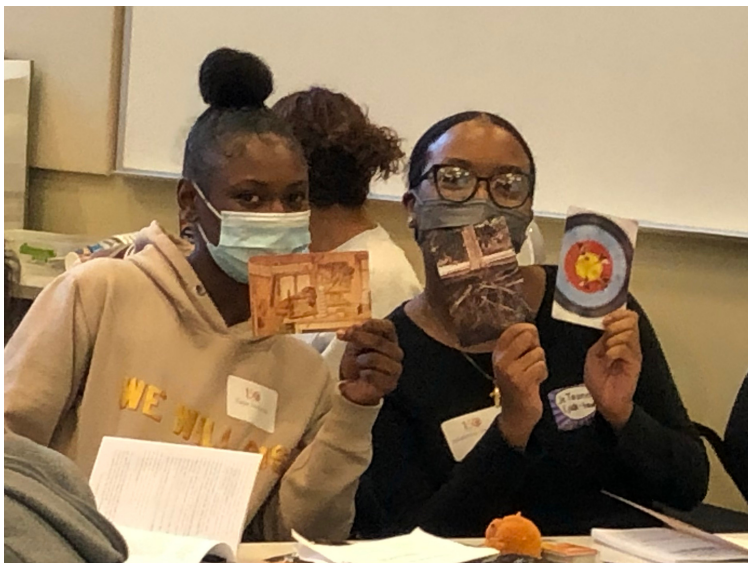
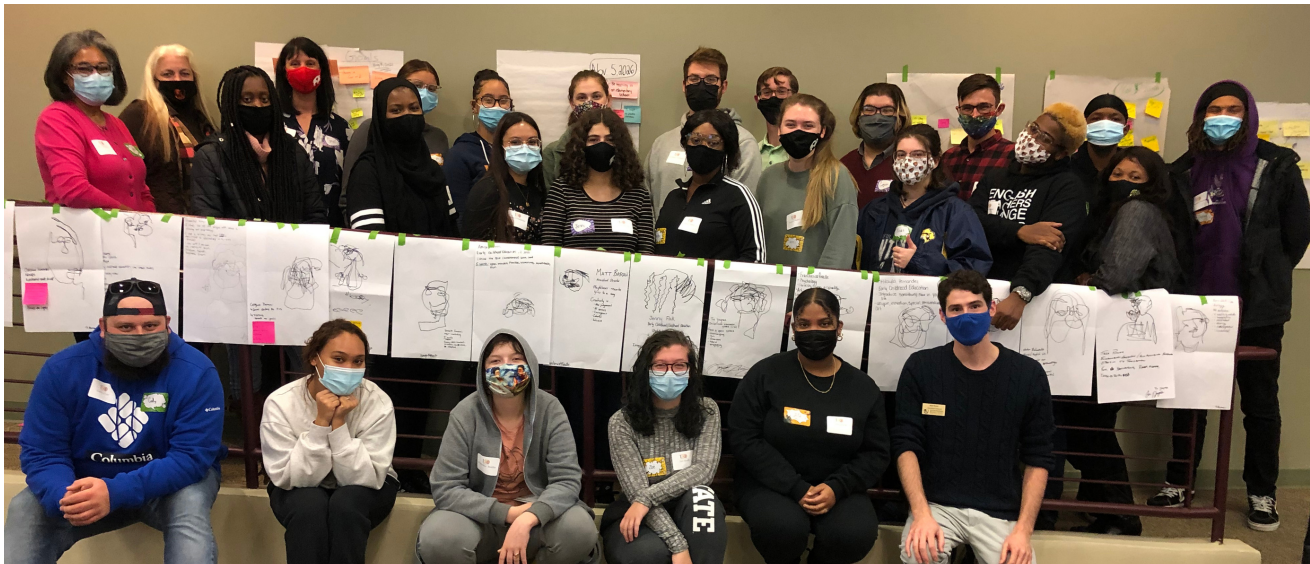
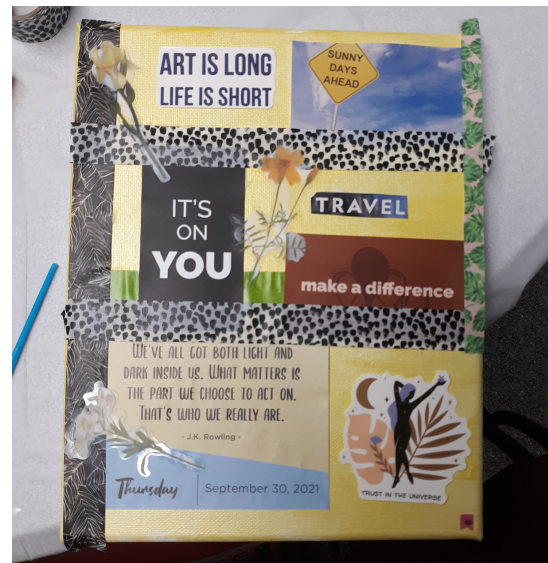


# Muriel A. Howard Honors Program Newsletter

OFFICIAL NEWSLETTER OF THE BUFFALO STATE HONORS PROGRAM



**Top, Left:** Creative Leadership Workshop



**Right:** Art with Ms. Stevens

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\*Buffalo, New York

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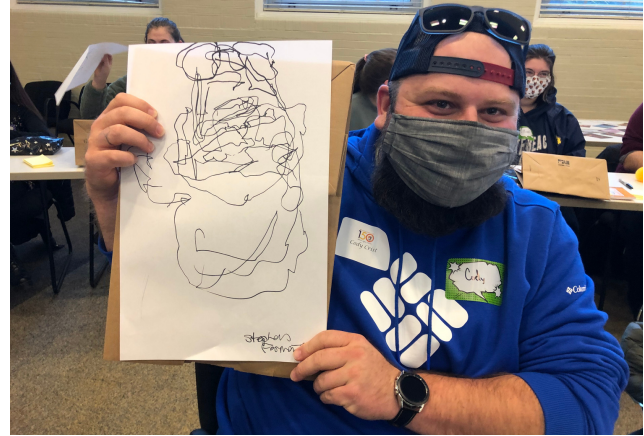


What could this be??

# GOING BEYOND: LEADING WITH A CREATIVE MINDSET

On Friday, November 5th, students participated in a unique creative leadership workshop led by Buffalo State alums Dr. Cyndi Burnett and Izzy Mamnoon. Students engaged in a number of interactive activities and challenges aimed at building curiosity, keeping an open mind, embracing mistakes, and expanding possibilities. The workshop culminated with students imagining themselves in five years and developing roadmaps with steps to achieve their goals.

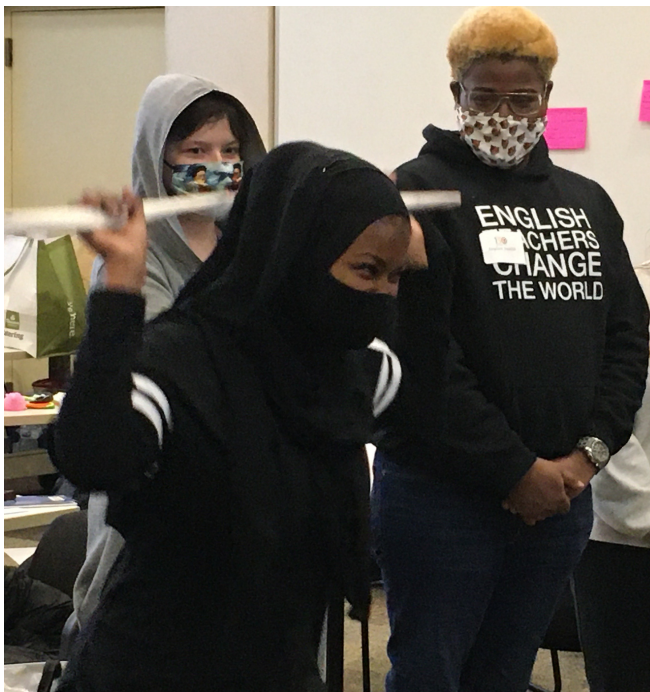
Dr. Burnett spent 20 years teaching at the International Center for Studies in Creativity at Buffalo State before moving into her current role as Director of Possibilities at Creativity and Education LLC. Izzy Mamnoon started her career as a financial consultant before shifting gears towards creativity. She facilitates creativity workshops worldwide to varying audiences including new parents, students, organizations, and more.



**Draw using your non-dominant hand and no looking down!**



**How many questions can you come up with about a pencil?**



**Use the paper roll in a way that hasn't been done yet**



**Create a roadmap of your next 5 years with milestones**

# HONORS HALLOWEEN



The Honors Hub was full of activity on Friday, October 29th for Honors Halloween! Students decorated pie pumpkins with many different designs using paint markers. Some students took on the ambitious task of cleaning out a larger pumpkin and carving their designs instead! Complementing the pumpkin festivities were a candy jar guessing contest and homemade treats by Dr. McMillan and Matt Baran.





An interview with...

## CLARA SENSINI

- **Senior Biology Major, Coaching Minor**
- **Women's Cross Country**
- **Women's Track & Field**

### How long have you been a runner?

I decided to join the outdoor track team freshman year of high school. I was 15 years old and had no prior running experience - I could barely run one lap around the track without needing a break.

### What's your favorite event/distance?

Right now I'd say my favorite event to run is the 400m during track and the 5k during cross country.

### What are 3 fun facts about you?

I have very small thumbs, they are a great party trick (look up Megan Fox's thumbs). I learned to read and write in Portuguese in Brazil, and I used any English books I had to learn to read in English. I ride my longboard around campus when it's nice out.

### Do you hold any leadership positions?

This is my third year as a Resident Assistant. I have been an Admission Ambassador since the spring of my first year. I give campus tours throughout the year, during open house, and sometimes over the summer. As a returner I also assist in training and evaluating newly hired ambassadors.

While I haven't officially been named a captain, I have been considered a leader on the cross country and track team since sophomore year. I have often been trusted to give tours to recruits or host them for overnight visits, I have led team warmups and team chants, and I mentor incoming first years to transition into the team.

# HONORS

### Tell us what a typical day looks like?

During the cross country season, practice is at 7am, we usually run to Delaware park to do our workout. I have classes at 9am every day, so I usually have about 15 minutes after practice to quickly change, grab a bite to eat in Bengal Kitchen and go to class. Tu/Th are my busiest days, I either give campus tours after lunch or I have Genetics lab until my 4:30pm class. On M/W/F, my last class ends at 2pm so I have the rest of the afternoon free to study, do homework, or work my on RA responsibilities. If I am serious about getting homework done I usually go to the library or SAMC. My friends and I meet for dinner at 6pm every day in Bengal Kitchen. If I am on RA duty I start sitting at the desk at 7pm, but even if not I usually stop by the Neumann front desk to chat with whoever is on duty for a while. I have an alarm set on my watch for 10pm to remind myself to start getting ready for bed.

### What are some of your proudest accomplishments as an athlete?

The cross country season of Fall 2019 was the highlight of my college career. We had 7 girls and we were very close as a team, our team culture was the best it had ever been, we all loved hanging out but we also were constantly pushing each other to run faster in workouts. The season culminated in us placing 5th at SUNYACs - the highest team finish the women's team has had since 1999.

I have been trying to get under the 60-second mark for the 400m for as long as I've been running. This past spring at the regional meet I anchored in our 4x400m relay and I split a 58.98. I was chasing the person in front of me and I felt very strong.

### Do you have any role models?

Someone who was really inspiring on our track team was Ashley Lyons, who graduated in Spring 2020. She was a talented 400m runner, she dominated the event at SUNYAC's her senior year and qualified for the national meet. What was admirable about her is that she was always calm and graceful, her performances spoke loud enough, she didn't need to say a word. She was always a calm energy on the team, she was encouraging and kind despite being extremely intimidating on the track.

### Any advice for incoming Honors Athletes?

Time management is mostly about prioritizing important things. Your emotional and physical health always come first, everything else comes after. You should also be regularly reevaluating what you prioritize, make sure the activities you are doing from day to day are actually benefiting you in some way.

# ATHLETES

We are proud to recognize **62** Honors Student Athletes across **15** teams!

## WOMEN'S TEAMS

### Basketball

Haley Domin  
Riley Domin  
Josie Fleming  
Zavia Jaime  
Brianna Smith

### Cross Country

Kassidy Manke  
Clara Sensini

### Ice Hockey

Jessica Auge  
Angelina Cruzal  
Kiara Haynes  
Bethany Horvatits  
Gabby McCrory  
Katie Sarich

### Lacrosse

Lilian Conroy  
Emily Cooper  
Rachel Dolan  
Haley Domin  
Nevaeh Herd  
Kaileigh Phillips  
Lauren Rinow  
Alicia Vogl

### Soccer

Sarah Berlinger  
Rachel Dolan  
Elsa Graf  
Sam Kaufman

### Softball

Oriana Castello  
Sarah Congelosi  
Elyse Crimi  
Deme Kellogg  
Caitlyn Parsons  
Sam Schafer  
Sydney Shuta  
Savannah Sirico  
Ashlyn Swink

### Swimming and Diving

Marita Miller  
Allarae Prigan  
Ashlyn Swink

### Track and Field

Isabel Buckingham  
Victoria Florczak  
Emily Jason  
Clara Sensini

### Volleyball

Riley Domin  
Eden Harrison  
Myah Platler  
Valerie Ryan  
Brianna Smith  
Abby Verner

## MEN'S TEAMS

### Cross Country

Christopher Goodlander  
Daniel Sorge  
Ted Tomasello

### Football

Thomas Dupee  
Kenneth Mosley  
Isaiah Sharpe  
Cam Sionko  
Caden Wheeler

### Ice Hockey

Connor Bizal  
Hayden Ford  
Matt Pasic  
Roger Powers

### Soccer

Ion Croitor  
Freddy Fikiri  
Kevin Garcia  
David Wozniak

### Swimming and Diving

Brandon Garcia  
James Purpura  
Colby Riexinger  
Branden Rivers

### Track and Field

Montaka Shad



An interview with...

## HAYDEN FORD

- Senior Business Administration Major
- Men's Ice Hockey

### How long have you played hockey / defense?

I've played hockey since I was six years old. Initially I started playing forward, however I was one of the only kids able to skate backwards at the time so they threw me on defense, and I've played it ever since.

### Share a memorable hockey moment with us!

In youth hockey, we won NJ states multiple years in a row and finally earned a spot to play in nationals in my last year, which was always a goal.

### Tell us what a typical day looks like?

I wake up, eat breakfast, head to team workouts at 10. Rehab my shoulder around 11, and head to class at 12. Then grab a quick snack before I go back to the rink to stretch and get ready for practice at 2. When I get off the ice at 4, I go to the training room to ice bath, then quickly shower and head to my 4:30 class. Finish around 6, eat dinner, and start my homework. Any free time I usually spend napping or hanging out with my friends.

### Do you have a person who inspires you?

My grandfather came over to the US from Ireland as a teenager. He had to work hard for everything, as he was given nothing. I've never met a more genuine, selfless, and hardworking person in my life. He always has a smile on his face, looking to crack a joke. I hope to live my life in a similar fashion.

### Any advice for incoming Honors Athletes?

Use all resources available to you. If you are struggling or swamped in work, don't be afraid to reach out for help. Dr. McMillan has done an incredible job with the Honors program, and has always taken time out of her day to help me.

# HONORS IN ACTION

*See what amazing things our students are accomplishing!*



## STEVEN SWIATEK

*Published in Illuminate Journal*

### Advocacy till the End

*by Steven Swiatek*

The day my father died.  
Was the day part of me disappeared.  
The self-worth, gratification, happiness  
Vanished along with my innocence and religion.  
I was forced down a path never knowing  
Whether I would return.

Many have died taking this path  
If Sylvia was lady, then I was just Lazarus.  
I felt like a victim of circumstance  
Living on borrowed time everyday expecting  
The inevitable end that just continued to keep me  
waiting!  
I was left sitting there empty wondering if my  
happiness could return  
But all that changed when I embarked on the Quest for  
Happiness!

Just like an auto immune disorder  
Mental illness is attacking yourself!  
It makes us vulnerable not just to our own thoughts  
But to the views of others.  
Restructuring reshaping our selves  
from the inside out, But this is just the  
beginning. This quest never ends! you can  
Never say you are healed like you would with  
A broken leg or the flu.  
It takes constant effort strength!  
Some may say that life is full of sadness trying to  
Destroy you and send you back down the path.  
One's own mind can be the worst kind of hell!  
We are always fighting for our own happiness.  
Just getting out of bed studying and passing a test  
Is such a victory to the self.

While this virus may be destructive to the body  
It can also be for the mind.  
We must live like we have survived much worse  
Because we have.  
Anyone can and will achieve happiness,  
But it cannot be one sided  
Everyone can agree no person  
Deserves to suffer like this.  
We must give love in order to receive love.



Congrats to **Joana Leamon** for being presented  
with the Tim Russert Media Career Award by the  
Buffalo Broadcasters Association during their  
Hall of Fame dinner on November 4th!



## *In Memoriam: Ross B. Kenzie*

The Honors Program is saddened by the passing of an exemplary leader and influential friend of Buffalo State College, **Mr. Ross B. Kenzie (1931-2021)**. Mr. Kenzie had served Buffalo State in many ways, most notably as a member and chairman of the Buffalo State College Council for almost 20 years (1980-1998) and on the Buffalo State Foundation Board of Directors for over 25 years. He and his wife, Langley, established the Ross B. Kenzie Family Presidential Scholarship, which recognizes and supports the academic achievement, leadership development, and community service of historically underrepresented minority students. Since its establishment in 1999, this scholarship has supported almost 200 students with over one million dollars. Mr. Kenzie's kindness and care for our students and genuine interest in their success and welfare will be deeply missed.



## Upcoming Events

### **Honors Planetarium Night:** Dec. 1

Whitworth Ferguson Planetarium: 5:00-6:30pm

- Explore the night sky, the solar system, and beyond in the new Whitworth Ferguson Planetarium with Professor Kevin Williams!

### **Fare Well Friday:** Dec. 10

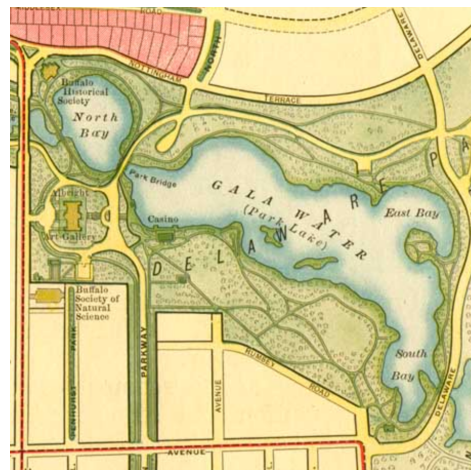
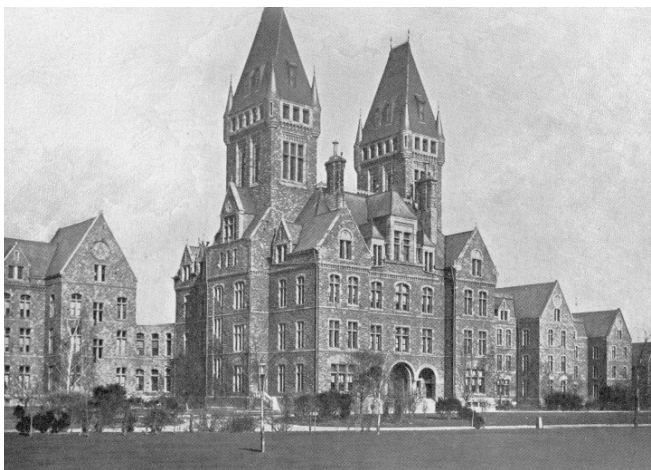
Honors Hub: 12:00-4:00pm

- Come visit the Honors Hub on the last day of classes for free food, crafts, and games before we say goodbye for Winter break!

# Looking Back

## Moving Forward

### Buffalo, New York



One hundred fifty years ago, the areas surrounding present-day Buffalo State campus were about to be transformed by Frederick Law Olmsted, the landscape architect mastermind behind NYC's Central Park. His team was commissioned by the city of Buffalo to design a park system that would include six city parks, seven tree-lined parkways, and eight landscaped circles.

Delaware Park, Olmsted's signature space in the city, opened in 1871 as an urban oasis featuring a lake, meadow, and forest pathways. Years later the park remains a frequent destination for Buffalo State students looking for a natural getaway.

The Richardson Olmsted Complex (originally known as the Buffalo State Asylum for the Insane) also began construction in 1871. This architectural wonder is a National Historic Landmark and the property extended all the way to the Scajaquada Creek until Buffalo State developed much of the site in 1927.

