Living Life to the Fullest: One Goal at a Time

An Honors Thesis (HONRS 499)

by

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Contents

Abstract ............................................................................ 2

Acknowledgements ............................................................... 3

Prologue: Welcome to My Journey ........................................... 4

Part I: Goals Completed Before Project .................................. 7

Part II: Goals Completed During Project ................................. 38

Part III: Goals yet to be Completed ...................................... 76

Epilogue: Reflecting on the Journey ..................................... 77
Abstract

In high school, my friends began for me a list of places I had never been before. Over the years, that list has developed into a list of new experiences. For this creative honors thesis, I have worked to complete goals from my list, documenting them along the way. I have also revisited previously completed items for documentation. The documentation for each item includes: pictures/physical evidence, an account of the event, need(s) met (according to Maslow’s Hierarchy of Needs), and instructions on how one might complete the item (if applicable). Also included are new and still remaining goals, as well as a reflection on the goal completion process.
I thank my friends Laura Zumbaugh, Parvonay Darabi, and Steve Middleton for inspiring me to try so many new things.

I would like to thank Ms. Chris Lehnertz for advising me on this project, and for her unending guidance and support.

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Finally, I would like to thank the many individuals and organizations, which are too numerous to list by name, who helped to make this project possible. Each part of this project has been special to me in its own way, and I deeply appreciate the help and cooperation of all involved.
Welcome to my journey! It all began about five years ago when I was a junior in high school. I was sitting in class with some friends, killing time after completing our work. We got to talking about different restaurants, and nearly every one that came up, I had never been to before. My friends were so surprised that they started me a list of places to go on a piece of notebook paper. Most of these places were restaurants, except for other important locations like Disney World, France, England, and Circle Center Mall.

Though it began all in fun, I took the list to heart. We began to actively work on completing the restaurants on my list. “Why stop there?” I asked myself. As the number of checkmarks multiplied, so did the items on “The List,” as it came to be known. I kept The List folded neatly in my purse at all times, in case I got a new idea, or an opportunity unexpectedly presented itself.

As I have grown and matured, so have the items on The List. There is a noticeable shift from restaurants to exploring my independence, trying new things, and learning about other cultures. Then it finally struck me: isn’t that what education is all about anyway? Perhaps this is the redefining of education that Ball State University is so keen on -- and there is no better teacher than experience.

Approaching this project from the perspective of a psychology major, I have made an important observation. Not only is each goal enriching, but each item fulfills some kind of need. These needs are reflected in Maslow’s Hierarchy of Needs. Maslow posits that all people have the same categories of needs. Each level of needs builds upon the previous one, often depicted as a pyramid (see page 5). The categories Maslow identified are (from the bottom up):
physiological, safety, belongingness, esteem, cognitive, and aesthetic. At the top of these, he placed self-actualization, which could be described as becoming the best version of yourself.

The following thesis chronicles items checked-off The List during my years at Ball State in order of completion. For each entry, I have included the completion date, an account of the event, needs met (according to Maslow’s Hierarchy of Needs), and a “how to” section (if applicable). Also included are pictures or physical evidence that I have completed the goal. I chose to use a more colloquial writing style because of the nature of this project, predominantly storytelling and personal reflection.

Maslow’s Hierarchy of Needs
Places to take Emily

- Disneyland
- Higher Grounds
- Applebees
- Panera
- Fridays
- Ritters
- munchies
- D'Innocence
- Cebadas
- El Nazareno
- Carpenter's
- Chad's
- Scharlat
- Logan
- Triangle Inn
- Cosmic Pizza
- Pasta Place
- Cinco a Go Go
- Cheese Shoppe
- The Blue
- Redwood
- Circle Santa
- England
  - House of Lords
  - The Home
  - Drive in Movie
  - Red Robin
  - Puccini's
  - IHOP
  - Debranid's
  - Coney Island

- Vancouver
- Hot air balloon
- horse back riding
- Eddie's lawn
- laser tag
- milk a cow
- Colorado
- ride a mechanical bull
- fly alone
- stay in a hotel alone
- go to a bar
- eat gelato
- fly 1st class
- be in a giant food fight
- go to the top of Shaffer Bell
- go fishing
- door-to-door carding
- carriage ride @ Christmas time
- Latin Mass
- be involved in a date auction
- sing @ an open mic night
- Build a boat
- mosque
- temple/synagogue
- sew a dress
- drive a stick shift
- play a piano solo
- donate to locks of love
- run a 5k
Goals Completed
Before Project
Donate my hair to Locks of Love
Goal: Donate my hair to Locks of Love

Status: Completed Saturday August 26, 2006

My Experience: When I came to college, I had the shortest haircut I had ever had. My hair began to grow out because I had nowhere to go to get it cut. Some of my new friends were preparing to donate their hair to Locks of Love, a non-profit organization which makes hairpieces for children who have lost their hair due to illness. I had heard of the organization, but never knew anybody who did it, and never thought about doing it myself.

I decided I wanted to grow my hair out to be donated. At the same time, my brother had also begun growing his hair out. His was for slightly less altruistic reasons: he was self-admittedly too lazy and cheap to get a haircut. Once his hair was about long enough, I convinced him to join me in donating to locks of love.

Time went on, and my hair got longer. One of my friends who was planning to donate her hair decided that she was going to make an event out of it! During the Relay for Life on Lafollette Field, she went around collecting donations. She cut her hair to donate, and then had a friend shave her head as a sign of solidarity with patients who had lost their hair. Though this was a little extreme for me, it made me anxious for my hair to be ready to donate.

After two full years of growing, my hair was barely long enough. It was my birthday, and I was preparing to visit friends in Colorado, so I decided it was time. I did not tell anybody when I was doing it except for my roommates. I didn’t even tell my mom who was coming the next day! I chose a place to have it cut, and brought my three roommates along for moral support. An hour later, my hair was gone! I was glad to know that I could give away something I took for granted to help make somebody else’s life a little better.
Needs Met:

Esteem – I felt good about myself because I was doing something to help another.

Aesthetic – I thought my hair looked better shorter.

How To: (see next page)

Resource: www.locksoflove.org
DONATING HAIR

Please Note: Anyone can cut your hair as long as the guidelines listed below are followed. We encourage all of our donors to go to a salon they are already familiar with to ensure their comfort when donating.

GUIDELINES FOR ACCEPTABLE DONATIONS

• Hair that is colored or permed is acceptable.
• Hair cut years ago is usable if it has been stored in a ponytail or braid.
• Hair that has been bleached (usually this refers to highlighted hair) is not usable. If unsure, ask your stylist.
• Hair that is swept off of the floor is not usable.
• Hair that is shaved off and not in a ponytail or braid is not usable.
• We cannot accept dreadlocks. Our manufacturer is not able to use them in our children’s hairpieces. We also cannot accept wigs, falls, hair extensions or synthetic hair.
• Layered hair is acceptable if the longest layer is 10 inches.
• Layered hair may be divided into multiple ponytails.
• Curly hair may be pulled straight to measure the minimum 10 inches.
• 10 inches measured tip to tip is the minimum length needed for a hairpiece.
• Please Note: Shorter hair will be separated from the ponytails and sold to offset the manufacturing costs. Although the shorter hair cannot be used in the hairpieces, it still greatly helps to reduce costs.
• Gray hair will be accepted and sold to offset the manufacturing costs.

HOW TO DONATE

• 10 inches measured tip to tip is the minimum length needed for a hairpiece.
• Hair must be in a ponytail or braid before it is cut.
• Hair must be clean and completely dry before it is mailed in.
• Place the ponytail or braid inside of a plastic bag, and then inside of a padded envelope.
• Fill out the hair donation form, or write your name and address on a separate sheet of paper and include inside the envelope.
• All hair donations must be mailed to Locks of Love at:

   2925 10th Avenue N
   Suite 102
   Lake Worth, FL 33461-3099

Please be sure to use the entire zip code when mailing. Thank you!
✅ Travel to the Western US

✅ Milk a Cow

Colorado State Fair
Stay in a Hotel Alone

Fly Alone

Fly first class
Goals: Travel to the western United States

Fly alone

Milk a cow

Stay in a hotel alone

Fly first class

Status: Completed Labor Day weekend, 2006

My Experience: When I used to think of Colorado (or any western state) I envisioned tumbleweed blowing past a man wearing a cowboy hat, bandana, and spurs, about to enter a set of saloon doors. Then I actually visited. It turns out that Colorado is one of the fastest growing areas in the country!

At my summer job, I met two people, brother and sister, who were from Pueblo, Colorado. I became close to both of them, and after our summer job ended, I decided that I was going to visit them. This was partly because I missed them, and partly because I had always wanted to travel west, but now I finally had a reason! I made plans to fly out over Labor Day Weekend.

Though I had flown a few times before, it had always been with my family or a large group, but never alone. I was terrified that I would somehow mess it up. Luckily, it was a direct flight, so as long as I got on the plane, life would be fine! I made it to Colorado without incident, and my friends were waiting with open arms to pick me up when I arrived at the airport.

I was in absolute awe of the landscape – nothing like the flat farmland of northern Indiana! I could not stop taking pictures, even though my friends laughed that what I thought were mountains were only foothills. It took me a long time to get used to the thinner air that accompanied the higher elevation. We went to the zoo and drove through Garden of the Gods.
We drove to the top of a small mountain and climbed to the top of a lookout tower. The view was breathtaking! One thing I had not anticipated was all the different stores, like Karl Jr. instead of Hardee’s, or a convenient store called “loaf ‘n’ jug”.

I even got to go to the Colorado State Fair! One of the exhibits at the fair was a cow that you could milk! I insisted that we check it out, as milking a cow had been one of the goals on my list for quite some time. It was quite a sight to see me waiting in line to milk the cow, as I was by far the oldest and the tallest in line. When it was my turn, the man running it, who was possibly younger than I, was surprised by me, but let me milk the cow anyway. Actually milking the cow was a lot like I expected – nothing glamorous!

On Monday my friends and I loaded into the car to make the two hour drive from Pueblo to the Denver airport. There were two major accidents on the highway, and traffic was backed up for miles. By the time we got to the airport, I had missed my flight. I was devastated! They told me that there were no more flights that day. The next one was Tuesday morning, but there were no more seats, so I was put on stand-by. The next flight was not until Tuesday afternoon at 4:30! I had no choice but to stay in Denver and return to the airport the following morning.

My friends set me up in a hotel next to the airport, and we arranged for me to ride the shuttle over in the morning. They wished they could stay to keep me company, but they had to drive home since they had classes and work the next day. We said our goodbyes, and they left me alone. I did not know what to do with myself. I had no food, I knew nobody, and I had nowhere to go. I called my roommates to explain what had happened, and they said they would figure out a way to pick me up once I arrived in Indianapolis.

The next day I took the shuttle to the airport. I checked my baggage, went through security, found my gate, and waited. I kept checking on the stand-by flight, but there was no
room for me. I would have to wait at the airport all day. I settled in for the day – luckily I had brought along a book and my journal! I broke up the day with lunch, and several walks around the concourse.

One of my friends back in Pueblo called me every hour or two, just to check and make sure I was alright. It seemed a little silly since I was 21 years old, but at least I knew he cared. My roommates at home also called to check in on me. I probably spent more time on the phone that day than I did the rest of the month! I also made a goal for myself to make one new friend while stranded at the airport. To fulfill this goal, I had a brief chat with a kind businessman on his way to Kansas City.

When I finally boarded the plane on Tuesday afternoon, after waiting all day in the airport, I walked past first class and looked at my ticket for my seat assignment. “Seat 1A,” my ticket read. Oops, I had passed it. Then I realized that 1A meant the very first row, as in first class! The only seat left on this plane was in first class! Things were looking up!

Things were much nicer – right down to the snack! I did not know how to eat half the food in the box I was given. I just stared at it, and started looking around at everyone else. There was a man across the aisle who noticed my predicament and reassured me that sometimes he doesn’t know how to eat the food, either.

When I arrived at the airport Tuesday night, one of my roommates was there waiting to pick me up! We had so much to talk about on the way home that we missed our turn twice! I told her how good the trip was, and how beautiful the land was, and how much I learned, not just about the logistics of traveling, but about myself. I learned that I am independent, and can handle being out on my own. I also learned that my friends will be there to help me out when I need it. Most importantly, I learned to be flexible. Even when things go wrong when I am out on my
own, I can handle them. The lessons I learned from this experience would prove invaluable when tested on a larger scale during my next adventure.

Needs Met:

Safety – Staying in the hotel gave me a sense of security for the night.

Belongingness – In first class I felt like I was part of an elite group of people.

Esteem – I tested my competency in air travel and the hotel system.

Cognitive – On my trip I gained understanding of a different culture and new skills.

Aesthetic – I was able to take in the beauty of the Rocky Mountains and the Garden of the Gods.
Ride a Horse

☑️

[Images of people riding horses and a woman petting a horse]
Goal: Ride a horse

Status: Completed Monday October 30, 2006

My Experience: There is something about watching somebody ride a horse that just screams “independence!”, “wilderness!”, and “freedom!” Perhaps it has just been romanticized through films and photography, but nonetheless, it promised to be a unique experience at the least. However, being a city slicker, it was not a common-place activity for the people I knew.

Last year, one of my roommates discovered that this was a goal of mine, and shared that her grandfather had two horses on his farm. She offered to bring me home with her over fall break so I could give it a try! Of course I couldn’t turn her down!

When break came, we traveled to Syracuse, IN to Maple Shade Farm. My roommate’s younger sister came along to help, since she usually takes care of the horses. I was introduced to their horse Ed, who was older and well broken. We brushed him and prepared him to be ridden.

When I was ready to mount the horse, it suddenly struck me that there was another living being involved in this endeavor. Unlike riding a bike or in a car, this “vehicle” had a mind of its own! I was a bit afraid of him! Once I finally figured out how to mount, I was much higher up than I had expected. I have always been afraid of heights, so this only added to my fear.

At first we just walked around the yard a while as I got used to it. As my roommate and her sister led me, they taught me how to pull the reigns and what to say. After a while, I graduated to on open field and they stopped leading Ed. I got a little ambitious and decided to trot a bit. The horse picked up speed, and we cantered across the middle of the field! I was bouncing way into the air with each step, positive I was going to fall off! It was exciting and terrifying all at the same time! I was sore for days afterward, but it was well worth it for the experience!
Needs Met:

Cognitive – I experienced novelty as I was not accustomed to being around horses. I also learned a new skill.
☑ Play a Piano Solo
Goal: Play a piano solo

Status: Completed April, 2007

My Experience: Spring semester of my Junior year (spring 2007) I decided I was going to take piano lessons, something I had always wanted to do. I contacted the School of Music and explained that I was an amateur who wanted to learn just for fun. They connected me with a student from the School of Music who taught lessons.

We began meeting once a week. She ordered me a book for adult beginners. Being in choirs for most of my life, and studying some music theory in high school, I already knew how to read music and how it corresponded to the piano keyboard. However, I never learned how to actually play it. Each week she would assign me a few songs from the book to practice, and then in our lesson I would play them for her and she would help me with them.

I enjoyed practicing each week, but I also became frustrated with myself. Sometimes I knew exactly what I needed to do, I just couldn’t make my fingers do it. Nonetheless, I tore through the book, sometimes learning 4 or 5 pieces in a week. Of course being a beginner book, they were all very short.

At the end of the semester, my teacher was having a small recital for her students, along with some other teachers and their students. She asked me if I would play in it, and I readily agreed. I memorized two of my favorite pieces to play for the recital. Though I am usually not uncomfortable being in front of people, when the time came, I was terrified! I made a few mistakes, but ended my brief performance very proud of myself just the same!
Needs Met:

Cognitive -- Playing the piano is a skill I’ve always wanted to learn!

How To: Contact the School of Music and tell them you are interested in receiving piano lessons from a student.

Resource: Music Information (765) 285-5400
Travel Outside the US

River Liffey, Dublin

Cliffs of Moher

Ireland
Goal: Travel outside of the United States

Status: Completed Sunday July 22, 2007

My Experience: Upon review of my list, it appears that items involving travel are among the loftiest of my goals. While I now have several specific places I would like to go, my underlying goal has always been to explore beyond the United States. However, I never considered it a real possibility until recently. Many of my friends had traveled abroad, and I began to think that perhaps I could, too. Finally, I was convinced that I would find a way to travel, so I applied for a passport, just to be prepared.

Not more than a week after my spontaneous passport application, I received an email about a summer field study in Ireland. My parents had always been a bit skeptical of my travel aspirations, but once I had made my pitch, they saw that I had put a great deal of thought into it. They also reminded me that I did not exactly need their permission any more. After jumping through all the necessary hoops (financial aid, course registration, etc.), I was signed up and ready to go! I do not think I have ever felt more exhilarated than when I received that very first stamp in my passport!

While on my trip to Ireland, I studied the conflict between Catholics and Protestants. However, what I learned on my trip to Ireland includes so much more. I learned what it is like to live in civil unrest – daily. In Northern Ireland I saw walls that divide a community, complete with gates that lock overnight. We saw the remnants of car bombs and petrol bombs, parades and bonfires. I quickly learned what not to say, do, or wear, around whom.

I learned what it feels like to be an outsider. I never felt more like an American than when I left the United States. I felt as though it was written on my forehead. If it was not obvious from looking at me, surely it was the moment I opened my mouth. People would ask me who I
voted for in the presidential election, or about government policies. Even my identity as a Catholic caused me to feel unwelcome when we were in Protestant areas.

I learned just how small the world truly is. One night at a small pub I bumped into a couple from my hometown! I also had the privilege of meeting travelers from many other countries. I saw how accessible the world is, and that I really can go see it if I want to! On August 15th I awoke in a hotel in Dublin, Ireland. That very night, I was asleep in my own bed at my parents' house in Fort Wayne, IN. The act of physically being in both those places in the same day continues to boggle my mind.

Finally, I learned that I can be so much more independent than I ever dreamed! Of my four free days, I spent one navigating Dublin and the remaining three exploring London. I was positively terrified at the prospect of being on my own in a foreign country! During the day in Dublin I bought a ticket to a Gaelic Football Championship Game from a police officer for 10 Euro, which otherwise would have cost me 35 Euro (roughly $60). The game was sold out, so I was lucky to get a ticket at all! My flight to London was at 8:00 the next morning, and since I had not found a place to stay in Dublin, I slept on the floor at the airport. It was a little scary, but it made me realize that as long as I was still alive, things would be fine.

When I arrived at the London airport, I went to the currency exchange counter to get some British Pounds. I exchanged the little cash I still had and bought a map and return train ticket to the Tube. After purchasing these, I was left with 15 Pounds – not enough. I went to the ATM and shoved in my card, but as I was trying to remember my new pin number, the ATM decided I had taken too long, and informed me that my card would not be returned. I began to panic – what was I going to do?! Fortunately, I had my credit card, but I didn’t know if they would take it at the hostel, or even the Tube.
Though it was 5:00am at home, I called my parents. Unfortunately, it was Sunday, so they could not contact the bank until Monday morning. At least I already had my train ticket and flight home! I reminded myself that as long as I made it home, life would continue. Luckily, credit cards were widely accepted throughout London – even the phone booths took credit! I managed to get a 3-day Tube pass and pay for my hostel. I even managed a balcony ticket to see Avenue Q!

When I returned to Dublin, everyone was impressed with my courageous adventure, including how I handled myself in the face of a could-be catastrophe. I kept remembering my adventure in Colorado, and reminding myself that, yes, I could handle things, even when they went wrong. In the end it felt so liberating to undertake this journey by myself! Now that I am home, I cannot separate my experience in Ireland from everyday life. Not only do I have a common experience with all those who have traveled, particularly to the places I have been, but I am better able to examine all sides of an issue. Most importantly, I have a renewed faith in my ability to be independent.

Needs Met:

Esteem – I tested my competency for navigating a foreign country and in problem-solving when things do not go as planned.

Cognitive – I learned about both the history of the Irish culture, and what life is like there today.

Aesthetic – I was able to enjoy the picturesque landscapes and architecture.

How To: (See next page)

Resources:

Ball State Center for International Programs – Student Center 102, (765) 285-5422

www.bsu.edu/studyabroad
Three Types of Study Abroad Programs

Exchange Programs

Exchange programs allow students participate in semester or yearlong exchange programs. Students who participate in these programs have the opportunity to immerse themselves in the culture by taking courses at the host university and participating in the everyday life of the country. Adaptation is key. Inquisitive, independent, and mature individuals will succeed in this type of program. Many programs are taught in English, while some students choose university programs specifically to build their foreign language skills. Expect regular contact with host country nationals and other international students. These programs tend to be more cost effective than other semester-long programs.

Center Programs

Center programs give students the opportunity to study alongside other American students. Excursions are planned to enhance class work. Center programs are typically one semester in length. Living arrangements vary by program. Host families, hotels and apartments are the most common housing options. Students who are nervous about being away from home will be assured by the presence of an on-site program director.

Field Studies

Field Studies are group-oriented programs, focused on a particular subject area. Ball State professors take groups of students abroad to teach classes or conduct on-site research. Academic credit offered varies by length and scope of the program. The programs can last from one week to two months. Field studies are good for students with rigid academic programs, as they typically take place in the summer months.
Step-by-Step Guide to Study Abroad

Stage One: Exploration

• Check out the Top 15 Locations to study abroad.
• Read up on the Three Types of Programs.
• Use our Self Assessment Quiz to find out what type of program is best for you.
• Review our List of Programs online.
• Set up an appointment to meet with a study abroad advisor, 285-5422 or SC 102.
• Complete an intake sheet when you arrive for your meeting.
• Meet with your advisor to discuss recommended options.
• Take some time to determine what program is right for you.
• Discuss the decision with family and friends.

Stage Two: Application

• Return to your advisor to go over the application procedures for your chosen program.
• Gather required forms from the study abroad office or appropriate websites.
• Begin to collect transcripts, reference letters, etc. to complete your file.
• Prepare for interviews (if required by your program).
• Remember--only complete applications will be considered.

Step Three: Notification

• Our office or the program provider will notify you of whether or not you have been selected to participate in the program. For ISEP exchanges, the placement process can take up to 2 months, so be patient.
• Once accepted, you will be listed in our student database and given further instructions.

Step Four: Financial Aid/Scholarships

• Obtain a current copy of the budget sheet for your program from your advisor.
• If your family will be helping to finance your study abroad program, discuss the program cost and what they can reasonably cover.
• Schedule an appointment to meet with Financial Aid if you wish to investigate loan and grant options.
• Apply for the Yuhas and Rinker Scholarships as well as any program-specific aid that may be available. Check out the Scholarships and Financial Aid sections of our website for more information.

Step Five: Pre-Departure

• Obtain orientation information from your study abroad advisor. Plan to attend any orientation sessions, as they are mandatory.
• Make an appointment to meet with your academic advisor and advising resource coordinator to discuss credit transfers.
• Meet with your study abroad advisor to obtain registration information and deadlines.
• Apply for a passport and student visa (if required by your program)
• Research your host culture and its academic system.
Paint a Painting

Life

Passion

Death

Resurrection

Love

Goal: Paint a painting

Status: Completed September, 2007

My Experience: The inspiration for my paintings came from doodles in the margins of my notes. I decided to use them for my first paintings and made a trip to the local craft store for supplies. I spent a long time preparing for each piece as I sketched out the design in pencil onto the canvas and tested color combinations.

My first work, titled Seasons of Love, is a series of four panels. Each shows the same tree in a different season of the year, which I have corresponded with a part of the life of Christ. The most difficult part was sketching the same tree on all four of the panels. This took a very long time. I also had difficulty choosing the “font” for each panel.

I was unsure whether I would be able to paint over one color with another, so I planned not to. However, this proved to be quite possible, and helpful for covering up mistakes. Had I known this, I probably would have painted the entire background first and then added the tree. I actually painted the letters and the tree first, and then painted the background around them. My favorite part was adding the leaves and buds to the basic tree because that really made it come alive.

My biggest problem was in color matching. For example, I had to mix white and black to get gray. When I ran out of the color I would have to remix, and it was nearly impossible to get the same shade twice. I also did not expect to have to add several layers of paint.

For my second work I used the Bible passage describing love from 1 Corinthians. I wanted to capture the whimsical feeling of love with the “font” of the word “love,” but also include all of the meaning behind it – both literally and figuratively. To do this, I first painted the
verse in blue, and after it was dry I covered it with one layer of white paint to make it look aged faded. Finally, I used a bold pink to paint the word “love” on top.

*Seasons of Love* was inspired by the following reflection I wrote during the summer of 2006:

**Tree of Life**

I lift my eyes daily to gaze upon the cross which hangs at the front of the Parish of St. Francis of Assisi. This cross is centered in front of a large circular window, which gives way to an old maple tree.

The tree is God the creator, tall and wise, rooted in love. It is the tree of knowledge, the tree of that first sinful choice. At the same time, it is a tree with fruitful branches, only brought by careful pruning. However, no one knows better than the tree that to everything there is a season, a time for the spring buds of birth, a time for the bare limbs of death.

The rough wood of the cross is the offspring of the tree, just as Christ is one with God, yet Son to the Father. The tree-become-cross understands this cycle of life and death. The cross is our greatest burden and our greatest hope.

The window is an unseen medium which gives us access to the tree of life. The Holy Spirit allows us glimpses of the Father, and for God’s glorious light to shine into our lives.

The seasons, both outside the window and within the church, are the synchronized hands of a clock, marking our humanity.

**Needs Met:**

Cognitive – I learned a new skill.

Aesthetic – My paintings satisfied my need for beauty both in the concepts they represent, and by functioning as decorations for my walls.

**How To:** Begin with a visit to your local craft store. I recommend acrylic on canvas. For paint I used a multi-color starter set and a few complimentary colors. I bought a pack of assorted brushes, but those tended to shed on my painting, and I found that I preferred the small brush which came with my paint set. I also found foam brushes to be useful for backgrounds/large areas. I chose to use a plastic pallet, but a paper plate would probably work equally as well.

Cover your workspace with newspaper and grab an old butter container for some water.
✓ Sing Karaoke
Goal: Sing karaoke

Status: Completed September, 2007

My Experience: The opportunity to sing karaoke presented itself at the St. Francis Octoberfest this fall. My friend Sam, who was in Ball State’s Concert Choir with me, insisted that we sing a song together. After surveying our options, we selected the song “Piano Man” by Billy Joel because we were both familiar with it, and we expected that it would be well known by the crowd. Our act was well-received, as we had several friends in the crowd, and most people knew the song. However, the song ran rather long, and I was tired of it once we finally got to the end.

Needs Met:

Esteem – I was affirmed by the audience, and received recognition for my abilities.

How To: Just choose a song you know, and sing along with the words on the screen.
**Play Laser Tag**

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**ZOE ZONE LASER GAMES**

**PLAYER STATS**

**Red 7**
- **Red 07**
  - **Game 34**
  - **Team**
  - **1/4/2008 4:51:40 PM**
  - **Score Set: Team**

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**You Tagged**
- **FR BA LS RS PH**
  - **16 3 18 12**

**Tagged You**
- **FR BA Shoulders PH**
  - **2 11 10 5**

---

**TEAM STATS**

**Red Team**
- **Score**
  - **38,259**

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**Blue Team**
- **Score**
  - **31,957**

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**Yellow Team**
- **Score**
  - **0**

---

**ARENA STATS**

- **Red Base**
  - **0 0 0**

- **Blue Base**
  - **3 1 0**

- **Yellow Base**
  - **4 0 0**

- **Mines**
  - **0 - 0**

- **Sentinels**
  - **0 - 0**

- **Aliens**
  - **0 - 0**

- **Recharge Bays**
  - **0 - 0**

- 3 Players Captured Your Base! (13 Tags)

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Ultrazone Fort Wayne
1104 W. Coliseum Blvd.
Fort Wayne, IN 46808
(260) 471-6719
www.ultrazoneftw.com

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Fridays & Saturdays ~ 9pm - 1am
All You Can Play ~ $15 Per Person

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www.zonelaserntag.com
Goal: Play laser tag

Status: Completed January, 2008

My Experience: Over Christmas break I went laser tagging with a few friends in my hometown. There was only one other family there for us to play against. They first instructed us on the rules, and how to fasten our vests and use our laser guns. Then we put on our vests and were allowed into the battle area.

The battle area was a foggy maze constructed of fake rocks. It reminded me of the set from the 1990s Nickelodeon show “Guts.” We ran around aimlessly, shooting at members of the other team as much as possible. It was a lot more fun and less difficult than I had expected.

When our time ran out, we removed our vests and were given our scorecards. None of us had done particularly well, but we enjoyed ourselves nonetheless.

Needs Met:

Belongingness – It seemed everyone I knew had done this before, and was very surprised that I hadn’t. After completing this, I felt like “part of the group.”

Cognitive – I learned about a new game.

How To: Players are divided into teams and wear a corresponding colored vest. The vest is equipped with colored lights and a “laser gun”. Play takes place in a maze-like, often multi-level, facility. The goal is to “shoot” members of the opposite team as many times as possible.

Directions: Laser tag is available at The Play Station located at 400 W. Ontario Drive Muncie, IN 47303.

Resources: http://www.lasertag.org/ - International Laser Tag Association (ILTA)

http://www.theplaystation.biz/index.asp - The Play Station
World's Largest Ball of Paint

This certifies that

Emily Hitchens

Has Painted the World's Largest Ball of Paint

Coat# 20780 Date 3-1-08
Color Purple Signature Mike Carmichael

765-724-4088
www.ballof paint.freehosting.net
10696 N. 200 W. Alexandria IN 46001
Goal: See the World’s Largest Ball of Paint

Status: Completed Saturday March 1, 2008

My Experience: On a Saturday afternoon, I set out to see the World’s Largest Ball of Paint with my roommate Claire and our friend Cory, who was visiting for the weekend. It took us about 30 minutes to get there, excluding the time that we were lost. When we arrived, we parked outside the Carmichael’s rural Indiana home. Michael Carmichael came out to greet us, and showed us to a small building which housed the ball.

We entered, and there it was, suspended from the ceiling by a huge chain! Painted on the wall were lists of shows and publications in which the Ball of Paint had appeared. Accompanying them was the logo for Sherwin-Williams, their sponsor and paint supplier. Michael explained the fame the Ball of Paint had gained, and showed us its picture in Ripley’s Believe It or Not. Even David Letterman had recently requested to have him on the show, offering to transport the ball to his studio, but Mike turned him down, unwilling to move the ball.

Then Mike told us how it all got started: with a baseball. When Mike was young, a baseball accidentally fell into a can of paint. Mike continued dipping it into the paint, just to amuse himself, and the ball began to grow. However, the ball was misshapen and Mike regretted not having any documentation of its growth. Years later, Mike decided to start again, but this time with a plan. Since he began the second ball, over 31 years ago, he has recorded every layer by number, color, and painter. He has taken a picture of every “painter,” who adds a layer of paint, beside he and his wife, who paint it at least once almost everyday. Mike helps the ball maintain its rounded figure by regularly shaving off unsightly lumps and bumps. He offers the shavings for donations and also sells commemorative t-shirts.
Finally, we painted the 20,720th layer on the ball. I selected purple for our color, and away the three of us went, paint rollers in hand. It wasn’t until I began to paint it that I realized the true grandeur of the ball, as it took longer and was much more difficult than I expected. The bottom was the hardest, even though there was a large mirror on the floor so that you could tell if you had missed a spot! Mike took our picture, and we signed the guest book next to our layer number. Mrs. Carmichael completed our certificates. We thanked them for their time and for letting us join in the legacy of the World’s Largest Ball of Paint.

Needs Met:
Belongingness – I joined the long list of students, celebrities, locals, and tourists who had come to paint the ball!
Aesthetic – The ball is a work of art. It is symmetrical and ordered, yet beautiful!
How To: Call Michael Carmichael at (765) 724-4088 to make sure he will be available when you want to go.
Directions: From Muncie, head west on McGalliard/332 and take I-69 north. Take Exit 45 and turn left onto Highway 28 toward Alexandria. Two miles past the intersection of Highway 9 turn left onto 200 W. Continue south 1.25 miles to 10696. The house is on the left.
Resource: http://www.roadsideamerica.com/attract/INALEballofpaint.html
Visit the

Ball Jar Museum
Goal: Visit the Ball Jar Museum

Status: Completed Saturday March 1, 2008

My Experience: I learned that Philip Robinson was the proud owner of the Ball Jar Museum here in Muncie. Since it is only his hobby, I had to go to his house first. When my roommate and I arrived, we knocked on the Robinson’s door only to have Mrs. Robinson tell us that Phil was in poor health, but their daughter was already showing the museum to some other folks, so we could go on in. We entered the quaint little garage-turned-museum and sure enough, there was a woman finishing a tour with some visitors.

Everything looked exactly as I had pictured it: the entire museum was one big shelving unit for canning jars. There were tiny jars, giant jars, colored jars, and even specially shaped jars. There were random stuffed animals scattered about the museum and poked into jars in an attempt to entertain any child visitors. We gave ourselves the self-guided tour and decided to hit the road, as we are not jar enthusiasts by any means.

Needs Met:
Cognitive – Now I know what is inside the Jar Museum, which I routinely would pass and wonder about!

How To: Contact Philip Robinson at (765) 282-9707.

Directions: The museum is located on the corner of Wheeling and Cowing at 1201 W. Cowing Drive, Muncie, IN. The museum is in a garage next door to the Robinsons’ home.

Shafer Bell Tower
Goal: Go to the top of Shafer Bell Tower

Status: Completed Friday March 14, 2008

My Experience: The man responsible for the bell tower, Dr. Kirby Koriath, was difficult to connect with, but I was finally able to arrange a tour for the Friday of spring break. He unlocked the door to one of the “legs” of the bell tower. We climbed a narrow spiral staircase up eight floors (101 steps!). At the top of the stairs was another door which opened to a small room.

The room was well-lit and relatively inviting, despite an abundance of dead flies. In the center of the room was an instrument that looked akin to an organ, only instead of keys there were levers. Wires led from the instrument through the ceiling, and up to the bells. There were a few more stairs which led up to a hatch in the roof, and presumably, to the bells.

Dr. Koriath explained that the instrument was called a carillon (pronounced “CARE-i-lawn”) and that it worked similarly to an organ. Koriath, who plays the organ himself, said it was easiest for an organist to play. The university does not have an actual carillonneur, a person who plays the carillon, so the instrument does not get played as often as it should. Unfortunately, this also means that even though students may have an interest in learning to play the carillon, there is no one qualified to teach them. As a result, aside from the most special of occasions, the most we hear from the carillon is a chime every 15 minutes, a function which is run by a computer in Dr. Koriath’s office.

We went up through the hatch to see the bells themselves. Being afraid of heights, I was terrified, but I made myself do it – I figured I had already come this far! Dr. Koriath admitted that he was a bit acrophobic himself! The 48 bells were custom made by a company in France. There are nets positioned on all four sides to keep the birds out, but they also made me feel much safer!
Dr. Koriath found a copy of the Ball State Alma Mater and played it for me. Then he let me give the carillon a try! This was an interesting way to build on my piano lessons from last year! I made up my own little tune as I went along, pulling the levers that suited me. The levers for lower-pitched notes were much more difficult to pull because the bells were much larger. I ended my tune with the lowest bell there was, and we climbed down the 101 stairs.

**Needs Met:**

Cognitive – This goal satisfied my cognitive need for knowledge and understanding about how the bell tower works.

**How To:** Contact Kirby Koriath, professor of music performance, at (765) 285-5502 or klkoriath@bsu.edu. There are also occasional carillon concerts which are followed by tours. These usually fall during homecoming week, family weekend, or graduation.

**Directions:** Shafer Bell Tower is in the center of McKinley Ave., just south of the intersection at Neely Ave. The tower is between the David Letterman Communication and Media building and University Green.

**Resources:**

http://cms.bsu.edu/About/HistoryAndMission/CampusLandmarksAndTraditions/ShaferTower.aspx

http://faculty.culver.org/~gouwenj/bsucalendar.asp
Volunteer at a Soup Kitchen
Goal: Volunteer at a soup kitchen

Status: Completed Monday March 17, 2008

My Experience: I arrived at the Harvest Soup Kitchen early on a Monday morning to find a handful of retired church ladies working in the kitchen to prepare the day’s lunch. They were glad to have me, and put me to work filling dishes with fruit cocktail. More volunteers trickled in as we worked, as well as deliveries from suppliers, including left-over bagels from Panera Bread Company. The ladies even made me pick out a few bagels to take home!

Later in the morning I was given the job of dying Easter eggs to be handed out later in the week (as the coming Sunday was Easter Sunday). I coaxed one lady into dying the eggs with me. She was reluctant at first because she didn’t know how to do it, and never had any children to dye eggs with and thought it would make her sad. But, once I got her started she loved it! I found the white crayon included in the box and started making designs on the eggs and writing the ladies’ names on them. They all thought it was just the neatest thing.

The lady working with me began to chat and offer random pieces of information about her life. I asked her how she had met her husband, and that was all I had to say for the next hour or so. As we continued dying eggs, she relayed her life story to me, with many tangents along the way. I didn’t mind. I enjoyed listening to her stories. When we were ready to go, she told me she had really enjoyed talking to me, and confessed that she never felt like she fit in with the others or could talk to them. Though I didn’t really get to interact with the people coming for food that day, it seems that in this case we were able to serve each other while we were serving others.

Needs Met:

Esteem – I felt good about myself for knowing that I helped others meet their physiological or belongingness needs through food and conversation respectively.
How To: Just show up! Harvest Soup Kitchen accepts volunteers Monday through Friday mornings. There is no set time, but volunteers generally come around 8:00 or 8:30am and stay as long as they can. You can also call ahead at (765) 287-8439.

Directions: Harvest Soup Kitchen is located at 920 East Charles St. in downtown Muncie. Take Wheeling south (it will turn into High St.). Turn left onto Charles St. Look for the blue Harvest Soup Kitchen sign on the left, just past St. Lawrence Catholic Church (it is in the same building as St. Vincent de Paul Store). Go in the door, down the stairs, and to the left. If the door is locked, knock on the bottom window on the St. Vincent de Paul side and somebody will let you in.

Resource: http://www.infoki.com/mh0kjtg.htm
Be a Vegetarian for a Month
Goal: Be a vegetarian for a month

Status: Completed Friday February 22 – Friday March 21, 2008

My Experience: Let’s start by setting a few things straight. I enjoy eating meat. I love a good steak! Though I don’t like to think about where meat comes from, I consider it part of the food chain. I did not choose to be vegetarian as any kind of protest or for nutritional benefits, but for understanding and a wider view of the human experience.

That said, I decided to try being a vegetarian for a month. The guidelines I set for myself were not to eat any red meat or poultry. I could still eat seafood, eggs, and milk. I don’t eat a lot of meat normally, but now that I wasn’t eating it, meat seemed to be everywhere! The most difficult part was eating food prepared from others, because I didn’t want to cause problems or insult their cooking. Dining out was also difficult, because most menu items involve meat.

I consulted the USDA’s nutrition website to see what I should eat instead of meat. Nuts, beans, eggs, milk, and vegetables were listed as alternative sources of protein. Not liking beans, I quickly ruled them out. I stocked up on a variety of nuts from the bulk food section. I first tried eating them by themselves, but found them dry and unappetizing. I began mixing them with raisins, which proved a good match and also made up for the iron found in red meat.

The USDA website also included a handy application which helps track the food you eat each day as well as the servings you need and the nutrients received. Through this, I learned that I probably wasn’t getting enough protein each day, even when I was eating meat. Most importantly, I learned to pay attention to the amount of each food group I’ve eaten in a day, and to base meals on what I still need to be balanced. These skills are useful to everyone, vegetarians and carnivores alike!
I also noticed a psycho/social element to the vegetarian lifestyle. I found myself wanting to hide the face that I was not eating meat. I wanted to make sure the label of “vegetarian” did not apply to me. I wanted people to know that I was only doing it for a month and that I didn’t enjoy it. I also found the temptation to eat meat very great. Perhaps, this is due to my motivation for being a vegetarian. Had I been repulsed by the idea of eating animals (as many vegetarians are) I would not have been tempted to “break the rules” and eat a juicy steak!

Needs Met:

Physiological – I learned to meet my dietary needs in different ways.

Cognitive – I learned the nutritional value of different foods, recommended portions, and how to eat to fulfill specific needs.

How To: Stop eating meat and discover alternative sources of protein.

Resources: www.nutrition.gov – important and helpful nutrition info from the USDA

www.mypyramid.gov – track the foods you eat each day

http://www.recipezaar.com/135272 – a great lemon cod recipe!
☑ Add to the Gum Tree
Goal: Add to the gum tree

Status: Completed Wednesday April 2, 2008

My Experience: The gum tree is one of the campus’s lesser-known anomalies. It has been here ever since I came to Ball State in 2004. No one quite knows how it began, but my guess is that one brilliant student, or possibly a handful, needed to spit out some gum, and rather than using a trash can, decided to stick it on the tree. Over time, other students found the idea amusing, and it became a trend. Now the trunk of the tree is covered with gum. I decided that I, too, would add to the legacy of the gum tree. I chewed a half stick of spearmint gum and stuck it securely to the bottom of the tree trunk.

Needs Met:
Belongingness – Adding to the gum tree is a way to affiliate myself with all the others who have done so, as well as leave a piece of myself on campus.

How To: The gum tree is located between Noyer, Woodworth, the parking garage, and Pruis Hall. Chew some gum and stick it to the tree.
Goal: Rub Frog Baby’s nose

Status: Completed Sunday April 6, 2008

My Experience: Frog Baby is a classic campus landmark and legend. Stories hold that rubbing her nose brings good luck on exams. Frog Baby used to be in the Art Museum, but students visited her so much that her nose was damaged. After some repair she was returned to campus in her very own pond! Few students rub her nose these days, but during the winter months students often lend her a hat and scarf. She also serves as a common meeting place for students.

With finals week approaching and projects coming due, I decided it was the perfect time to give her magic a try. I told a few friends to “meet me at Frog Baby.” It was one of the first warm and sunny days of the semester, and the fountain had only recently been refilled. I kicked off my flip flops and stuck one leg in. I thought the water might be warm after sitting in the sun all day, but to my surprise it was ice cold! After wading in my legs began to adjust to the cold (or perhaps turn numb). I crossed my fingers and gave her nose a gentle rub, hoping for good luck! We took a few more glamour shots together, and then I waded out.

Needs Met:

Belongingness – The legend of Frog Baby is a long-standing part of campus tradition.

Cognitive – Hopefully this will bring me knowledge and understanding!

How To: Frog Baby is in the fountain outside the North entrance to Bracken Library. Hop on in!

Resource: http://www.bsu.edu/map/bldngs/frog/ - the history of Frog Baby
Go Fishing
Goal: Go fishing

Status: Completed Monday April 7, 2008

My Experience: Fishing is something that has been on my list for a long time. This is often surprising to people because it seems like a rather commonplace activity. However, growing up in suburbia, I never had the opportunity. I’ve tried to arrange fishing trips several times, but something has always happened to keep it from materializing.

I discovered that my friend Dan likes to fish, so I arranged for him to take me one evening. A mutual friend invited us to fish in the pond in his apartment complex here in Muncie. (Note: fishing license is not required to fish in private waters.) First, Dan removed the hook from my fishing pole so I could practice casting. He instructed me to push the button (which releases the line) as I brought the pole back, and to release the button as I swung the pole forward, casting my line into the water.

After a few practice swings, Dan reattached the hook to my line and I was ready for some bait. While he brought worms, I was relieved when he let me use artificial bait, which looked like little neon green corn kernels. We sprayed the bait with something that was supposed to make them extra appetizing to fish. Dan also attached sinkers, which made the line sink to the bottom, and a bobber, which allowed me to see where my line went into the water.

After casting our lines, all there was to do was wait. We waited and talked, talked and waited, cast and recast. We laughed at the ducks and sipped our drinks. After about an hour, the sun had set, and neither of us had caught anything but seaweed. As we packed up, Dan reassured me that this was a common outcome, and I added a new goal to my list: catch a fish.
Needs Met:

Cognitive – I learned a new skill (how to fish) along with the appropriate vocabulary and social norms.

How To: If you are fishing in public waters, you will need an Indiana fishing license, which must be purchased annually (valid April 1 – March 31). You will also need a fishing pole and some kind of bait. Patience, company, and a cold beverage are also helpful, though not necessary.

Resource: http://www.in.gov/dnr/fishwild/licenses/buylic.htm - Indiana fishing license
Eat Gelato
Goal: Eat gelato

Status: Completed Wednesday April 9, 2008

My Experience: Several of my friends have studied abroad in Italy, and all of them have come home raving about the gelato (an Italian dessert similar to ice cream). They describe it as, “tasting like heaven.” I still want to try gelato in Italy, but I settled for the next best thing: gelato from an Italian restaurant here in Muncie.

I brought one of my traveling friends along, just to see how it would compare. We arrived around 4:00pm, and were the only ones in the restaurant. We both decided on Crème de Menthe (mint chocolate chip) for our flavor. When our gelato came out, it was cold, sweet, and delicious. The main difference I noticed between gelato and ice cream was the texture – gelato is a bit runnier. I asked my friend how this gelato compared to what she had in Italy. She said it was good, but had difficulty giving any specific differences. Gelato is an excellent treat, which I am sure I will be having again!

Needs Met:

Cognitive – I had often heard people rave about gelato, but always wondered what it was like.

How To: Gelato is available in Muncie at Bella Avanti Italian restaurant, opened 11am – 9pm (call to verify hours). Gelato comes in a variety of flavors and costs about $3.

Directions: 3201 W Bethel Ave Muncie, IN 47304. From McKinley, turn left onto Bethel. Continue past Tillotson, an Bella’s is on the left.

Resource: Bella Avanti (765) 254-3354
☑ Observe Prayer at a Mosque
Goal: Observe prayer at a mosque

Status: Completed Friday April 11, 2008

My Experience: I thought it was important to add observing prayer at a mosque to my list because of the negative stereotypes of Muslims that have plagued our country in the past several years. I thought it would be best to see first-hand what practicing the Islamic religion is like. Aside from this, I also have special interest in learning about faiths that are different from my own.

I arranged to join a religious studies class for their visit to the Islamic Center so that I could benefit from the overview beforehand. I arrived and took off my shoes once inside the door. The room was quite open, with wall-to-wall carpet and an assortment of couches lining the perimeter. The back wall was a mural of Mecca. The front wall looked like the skeleton of a stained-glass window that was covered by blinds and a large white sheet. I later learned that we were on the women’s half, and the other side was for the men.

A Muslim student who was from Afghanistan gave us a power-point lecture on the basics of Islam. Islam is based on five pillars: 1) faith that there is one God, and Mohammed is His prophet; 2) prayer five times daily; 3) tithing; 4) fasting during the month of Ramadan; and 5) making a pilgrimage to Mecca. He stressed that Islam, Christianity, and Judaism all share the same God, the God of Abraham. He also stressed that Islam is a religion that preaches peace, not terror. After his lecture, we enjoyed pizza while waiting for prayer to start.

Just before 1:00pm, the call to prayer began, which was sung in another language. Men and women gathered in their respective rooms. Since it was Friday, and in Islam Friday is the holy day of the week, there was a sermon first, which lasted about thirty minutes. At the end of the sermon, the women put a mat on the floor facing northeast (toward Mecca). They stood at the
edge of the mat and prayed for a minute or two, then knelt on the mat, repeatedly pressing their foreheads to the ground. This went on for another minute or so, then they sat up and looked to their left and to their right. This concluded the prayer, but some women knelt on the mat once more and continued to pray on their own. After prayer, our host came back for some questions and answers before we left.

I felt very comfortable throughout my visit. It was clear that the purpose of the lecture and discussion was not to preach or convert, but to educate. I left with a great respect for those I had met at the Islamic Center, as well as all Muslims.

Needs Met:

Cognitive – I got the inside perspective on an often misunderstood religion.

How To: Contact the Muncie Islamic Center at (765) 288-8014. To go with a religious studies class contact the Department of Philosophy and Religious Studies (NQ 211) at (765) 285-1244.

Directions: The Muncie Islamic Center is located at the corner of Ball Ave. and Bowman St. If coming from campus, turn right onto Bethel from McKinley. Turn left onto Ball and then left onto Bowman. Parking is available on Bowman St.
Run a 5K

Before

After
Goal: Run a 5K

Status: Completed Saturday April 12, 2008

My Experience: Prior to last May, I refused to run unless I was being chased by something dangerous. Then I finally gave in and decided to join the culture of runners. While I am still a novice, I have been running sporadically since then.

Throughout this school year, my friend Erin organized a 5K run/walk to raise money for St. Anne’s church in Newcastle, IN, which burned down on Easter of 2007. I decided to enter “The Race to Rebuild” as a runner. I was intimidated by the thought of running 3.1 miles at once, but thought it would be a good challenge. Throughout the year I did no special training but my usual sporadic running.

When race day came I felt unprepared. It was chilly out, so I layered up and grabbed some gloves. When I arrived at St. Francis, our starting point, everyone was hustling and bustling. I signed in and received my number and was instructed to safety-pin it to my shirt. Once I had my number on, I felt much more official. The runners began five minutes before the walkers. I buddied-up with my roommate, Claire, who, incidentally, accompanied me on my first run back in May.

The starting gun sounded, and off we went! The route was well marked with orange cones, sidewalk chalk, and volunteers to point the way. We ran at a slow pace, hoping to retain enough energy to finish strong. As the run became more and more difficult, Claire praised my hard work and cheered me on! Near the end of the route, I stopped to walk while Claire continued running. I planned on walking the rest of the way back, but after a few blocks, I was tired of walking and just wanted to be finished, so I began running again. The short break helped a lot, and running was not as difficult as when I had stopped. When I approached the finish,
several of my friends were cheering me on. I finished in 38 minutes, but most important to me was the fact that I finished at all. I was extremely proud of myself for accomplishing this goal!

**Needs Met:**

Physiological – Preparing for and running the 5K helped me meet my physical need for exercise.

Esteem – Struggling to complete the 5K gave me a great sense of accomplishment.
☐ Attend a Mormon Church Service

THE BOOK OF MORMON
ANOTHER TESTAMENT OF JESUS CHRIST
Goal: Attend a Mormon church service

Status: Completed Sunday April 20, 2008

My Experience: I went with my friend Michelle, who is a member of the Church of Jesus Christ of Latter-Day Saints. Their regular Sunday meetings include three parts, roughly an hour each. First was the Sacrament Meeting. Everyone sat in the main church room. The congregation sang an opening hymn. Then they had communion, which consisted of small pieces of bread and little paper cups of water passed around on silver trays. The Sacrament Meeting continued with a few more hymns sprinkled in as two church members got up to give talks on the Holy Spirit.

After the first part was over it was time for Sunday School, and everybody broke off into age groups and went to small classrooms. During Sunday School, groups study a particular section of scripture. We opened with a hymn, and then our group spent the remainder of the hour with a lesson and discussion on a chapter from one of the books from The Book of Mormon. I was able to follow along as Michelle had given me a copy of the book before we left. I was encouraged to participate, though I was completely unfamiliar with The Book of Mormon. A bell rang, signaling the end of the hour, and it was time to move on.

The third session we went to was called Relief Society, and it was for the women of the church. The third session focuses on some specific church doctrine. We opened with a hymn, and then sang a second “music appreciation” hymn. The women discussed certain passages of doctrine, none of which made any sense to me. Then a woman came forward to share a talk. The meeting concluded with some announcements.

On our way out, some of the missionaries, whom I had met earlier, asked if we could meet sometime so they could share their message with me. I told them that I knew where to find them if I wanted to talk more about it. I realize that they were only doing their job. Overall, I had
a very positive experience visiting the Mormon church. Everyone I encountered was very friendly and welcoming, and very excited that I was visiting.

Needs Met:

Cognitive – I got the inside perspective on an often misunderstood religion.

How To: Contact the Church of Jesus Christ of Latter-Day Saints by phone at (765) 288-7278. Missionaries are also easy to find on campus. The Sacrament Meeting begins at 11am on Sunday morning (call to verify time).

Directions: The location for the Church of Jesus Christ of Latter-Day Saints in Muncie is at 4800 W Robinwood Dr. To get there, take Riverside west and turn right to merge onto Jackson. At the stop light, turn right onto Morrison. Robinwood Drive is on the right, just before the 4-way stop at Petty. The church is on the left-hand side of the road.

Resource: www.mormon.org
Goals yet to be Completed

☐ Be in a giant food fight
☐ Attend a typical Jewish service
☐ Go on a blind date
☐ Catch a fish
☐ Earn a bachelor’s degree
☐ Work as a waitress
☐ Live in a big city
☐ Tour Italy

and The List goes on...
Epilogue

I have very much enjoyed working on this project throughout the semester. As with many of the items on my list, many of the lessons I learned were unexpected. One of these unexpected lessons was in communication. I spent much of the first two months of the semester scheduling, planning, emailing, and making phone calls. Of course this also resulted in a great opportunity to practice exercising patience while waiting for contacts to reply.

In the end, this experience confirmed for me the old saying, “it’s not what you know, but who you know.” I found that no goal is impossible if you know the right people. Often I did not even realize that I knew the right people until I would mention a goal I was having trouble with and a friend or professor would say, “Oh yeah, I know the guy you need to talk to for that, tell him I referred you.” I learned that a referral from a friend or colleague can be like a backstage pass into the professional world.

I also learned the necessity of flexibility. Invariably, one of my contacts would fail to respond or have a schedule conflict. Because of this problem, a few of my goals for this semester did not get completed. One of these, to be in a giant food fight, I scheduled as part of an event for a student organization in which I am an officer. Unfortunately, the event had to be canceled, and along with it my food fight. Another of these is attending a typical Jewish service. Once I successfully found a contact, the only date that worked was after the conclusion of this project (however, I will still be going).

One must find a balance between having flexible deadlines and having undefined goals. The completion of life goals is a marathon, not a sprint – there must be some element of pacing.
However, if goals are left completely undefined, one will not know when they have been accomplished. Through this project, I have learned to create opportunities, rather than wait for them. In contrast, I have also learned that things do not always work out as planned, and that’s okay.

In sharing this project with others, I have been met with a variety of reactions. Some were confused; a few were skeptical of the project’s merit. Many were excited; most were intrigued. Some were even inspired to write their own lists. One friend wrote his on the spot, on the back of a Steak-N-Shake placemat. Whatever their reaction, my goal has been to make people think. I want to make people consider the possibilities for their own lives. If people think my goals are silly, I don’t mind, as long as it sparks something inside them that leads them to do something they find important, adventuresome, or just plain fun.

Some people have expressed concern that I am working through my list too quickly. “What will you do when you finish it?” they ask. I explain that The List is fluid – it is ever-changing. While it may seem like a static piece of paper, The List is alive within me. It changes as easily as ideas come and go. While I hope to accomplish every goal I add to my list, I also hope that my list is never finished.
Places to take Emily:

- Disneyland
- Higher Grounds
- Applebees
- Panera
- Fridays
- Ritters
- munchies
- Don Pablos
- CeBdias
- El Aztco
- Carlos "O"Kelly's
- Chilis
- Senator
- Logan's
- Triangle Park
- Cosmic Bowling
- Panda Express
- Cinema Grill
- Cheesecake Factory
- Flat Top Grill
- Sea World
- Circle Center
- France?
- All-England World
- House & Hound
- The Beach
- In the Park
- Red Robin
- Puccini's
- IHOP

- Vancouver
- Hot air balloon
- Horse back riding
- Eddie Hor's
- laser tag
- Milk a cow
- Colorado
- ride a mechanical bull
- fly alone
- stay in a hotel alone
- go to a bar
- eat gelato
- fly 1st class
- be in a giant food fight
- go to the top of Shaffer Bell
- go fishing
- deer-to-deer caroling
- carriage ride @ Christmas time
- Latin Mass
- be involved in a date auction
- sing @ an open mic night
- Blind date
- Mosque
- Temple/Synagagy
- Sew a dress
- Drive a stick-shift
- play a piano 460
- donate to locks of love
- run a 5k