

# MAHS Newsletter



Minnesota Association of Honor Societies

November 2010

## The 2010-2011 MAHS State Service Project is Hunger Awareness

The MAHS Executive Committee selected Hunger Awareness as this year's State Service Project. Find out more by reading below!

### “Feeding the Body and the Mind”

*By: Lisa Ramroop*

Each year, low-income Minnesotans miss a staggering 125 million meals. Multiple nights, children, adults and seniors go to bed hungry or wake up to an empty breakfast table. Members of our community are walking around our neighborhoods, preoccupied with the constant anxiety of where their next meal will come from.

According to the October 3, 2010 edition of *The Winona Daily News*, the U.S. Department of Agriculture estimated about 10 percent of Minnesotans are often hungry and relief groups are worried because statewide hunger is on the rise. A recent study suggests that hunger in Minnesota has doubled over the past five years. As a result of the recession, the face of hunger is changing. Entire working class families, wounded by an unforgiving economy, are now dependent on local food shelves and food stamps to get their 3 meals a day. However, the effect on these families extends far greater than just rumbling bellies.

Growing research suggests hunger and undernourishment can lead to depression, diabetes and even obesity, resulting in medical and educational costs paid by the public sector. Hungry

children are more likely to suffer from depression or misbehave, have lower math scores and even repeat a grade because they can only concentrate on one thing - the gnawing pain in their stomachs. A University of Minnesota Food Industry Center study funded by Target, reveals that hunger is costing Minnesotans upwards of \$1.62 billion annually in direct and indirect health and education costs.

In consideration of the new reality presented to thousands of Minnesotans, it is no wonder that the State NHS Executive Committee chose Hunger Awareness as the 2010 MAHS State Service Project. This service project's focus will be on both combating hunger in our community, through raising money, working at food shelves and soup kitchens, donating food, and also on educating the public and students on how pervasive the problem is in our communities. Chances are, someone who you work with, or someone in your classes, if not you yourself, is hungry everyday. We hope you accept the challenge, that NHS chapters across the state, as a united front, can help feed the members of our community and combat hunger for good!

## **From Bowls to Biscuits : Ways your NHS Chapter can Contribute to the Hunger Awareness Campaign!**

*By: Lisa Ramroop*

So, you got wind of the new State Service Project, it catches your interest, and you're excited to get started! The only problem is...what to do? Well, luckily for you, with the broad scope and reach of this year's service project, the opportunities are endless.

One option that many schools already adopt is a school wide food drive. With Thanksgiving just around the corner, this is an excellent time to start organizing. Collaborating with other student organizations in your school (like Student Council, Service LINC etc) helps get the whole school involved! You can add a creative twist to the food drive program by having sculptures of canned food in an area of the school that is easily visible by the student population, or the kids can try to "can" the principal out of his or her office by filling it full of items (with permission of course!) :)

Member of NHS can also set up an information booth, or hand out flyers that present the public with hunger information in their community, and ways they can help. Working at local soup kitchens, local food shelves, and places like Feed My Starving Children or Second Harvest Heartland are all opportunities for NHS members to get involved directly with combating the

hunger process. Added incentives, like a special lunch, or prizes for the class that raises the most food or money is always a popular and successful idea as well.

There is also a Walk to End Hunger, Thanksgiving morning from 7-10am at the Mall of America. If this doesn't appeal to you, your chapter can adopt a program like Soup Bowls for Hunger, or Empty Bowls, where local potters or ceramic students get together and create bowls. The bowls are then painted and sold. Schools can then host a community dinner, where people bring their bowls and get a free bowl of soup, (donated by local restaurants, or made by the students themselves). The bowl then remains with the purchaser after they go home, as a reminder of the empty bowls others face on a daily basis.

With a little creativity, the opportunities are endless! Please join the fight against hunger this year. With the current recession, hard times are upon all of us, and it is during times like this we must band together. Let's take up the challenge!



## **Presidents' and Officers' Forum and Training**

The Minnesota Associations of Honor Societies and Student Councils held their annual forum on Monday, November, 15, 2010. The event took place at Arrowwood Resort in Alexandria, Minnesota. At the forum, 297 honor society and student council members were provided with leadership training, discussion, idea sharing, and more.

Paige and Kurt judging yearbook entries.



Vice-President Paige Borst (Left), President Lisa Ramroop (Middle), and Secretary Kurt Haag (Right) are working at the October meeting.



**President Lisa Ramroop**

Lisa Ramroop, 17, is a current senior at Eastview High School. Her parents are Nalini and Ranjisinghi Ramroop. At Eastview she is President of Eastview's NHS chapter, Debate Captain, Speech Captain and is actively involved in Student Council, Service LINC and Choir. Outside of school, Lisa enjoys volunteering, any type of water related activity and traveling. Post-high school, she plans to major in International Health. This year for MAHS Lisa wants to see a growth of participation in the various conferences and hopes to deliver a service project everyone can be excited about!

**Vice-President Paige Borst**

Hello, my name is Paige Borst and I am your 2010-2011 Minnesota State Executive Vice President. I was born on October 8, 1992 in Monticello, Minnesota to Jo and Gary Borst. I have one brother and one sister and I am the middle child. I am a senior at Bertha-Hewitt High school. I am the president of my local BPA chapter, class, National Honor Society, FCCLA Chapter, and speech club,

just to name a few. I am also involved in over 35 extracurricular activities at my school. I am a very laid back person who loves hanging with my friends, shopping, and watching football. I love living life to its fullest and I love a challenge. I enjoy meeting new people and getting to know them. Many describe me as outgoing, hardworking, intelligent, and sometimes a little too



talkative. I also love spur of the moment things and adventure. Some of my hobbies included playing softball, reading and dancing. After high school I plan on studying pre-med and attending medical school.



**Secretary Kurt Haag**

Kurt Haag is a senior at Becker High School. Kurt serves as secretary for Becker's NHS Chapter and is involved in soccer, musicals, and drumline. Kurt has a large passion for music. He is involved in band (concert, pep, jazz, marching) and choir (concert, swing) at school. Kurt serves as a pianist and participates in worship band, voice choir, and handbell choir at his church. In addition to his many involvements, Kurt enjoys hunting, fishing, reading, and hanging out. Kurt plans on attending Concordia College after high school.

**MAHS STATE CONVENTION**

**Thursday, February 17th**

**9 a.m. - 1:30 p.m.**

**TIES Building**

**Grand Hall**

**1667 N. Snelling Ave.**

**Craig Hillier presenter**

**leadership training**

**election of officers**

**Awarding of Scholarships**