intentional in your relationships while you are a student at the University of Illinois, and for the rest of your life. Befriend those you aspire to be.

In parting, as it is written beneath the Alma Mater:

"To thy happy children of the future, those of the past send greetings."

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**THE CULTURE VULTURE**

*Of Fantastic Beasties*

By Rob Chappell, M.A., Assistant to the Honors Dean
Adapted & Condensed from *Cursus Honorum IV: 3* (October 2003) and *VII: 7* (February 2007)

Fantastic beasts are creatures that have haunted the human imagination for millennia but do not (as far as we know) exist in Nature. Recent decades have witnessed a dramatic upsurge of interest in fantastic beasts, as can be seen in a plethora of books, movies, TV shows, video games, and clothing based on cryptozology (the study of “hidden animals”). It seems that dragons, unicorns, gryphons, phoenixes, and their fabulous kin have found a new home in popular culture after a few centuries of obscurity. These exotic creatures are not only fascinating in and of themselves; they also help us to understand the worldview and mindset of the people who told (and still tell) stories about them.

Most of the fantastic beasts that inhabit contemporary works of speculative fiction have not been invented out of thin air by modern authors. Instead, these fabulous creatures were
described by ancient and medieval scholars who sincerely believed in their actual existence. Relying on Classical Greek and Roman scientists (like Claudius Aelian, Aristotle, and Pliny the Elder), medieval European scholars catalogued and classified a cornucopia of fantastic beasts in books called bestiaries. These were often illustrated with elaborate paintings, and the accompanying text was sprinkled with informative tidbits about the animals’ behavior and characteristics.

Orpheus and the Beasts by Belgian artist Sebastiaen Vrancx (1573-1647) shows the legendary Greek bard enchanting the woodland creatures (including a unicorn!) with his mystical melodies. (Image Credit: Public Domain via Wikimedia Commons)

Whether or not fantastic beasts are still lurking in unexplored regions of our planet (or perhaps on other worlds in the Universe), we can still enjoy them and appreciate the stories, poems, music, and art that they have inspired people to create since the dawn of civilization.

Recommended Resources
Happy hunting – and beware of the basilisk! 😊

- **The Book of Beasts**, Translated by T. H. White: This is an English translation of a Latin bestiary compiled in 12th-century England, accompanied by line drawings and explanatory notes.

- **The Book of Fabulous Beasts**, Edited by Joseph Nigg: This oversized volume is a delightful romp through centuries of bestiary lore, with excerpts from hundreds of sources, both literary and scientific.

- **The First Fossil Hunters** by Adrienne Mayor: Well-grounded scientific research and insights from Classical mythology make this book a rare treat, as the author explores the origins of myths and legends about fabulous creatures in the discoveries of ancient fossil collectors.

- “**Here There Be Dragons: An Introduction to Fantastic Beasts in Fact and Fiction**” by Rob Chappell (lecture from March 2018 in the Center for Children’s Books at [http://ccb.ischool.illinois.edu/event-recordings](http://ccb.ischool.illinois.edu/event-recordings))

Contact Information

*News Bytes for Neophytes* is published monthly throughout the academic year for distribution to freshmen ACES James Scholars and their Departmental Honors Advisors. Comments, questions, and suggestions are always welcome and may be directed to the Editor, Rob Chappell ([rchappel@illinois.edu](mailto:rchappel@illinois.edu)).