

MURIEL A. HOWARD *HONORS PROGRAM* *official newsletter*



Spring Crafts & Conversations



HON189 Tour of Richardson Olmsted

WHAT'S NEXT?

TAKE A PEAK AT PAGES 4-6 TO SEE
WHAT'S NEXT FOR OUR SENIORS
AND DR. MCMILLAN!



PLUS

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SPRING ATHLETICS ROUNDUP

Buffalo State Athletics is thriving this spring with successful teams in women's softball, lacrosse, and men's volleyball. Honors athletes play prominent roles in each of these teams!

Softball: As of April 24th, the Bengals are 16-14 overall and 10-2 in their conference.

Senior psychology major Sarah Congelosi is an infielder for the Bengals. "The competitiveness of the sport and the team camaraderie," Congelosi said. "There's no better feeling than going on that field and giving it all you got with the teammates that you love."

During her four seasons with the team, Congelosi played in over 100 games, had 70+ runs, and had 215 fielding assists.

"I have been fortunate enough to coach a 16u team back at home for the last 2 years, I hope to continue coaching," Congelosi said. "Unfortunately... this is my last season of softball ever and it's going to be one of the hardest things I'll walk away from."

Lacrosse: As of April 24th, the Bengals are 11-6 overall, are 5-4 in their conference and aim to go deep in the upcoming SUNYAC championships.

Hazel Vitko-Woods is a freshman majoring in Communication Studies/Media Production. She chose Buffalo State for its affordability, commuter culture, and her interest in lacrosse.

"I love the sport because it drives me to challenge myself while also achieving my goals," Vitko-Woods said.

Vitko-Woods plays at the Attack/Defense position for the Bengals. In her first season, she scored three goals, recovered seven loose balls, and participated in eight games, according to Buffalo State Athletics.

"I have always been a defender, but this year I play attack and have racked up a few career points, including some goals," Vitko-Woods said. "I never thought I

could play attack until this year thanks to my coaches for boosting my confidence."

Men's Volleyball: The Bengals finished their season 21-14 overall, 6-0 in their conference, and won the AMCC Championship for the first time on April 12th.

Jackson Stang is a sophomore majoring in Physics and Mechanical Engineering. He has played volleyball for 10 years and currently plays as a setter. Stang was drawn to Buff State by coach Dan Miranda where he could join the new volleyball program and study his major.

"Some of our highlights so far have probably been beating highly ranked Wittenberg, Nazareth, and Thiel," Stang said. "Another major highlight was going 6-0 in conference play giving Coach Dan his 100th win."

This semester has been exciting for our Honors athletes, teams, and coaches, but it's not over yet. Continue to show your support for our Bengals!

By: Arie Dorsey



HONORS ALUMNI SPOTLIGHT:

Tracy Rose ('01)

Honors Program Alumni, Tracy Rose, graduated from Buffalo State in 2001 with a bachelor's degree in art and art education. Rose feels as though Buffalo State prepared her for the successful career she has had.

"I feel like everything I did literally from Buff State on prepared me for this position I am in, I am very happy," Rose said.

Rose still recalls the benefits of being in the Honors Program, like the wide range of classes throughout different departments, seeing the same people in each class, the collaborative nature, and deep dive research skills she gained.

"It was nice to be in class with the same people. Buff State is big to me - I came from a school that only had 88 kids in our graduating class. So, it was nice to see a consistent group when I felt like I was a small fish in a big pond," Rose said.

After graduating from Buffalo State Rose has worked for 23 years as an art teacher in several schools around Buffalo, with her focus being arts integration programs.

"My whole philosophy was if I can use art to teach the core subjects, I was going to do that," Rose said.

In 2013 Rose started working at school #33, The Bilingual Center. School #33 was doing a Reggio Emilia inspired program, where learning centered around child psychology. Rose worked there for six years until the program was cut.

Rose then went back to the classroom for three years until she was hired as the arts coordinator at Arthur O. Eve School of Distinction #61: Home of the Arts.

At Arthur O. Eve, Rose writes art integration lessons for the whole school. She also picks the theme of the month for the school and helps teachers write lessons based on the theme of the month. She celebrates art by bringing in featured guests to talk about culture and a type of art while having a craft to go with the celebration. She also arranges fieldtrips to different arts integration places around Buffalo, and co-directs the musical.

"It's a really awesome school, Arthur O. Eve, I love being here," Rose said.

By: Rylee Shott



HONORS

What's next for graduating seniors?

Let's take a look...

Many of our Honors seniors are continuing their academic careers beyond the undergraduate level! Whether they are staying local to take advantage of the graduate program opportunities at Buffalo State or relocating to pursue doctoral programs around the country, we wish our scholars the very best in their next steps.



NOAH ADAMS

Attending Buffalo State for a Master's in Criminal Justice

"Graduate school will provide me with the advanced skills and knowledge to navigate legal frameworks and prepare me for the challenges that I may face in federal law enforcement, as my career goals entail entering a federal agency. I am grateful for Dr. Clarissa Breen, who has helped me with many opportunities related to criminal justice, including offering an independent study and assisting me in entering the Pathways Program for Criminal Justice, which allows a student to take graduate classes while finishing the undergraduate degree. Dr. Breen's knowledge and care for the criminal justice system have solidified my career interests and inspired me to pursue a deeper understanding of the field."

CHRIS BURGIO

Attending Iowa State University for a PhD in Material Sciences and Engineering

"Going to Iowa State will be amazing for me because one of the research labs is Ames national laboratory offering me high potential job candidacy right out of doctorate school. I would say that my research experience both at Buff State and as a SULI intern helped me get into the program. Lastly, I'd say Dr. Pathak was the most influential in me achieving this goal though he is no longer working for the university."



AOIFE CLUNE

Attending Buffalo State for a Master's in English, and working full-time at Benderson Developments

"I hope to someday go into the editing or publishing industry, and I feel that having a Masters in English offers a more well-rounded area of study, as well as a more specified area of study to really hone my writing skills. So many faculty and staff helped shape me into who I am today, and had such impacts on helping me achieve my educational and career goals. Dr. McMillan, Professor Roy Bakos, Dr. Timothy Bryant, Dr. Ben-Merre and Dr. Mark Fulk... I could name every professor within the English department or every faculty member I worked with within the Honors program because they really are all so wonderful, but these professors are ones I have worked closely with and I feel that they have led me to where I am today."

MIKE VULLO

Attending Cornell University for a PhD in Chemistry

"I am not fully sure where I will end up after, but this provides me the opportunity to be more personally involved in professional projects/positions in the future rather than becoming a lab technician. Dr. Sourav Biswas especially helped me achieve this goal, but I would also like to thank every single physics faculty for persuading me to add a second major. They really improved my experience at Buffalo State."



MATTHEW KAROVSKI

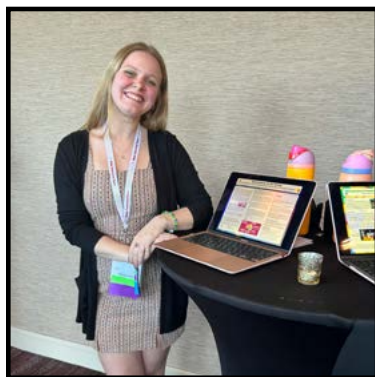
Attending Buffalo State for a Master's in Higher Education & Student Affairs Administration, or Multidisciplinary Studies

"Graduate school will provide me with a pathway into a higher education position, specifically within a student conduct office, and it will allow me to apply the social sciences and philosophy to higher education more formally. The HESAA program will open an opportunity to work on a project that focuses on community health behavior, particularly within a college environment. This should tie into student conduct, too."

CORA KUBIAK

Attending University of New Mexico for a PhD in Physics

"I am looking to either do research or become a university professor in the future, so earning my PhD would be a very important step to reaching either of those end goals. The community in the physics department was one of the biggest factors in reaching this next step. Having small classes where I could make a close-knit community and support system with the other physics majors has played a huge role in my success thus far. Dr. Abbott has continuously supported my entire journey at Buffalo State and majorly helped me when applying to graduate school. I cannot thank him enough for what he has done for me these past four years."



SARAH PRATT

Attending Buffalo State for a Master's in Curriculum and Instruction, and substitute teaching or teaching full time

"This degree will help me to become certified as an educator in New York State for students from birth to grade 6. Taking these courses will also help me to gain new educational knowledge and research interesting topics. There are many professors and staff members that have helped me get to where I am today, but Dr. Kindzierski and Dr. del Prado Hill have helped to guide and support me exponentially. They have held me to high expectations, allowed me leadership opportunities, and supported me through everything these past four years. I would not have gained the amazing experiences that Buffalo State has to offer without their help."

STAY TUNED FOR OUR MAY SENIOR EDITION!

What's Next For Dr. McMillan?

After successfully leading the Honors Program for the last 8 years, Dr. Amy McMillan will be stepping down from the Director position at the end of June to return to her role as Professor in the Biology Department. She leaves in her path a completely transformed academic community and a lasting impact on the Honors students, faculty, staff, and alumni. Enjoy these memories from Dr. McMillan's tenure as Honors Program Director!

If you would like to share a memory or well wishes, Dr. McMillan may be emailed at mcmillam@buffalostate.edu.

Dear Honors Community,

I have had the pleasure and privilege of working as the Director of the Muriel A. Howard Honors Program since Fall 2017. Since that time, the Honors Program has grown from 200 students to over 600. We have built a lovely space in South Wing that provides free printing, a space to gather and connect, do homework and meet in small groups, and get regular snacks :). Bishop Hall has become the location for the Honors Academic Residential Community and our classroom for HON111 and other courses. From a beginning of just me and an Administrative Assistant, we have gained an Honors Advisor and an Assistant Director and lots of campus-level support. These personnel changes have allowed for a more consistent and supportive experience for students and enabled the launch of the Honors Leaders Program. It has been the pinnacle of my career to see more than 650 students graduate from the Honors Program and to have connected with many Honors alumni. Thank you for the opportunity to serve and grow this amazing Program. Next year I will be on sabbatical in the fall working on a research proposal and preparing new classes and I will be back in the biology classroom and starting research on ants in the spring! Students, I hope you will come visit me in my new space, SAMC 331, next academic year!

- Amy McMillan



SENIOR SPOTLIGHT: *Olivia Rodriguez*



Decisions can be easy to make but hard to fulfill. Even if we're working towards a dream our path can be difficult, and we might not enjoy the journey. So, why even struggle?

I had an opportunity to sit down and talk to Interior Design senior, Olivia Rodriguez, where we discussed this idea and more. Olivia is currently working on her senior project that will be presented in Warren Enters Theatre on May 8th.

Arie: What sparked your interest in Interior Design?

Olivia: My mom and I always did projects around the house, just like trying to fix up the house and work on different things. We often tried to tackle things on our own so that got me interested in residential design. Then my dad and I would also go to a lot of different open houses and things like that just for fun. Throughout high school, I also volunteered at a homeless shelter. That also piqued my interest in interior design, but I didn't realize how broad the interior design field was until I came to college.

Arie: What moved you to study at Buffalo State University?

Olivia: Originally, I applied to Buff State as a Business major, and I was going to minor in Interior Design because I did not know that [Interior Design] was a major here. But when I was having that first meeting with Ms. Stevens, she let me know that it was a major, and I ended up switching. I think it's gotten the job done, for sure; it's been a journey. I chose Buff State ultimately because, being from Rochester, it's right down the road; I can still get home, and my parents can still get to me. And it's a good community here.

Arie: What can you tell us about your final senior project?

Olivia: For my final project, I decided to combat the issue of homelessness, focusing in on Buffalo. I'm designing a homeless shelter that not only offers basic necessities, but it also serves as a day center where other people who are not residents at the shelter can come in and use the different services, like case management, legal services, therapy, barber shops and beauty salons. You don't see a lot of that in Buffalo. I feel that obviously it's important to get people off the street, but you're not helping them. So [my project] is focusing on that and researching trauma informed design that focuses on creating spaces that limit triggers that homeless people may have faced.

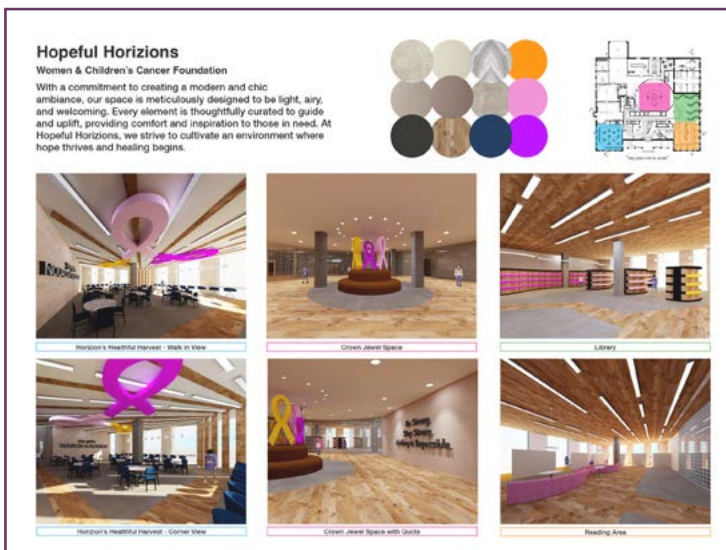
Arie: What advice do you have for Interior Design majors?

Olivia: I think if anybody wants to do interior design, it needs to be something they're passionate about and they need to be somebody with work ethic. I wish someone told me what I was getting into and that this is not an easy major by any means. It has been the hardest four years of my life. You will not sleep, you'll work on stuff for hours and then you'll go to class, sleep deprived, just for your professor to tell you that it's wrong. I know this is kind of negative, but this is kind of the thing that I wish someone gave me a warning about. I do enjoy it and it's been good, but definitely had its ups and downs for sure. I'm grateful I made it – I didn't think I would.

Olivia will graduate with her B.F.A. in Interior Design. She aims to take a well-deserved vacation and to pursue a career in residential design and to turn her senior proposal into a reality.

By: Arie Dorsey

"It's been a journey"



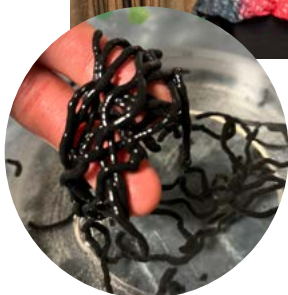
NRHC 2025: Harrisburg, PA



Sophomore Honors student Grace Maldonado recently travelled to Harrisburg, PA to attend the Northeast Regional Honors Council (NRHC) conference! She presented an interactive display featuring sustainable algae-based yarn, AND participated in a "Publishing in Honors" panel after her photography piece was included in the 2024 *Illuminate Journal*.

"I would have never thought I'd be presenting research and having the privilege to travel somewhere different to network and explore an unfamiliar city to me. It was a great experience that I genuinely enjoyed and not something I thought I would be open to." - Grace

Next year's NRHC conference will take place in New Haven, CT. Honors students in any major are invited to present their research or creative works in a variety of formats. Contact the Honors staff team to learn more about this opportunity!



PUBLISHED! The Fundamentals of Finding Things

Bella Lamberty published her own poetry book called *The Fundamentals of Finding Things*. Bella's book is available now for pre-order on the Barnes & Noble website and will be released on May 22nd. Bella is doing a book signing at the craft fair on May 24th at the Community Church Jehovah Jireh, 62 Virginia Street.

Starting at the age of 14, Bella wrote the 50+ poems included in her first book. Her most recent poem was written when she was 19.

Bella is now working on her second poetry book. She advises people who want to write a book of their own to just do it, and to push yourself, to believe that you can do it.



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Buffalo State Honors Program



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| South Wing 330 | Monday- Friday 8:30am - 5:00pm | (716) 878- 3093 |