Streamin’ Info your way...

You know how I told you that I was in Akademia (baby BAS) in my first year? Well there are plenty of others who were in the Akademia program too! In fact, right on campus there’s another Akademia Alumni. KATE FERGUSON is the Residence Manager of the East Area Residences. Kate was in Akademia in her first year back in Fall’97 and even lived in the Akademia cluster in Lambton. She went on to graduate with a Bachelor of Honours in English. Now in her 2nd year as an RM here at Guelph, she’s a fantastic resource to the staff and students in her residences. If you see her around campus...definitely say hello! She’s terrific! True story!

Who wants to TRAVEL ABROAD?!

Baden-Wurttemberg is a science 'hot spot' in Germany and the state has enjoyed a long standing exchange relationship with the province of Ontario. They are keen on attracting Ontario science students to do research with them during the summer. No prior German skills are necessary and the program is available to undergraduate and graduate students.

If you don’t know of a professor at a German University with whom you could work with, you should contact Dr. David Darby, the Coordinator of this program. If he knows your research interests or areas of study, he can suggest a university in Germany that would have an appropriate supervisor. His e-mail address is: ddarby@uwo.ca

On top of this great opportunity, the OBW program is able to offer 10 scholarships at a level of $3000 each! Talk about an attractive option!

The internal University of Guelph deadline is December 10th, 2007. Applications need to be received by Craig Wallace in the Centre for International Programs no later than December 10th. (That's only in a few weeks!!)

Applications to the OBW program are available in the BAS office. Totally feel free to stop by and pick one up if you're interested!!

Applications for regular exchange programs are due on January 25, 2008. They are entirely online and students must attend a Study Abroad Info Session at the CIP before they gain access to the application. Stop by the CIP, 3rd floor UC, to sign up for a session ASAP!

Have questions? Feel free to contact Craig Wallace in the Centre for International Programs (CIP) at 519.824.4120 x58466 E-mail: goabroad@uoguelph.ca
Sofie Lachapelle

I have been at the University of Guelph since January 2005. I am a historian of science with a PhD degree from the University of Notre Dame. My work deals with marginality in the sciences, the relationship between the natural and supernatural, the history of psychiatry, the history of psychology, and Modern France. I have published on French psychical research, religious phenomena as interpreted and appropriated by medicine and psychiatry and children’s education in nineteenth-century asylums. In my current project, I explore the world of nineteenth-century magicians and the relationship between science, magic and wonder during this period. In my spare time, I like to listen to novels on my iPod.

BAS FACULTY

By Senate-approved design, and with its budget held in a “designated” college home (first CBS, then COA), the BAS program is freestanding from college and department structures: it crosses many academic disciplines, courses, and student interests, and its own unique “ASCI” (Arts & SCIence) core curriculum. As such, the program’s ASCI core is also staffed outside the usual college and department structures, with faculty with cross-disciplinary expertise coming forward to teach ASCI courses from colleges across campus (e.g., Dr. Thomason from the Ontario Veterinary College (OVC), Dr. Newman from the Ontario Agricultural College (OAC), Drs. Mathur and Posluszny from the College of Biological Sciences (CBS), and many others). But we are also building a faculty complement whose terms of appointment to the university are explicitly and jointly designated to the BAS core and a college/departmental home. Drs. Lachapelle and Goldenberg are the first 2 such appointments for the program. Dr. Jacqueline Murray, former dean of the College of Arts (COA) led the way with Sofie’s appointment; current COA dean Don Bruce followed with Maya’s appointment; and now Alun Joseph, dean of the College of Social and Applied Human Sciences (CSAHS) has advertised for a joint faculty position between the BAS and Psychology or Sociology/Anthropology. If the search is successful, we will have our 3rd “ASCI” hire in place for Fall ‘08. Thanks to the leadership of Deans Murray, Bruce, and Joseph, the campus-wide support of the BAS, the growing popularity and success of the program, we look forward to leveraging more joint faculty appointments in other colleges.

Maya Goldenberg

Maya is the latest addition to the BAS, appointed jointly as an Assistant Professor in the Department of Philosophy and the Bachelor of Arts and Science Program. Her research is in the philosophy of medicine and epistemologies of science, particularly theories of evidence, the body, women’s health, and bioethics.

Originally from Toronto, she holds a BA in Philosophy from the University of Toronto, a MA in Philosophy from McGill and a PhD in - you guessed it! - from Michigan State University. Although she does not have formal medical training, she had to learn to read the medical literature and to relate to healthcare professionals for her research. She even did an internship in clinical bioethics at a nearby hospital (William Osler Health Centre in Brampton) that helped her gain an understanding and appreciation of the institutional culture of hospitals.

Many of you have met her in your ASCI classes - 2000, 4000, and 4010 this year – and ASCI 1000 and 2000 next year. She also kicked off the BASSA Seminar Series for 2007 with a talk called “Clinical Evidence and the Body: A Humanistic Challenge to Medicine.”
A Word from our VP...

Hi BAS, if you don’t already know me, my name is Olivia, a 3rd year student in the Bachelor of Arts and Sciences program, and your BASSA Vice Prez. I have opted to specialize in Biology and Developmental Psychology so I can go on to professional school in Speech and Language Pathology. I love to dance (ballet, salsa, Irish dancing, you name it), am a long time pianist, enjoy acting, and take pleasure in everything about the water (as you can see from my picture, on a huge sailboat!). I am passionate about this program, even though it may seem overwhelming at times with labs and essays all in one semester. I have a baby tangerine leopard gecko, Dexter; and a lovely cat named Marley, who is the most handsome cat in the world. I have thought of putting him on commercials, but he doesn’t like men. That’s a little bit about me, but what about you? I’m in the BAS lounge for extended periods of time if you want to come chat about cats... I mean... the BAS program!

Race for Dignity!

The Race for Dignity is a 14hr stationary bike marathon, raising money & awareness for an NGO called Dignitas International. They’re a medical humanitarian organization, providing life-saving anti-retroviral treatment & comprehensive care to those living with HIV in resource-poor settings. UoG is holding this bike-a-thon on Jan. 24th, 2008 in the UC Courtyard from 9am-1 1pm. We’re recruiting bikers to ride anywhere from 20 minutes to 14hrs. Bikers can sign up as an individual or as a team (we are asking bikers to try and raise $10 for every 20min they bike.) Let’s try to get a BAS team together! If interested in being a team leader and recruiting other ASCI’s as team mates, email me, Ali Golfetto at aligolfetto@yahoo.ca

Join us by biking, volunteering,, getting your band together to play live music for the bikers, or donating money. With prizes, live music, spinning classes & refreshments, it's going to be a great time for a great cause! More info at www.uoguelph.ca/~dignitas or email dignitary@uoguelph.ca or visit UC 217. Also check out www.dignitasyouth.org!!
Scorpio - I remember sitting in my undergrad courses playing “keener bingo” where we would each pick a keener...and every time your keener spoke in class you had to say “Bingo” loud enough for the other players to hear...perhaps that’s why I didn’t do particularly well in my classes. So what’s your excuse? Harsh I know. Get on top of it yo. You can totally do it. You wouldn’t be here otherwise! Word.

Sagittarius - So remember that time I told my friend that I might be interested in his friend Chris and my friend told him that I thought he was gorgeous? Yeah...not ok. Especially when he said that I was fun, good looking, social, had a good sense of humour and was nice...and THEN said...”he’s just not my type.” So let that be a lesson. Always be boring, ugly, antisocial, laugh at nothing, and punch people when possible. Practice it this week. Go. Go now. (except the punching...I am kidding about that part)

Capricorn - You know what great song is? “Lovely Day” by Bill Withers. Seriously. I’m sitting here listening to that right now sitting in the bright shining light through my office window. It’s pretty sweet. You know what that means? It’s gonna be a lovely couple of weeks for you. There are some people that just prefer to be angry, bitter and all around jerks. Believe it or not, these people are all around us. Do not allow them to ruin your day. Refuse. On that note...let’s talk a little bit about “you know who.” Why are you hanging around them when all they do is complain and bring the party down? Debbie Downer.

Pisces - So I may or may not be stalking a certain someone that works at the Grad Lounge. Yes. I have no shame. Basically, I’m tired of sitting on my butt waiting for things to happen. It’s time to get out there and be creepy all staring at this poor person while they’re trying to work. “Sigh” And that, my friends, is how you get a restraining order. But c’mon...nothing risked nothing gained. Keep that in mind these next couple of weeks. Like Nike says...just do it...without getting arrested.

Aries - So I’ve been getting up every morning and heading to the Guelph Athletic Club at 6am and it’s actually not going to bady. The crazy thing is...no matter how early I get there...there are ALWAYS other people just finishing up their workout. That’s so nuts! Let that be a lesson to you. Stay in bed. These next couple of weeks are gonna be a little rough. Your bed is your safe haven. You need a break. Get out and spend some time with some fun people. Fun people only though. Seriously. No losers. None.

Aquarius - I have decided that there is sometimes just no pleasing some people. There are some people that just prefer to be angry, bitter and all around jerks. Believe it or not, these people are all around us. Do not allow them to ruin your day. Refuse. On that note...let’s talk a little bit about “you know who.” Why are you hanging around them when all they do is complain and bring the party down? Debbie Downer.

Taurus - So last week I sang in a couple of concerts with the Guelph Chamber Choir. Good times had by all. Beethoven’s 9th Symphony. Sometimes it’s really great to sing your guts out while being backed by a full orchestra and 100 other people. The next couple of weeks is your time to just cut loose and belt it out. You’ve been holding it in for some reason these days. Get out there and show ‘em what your lungs are made of!!

Gemini - The other night a group of my friends and I just decide to head out of town to a Bed and Breakfast just outside of Orangeville in Hockley Valley. And you know what? It was perfect. Even though it was for only one night, less than 24 hours even, it was still fantastic. It was exactly what we all needed. Take a break. Get out and spend some time with some fun people. Fun people only though. Seriously. No losers. None.

Cancer - You know how sometimes you just can’t help it and you find yourself sitting alone at home in your eating dress with a towel totally out of town to a Bed and Breakfast just outside of Orangeville in Hockley Valley. And you know what? It was perfect. Even though it was for only one night, less than 24 hours even, it was still fantastic. It was exactly what we all needed. Take a break. Get out and spend some time with some fun people. Fun people only though. Seriously. No losers. None.

Leo - I’ve started this new thing where I’m going to try to be less judgmental. Well...except in situations where people are totally asking to be judged. You know...like when they make dumb choices, wear something stupid and unflattering, say something moronic, smell bad...you know, basic stuff. In the end, I’m just helping people fit in better. So listen. We took a vote and I’m supposed to be the one to tell you...um...yeah...it’s noticeable. Take care of that. Serious.

Virgo - I just finished watching “Sky High” again last night, starring Michael Angarano. Good times. Seriously...if only we all had super powers...wouldn’t it just make things easier?...and well...more fun? But maybe before we pretend to be superhumans, some of us need to pretend to be human. You know who I’m talking about. Honestly. You’re going to let them get away with that? Take care of that yo.

Libra - The more I think about it, the more certain I am that bacon really is one of the most ideal foods ever in this world. It’s so great. I know that not everyone shares my views...but that’s ok. When you think about it...I’m right, they’re wrong. But one thing I know for sure...cooking bacon naked...not okay. And that’s where you come in. Is it really the time to be taking risks? In the end...it’s totally up to you. But is it worth it? Is it as good as bacon?

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**KICK ASCI Shout Outs!**

**Thank you to all the volunteers & Prof. Newman’s ASCI*4700 students that helped with Science & Engineering Sunday!**

**Hey Tyler Demers!**
Kick ASCI job organizing 24 hour Arts Day (Goodbye to the 80’s)!!

**An AMAZING shout out to Trina Rosenzweig who participated in her first CHILDBIRTH as part of her ASCI*4700 Independent Research course!! So great!!!**

**Hey ASCI Cluster (and mini ASCI clusters everywhere else)!!**
Keep up the good work! Yer faboo!

**Know anyone that deserves KICK-ASCI Shout Outs!? (ie. roommate? Prof? BAS friend?) Lemme know and I’ll include it in the next issue!!**
Question of the Week

I really really want to declare my minors but I have no idea where to start. What do I do?

A very good question indeed. All you have to do is come see me. Actually, you don’t even have to see me. Just stop by the office and pick up a form called the “Undergraduate Schedule of Studies Change Request.” They’re on your left when you first come into the office. There’s also a fancy little example of how to fill it out and where to get the signatures you need.

It’s not set in stone! If you change your mind about one (or even both) of your minors, it’s totally fine. We just fill out another form. It’s simple! Honest!

Do you have any questions for me? Send them my way and I will do my best to answer them for you. If I get the same question enough times, I’ll use it as a “Question of the Week!” in the newsletter! Seriously...send me your questions...it’s my job! ;)

Just so you know...

More important info that you WILL find useful!...

• Course Evals are NOW online http://courseeval.uoguelph.ca You have from Saturday, November 17 to Saturday, December 1 at midnight to complete them.

• The ADD PERIOD begins on December 10th at midnight! During this time you can add, drop and change your classes for Winter’08. Until then...we just wait.

• When honey is swallowed, it enters the blood stream within a period of 20 minutes.

• When you drop a course, it may still show up on your blackboard. As long as it’s not on WebAdvisor, you’re good to go!

• All BAS students (that’s you) are eligible for ALL science and ALL arts scholarships? Serious. Short on cash? Check it out!!!

• Students in Rez...y’all move out 24 hrs after your last exam. Extension requests are due by Nov 30th @ 4pm

• Vanilla is the extract of fermented and dried pods of several species of orchids.

• What would you like to see on the BAS website? Tell me what the new website should have/look like please! (www.uoguelph.ca/bas)

• Any students taking ASCI*4020 or 4030 this semester under ASCI*4700, you need to have the professor submit your final grade to Donna Pennee AND to me as well please.

• Need to get off campus? Try out the Bookshelf downtown. Bookstore, café, movie theatre...it’s a perfect way to spend an afternoon/evening! (and right now, 10% off all books!) www.bookshelf.ca

• The armadillo is so heavy it will sink in water unless it inflates it’s stomach with air. Even then, only it’s nose shows above the water.
“The human brain starts working the moment you are born and never stops until you stand up to speak in public.” ~George Jessel

Take a BREAK!!!

Plastic Brains: The Latest Health Craze?

When you hear the word "plastic," you might think of Tupperware, Barbie dolls, and smooth-skinned celebrities.

But plastic isn't a bad word, neurologically speaking. Brain plasticity is how scientists describe your brain's ability to reorganize neural pathways as a result of new experiences. In plainer terms, a plastic brain will learn -- and retain and use -- information better. So what's the price of plastic? About the cost of a pair of walking shoes. People who are fit have more plastic brains.

• Decrease osteoarthritis pain and improve stability,
• Endurance, and agility
• Reduce the risk of colon cancer and possibly breast cancer
• Protect against diabetes in high-risk people and lower blood glucose and improve insulin action in people who already have the disease
• Lower blood pressure and reduce the risk of heart attack

Grab 30 minutes a day (broken into three 10-minute segments, if need be) and you'll also help keep your weight in check, boost your energy and stamina levels, and probably handle stress better, too. It's pretty hard to come up with an excuse when you see the laundry list of health benefits, isn't it?

“ Aristotle was famous for knowing everything. He taught that the brain exists merely to cool the blood and is not involved in the process of thinking. This is true only of certain persons.” ~Will Cuppy