



MURIEL A. HOWARD HONORS PROGRAM

OFFICIAL NEWSLETTER



HONORS ATHLETES **PAGE 2**



CONGRATULATIONS
TO OUR FALL 2024
HONORS GRADUATES

**GRADUATES
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BABEL TALKS **PAGE 7**

Bringing the world's greatest writers to Buffalo

BABEL
2024
2025

MOCK TRIAL **PAGE 7**



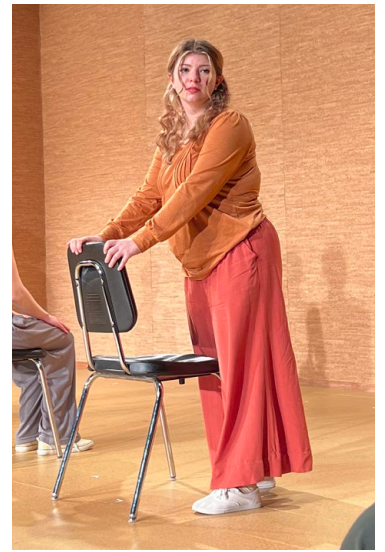
**HON 111
PAPER TOWER CHALLENGE**

ALSO...

- ANTIGONE** **PAGE 2**
- FACULTY SPOTLIGHT:
MEHWISH SARWARI** **PAGE 6**
- THANK YOU
HONORS ADVISERS!** **PAGE 8**

ANTIGONE

In November, Casting Hall Productions presented *Antigone*, a production based on Jean Anouilh’s adaptation of Sophocles’ original 441 B.C. play. This play follows the tragic story of a young woman who sacrifices her life by defying a tyrant king. *Antigone* is one of the few plays that can be performed with little to no props. The performers did a brilliant job of preserving this minimalist approach while embodying the play’s literary complexity. Tackling themes like morality and power, this performance was full of raw emotion that truly captivated its viewers.



Honors students Asher Freudenhammer-Glass and Carissa Ewing

HONORS ATHLETES

Each semester, dozens of talented Honors students balance their busy course schedules with participation in one (or more) athletic teams. Learn about a few of our talented Honors Athletes who are making an impact early in their Bengal careers.

NOAH HOLDEN | FRESHMAN MEN’S CROSS COUNTRY

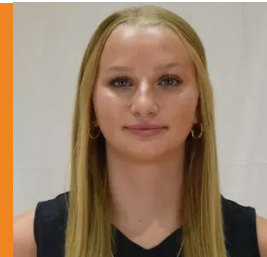
Noah had a breakout debut season with the Cross Country team! His 8k time of 27:21 earned him an eighth place finish as well as Second Team All-SUNYAC honors. Noah is the first male cross country runner to earn All-Conference recognition since 2002.



XC

ELLA WITTMAN | SOPHOMORE WOMEN’S VOLLEYBALL

Ella continued to shine in her second year on Volleyball. Her stellar performance this season earned her Bengal Athlete of the Week three times, SUNYAC Player of the Week once, and a First Team All-SUNYAC selection.



#12

ISAAC FELDER | FRESHMAN MEN’S SOCCER

Isaac solidified his spot on the history-making Men’s Soccer team this season. He played in all 21 games, started in 13 games, and helped the team make their deepest run into the NCAA Tournament ever. The team fell to Dickinson in the “Sweet 16” third round of the tournament.



#15

GRACE MALDONADO | SOPHOMORE WOMEN’S WRESTLING

Grace recently joined the Women’s Wrestling team, which made their home debut against the Albert State College Pioneers on November 23rd. Grace believes that the sport is “incredibly empowering,” as it gives women an outlet to be the strongest versions of themselves. She is excited to be a part of a sport competing for the first time in Buffalo State history!



WW

Honors Fall 2024 Graduates

This December, we congratulate 22 Honors students who will be completing their undergraduate degrees. From student athletes to performers, researchers to world travelers, these graduating seniors have each found ways to maximize their experiences at Buffalo State. We wish you the very best in your future endeavors and look forward to recognizing you at Honoring Honors [H²] on March 14th, 2025!

“My favorite thing about Buffalo State is the professors. English Department professors are amazing and very passionate about what they teach.”

SAMANTHA BANACH

Major: English
Minors: Diverse Literature
Women and Gender Studies



CASSIDY BARON

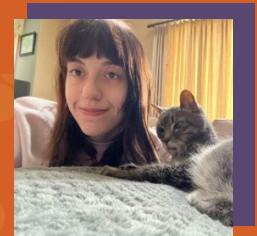
Major: Psychology
Minor: Philosophy

“While striving towards earning your degree, don’t get too hung up on grasping towards your future career or “end goals”. Enjoy the process of being a scholar, engaging with your campus community, and all the steps getting there. Time will pass no matter what. Work each day to embody your passions, here and now, and you will achieve great things. Best of luck to all of you.”

“I would encourage future students to try to get involved and to meet like-minded peers to encourage more learning and life-long friendships.”

EMILY CENDROWSKI

Major: Fine Arts and Anthropology
Minor: Indigenous Studies



AOIFE CLUNE

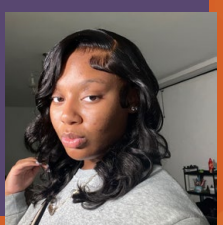
Major: English
Certificate in Technical Writing

“I love Buffalo State University, and I am going to miss my time as an undergrad student so much!”

“My biggest piece of advice is to try new things and push yourself to do new things because you never know the memories you will create from that.”

GABRIELLA COLTON

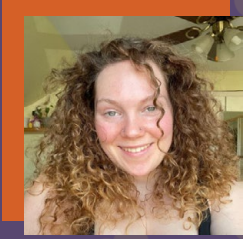
Major: Music



SAMAYIAH DAUGHTRY

Major: Criminal Justice
Minor: Social Welfare

“My favorite thing about being in Honors was the support system. As well as the honors hub. That hub provided me the space I needed to focus and not get distracted as well being comfortable.”



GRACE EELY

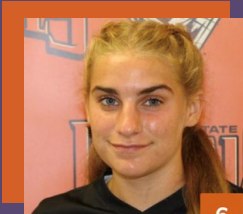
Major: Childhood and Special Education
English Concentration

“My favorite thing about Buffalo State is all of the activities they organize on campus.”

Pursuing a Doctorate of physical therapy at Marist College in Poughkeepsie NY

HANNAH ESSLIE

Major: Biology
Minors: Exercise Science and Coaching Women’s Soccer



ELSA GRAF

Major: Psychology
Buffalo State Women’s Soccer

Soccer coach and taking a gap year to further discover my interests.

“Runway was my favorite thing about Buffalo State. It gives students amazing real world connections and experience.”

ISABELLE HILLESTAD

Major: Fashion and Textile Technology
Concentration in Merchandising



DEME KELLOGG

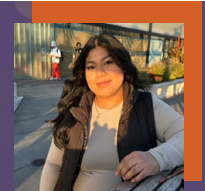
Major: Child Education

“During my time here at Buffalo State, I have been a part of the softball team for all 4 years! Being a part of that team has given me the best memories and friendships that will last a lifetime!”

“Enjoy every moment of it! Before you know it you are graduating so enjoy every moment while it lasts because time flies!!”

LISBET LOPEZ PAZ

Major: Business Administration
Minor: Business Economics



SEAN MAHN

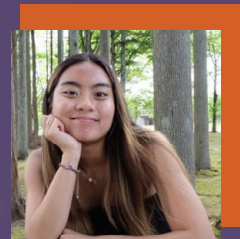
Major: Technology Education

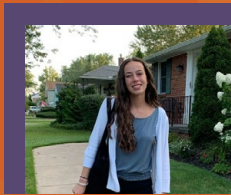
“After graduation I hope to find a job in a high school teaching students technology but also life skills to help them navigate the world around them.”

“My advice: Take every single opportunity that comes your way!”

HANNAH MCMAHON

Major: Business Administration and Marketing
Minor: Spanish





CAITLIN MORRIS

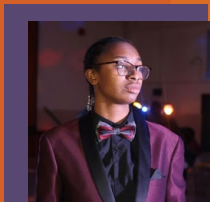
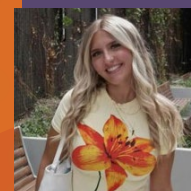
Major: Child Education and Special Education
English Concentration
Member of Kappa Delta Phi

Pursuing a
Masters in Literacy
at Buffalo State

"I picked up some new hobbies while going to Buffalo State, and really enjoyed taking Honors Jewelry making! I would recommend the class to anyone who loves crafts like me!"

ALYSSA NORTON

Major: Business Management



ANISA PARSONS

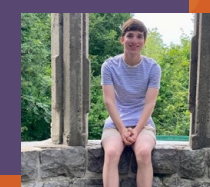
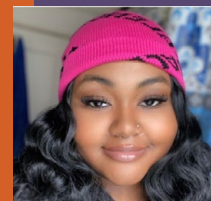
Major: Hospitality Administration
Minor: Philosophy

"Favorite thing about Buff State is the diversity and community feel"

"Take full advantage of the campus amenities and resources to maximize your Buffalo State experience. Don't forget to attend your classes; you're essentially funding a front-row seat to your own education! Lastly, remember to take occasional mental health breaks - your sanity will thank you!"

AMIYAH POPE

Major: Biology
Minor: Drawing



BRENNAN POSTICH

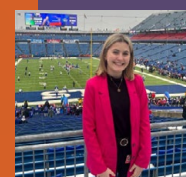
Major: Urban and Regional Planning
Minor: Economic Policy Analysis
Certificate in Geographic Information Systems

"The greatest part of Buffalo State is its faculty and staff. This University is filled with motivated professors and staff members whose primary goal is to encourage student growth and learning."

"I would like to continue growing at the company I work at after graduation, Delaware North! One thing I wish I did in my time at Buffalo State was get more involved with the clubs and organizations on campus."

DELANEY REID

Major: Hospitality Administration



ANTHONY SKUBIS

Major: English

"My Most Influential Professor is Dr. Lorna Perez, as I wouldn't have been able to do this without her!"

"Make use of the resources offered on campus. College is meant to be a fun and enriching experience, and they want you to succeed. Resources are there for students to ensure a successful and prosperous college career!"

ALANA WATSON

Major: Arts and Letters
Concentration in
Communications and Dance



Congratulations!

Faculty Spotlight: Mehwish Sarwari

Tell us about your background and professional journey to Buffalo State!

Born and raised in Queens, New York by a single mother and grandmother who came to the United States as refugees from Afghanistan, I've always had an interest in studying global affairs. I attended CUNY Queens College for undergrad and majored in political science with a concentration in international relations. The summer after receiving my B.A., I moved to Buffalo to attend graduate school in political science at the University at Buffalo. I earned my M.A. in 2013 and a Ph.D. in 2016, specializing in international relations and comparative politics.

My journey at Buffalo State University started in 2014 when I began teaching as a part-time instructor while finishing up my graduate degree. I am currently an Assistant Professor of Political Science, the Coordinator of the International Relations B.A. program, and the faculty advisor of the Student Political Society (SPS) club. While the pleasures of teaching, research, and student-oriented extracurriculars fuel most of my day, I also enjoy reading non-academic literature, kickboxing, watching reality tv, and trying new restaurants and cafes.



What are your research interests?

My research focuses on international security, armed conflict, and human rights. I have published articles on these topics in Business and Politics, Conflict Management and Peace Science, Foreign Policy Analysis, Journal of Global Security Studies, Journal of Intervention and Statebuilding, Journal of Peace Research, and Terrorism and Political Violence. I also have an article that is forthcoming in the Journal of Human Rights that is co-authored with a former BSU student. This work examines the effects of international sanctions on wartime sexual violence by state governments.

What do you enjoy about teaching an Honors seminar course?

Teaching HON 202: Data and Global Conflict has been an absolute joy! While I normally teach courses for political science and international relations majors, this course has been a wonderful experience in that the students come from different academic majors. Their unique perspectives and backgrounds make for enjoyable and thought-provoking course discussions. Some students have even taken it upon themselves to conduct research linking topics studied in their major to explain conflict onset and outcomes. This type of intellectual curiosity makes my job as an instructor a rewarding one.

Describe your dream Honors course to teach if given infinite funding and resources.

If given access to infinite funding, it would be awesome if I could organize field trips where we travel to post-conflict countries, including Peru, Mozambique, and Tajikistan, just to name a few. Students would have the opportunity to learn about the history of these areas and the initiatives taken to promote long-lasting peace. While learning about war through academic literature is undoubtedly valuable, visiting areas once impacted by conflict can help bring the theories learned in the classroom to life.

What advice would you give your current students?

Bengals, remember who you are, why you're here, and what skills you need to reach your career and personal goals. Everyone has a unique story to tell. I encourage you to remind yourself what yours is and what you hope your future chapters will look like. Take advantage of all that BSU and the local Buffalo community have to offer to help you become the best version of yourself. Pick up new skills and knowledge by registering for classes on topics you may be unfamiliar with. Attend campus events and meet new people. Find a local organization to volunteer with. While your time at BSU is only one chapter of your life, make it an amazing one. Go Bengals!

ORDER IN THE COURT

First-year students in HON 101 Mock Trial dedicated hours this Fall learning the numerous components and procedures involved in a standard court case. Led by Professor David Ben-Merre, Chair of the English Department, the class chose roles ranging from legal counsel to witnesses and played out a realistic civil trial set in the fictional U.S. state of “Midlands.” This year’s case centered around the “slayer statute” with the plaintiff accusing a sibling of being a “culpable actor” in their father’s death and therefore eligible to inherit the vast wealth.



The Honors Program has offered Mock Trial since Fall 2019 as an experiential first-year seminar where students can apply their new understanding of court procedures in real time. Students often enter the course with no prior knowledge on the subject, but quickly grow confidence in their abilities to dissect evidence and affidavits, formulate legal arguments, make objections and respond to them, and much more. Students who play witness roles are also encouraged to flex their acting skills by dressing in-character and improvising realistic details during questioning. After this semester, students have the opportunity to join the Buffalo State mock trial competition team to face teams from other institutions.



BABEL AUTHOR TALKS

Honors students visited the nearby Kleinhans Music Hall twice this Fall to attend BABEL author talks. In October, first-year students reading *The House on Mango Street* in HON 111 had the opportunity to hear author Sandra Cisneros speak about her inspiration for the book and share several pieces aloud, including an unpublished poem. Then in November, seniors in HON 444 were able to meet Tommy Orange, author of *There There* and *Wandering Stars*. Orange’s work focuses on the Native American identity, touching on various aspects of this culture, such as intergenerational trauma, heritage, and storytelling.

Organized by the Just Buffalo Literary Center, the BABEL lecture series offers the exciting opportunity for readers and writers to meet bestselling authors right in Buffalo. “Hearing Tommy Orange speak about indigenous culture provided valuable insight for all attendees, whether you are a lover of literature, or simply a connoisseur of the arts,” writes Honors student Taylor Krajnik. In Spring, authors Cheryl Strayed and James McBride will be giving BABEL talks.



Farewell Friday - December 6th 11:00am-2:00pm

Stop by the Honors Hub on the last day of classes as we wish you “fare well” on your final exams! Honors Leader Sarah will host a wooden ornament craft activity and cookie decorating.



Thank You Honors Advisers

Thank you Hilary & Ari! The Honors Program extends a huge thank you to Academic Advisers Hilary Andelora-Lease and Ariana Veltri-Clark who each stepped in this semester to offer advising to Honors students while Ms. Stevens was on leave. We are so appreciative of their extensive support and willingness to take on extra students on top of their normal caseloads.





HONORS T-SHIRT DESIGN CONTEST!

Become the designer of the official 2025 Honors T-shirt!

Entries are accepted until **February 28th, 2025**

Email submissions to honors@buffalostate.edu

Voting will occur in early March, and the winner will be announced on **March 14th** at **Honoring Honors [H²]**!

GUIDELINES:

- You must be a current Honors Student
- Submissions must be original artwork
- You must incorporate the following phrases: "Muriel A. Howard Honors Program" AND either: "Buffalo State", "SUNY Buffalo State," or "Buffalo State University"
- Entries should be in EPS format (preferred) or high quality JPG or PNG for printing

You may submit up to 3 entries!



honors.buffalostate.edu



Buffalo State Honors Program



@buffstatehonors

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