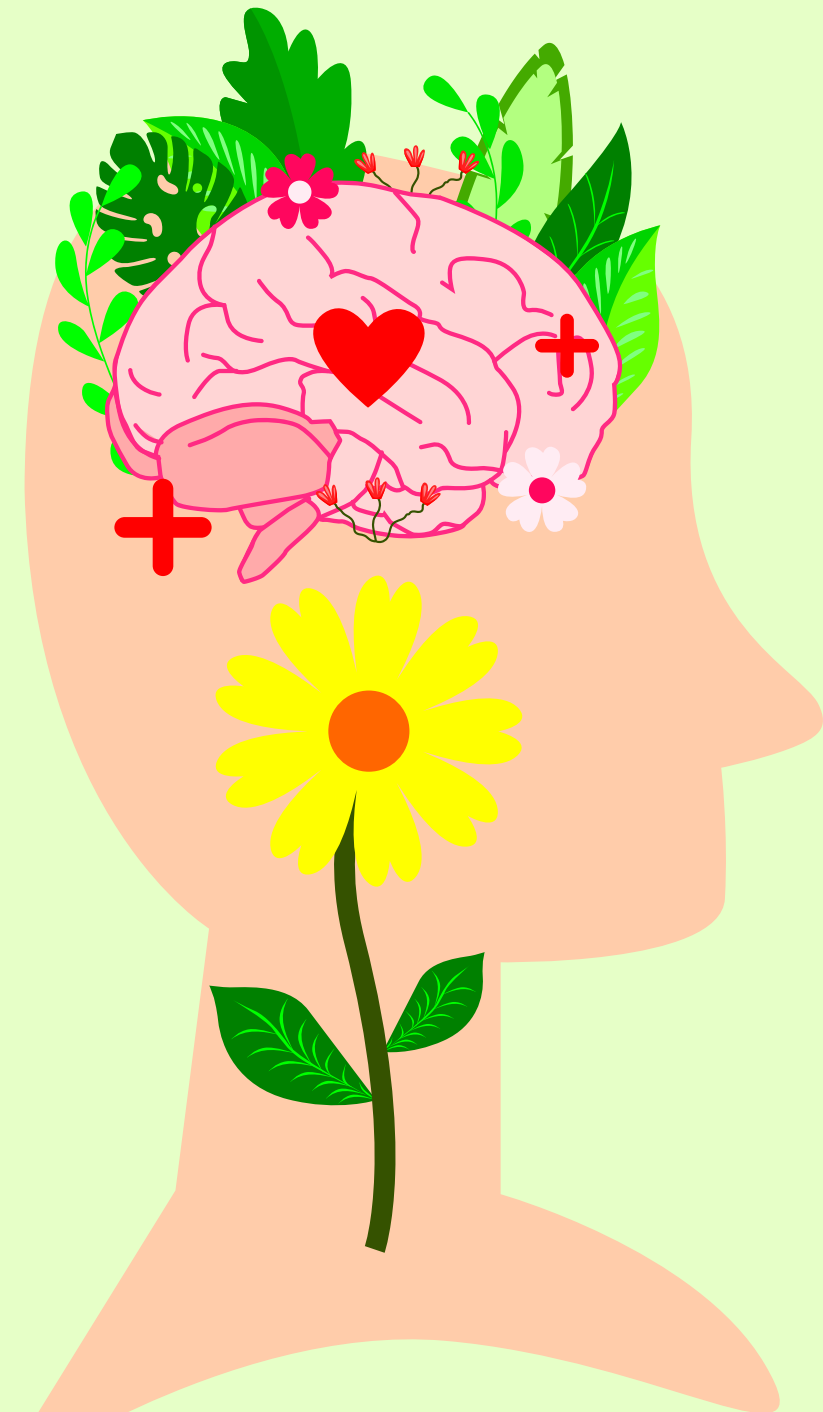


MARCH WELLNESS

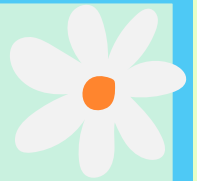
HONORS PROGRAM

MARCH 2024
VOLUME 12 ISSUE 4



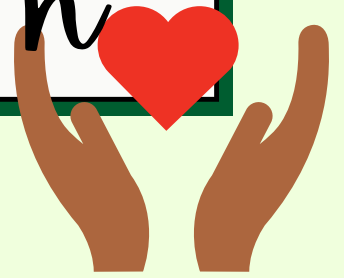
In this issue:

- Greetings
- Faculty Spotlight
- Stress Coping Mechanisms
- Cultural Corner
- Alumni News
- HPC Mentor List
- PACT Service-Learning



Greetings from

HPSAB



HEY!

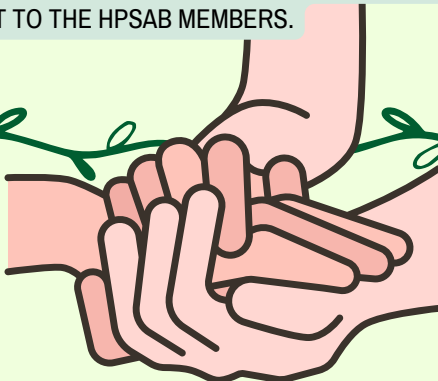
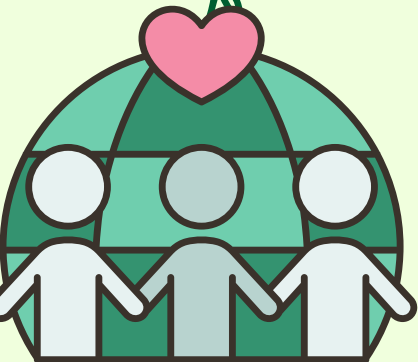
MY NAME IS PERPETUA ANURUGWO. I'M ON HPSAB TO MAKE IT ENRICHING, ENJOYABLE, AND INSPIRATIONAL FOR THE STUDENTS, FACULTY, AND THE BARRY COMMUNITY. ASIDE FROM TRYING TO GET WORK DONE, I ENJOY WATCHING MOVIES, TALKING TO FRIENDS, AND DEVELOPING MY FAITH. IF YOU SEE ME AROUND, DON'T BE AFRAID TO TALK TO ME. IT MIGHT ACTUALLY BE WORTHWHILE.

HI, I AM CALEB GARDNER, A FIRST YEAR, FIRST GEN, AND INTERNATIONAL STUDENT, FROM TRINIDAD AND TOBAGO, EAGER TO CONTRIBUTE MY ACADEMIC DETERMINATION, LEADERSHIP SKILLS, AND COMMUNITY ENGAGEMENT TO THE HONORS PROGRAM. I LOOK FORWARD TO PARTICIPATING IN HPSAB BY BEING A VOICE FOR HONORS STUDENTS AND REPRESENTING OUR VAST AND DIVERSE CARIBBEAN AND INTERNATIONAL STUDENT POPULATION. I MAJOR IN COMPUTER SCIENCE, WITH A SPECIALIZATION IN DIGITAL MEDIA, AND MINOR IN MUSIC.

FUN FACT: EVER SINCE I WAS LITTLE, I HAVE BEEN ENAMORED WITH BOTH TECHNOLOGY AND MUSIC, SO I AM ELATED TO BE PURSUING BOTH OF MY LIFELONG PASSIONS.

GREETINGS EVERYONE!

MY NAME IS DEBBIE ATTELUS. I AM ONE OF THE NEWEST ADDITIONS TO THE HPSAB AND HONORS PROGRAM. I AM HONORED TO BE PART OF THIS JOURNEY WITH EVERYONE ELSE AS THE NEW CO-EDITOR. WE ARE HALFWAY THROUGH THIS SEMESTER AND I JUST WANT TO GIVE YOU GUYS SOME ENCOURAGEMENT TO NOT GIVE UP. I KNOW AROUND THIS TIME THINGS GET A LITTLE HECTIC AND OVERWHELMING BUT WE'RE ALMOST THERE GUYS! DO NOT GIVE UP! IF EVER YOU NEED HELP OR ANYBODY TO TALK TO YOU CAN ALWAYS REACH OUT TO THE HPSAB MEMBERS.



Faculty Spotlight

by Sophia Quaquet



Dr. Papadakis

THIS MONTH'S FACULTY SPOTLIGHT IS DR. PAPADAKIS. DR. PAPADAKIS IS AN ASSOCIATE PROFESSOR OF EXERCISE, PHYSIOLOGY & WELLNESS, HUMAN PERFORMANCE LABORATORY DIRECTOR, AND EXERCISE PHYSIOLOGY UNDERGRADUATE COORDINATOR AT BARRY UNIVERSITY. HE OBTAINED HIS B.SC. IN PHYSICAL EDUCATION AND SPORT AND EXERCISE SCIENCE FROM THE UNIVERSITY OF THESSALONIKI, M.S. IN EXERCISE PHYSIOLOGY FROM SHEFFIELD HALLMAN UNIVERSITY, AND HIS PHD FROM BAYLOR UNIVERSITY. HE ALSO HAS DONE LOTS OF RESEARCH AND CONTINUES TO ENCOURAGE STUDENTS TO PERFORM THEIR BEST.



FAVORITE CLASS TO TEACH?

I CANNOT CLAIM A FAVORITE CLASS, YET I FIND IMMENSE JOY IN INTERTWINING RESEARCH QUESTIONS, DESIGN, AND METHODS THROUGHOUT ALL MY COURSES. IN THIS VEIN, THE GRADUATE RESEARCH STATISTICS CLASS HOLDS A SPECIAL PLACE AS IT ENCAPSULATES THE ESSENCE OF RESEARCH INTEGRATION WITHIN ACADEMIA.

WHAT BROUGHT YOU TO BARRY?

MY WIFE AND I BOTH GRADUATED FROM BAYLOR UNIVERSITY IN WACO, TX. SUBSEQUENTLY, SHE RECEIVED AN OFFER FOR A TEACHING POSITION IN RELIGION AT THE UNIVERSITY OF MIAMI, WHILE I WAS WORKING AT RICE UNIVERSITY IN HOUSTON, TX. WHEN AN OPPORTUNITY AROSE AT BARRY UNIVERSITY TO SERVE AS THE DIRECTOR OF THE EXERCISE PHYSIOLOGY LABORATORY AND COORDINATE BOTH THE UNDERGRADUATE AND GRADUATE EXERCISE PHYSIOLOGY PROGRAMS, ALL WITHIN THE SAME CITY AS MY WIFE, WE SAW IT AS AN IDEAL MOVE FOR US.

Faculty Spotlight cont...

HOW HAS RESEARCH AFFECTED YOUR CAREER AND LIFE?

RESEARCH HAS BEEN FUNDAMENTAL TO MY CAREER IN EXERCISE PHYSIOLOGY, PROFOUNDLY SHAPING BOTH MY PROFESSIONAL JOURNEY AND PERSONAL GROWTH. THROUGH RIGOROUS INQUIRY, I HAVE INVESTIGATED THE INTRICATE PHYSIOLOGICAL RESPONSES TO EXERCISE, GAINING INSIGHTS INTO HOW THE HUMAN BODY ADAPTS TO VARIOUS STIMULI SUCH AS CONTINUOUS MODERATE-INTENSITY EXERCISE, HIGH-INTENSITY INTERVAL EXERCISE, PSYCHOLOGICAL FACTORS, NUTRITION, AND PHARMACEUTICALS. THESE INVESTIGATIONS HAVE PROVIDED A PERSPECTIVE ON HOW THESE RESPONSES INFLUENCE CARDIOMETABOLIC PROCESSES WITHIN THE FRAMEWORK OF THE NETWORK PHYSIOLOGY OF EXERCISE AND LIFESTYLE MEDICINE, ALLOWING ME TO PIONEER INNOVATIVE TEACHING AND RESEARCH METHODOLOGIES.

THIS DEDICATION TO RESEARCH HAS NOT ONLY ELEVATED MY ACADEMIC STANDING BUT HAS ALSO ACTIVELY ENGAGED NUMEROUS UNDERGRADUATE STUDENTS IN SCIENTIFIC EXPLORATION, FOSTERING A COLLABORATIVE LEARNING ENVIRONMENT. MOREOVER, MY CONTINUOUS PURSUIT OF KNOWLEDGE HAS FUELED A DEEP PASSION FOR EVIDENCE-BASED PRACTICE, SHAPING MY CONTRIBUTIONS TO THE FIELD AND EARNING RECOGNITION THROUGH PRESTIGIOUS AWARDS, INCLUDING A FELLOWSHIP FROM THE AMERICAN COLLEGE OF SPORTS MEDICINE.

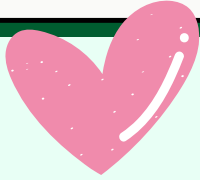
THE FIELD OF EXERCISE PHYSIOLOGY, THROUGH RESEARCH, HAS NOT ONLY PROPELLED MY ACADEMIC GROWTH BUT HAS ALSO PROVIDED A PROFOUND SENSE OF PURPOSE IN MY LIFE. EACH STUDY UNDERTAKEN OFFERS FRESH PERSPECTIVES AND VALUABLE INSIGHTS, CONTRIBUTING SIGNIFICANTLY TO THE ENHANCEMENT OF HUMAN HEALTH AND PERFORMANCE. THIS UNWAVERING COMMITMENT TO RESEARCH SERVES AS A DRIVING FORCE, FUELING BOTH MY PROFESSIONAL ACHIEVEMENTS AND PERSONAL FULFILLMENT.



FUN FACT

ONE FUN FACT ABOUT ME IS THAT I HAVE A DIVERSE RANGE OF INTERESTS AND HOBBIES. I ENJOY TRAVELING AND EXPLORING NEW PLACES, ESPECIALLY TRYING OUT DIFFERENT CUISINES. WHEN I'M NOT TRAVELING, I LIKE TO UNWIND BY PLAYING VIDEO GAMES, PARTICULARLY CALL OF DUTY. I FIND THAT I'M MOST FOCUSED WHEN I'M MULTITASKING, OFTEN WITH MUSIC OR TV IN THE BACKGROUND. ADDITIONALLY, I HAVE A PASSION FOR TECHNOLOGY AND COMPUTERS, ALWAYS SEEKING OUT NEW CERTIFICATIONS. DURING COVID, I TAUGHT MYSELF TO PLAY THE SAXOPHONE, AND I'VE CONTINUED WITH CLASSES SINCE THEN. ANOTHER FUN FACT IS THAT I SPEAK THREE LANGUAGES, COMING FROM A FAMILY WITH MEMBERS IN GREECE, ITALY, GERMANY, AND NOW THE USA. SINCE THE BIRTH OF MY DAUGHTER, ANASTASIA MARIA-GIOLANTA, I CHERISH SPENDING TIME WITH HER AS SHE GROWS, BALANCING THIS JOY WITH MY TEACHING AND RESEARCH RESPONSIBILITIES.

Dr Papadakis's Advice



ADVICE FOR STUDENTS

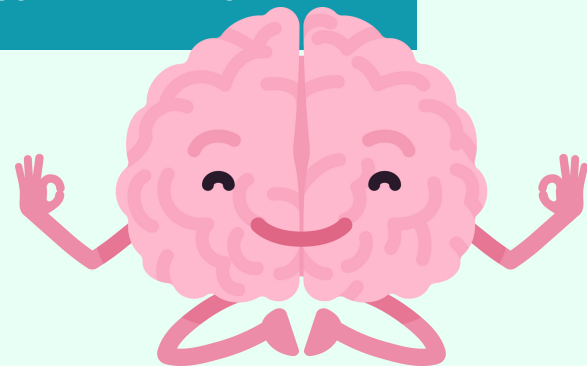
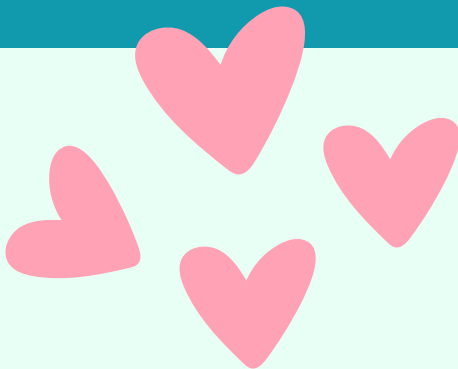
ENGAGE IN RESEARCH EARLY: TAKE ADVANTAGE OF THE RESOURCES AVAILABLE IN THE HONORS PROGRAM TO ENGAGE IN RESEARCH PROJECTS. RESEARCH NOT ONLY DEEPENS YOUR UNDERSTANDING OF YOUR FIELD BUT ALSO HONES CRITICAL THINKING AND PROBLEM-SOLVING SKILLS.

CONNECT WITH YOUR MENTOR: ESTABLISHING A STRONG CONNECTION WITH YOUR MENTOR IS CRUCIAL. TAKE THE TIME TO GET TO KNOW THEM, SHARE YOUR CAREER GOALS, AND SEEK THEIR GUIDANCE. A MENTOR CAN OFFER VALUABLE INSIGHTS, SUPPORT, AND HELP NAVIGATE ACADEMIC CHALLENGES.

UTILIZE NETWORKING OPPORTUNITIES: NETWORKING WITHIN THE HONORS COMMUNITY OPENS DOORS TO COLLABORATIONS, INTERNSHIPS, AND CAREER OPPORTUNITIES. ATTEND EVENTS, JOIN CLUBS, AND CONNECT WITH ALUMNI AND FACULTY MEMBERS. THESE CONNECTIONS CAN LEAD TO MENTORSHIP, RESEARCH PARTNERSHIPS, AND VALUABLE INSIGHTS INTO YOUR FIELD.

SEEK OUT ADDITIONAL LEARNING EXPERIENCES: BEYOND COURSEWORK, EXPLORE WORKSHOPS, SEMINARS, AND CONFERENCES RELATED TO YOUR INTERESTS. PARTICIPATING IN THESE EVENTS ENHANCES KNOWLEDGE, BUILDS A PROFESSIONAL NETWORK, AND BOOSTS YOUR RESUME.

STAY ORGANIZED AND PROACTIVE: BALANCING ACADEMICS, RESEARCH, AND EXTRACURRICULAR ACTIVITIES REQUIRES EFFECTIVE TIME MANAGEMENT. CREATE A SCHEDULE, SET GOALS, AND STAY PROACTIVE IN PURSUING OPPORTUNITIES. THIS APPROACH ENSURES YOU MAKE THE MOST OF YOUR HONORS PROGRAM EXPERIENCE.



Coping with Stress as Honors Students



PROMPT: WE ASKED STUDENTS TO WRITE ABOUT HOW THEY COPE WITH STRESS. BELOW ARE RESPONSES RECEIVED. IF YOU WOULD LIKE TO SHARE HOW YOU COPE WITH STRESS, SEND IN YOUR COMMENTS TO VIVIANA RIVAS, THE CHIEF EDITOR VIVIANA.RIVAS@MYMAIL.BARRY.EDU

AYAN CEBRIAN

I FOUND SOLACE ON THE TENNIS COURT. THE RHYTHMIC SOUND OF THE BALL HITTING THE RACKET BECAME MY ESCAPE, A PHYSICAL MANIFESTATION OF STRESS LEAVING MY BODY. IT STARTED WITH CASUAL HITTING SESSIONS, THEN SOON, TENNIS EVOLVED INTO A RITUAL, A NECESSARY PAUSE. ALONGSIDE TENNIS, VOLLEYBALL NIGHTS INTRODUCED LAUGHTER, TRANSFORMING EXERTION INTO JOY. RUNNING AND OCCASIONAL GYM SESSIONS INTERTWINED, CREATING A TAPESTRY OF ACTIVITIES THAT FORTIFIED MY MENTAL RESILIENCE. THESE SPORTS, MORE THAN HOBBIES, BECAME MY LIFELINES, TEACHING ME THE ART OF PERSISTENCE. THROUGH THEM, I NAVIGATE LIFE'S PRESSURES WITH GRACE AND AGILITY, EMBRACING EACH CHALLENGE WITH A REJUVENATED SPIRIT.

SKYE ALFONSO

IN COLLEGE SO FAR, I HAVE FACED MANY CHALLENGES WHICH HAVE AFFECTED ME IN BOTH GOOD AND BAD WAYS. MOST OF THE WAYS I HAVE LEARNED TO COPE HAVE BEEN SELF-TAUGHT OR ARE PASSED DOWN TO ME BY LOVED ONES. ONE ACTIVITY I HAVE LEARNED TO USE IS TALKING TO MY FAMILY. DUE TO MENTAL HEALTH ISSUES, MY FAMILY HAS LEARNED HOW TO BEST TALK THINGS OVER WITH ME. I USUALLY SPEAK TO MY MOTHER MOST OFTEN. THIS MAY NOT BE HOBBY, BUT IT IS A NECESSARY ACTIVITY THAT HELPS ME IMMENSELY IN MY LIFE.

BROOKE MOELLER

TO COPE WITH THE STRESS OF SCHOOL AND ADDITIONAL RESPONSIBILITIES THROUGHOUT COLLEGE. MY COPING MECHANISM FOR STRESS IS COLORING, DOING PUZZLES, AND LISTENING TO MUSIC. ALL THESE THINGS ARE MAJOR STRESS RELIEVERS FOR ME. COMING BACK FROM A LONG, STRESSFUL DAY OF CLASS, OR A LONG DAY OF PRACTICE AND DOING ANY OF THESE ACTIVITIES GIVES A SENSE OF CALMING. LISTENING TO MUSIC IS EFFECTIVE THROUGHOUT THE DAY, ALLOWING ME TO DO HOMEWORK OR SCHOOLWORK, AND STILL HAVE THAT SENSE OF CALMING. THESE ARE MY ACTIVITIES THAT I PARTICIPATE IN TO COPE WITH STRESS.

NATHANAELLE JOSEPH

I FIND THAT TAKING WALKS IN THE OUTDOORS AND LISTENING TO MUSIC ARE TWO THINGS THAT I DO TO HELP ME DEAL WITH THE STRESS OF WORKING AND ATTENDING SCHOOL FULL-TIME. I HAVE ALWAYS LOVED MUSIC AND ALL ITS FACETS, INCLUDING SINGING AND DANCING, SO I SPEND A LOT OF TIME LISTENING TO IT. I STARTED SINGING AT THE AGE OF TWELVE, AND DANCING AT FOUR. I CONSIDER MYSELF TO BE QUITE LITERATE IN MUSIC. I FEEL AT EASE WHEN I LISTEN, DANCE, OR SING BECAUSE IT'S SOMETHING I'M USED TO DOING.





CULTURAL CORNER

CARIBBEAN STUDENT SPOTLIGHT

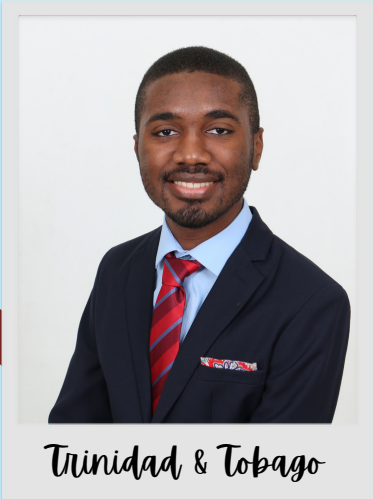
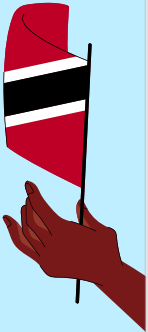
THE HONORS PROGRAM PRIDES ITSELF ON HAVING A DIVERSE AND MULTICULTURAL STUDENT POPULATION. IT HAS AN AIM TO BRING STUDENTS WITH DIFFERENT PERSPECTIVES AND FROM MANY DIFFERENT BACKGROUNDS TOGETHER, CULTIVATING AN ENVIRONMENT OF UNDERSTANDING, DEVELOPMENT, AND GROWTH. THEREFORE, IT IS A PLEASURE TO HIGHLIGHT OUR VAST CARIBBEAN STUDENT POPULATION. WE HAVE MANY STUDENTS THAT HAIL FROM THE ISLANDS, INCLUDING JAMAICA, HAITI, DOMINICA, THE DOMINICAN REPUBLIC, GUYANA, TRINIDAD AND TOBAGO, AND MORE.

Some of our HPSAB Caribbean Staff

Caleb Gardner

Viviana Rivas

Virginia Rivas



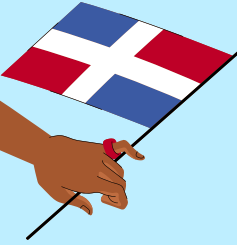
Trinidad & Tobago



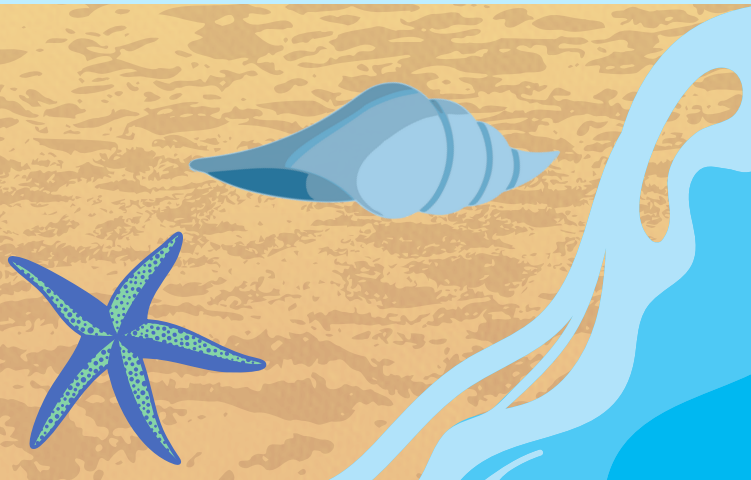
Dominican Republic



Dominican Republic



CULTURAL CORNER AIM
THE AIM OF CULTURAL CORNER IS TO CELEBRATE CULTURAL DIVERSITY, DISCUSS CULTURAL TOPICS, PROVIDE A SAFE HAVEN FOR STUDENTS THAT SEEK REPRESENTATION, AND DISCUSS THE NUANCES OF THE EXPERIENCES OF OUR DIVERSE POPULATION, SUCH AS THAT OF FIRST GEN AMERICAN STUDENTS AND INTERNATIONAL STUDENTS. ANY FEEDBACK OR IDEAS WOULD BE GREATLY APPRECIATED. IF YOU WOULD LIKE TO SHARE THAT OR YOUR CULTURAL BACKGROUND TO POTENTIALLY BE FEATURED EMAIL [SHERWIN.GARDNER@MYMAIL.BARRY.EDU](mailto:sherwin.gardner@myemail.barry.edu).



Alumni News: Smilka Melgoza

Interviewed and Written by: Brendalis Puig & Sierra Johnson

SMILKA MELGOZA, A 2003 BARRY GRADUATE, HAS RETURNED TO HER ALMA MATER AS THE VICE PRESIDENT FOR UNIVERSITY ADVANCEMENT, A TESTAMENT TO HER ACADEMIC AND PROFESSIONAL ACHIEVEMENTS. SHE ATTRIBUTES HER SUCCESS TO THE CORE COMMITMENTS OF BARRY UNIVERSITY, WHICH FOSTER ACADEMIC EXCELLENCE AND STUDENT SUCCESS. HER JOURNEY IS A TESTAMENT TO THE POWER OF RESILIENCE, PASSION, AND COMMITMENT TO MAKING A DIFFERENCE. SHE CONSIDERS HER TIME IN THE HONORS PROGRAM A PIVOTAL MOMENT IN HER EDUCATION, AS SHE WAS SURROUNDED BY PURPOSE-DRIVEN STUDENTS DEDICATED TO THEIR EDUCATIONS.

AS A MEMBER OF THE HONORS PROGRAM, SHE FOUND A COMMUNITY OF DEDICATED INDIVIDUALS WHO SHARED HER VISION OF PUSHING THE BOUNDARIES OF EDUCATION. "I ALWAYS CALL THE HONORS PROGRAM THE CENTERPIECE OF EXCELLENCE," SAID SMILKA.

HER TIME AT BARRY WAS ROOTED IN ACADEMIC EXCELLENCE AND HER COMMITMENT TO FOSTERING INNOVATION, WHICH WAS EVIDENT IN THE CREATION OF THE LATIN AMERICAN STUDENT ASSOCIATION DURING HER FRESHMAN YEAR. "IT WAS IMPORTANT FOR THE STUDENT BODY AS A HISPANIC-SERVING INSTITUTION BECAUSE I KNEW OTHER LATIN STUDENTS WOULD BE ABLE TO CONNECT IN THAT CLUB," SHE NOTED.

SMILKA FURTHER HIGHLIGHTED THE IMPORTANCE OF THE HONORS THESIS, BECAUSE IT GIVES STUDENTS THE OPPORTUNITY TO CARRY OUT DEEP RESEARCH ON IMPORTANT TOPICS. AS ADVICE FOR HONORS STUDENTS WORKING ON THEIR THESIS, SHE RECOMMENDS PURSUING A TOPIC THEY LOVE, WANT TO TRANSFORM, AND/OR A SPECIFIC AREA THEY FIND IMPORTANT.

"DREAM BIG, TURN THE IMPOSSIBLE INTO REALITY BY CREATING A POSITIVE LEGACY [AT BARRY UNIVERSITY]."

- Smilka Melgoza

THE VICE PRESIDENT ALSO HIGHLIGHTED THE "IMPORTANCE OF HAVING A CAREER THAT CAN MAKE A DIFFERENCE GLOBALLY AND LOCALLY." HAVING A MEANINGFUL CAREER ALLOWS INDIVIDUALS TO MAKE AN IMPACT ON THE WORLD AROUND THEM AND ON THOSE IN THEIR VICINITY.

AMIDST THE BUSY STUDENT LIFE, SMILKA POINTS TO THE IMPORTANCE OF SPIRITUAL WELL-BEING AS A KEY TO THRIVING AS INDIVIDUALS AND STUDENTS. SHE ALSO EMPHASIZES TIME MANAGEMENT FOR EXERCISE, NUTRITION, ACADEMICS, AND PERSONAL LIFE. ADDITIONALLY, SHE ENCOURAGES HONORS STUDENTS TO MAINTAIN BALANCE IN THEIR LIVES AND BUILD DEEP RELATIONSHIPS WITHIN THE BARRY COMMUNITY, "WE HAVE THE OPPORTUNITY TO DEVELOP GREAT RELATIONSHIPS WITH OUR PROFESSORS, WITH OUR MENTORS, AND WITH OUR FELLOW STUDENTS." EVEN AFTER GRADUATION, SHE BELIEVES IN STAYING CONNECTED WITH PROFESSORS, MENTORS, AND PEERS.

REFLECTING ON HER CAREER SUCCESS, SMILKA SEES THE IMPORTANCE OF GIVING BACK WITH ONE'S TALENT(S) AND TIME. SHE FEELS FORTUNATE TO HAVE CONTRIBUTED TO THE COMMUNITY IN THESE TWO ASPECTS BY CREATING IMPACTFUL CHANGE AND INSPIRING OTHERS.

SMILKA MELGOZA ENCOURAGES ALL HONORS STUDENTS TO BE INVOLVED IN DIFFERENT ACTIVITIES BECAUSE INVOLVEMENT OFFERS STUDENTS THE OPPORTUNITY TO ENHANCE THEIR STUDENT EXPERIENCE AND PAVE THE WAY FOR A MORE INCLUSIVE AND CARING COMMUNITY. SHE ENCOURAGES STUDENTS TO DREAM BIG, TURN THE IMPOSSIBLE INTO REALITY BY CREATING A POSITIVE LEGACY, AND FOCUS ON HOW THEY WOULD LIKE TO BE REMEMBERED AT BARRY.



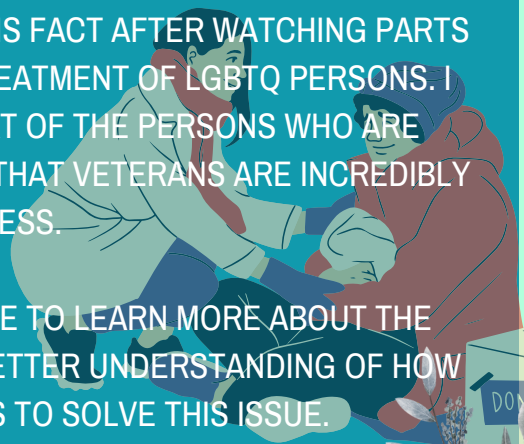
PACT Service-Learning In-Class Activity

Written by: Chelsea St.Rose

NO HONORS CLASS IS THE SAME AND WE CAN NEVER SAY THAT IT'S BORING. WHEN WE WALKED INTO CLASS (HON 192H HONORS INQUIRY EXPERIENCE, SECTION H2) ONE THURSDAY AFTERNOON, WE DIDN'T EXPECT TO TAKE A CHILDREN'S GAME AND TURN IT INTO AN INFORMATIVE EXPERIENCE ABOUT HOMELESSNESS. WHEN DR. SIRIMANGKALA SUGGESTED WE DO SOMETHING FUN, LUNA CASTRO JUMPED IN WITH HER IDEA TO PLAY HEADS UP SEVEN UP. THIS CLASS, HOWEVER LIKE BARRY, IS INCREDIBLY DIVERSE WITH NEARLY MOST OF THE CLASS BEING MADE UP OF INTERNATIONAL STUDENTS. SO, THE GAME HAD TO BE EXPLAINED BOTH TO US AND DR.S., WHO HAD NEVER PLAYED BEFORE :) AFTER THE GAME WAS THOROUGHLY EXPLAINED, WE HAD TO FIGURE OUT HOW TO INCORPORATE PACT'S MISSION TO RAISE AWARENESS OF HOMELESSNESS AND RENT INTO THE GAME. IN THE END WE DECIDED THAT THOSE WHO INCORRECTLY GUESSED WHO CHOSE THEM HAD TO GIVE A FACT OR STATEMENT ABOUT HOMELESSNESS.

WE LEARNED SOME INTERESTING FACTS LIKE HOW *PEOPLE ACTING FOR COMMUNITY TOGETHER* (PACT) IS DEDICATED TO BUILDING HOUSING FOR LOW-INCOME INDIVIDUALS. WE ALSO LEARNED FROM LUNA THAT IN HONDURAS MAJORITY OF PEOPLE LIVE IN POVERTY AND THERE AREN'T MUCH RICH PEOPLE THERE. DEBBIE ATTELUS SHARED WITH US THAT WITH THE SPIKE IN THE RENT MARKET, TENANTS NO LONGER HAVE RENT MONEY FROM THE GOVERNMENT. ANA VALDES ALSO SHARED HOW THE SYSTEM WORKS AGAINST UNHOUSED PERSONS AS TO RECEIVE ANY KIND OF ASSISTANCE. SUCH AS IDS, BUT TO HAVE AN ID THEY WOULD NEED TO HAVE A PERMANENT ADDRESS. I SHARED BASED OFF WHAT I KNEW FROM LEARNING IN SCHOOL THAT LGBTQ PERSONS ARE MORE AT RISK OF BECOMING UNHOUSED AFTER COMING OUT TO THEIR PARENTS. I REMEMBERED THIS FACT AFTER WATCHING PARTS OF A DOCUMENTARY BASED IN JAMAICA ON THE TREATMENT OF LGBTQ PERSONS. I ALSO WAS ABLE TO SHARE WITH THE GROUP THAT OF THE PERSONS WHO ARE HOMELESS IN AMERICA 70% OF THEM ARE MEN AND THAT VETERANS ARE INCREDIBLY AT RISK OF HOMELESSNESS.

OVERALL, FROM THIS SIMPLE GAME WE WERE ABLE TO LEARN MORE ABOUT THE ISSUES UNHOUSED INDIVIDUALS FACE AND GET A BETTER UNDERSTANDING OF HOW WE CAN PLAY A PART IN PACT'S INITIATIVES TO SOLVE THIS ISSUE.



HPC Mentor 'Updated' List

Dr. Alicea
malicea@barry.edu

GUTELIUS, MARY

LYNCH, ADAM

PANAGIOTIS-PAPADAKOS,
IOANNIS

STROTHERS, JADA

CEBRIAN, AYAN

Dr. Byrne
lbyrne@barry.edu

STEFFAN, GRACE

TUSA, ISABELLA

ALFONSO, SKYE

BERMUDEZ, N'KOYA

CHIN LOY, SEAN

JAMIESON, D'ANDRE

PUIG, BRENDA LIS

Dr. Gonzalez
jgonzalez@barry.edu

MELLOR, REBECCA

HEDDITCH, ANASTASIA

RIOS, DENISE

SAUNDERS, ADRIENNE

SPERB, JULIANA

STOFFLE, PEEKAY PETE

Dr. Bingham
sbingham@barry.edu

ANURUGWO, PERPETUA

GRAVESANDE-SINGH, AALIYA K.

HARGROVE, D'ASIA

RIVAS, VIRGINIA

WEBB, MARISSA



HPC Mentor List cont...

Dr. Morrell

smorrell@barry.edu

ATTELUS , DEBBIE

CAMPOVERDE, ROBERTO

JOHNSON, SIERRA

PELLEGRINO, ALESSANDRO

VALDES, ANA

VELASQUEZ, TIANNA

Dr. Papadakis

zpapadakis@barry.edu

ALADO, KEAN

BAZILE, CEPHORA

BILLOCH, KATELYN

CORREA, AIDAN

JAUQUET, SOPHIA

PIERRE, MARIE

SAUNDERS, MICAH

Dr. Sirimangkala

psirimangkala@barry.edu

DENARO, DOMENICO

DAVIDSON, JONAE

GARDNER, CALEB

HOROWITZ, DANIEL

IMASHEV, AIDAR

ISLAM, SANJIDA

MCCOMBS, MARCELLA

RAMIREZ PERAZA, MIGUEL

RANGEL, ISABELLA

URKIDI, JULENE

Dr. Hengartner

chengartner@barry.edu

CARRERA, ADRIANA

CASTRO, LUNA

COMMODORE, AIYANAH

MOELLER, BROOKE

SAMUELS, MONIQUE

VAN HERMERT, VINCENT

Ms. A Scott

ascott@barry.edu

CRUZ, KAYLIN

ETIENNE, SAPHIRA

HOLGATE, MIGUEL

JOHNSON, ANNALISSE

JOSEPH, NATHANAELLE

TERRERO, RAQUEL

WEDDERBURN, MIKAYLA

Dr. Romano

vromano@barry.edu

FORD, ARABELLA

RIVAS, VIVIANA

ST.ROSE, CHELSEA

ZAVRELOVA, TEREZA