

# Muriel A. Howard Honors Program Newsletter

OFFICIAL NEWSLETTER OF THE BUFFALO STATE HONORS PROGRAM



Recycled Container Art with Ms. Stevens



South Wing Courtyard Beautification



Planetarium Night with Kevin Williams



Eco-Friendly Eating with Studio Vegan



Hellbender Salamanders with Dr. McMillan



Clothing Swap in the Honors HUB

Honors Celebrates

# Earth Week

April 18th - April 23rd

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...Moving Forward

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# Honors MUSIC Spotlight

## CASSIDY FADDIS *Voice & Percussion*

**Ensembles:** Wind Ensemble, Percussion Ensemble, Orchestra, Chorale and Concert Choir

**Proudest moment or accomplishment in music:** Both my percussion recital and voice recitals because I never thought I'd be able to do that but I've been practicing for years to get to where I am and I was able to do it with friends, family, and faculty members around me who believed in me.

**Do you have any advice?** Go to your fellow classmates and become friends or get to know one another. We're a really close-knit group in the department and you'll have some of the best friends that'll stick with you because of that. I also would say PRACTICE PRACTICE PRACTICE even if it's only for a little bit every day.

## DAVID WHITAKER JR. *Trombone & Keyboard*

**Ensembles:** This semester, I'm in the Wind Ensemble, Jazz Chamber Ensemble, and West African Drumming Ensemble.

**How did you get into digital music?** When I thought about being a music composer, I didn't want to limit myself to just acoustic sounds. When I heard the digital stuff and saw all the sounds I can create, it was so exciting to try them out!

**Any Advice?** If you're really passionate about music, find some friends with that same passion and collaborate with them. It's always fun to work with people that love the stuff you do. Plus, it's a chance to learn from their experiences and broaden your horizons.

**What do you listen to?** My playlist consists of 85% video game music, 10% Kanye West, and 5% miscellaneous!

## TRINITY RIDOUT *Voice (Soprano), Guitar, & Piano*

**Ensembles:** Buffalo State Chamber Choir, and in previous semesters the Buffalo State Chorale and The Vocal Chamber course. Last fall I performed with that class in *The Old Maid and The Thief*.

**Your Typical Day:** As a junior, I've completed my IFs and I'm almost finished with my Honors requirements, so all of my classes are for my major or minor. I take piano, music history, several DMP courses, and I have performance classes. I have Game Audio which is a new course being offered. I then take history and electronic music composition. After that I have an applied music lesson.

**Do you have any advice?** Balance your Honors and music credits. I think it's common to load up on IFs in your first two years, but music is a degree program that requires a steady pace of study. The skills learned in the first music courses were essential as I progressed through the degree. I still have a couple Honors courses to fulfill, and I've been able to find a good balance between my requirements.



CASSIDY FADDIS



DAVID WHITAKER JR.



TRINITY RIDOUT

## GRANT ASKLAR *Saxophone, Clarinet, Flute, & Piano*

**Ensembles:** I currently perform in the Wind Ensemble, Jazz Ensemble, Chamber Choir, Clarinet Quartet, and Chamber Jazz Ensemble (jazz combo).

**Why Buffalo State College?** I knew how inviting the professors were from participating in their summer music/jazz camps in high school. Another reason is that I can see my professors perform every weekend in various local restaurants and music venues. The music department at Buffalo State is tight-knit and creates a very supportive and welcoming environment.

**Proudest Moment or Accomplishment:** One of my proudest accomplishments is being invited to audition for the Pershing's Own United States Army Band. Another great accomplishment of mine would be attending the 2021 Brevard Music Center Summer Institute in Brevard, North Carolina.

## ALYSSA AGRO *Voice (Mezzo-Soprano) & Clarinet*

**Ensembles:** Being that I have a vocal concentration, I performed in Buffalo State's Chamber Choir, Chorale, and Vocal Chamber Ensemble. Because I played the clarinet, I also performed in Buffalo State's Wind Ensemble.

**Your Typical Day:** The day of a music major is very busy. The day will usually start with classes such as music theory, aural perceptions, and piano. As the day goes on and depending on where you are in your degree, you may attend music-related content classes such as music history, instrumental techniques, and methods classes. The day also includes rehearsals for the different ensembles you may be involved in along with your weekly lessons and accompanist sessions.

**Do you have any advice?** Practice makes perfect and don't be afraid to try new things. The life of a music major is busy; so is being an Honors student. Being a musician takes time and dedication. Secondly, try new things. One of the best parts of being a musician is being able to appreciate others who are musicians. Even if you don't join one of our ensembles, going to some of the concerts and events the music department hosts may help you find new interests.



GRANT ASKLAR



ALYSSA AGRO

## HONORS MUSICIANS

Alyssa Agro  
Jenna Agro  
Grant Asklar  
Joseph Bastian  
Olive Beamer  
Melanie Bebak  
Matthew Bouchard  
Grace Brzykcy\*  
Bailey Buckley\*  
Natalie Clause  
Gabriella Colton  
Kathleen Dunne  
Cassidy Faddis  
Rainna Frombgen  
Jonathan Golba  
Skyler Graham

Cameron Juzdowski  
Sebastiano Lombardo  
Alex Minney  
Michael Parrizzi  
Trinity Ridout  
Lindsey Roth  
Mary Kate Schmitz\*  
Christina Scioli  
Austin Shutter\*  
Brianna Smith\*  
Nick Stanford  
Megan Swick  
Jillian Tung\*  
Keith Vantino  
Rachel Ward  
David Whitaker Jr.

\*Non Music Majors involved in ensembles

## UPCOMING CONCERTS

*Buffalo State  
Jazz Ensemble*

**APRIL 26 - 7:30**

*Buffalo State  
Wind Ensemble  
and Choirs*

**MAY 3 - 7:30**

*Buffalo State  
Philharmonia Orchestra*

**MAY 10 - 7:30**





# NRHC 2022 Conference

On April 7th -10th, Dr. Amy McMillan, Matt Baran, and Honors Student Morgan Harrington travelled to Philadelphia to attend the first in-person NRHC conference since 2019! The Northeast Regional Honors Council (NRHC) is an organization of students, faculty, and administrators dedicated to the encouragement and support of undergraduate Honors learning. Honors students from dozens of institutions around the region convened in the City of Brotherly Love to present work from a broad range of disciplines. The conference serves as an important hub for Honors student networking, professional development, and presentation experience.

Following a rainy 6-hour drive to the conference, the trio from Buffalo State had a beautiful Spring day to explore the sites of downtown Philadelphia in the "City As Text" group excursion. Highlights included the Constitution Center, Reading Terminal Market, City Hall, and the gardens of the Philadelphia Museum of Art. Conrad Benner, founder of streetsdept.com, gave an inspiring speech about the resurgence of

both "commissioned" and "non-commissioned" public art across Philadelphia - and it's difficult to miss the abundant murals and sculptures downtown (see below)! In addition to the hundreds of student presentations, the conference also featured events such as a banquet, open mic night, student gala, and free headshots.

Morgan Harrington, dual degree Honors student studying psychology and criminal justice, presented her poster titled "The impact of COVID-19 on the reinforcing value of food." She reflected afterward, "Going to the NRHC Conference was an amazing experience where I had the opportunity to not only show others my own research but learn from other students in the Northeast and their own interests... NRHC put

me out of my comfort zone as this was my first ever conference and I knew no one besides Dr. McMillan and Matt who accompanied me. I met so many new people who I am still in contact with!" Morgan also presented her research at the SUNY Undergraduate Research Conference (SURC) hosted by Buffalo State on April 23rd.

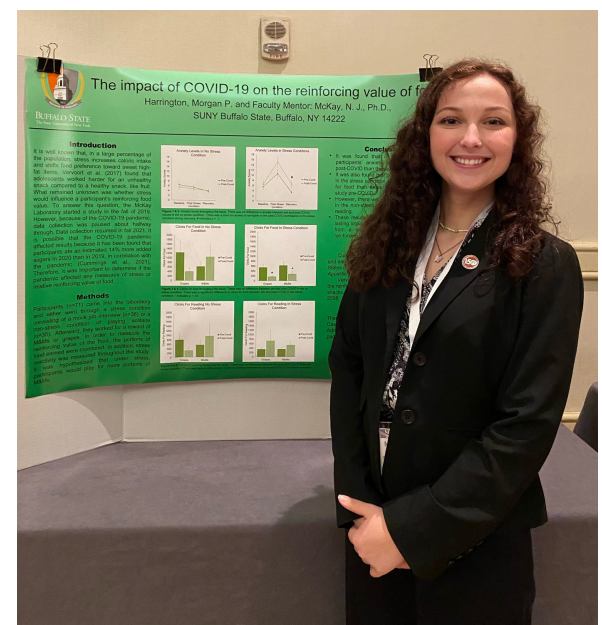
"Next year's conference will be held in Pittsburgh and we hope to bring several of our Honors Students to present their work," says Dr. McMillan. Morgan adds, "To any other students who are considering attending NRHC or getting involved in research in general I strongly encourage you to reach out to a professor who's class you enjoyed or a professor who has similar interests as you and ask if they are currently working on any projects that you can help with. Getting involved with research has been extremely rewarding for me, especially now that I have been able to have experiences such as the NRHC conference."



**Dr. Amy McMillan and Matt Baran pose with "Torchy" the NRHC mascot**



**"ContraFuerte" public art by Miguel Antonio Horn**



**Morgan Harrington presents her research poster**



# HONORS ACHIEVEMENTS



## ADAM SADARO

Honors Graphic Design Intern

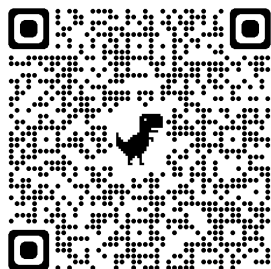
This semester, the Honors Program brought on its first Graphic Design Intern! Adam Sadaro, graduating senior Honors student, designed dozens of graphics to market events and opportunities on both print flyers and social media posts. He also worked closely with the staff team to develop an entire suite of custom event materials for Honoring Honors [H2], including invitations, menus, programs, table signage, and even bingo cards! In the final weeks of his internship, Adam is finishing a new Honors logo to improve our branding and better reflect the identity of our Program. Thank you Adam for the time and energy you put into each of your designs this Spring!

Check out [adamsadaro.com](http://adamsadaro.com) to explore his designs.

## NFL HALL OF FAME

Honors Sophomore, Daniel May, landed a one-of-a-kind opportunity to intern at the NFL Hall of Fame. Daniel is a public relations and advertising major who loves football. So when the opportunity to apply for an internship at the NFL Hall of Fame arose, he jumped at the chance not really expecting a call back.

Read the full news story here:



**President's Medal  
and  
SUNY Chancellor's  
Award for  
Student Excellence  
Honors Recipients**

**PRESIDENT'S MEDAL FOR OUTSTANDING  
UNDERGRADUATE STUDENT**

**Nicholas Stanford**  
Music Education & Philosophy

**SUNY CHANCELLOR'S AWARD FOR  
STUDENT EXCELLENCE**

**Sara Hillman**  
Political Science

**SUNY CHANCELLOR'S AWARD FOR  
STUDENT EXCELLENCE**

**Joana Leamon**  
Media Production

**SUNY CHANCELLOR'S AWARD FOR  
STUDENT EXCELLENCE: SPECIAL AWARD  
FOR MILITARY SERVICE**

**Cody Crist**  
Earth Sciences



# Graduating Seniors



## Clara Sensini

*Biology*  
Kingston, NY

### Awards/Accomplishments:

Muriel A. Howard Honors Scholarship recipient, President's Scholarship recipient, Dean's list for 7 consecutive semesters, Biology Honors Research member, Undergraduate Summer 2021 Research Fellowship, 3-year Resident Assistant, Admissions Ambassador, Cross Country and Track and Field (Team Captain).

### Favorite Memory from Honors:

The planetarium event we had in October!

### What's Next?

I will pursue a Master's degree in Higher Education At SUNY Brockport, where I will also use my final year of NCAA eligibility to compete on their track team.

### Do you have a message for current Honors students?

The only things guaranteed in life are death and change. Nothing ever stays the same, always reassess your wants and needs as they change and adjust your lifestyle accordingly.

## Montaka Shad

*English*  
Buffalo, NY



### Awards/Accomplishments:

2020 Student Athlete of the week, Spring 2020 Deans list, Spring 2021 Dean's list, Fall 2021 Dean's list, Awarded the Dr. Joan Rosso Memorial Scholarship for 2022.

### Would you like to give a shout out to anyone?

God

### What's Next?

Getting Graduate degree at Canisius College for Physical Education.

### Do you have a message for current Honors students?

Get some sleep!

### Final Thoughts

From my first year to my fourth year at Buffalo State College: I have fought through a lot of adversity, learned a lot of life lessons, and met some great individuals, I am thankful for all of it.



## Ayan Hassan

*Criminal Justice*  
Buffalo, NY

### Awards/Accomplishments:

Say Yes Student Ambassador, Secretary for the National Society of Leadership and Success, Mentor for both Summer Bridge Program/Peer Mentoring Program,, Fundraiser for the Civic & Community Engagement, Member of the Collegiate Science, and Technology Entry (C-STEP), member of both criminal justice club and Criminal Justice Alpha Phi Sigma Honor Society, Secretary of the Psychology club.

### Would you like to give a shout out to anyone?

My family, close friends, Honors staff both Dr. McMillan, Celeste and Professor Till from Hospitality department.

### What's Next?

My next journey is to work in Hospitality and Tourism industry, building my customer service skills and leaderships and future flight Attendant and one of the first Muslim Black women to become pilot.

### Do you have a message for current Honors students?

Have fun! It is going to be the best four years of college ever. Explore, make friends, use all the resources provided, you will not regret them. Always ask for help. And my last message; really try to know yourself both your likes and dislikes. If you want something in life you have to discipline yourself and have patience, over time you will be thanking yourself for putting yourself out there.

### Final Thoughts

This college life is your starting point of a new beginning. There will be hardship and you will fail and fail and fail but you have to remember you have to get up once more and keep fighting because it is the journey of life consist and have purpose in life.



# Graduating Seniors



## Calogero Tiermini

*Social Studies Education: 7-12  
Canandaigua, NY*

### Awards/Accomplishments:

Dean's List (All semesters), Muriel A. Howard Honors Program President, Resident Assistant in Bishop Hall, Writing Center Tutor

### Favorite Memory from Honors:

Winning the final ethics bowl in HON 100/102 (Go Green Team!)

### Would you like to give a shout out to anyone?

Big shout out to Dr. McMillan for always finding new ways for me to be involved with Honors, and Dr. Ann Lupo for guiding me to be the best teacher I can be.

### What's Next?

I hope to attend the Graduate School at Buffalo State, and find a Graduate Assistantship on campus!

### Do you have a message for current Honors students?

The more effort you put into this program, the more reward it will give you. Also, if you have Dr. McMillan in your corner, there's nothing she can't help you do!

### Final Thoughts

Despite all of the terrible things that have happened during my time in college, the professors and students I have met through the Honors Program make it all worth it!

## Juliana Quebral

*Graphic Design  
Buffalo, NY*



### Awards/Accomplishments:

Rowing Club Treasurer (2019); Rowing Club President. (2020-2022)

### Favorite Memory from Honors:

Dr. McMillan and Dr. Grinnell's honors class during freshman year.

### Would you like to give a shout out to anyone?

My design professor Justin Lowe. He taught me about graphic design when I was still in high school and played a major role in my decision to pursue a career in graphic design. Justin has been a great mentor throughout my college education and hopefully beyond.

### What's Next?

Hopefully a local job as a graphic designer. Possibly working at an ad agency, or my internship company.

### Do you have a message for current Honors students?

Being an honors student is worth it!



## Jaylan Snaith

*English Education 7-12 & Philosophy  
Buffalo, NY*

### Awards/Accomplishments:

Student Officer of English Education Student Association, Student member of the International Honor Society for Philosophy (PHI SIGMA TAU), Student member of Dean's Council for the School of Arts and Sciences, Academic Mentor at EOP ACE center in Butler Library, Awardee of the Dean's Award for Excellence for 2022. Nominee for the Leadership and/ or Humanitarian award(s).

### Favorite Memory from Honors:

My favorite Honors memory was the creative thinking workshop! So fun.

### Would you like to give a shout out to anyone?

Dr. Blessing— best professor I ever had. She made me a better thinker and writer. Without her, I never would have understood the true nature of a college education! Dr. Kristen Pastore-Capuana, Dr. Katherine Macro, and Dr. Hilary Lochte— these professors have been there for me at some of my hardest times in college; without the support of them I would have never made it to where I am today. Thank you!

### What's Next?

I will be attending Buffalo State for Graduate School where I will be attaining my masters in English Education. I hope to be the graduate Assistant for the English Education department as I navigate through graduate school.

### Do you have a message for current Honors students?

As honor students, we tend to think that grades are everything! We think that school is about getting A's. Remember, college is not just about the grades but about the new knowledge and experiences that you will gain. Acknowledge and grow from that knowledge and those experiences. Become a wiser YOU.



# Looking Back...

with Grace Dosdall,  
Graduate Assistant

My graduate school experience is nothing like I expected it to be. COVID threw a wrench in my plans, as it did to everyone. However, the two years that I have spent at Buffalo State and in the Honors Program have been filled with so much joy and have taught me so much about working in Higher Education. Working with the Honors staff as well as the students has been an experience I will look back on fondly. From smaller events like the Jackbox Game nights and Honors movie nights to large-scale programming like the Honors BBQ and the Senior

Recognition Event to hanging out with students in the Honors HUB I have enjoyed it all. I am sad to graduate and leave the Honors Program but I am excited for what is to come! As I wrap up my time at Buffalo State I am applying for jobs and hope to work with LGBTQ+ college students. I have loved my time here and wish there was space for me to thank everyone who made my experience great. Since there is not, here is a general thank you to you all!

- Grace



The 2021-2022 academic year has been full of excitement! Honors welcomed in its largest freshman class to date, and is about to send off its largest graduating class to date with 131 Honors Program graduates this year. Despite the ongoing pandemic, we've been able to offer a wide range of Honors opportunities such as leadership workshops, 30+ events on- and off-campus, professional mentorship connections, and the great return of H2!

As we approach the end of Buffalo State's 150th year celebration, we are moving forward to the next chapter of our

program and institutional history. This Fall, we are launching a new peer-mentoring program called Honors Leaders that will connect experienced Honors students with 1st-year students to provide support and motivation throughout their first semester and we also look forward to returning to a BABEL author talk on our common read and to launching a new "Global Village" living-learning community in Bishop Hall. Thank you to everyone who engaged in our Honors experiences this year - have a wonderful summer!

- MATT

## ...Moving Forward

with Matt Baran, Assistant Director

