

# HONORS TODAY



Honors,  
*Naturally*



# The Times

## *They Are a-Changin'*

**T**hat venerable gravel-throated folk singer, Bob Dylan, penned the words that we use as a title to open this magazine. But unlike the lyrics of the song, which portends sweeping changes across the land in the turbulent days forty years ago, our message is more modest: the times they are a-changin' at UB.

Much has happened since our last letter to you. Most notably, UB has a new president, John Simpson. We have snatched him away from the warm comfort of the West Coast and Arnold Schwarzenegger, away from his post as Executive Vice Chancellor and Provost at the Santa Cruz campus of the University of California, and into the coldest Buffalo winter in fifty years. He has shown his mettle by working hard to understand the operations of the biggest and most comprehensive university in the SUNY system. That's us, UB. We in the Honors Program expect to meet with Dr. Simpson soon. In

the next edition of Honors Today we'll give you a bit more background on the good doctor. But change surely is ahead with a new captain at the helm.

Betty Capaldi, our past Provost, has gone to Albany, leaving to serve as SUNY Vice-Chancellor and Chief of Staff to Chancellor Robert King. Though she was in Buffalo for only three short years, Betty made widely admired changes in the way UB went about its business in becoming a premier university. And she was a good friend of the Honors Program. Right now, a university search

committee is scanning the country to find a replacement—no small task. With good luck, they hope to have their job completed by June. In the meantime, we have not been left to fend for ourselves; Distinguished Professor, Robert Genco, Chair of Oral Biology in the UB School of Dental Medicine, is handling the Herculean task of being the Interim Provost. Fortunately, he was serving as a Vice-Provost for the past couple of years, so he is not completely overwhelmed with a new operation.

Change has come to the Honors Program as well. In the last six months we have had three marriages and a baby added to the mix by the staff and their spouses. You will see them all decked out in their tuxedos, lace, and bibs in the next few pages. As for business, we have been fortunate to receive a windfall from Mr. Jeremy M. Jacobs, Chairman and CEO of Delaware North Companies and Chairman of the UB Council. Just prior to stepping down as UB's thirteenth president, President Greiner proposed, and Mr. Jacobs agreed, to set aside a significant fund to support the Honors Program, specifically study-abroad programs for up to ten UB Honors Students each year for the next four years. To say we are grateful is an understatement.

In this issue you will also read about some major community service projects involving Honors students. Most of you will remember with dubious fondness the Freshman Colloquium, which continues to morph. In its latest version, Honors students work in groups on community service projects of spectacular variety and creativity. You will also hear of their internships in public service and a seminar course involving the community surrounding Delaware Park. Change, indeed, is in the air.

KIPP HERREID & JOSIE CAPUANA  
*Academic Director and Administrative Director*



John Simpson,  
President, University at Buffalo

# HONORS TODAY

*On the Inside...*

**EDITOR:**

KARYN C. ST. GEORGE

[kcs9@buffalo.edu](mailto:kcs9@buffalo.edu)



**UNIVERSITY HONORS PROGRAM**

University at Buffalo  
214 Talbert Hall  
Buffalo, New York  
14260-1700  
(716) 645-3020

[www.buffalo.edu/honors](http://www.buffalo.edu/honors)

*From the Editor:*  
Hello everyone! As you can see, it's no longer Karyn Peckey... it's Karyn St. George now! Also, please make note of my new e-mail address ([kcs9@buffalo.edu](mailto:kcs9@buffalo.edu)). Keep in touch, I love hearing from you!

*On the Cover:*  
Kristen Buechi (Honors Scholar, Class of 1997) shows a group of young nature-lovers a crabapple tree.

Photograph by  
REBECCA COLEMAN

## An Honors Benchmark PAGE 2



9/11/01: From Despair to Hope PAGE 3  
The Gino Calvi Memorial Fund



## Pooping Penguins, Drakes Passage, and the Beagle Channel PAGE 4

Kipp Herreid  
Academic Director, Honors Program

## Honors, Naturally PAGE 6

Kristin Buechi  
Honors Scholar, Class of 1997



## Service With a Smile PAGE 8

Jessica (Seabury) Dudek  
Honors Scholar, Class of 1994  
Assistant Administrative Director, Honors Program



## In the Streets: A Seminar in Community Service PAGE 11

## Internships: PAGE 12

## Putting Flesh on Bones

Karyn St. George  
Assistant Administrative Director, Honors Program



**What's Next?** PAGE 14  
Danielle Sheather  
Advanced Honors Scholar, Class of 2003

**Who Wants to Be a Millionaire?** PAGE 15  
Paul Herbert  
Advanced Honors Scholar, Class of 2006

**Alumni Updates** PAGE 16  
What They're Doing Now

# An Honors Benchmark

Henry J. Nowak graduated from UB and the Honors Program in 1990, and continued on to UB Law School, graduating in 1993. He is currently in his second year of a ten-year term as a Buffalo City Court Judge. He also teaches an Honors seminar, entitled “Individual Rights and Social Conflicts.”



**Q** How does it feel to be teaching students in the Honors Program this year?

**A** I feel extremely fortunate. The students have been just tremendous – they seem to have so much more insight than I had at their age! To help them consider various sides of the difficult issues we try to tackle in class has been both exciting and challenging.

**Q** What does the course cover?

**A** We are studying various constitutional rights, such as the freedom of speech, the right to privacy, and “fundamental” rights found by the Supreme Court concerning abortion, contraception and homosexuality. The students review recent Court decisions addressing these issues in modern contexts.

**Q** Why did you select that topic?

**A** It forces the students to consider different points of view. In most of the cases, the Court is split in its decision, so there are excellent arguments on each side. Rather than teaching them specific points of law that may change with time, I thought it better to challenge them to appreciate the reasons behind the opinions of the justices. That way, they can apply the concepts to other situations.



Judge Nowak takes his place behind the bench.

**Q** Do you deal with these types of issues in court as a judge?

**A** As far as specific constitutional rights, I see those issues on occasion, usually when issuing warrants or ordering internal inspections of homes or commercial buildings. But as far as trying to consider various points of view, that is the predominant part of the job. Many of the people who appear before me do not have attorneys, so honing in on the issue is a battle in and of itself.

**Q** Is that your favorite part of the job?

**A** Well, trying to understand each party’s side is one of the tougher parts of the job, but not my favorite – I most enjoy trying to find creative solutions after I understand each side. I have been assigned to Buffalo Housing Court, and that position gives me a lot of discretion to address the problems with neighborhood blight. I often work with legislators, community groups and block clubs to find a way to correct code violations at properties in the City of Buffalo.

**Q** How did the Honors Program prepare you for that?

**A** The Honors Program was instrumental in helping me reach this position in the first place. When I graduated from high school, I was accepted into the Honors Program, but decided to go to M.I.T. to study engineering. After one and a half years there, I realized that I didn’t like engineering, but did not know where to turn next. Fortunately, Josie Capuana and Kipp Herreid let me transfer back into the Program, and through the Honors seminars, I was able to consider many different fields, from other sciences to theatre to architecture to law. Here, I was able to learn aspects of a variety of disciplines. I ultimately graduated with a B.A. in Biology, and was accepted into UB’s medical, law and business schools. Had it not been for the Honors Program, I never would have had so many options.



**Q** Why did you choose law school?

**A** I first chose a joint JD/MBA program, but after starting law school, I enjoyed that and decided to focus on my law courses for the time being. I thought I could get an MBA later if necessary.

**Q** What advice can you give to your students in the Honors Program to help them select the fields they will enjoy?

**A** For some of them, they selected their majors right out of high school and made the right choices. But I wasn't so fortunate. Also, sometimes a student may think she's in the right field, even after the first year or two of introductory courses, but then may realize that her major is not the right fit. The Honors Program can open so many doors to so many fields. Students should take advantage of the Honors seminars, internships and other programs to get the broadest bases of knowledge possible. My wife, Kerri (formerly Szczepankiewicz), is another excellent example – she graduated from the Honors Program with a degree in theatre and dance, but was able to go back to UB later for Masters degrees in education and administration. The Honors Program allows for that kind of flexibility, which is crucial to be able to hone in on exactly what you'd ultimately like to do in life.

# 9/11/01: From Despair to Hope

*"I am honored to be a recipient of this scholarship in memory of an amazing man, Gino Calvi, who truly represented the best of UB. Because of this scholarship I will be going to study abroad in Costa Rica this fall to learn more about Latin American culture and better prepare myself for a future in international relations." - Joy Cronin*

Christine Calvi took a national and personal tragedy and turned it into a triumph over despair. While our nation mourned the loss of so many in the terrorist attacks on the World Trade Towers, Christine mourned the loss of her husband, Gino, who was an employee of Cantor Fitzgerald. Within a few days of the collapse of the towers, I received a phone call from Tara Howard, a classmate of Christine's at UB, who wanted to help set up a scholarship in Gino's memory.

Christine and Gino met while both were students at UB. Gino graduated in 1989 with a BA in Economics, and Christine graduated the following year with a BA in Psychology. Since UB meant so much to both of them, Christine felt strongly about establishing the Gino Calvi Memorial Fund. The scholarship was inaugurated with a \$25,000 lead gift from KPMG Peat Marwick's Disaster Relief Fund, given in memory of Gino, brother of Alex Calvi and a KPMG employee. Subsequent gifts from family and friends of Gino and Christine's have added considerably to the endowment.

The Gino Calvi Memorial Fund was established within the University Honors Program and is used for undergraduate student support. Specifically, the scholarship is awarded to a sophomore or junior in the Honors Program who demonstrates outstanding leadership qualities, and who shows promise of benefiting humanity within his or her lifetime. In the fall, we were delighted to announce that the first recipient of this scholarship award was Joy Cronin, Honors Scholar, class of 2005. She is a major in the field of International Studies, with a concentration in Latin American Studies. Joy has illustrated her commitment, as she puts it, "to bring hope to those without it" by traveling to Peru on a mission trip and by spending time working in an orphanage in Mexico.

November 6, 2003 was a great day for the Calvi's. Christine and Gino's parents traveled to Buffalo UB to present the award to Joy. After a lunch with representatives of the Honors Program and Honors Council, the Calvi's, Joy and I enjoyed a wonderful visit with President Greiner, then walked across campus to view the memorial to alumni lost in the World Trade Towers collapse.

Christine has shown great excitement in knowing she will be able to follow the careers of student recipients of the award. While her loss is so tragic, we at UB are very fortunate to have had the opportunity to come to know her. And most importantly, with the establishment of this endowment, Gino's memory will stay alive in perpetuity.

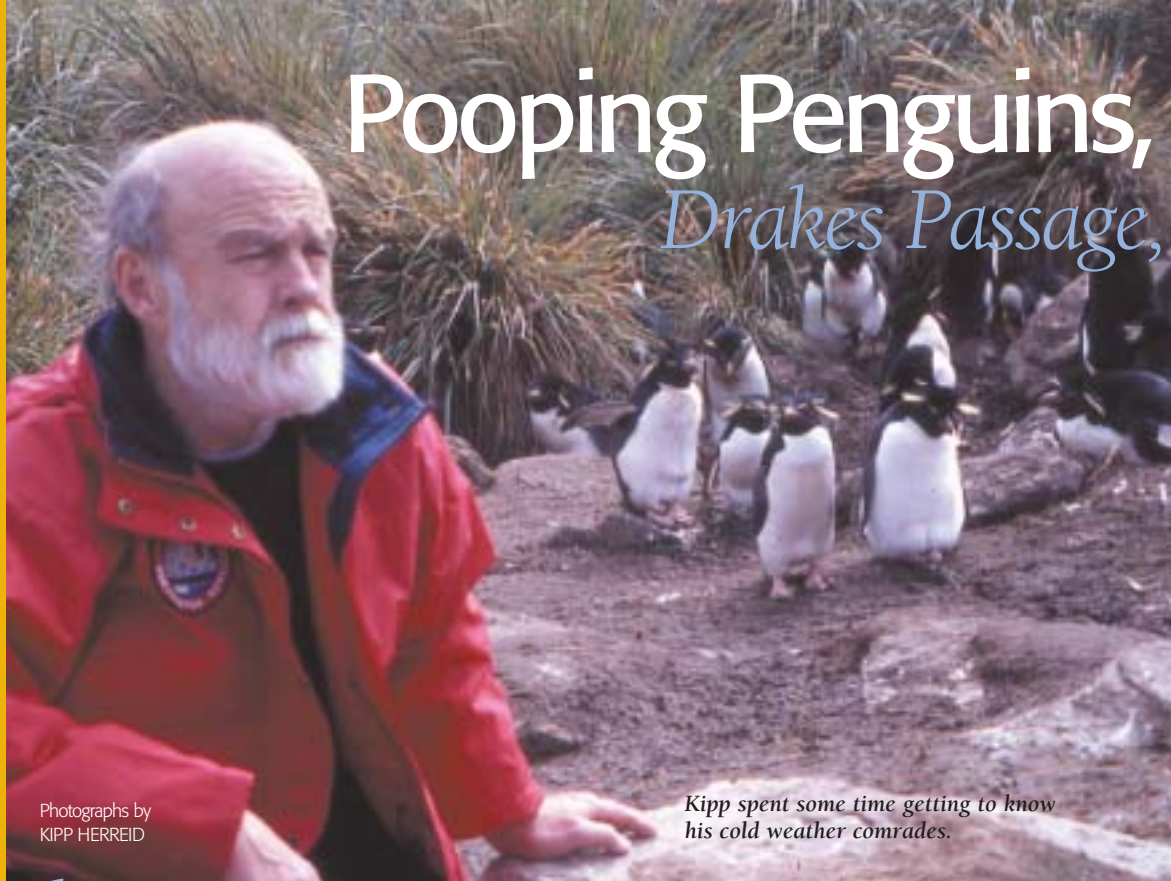
**Margaret C. Phillips**  
Director of Development, Honors Program



Christine (second from left) was able to meet Joy (second from right) and spend some time getting to know her along with Gino's parents (far left and right).

“Our days were filled with stops at islands off the Antarctic Peninsula. Every pause followed the same routine: rubber Zodiac landing crafts whisked us from the anchored ship in relays to the shore. We were greeted by hordes of breeding penguins, sitting on primitive nests of rocks and protecting their eggs and hatchlings.”

# Pooping Penguins, Drakes Passage,



Photographs by  
KIPP HERREID

*Kipp spent some time getting to know his cold weather comrades.*

A trip to the Antarctic is not at the top of everyone’s list for a winter holiday. But it was at the top of mine. After all, I am from Buffalo, and not afraid of tough weather. Also, recall that in December, when temperatures are chilly in Western New York, it is summer at the South Pole. Along the coast of the continent where icebergs tumble into the sea there are patches of rocks that are snow free, and you can actually see moss and lichen growing. And the temperatures are warmer than Buffalo’s.

My wife Jan and I signed up for a cruise that was sponsored by the American Association for the Advancement of Science. Seventy of us met in Miami to begin our trip, flying to Santiago, Chile, and then on to Argentina’s Tierra del Fuego. We disembarked at the world’s southern-most city of Ushuaia, 50,000 people living where a century ago only a handful of aborigines eked out an existence. There we climbed aboard our expedition ship and were off, travelling through the beautiful Beagle Channel that separates Chile and Argentina, made famous by Darwin on his five-year voyage with Captain Robert Fitzroy, and then east to the Falkland Islands and points south.

The weather was excellent throughout the days of sailing. This is no casual comment, for we twice crossed Drakes Passage. This is arguably the roughest water in the world, where Dramamine is a treasured friend. Our days were filled with stops at islands off the Antarctic Peninsula. Every pause followed the same routine: rubber Zodiac landing crafts whisked us from the anchored ship in relays to the shore. We were greeted by hordes of breeding penguins, sitting on primitive nests of rocks and protecting their eggs and hatchlings. Colonies dotted the snow and rock-patched landscape. Tiny trails snaked through the snowfields formed by generations of penguin feet as they trod to the frigid waters to search for krill—tiny shrimp-like crustaceans beloved by whales that patrol these seas. While the birds padded easily across the snow, we lumbered





# and the Beagle Channel

KIPP HERREID  
Academic Director, Honors Program

along in our high rubber boots, plunging through the ice-crusting snow to our knees, flailing our arms and cameras helplessly.

The colonies were bedlam. The stench of offal from penguin krill meals permeated the air. Penguins stood or squatted side by side in the rookery squawking their heads off as they greeted their mates or complained about an imagined insult. Penguins elbowed their way through the mob to scrounge pebbles for their pitiful rock nests eternally picked apart by sneaky neighbors. Marauding skuas, unattractive muscular gray gulls, skimmed over the colonies diving in to snatch penguin eggs or young. Over and

lurked off shore leopard seals trolling the waters seeking to devour any delinquent penguin that strayed from his comrades, leaping into the air like miniature porpoises.

Of course, there was more to the trip: abandoned whaling stations with their rusting skeletons of machines amid the disintegrating bones of their massive prey; elephant seals lined up like rolled cigars sunbathing on the beach; albatrosses and fleets of petrels wheeling in the sky in the wake of our ship; and the spectacular ice bergs chipped from mountainous glaciers and molded into impossibly blue crystal sculptures, slipping past the ship as they worked their way into the open ocean and a slow demise in the always daylight of the polar summer.

Ten days later the sailing was over. We were on land—back on the tip of South America. Before home, there would be Buenos Aires—and tango dancers. But that's another story.... )



over again we saw this scene repeated with only the species of penguin changing: first tiny Rock Hoppers bouncing over their rookeries like tiny popcorn kernels, then Chinstraps, Gentoos, Adelaides, and the bizarre Macaronis probably named because of their pasta-like yellow eyebrows which flare upwards to the heavens. So many penguins—so little time. And always there



**"So many penguins —  
so little time!"**



# Honors,



Photographs by REBECCA COLEMAN

*Towering American beech trees more than 175 years old scarred with pileated woodpecker holes. Cattail marshes noisy with the calls of waterfowl and songbirds. Ponds filled with turtles, frogs, and insects. These are the walls of my office...*



# Naturally

KRISTEN BUECHI  
Honors Scholar, Class of 1997

...and I didn't have to travel far from UB to find my ideal job. This oasis for wildlife is located only 20 minutes from the north campus, at the Dr. Victor Reinstein Woods Nature Preserve in the middle of suburban Cheektowaga.

When I began my education at UB, I had an interest in biology but wasn't sure what career path to follow. However, I did know that I wanted to be in the Honors Program. UB has been the college of choice for my family, with my dad Peter, (B.S. 1967, M.S. 1969), brother Stephen (B.S. 1993, M.Eng. 1995), and mom Cheryl (Ed.M. 1998) all attending. My brother was in the Honors Program, and I saw how it helped to shrink the size of a large school like UB and was the source for lasting friendships for him. It proved to have the same effect for me.

As I worked my way through the Biology Program, I discovered that the classes that I enjoyed the most were the ones with outdoor fieldwork components, such as ecology and limnology. Experience working in a lab setting confirmed my desire to find a job working outdoors with wildlife. To further my education in this field, my choice for graduate school was another SUNY school—the College of Environmental Science and Forestry in Syracuse. For my research project, I spent two summers at Allegany State Park in southwestern New York studying the beaver population through live-trapping and observation. I was continually amazed by their engineering abilities, intelligence, and size—the teeth on a 57-lb beaver are enormous! As part of an internship grant, I led weekly “Tour of a Beaver Colony” programs for park visitors and enjoyed sharing the beaver's adaptations and abilities with the public.

After graduating with a Master's degree in Environmental and Forest Biology, I accepted a job back in Western New York as an environmental educator for the New

York State Department of Environmental Conservation. As the only full-time education staff at a 292-acre nature preserve, I was initially overwhelmed by the idea of coordinating nature walks and educational programs for the public. Three years later, I have accomplished that as well as created a quarterly newsletter (*The Lily Pad*), developed a volunteer program, and initiated activities such as snowshoe hikes, full moon walks, and pond life lessons. Some of my typical duties include leading group tours for schools, scouts, and other organizations, developing seasonal nature programs, creating displays, and training volunteers. Future projects at Reinstein Woods include construction of an education center within a few years, an expanded volunteer program, and more outreach to local schools. For any current Honors Scholars interested in environmental education, Reinstein Woods recently became affiliated with the Environmental Studies department internship program at UB and we could use some good ideas and helping hands to fulfill our mission.

In today's society where people, especially children, spend less time outdoors than previous generations, I am privileged to have the opportunity to awaken their interest in nature. I feel that I have accomplished my job if I send visitors home with knowledge about the differences between frogs and toads, what “scat” is, and why “weeds” are good! I love having a job that requires me to continue learning about my favorite topics of plants and animals. So if you feel stressed from school or work and need to reconnect to the natural world, I invite you to take a short drive and come visit my “neck of the woods” any time of the year. Hope to see you there soon!

For more information on the Dr. Victor Reinstein Woods Nature Preserve, call (716)683-5959, email [rwnp@gw.dec.state.ny.us](mailto:rwnp@gw.dec.state.ny.us), or see [www.dec.state.ny.us/website/reg9/reinstein](http://www.dec.state.ny.us/website/reg9/reinstein) )



“In today's society where people, especially children, spend less time outdoors than previous generations, I am privileged to have the opportunity to awaken their interest in nature.”



# Service With a

*One gray, rainy Saturday in October 2003, five freshmen in UB's honors program gather in a suburban Buffalo garage and spend the afternoon constructing birdhouses. By the end of the day they complete more than a dozen, but not before two tool-challenged male students almost come to blows when one inadvertently strikes the other's hand with a hammer. A few ice packs and bandages later, peace is restored and the students plan to meet the next week to install the birdhouses in a Williamsville Town Park.*

On that same Saturday, other freshmen meet in downtown Buffalo to paint the feline room in the animal shelter while others drop off a half-ton of food to the Food Bank of WNY. And in Amherst, six honors scholars spend their weekend at the Boulevard Mall, educating an often-apathetic public on voter registration.

A common thread links these current honors students, performing community service throughout Western New York, with honors alumni across the country: Freshman Honors Colloquium.

Colloquium—the only course required of virtually all honors scholars—was created at the request of the students. Dr.

Josephine Capuana, Administrative Director of the

Program, recalls: “Two major changes occurred with the fall 1984 entering class. First, we admitted the largest honors freshmen class, 75 students. Second, we eliminated the core honors seminar that all students took. We replaced it with a series of honors seminars like we offer today. In the original group seminar, all students saw each other once a week for three hours in class. The new seminar format eliminated that opportunity. It was a lot harder for the students to know who the other honors scholars were. So we came up with the idea of a one-credit course that would provide the students with a connection to each other and a connection to the University.”

Twenty years later, Colloquium continues to foster this sense of community, while also fulfilling its secondary mission as an ongoing orientation for freshmen honors scholars. However, as the program has grown—the entering freshman class now numbers 250—the course has gone through a number of logistical changes. Honors students from the 1980's may remember meeting for Colloquium in the uniquely green-paneled Kiva room in 101 Baldy Hall. Each Friday afternoon in that small, circular space, Drs. Herreid and Capuana

would deliver announcements and, in Dr. Capuana's words, UB “street smarts” to the latest crop of honors students. Flash forward to fall 2003, where three separate sections of Colloquium meet weekly on Monday or Wednesday afternoons in a large, technologically advanced classroom with tables and chairs conducive to group work. Street smarts are still important, but are most often imparted by representatives from across campus, who help honors freshmen navigate UB's vast campus resources—from study abroad, to web portals like MyUB and UB Learns, to online registration and career searches.

**“Teamwork is essential for success in almost every field...”**

Over the years, the Colloquium's emphasis has changed. Dr. Capuana notes that the program first “introduced a theme format, initially based on current events

and later changing to focus on specific parts of the world.” Then in the later 1990's, Honors freshmen held policy debates, preparing and arguing both the pro and con sides of the issue. In 2002, the program's directors decided to get back to basics: If community was what the course was all about, then why not make that ideal the focal point of the group work? A five-hour community service requirement had been a long-standing aspect of Colloquium. However, many students





JESSICA (SEABURY) DUDEK  
Honors Scholar, Class of 1994  
Assistant Administrative Director, Honors Program



commented that more time was needed to make a real impact in the community. The community service project was revamped and modeled after the Boy Scouts of America's Eagle Scout Leadership Service Project; the new design requires groups of five students to develop and plan a community service project that is both service-oriented and issue-based. Each student must devote approximately 15-20 hours to a community institution. The projects cannot be routine labor; instead, students are encouraged to make a more long-standing contribution to the community through updating or refurbishing facilities, presenting programs in schools, or creating new spaces for non-profit organizations. Group work is an essential part of the Colloquium experience. Academic Director Kipp Herreid explains: "Teamwork is essential for success in almost every field, whether you

are headed for failure. We are not born with these skills, we must learn them-by doing."

As in years past, the group project has a parallel academic component. Gone are the days of annotated bibliographies or poster sessions. Instead, in conjunction with their community service project, groups are required to write a 5-7 page position paper on an issue related to their project. The papers discuss the specific problem their project/agency addresses, places this problem within a larger context, and ultimately suggests a solution to the problem. Each group gives a PowerPoint presentation about their projects to their peers and the Honors staff at the end of the semester. Consequently, what began as a one-credit pass/fail course has now evolved into a two credit graded course requiring numerous hours outside of the classroom.

To date, Colloquium has sent 500 honors freshmen working in 92 groups into the Western New York community. They have given their time in classrooms, libraries, hospitals, refugee shelters, retirement homes, soup kitchens, clinics, parks, food pantries and youth facilities. They have painted, weeded, mulched, planted, collected, sorted, cleaned, scrubbed, assembled, and hammered (some more proficiently than others). Along the way, they have garnered the thanks of many grateful people. Theresa Geldard, Nutrition

**...without the skills to listen to your colleagues,  
consult reasonably with others,  
and reach compromises,  
you are headed for failure."**



are a scientist in the lab, a lawyer at the bench, or a dancer in a show. The world is a network of people, not a collection of isolated hermits. Without the skills to listen to your colleagues, consult reasonably with others, and reach compromises, you

Resource Manager of the Food Bank of Western New York, wrote: "Thank you for the opportunity to work with your students. They worked with my program, 'The Garden Project', which is aimed at empowering the low-income population to become self-suffi-

*continued on page 10*



## More Service Projects...

### **WILDLIFE REFUGE**

Helped clean, weed, and renovate the facilities of a wildlife refuge

### **DIABETES AWARENESS**

Wrote a grant proposal based on surveys of schoolchildren towards implementing a diabetes awareness program at school

### **DRUG PROGRAM FACILITY**

Cleaned/Painted facilities of a community's drug-awareness program

### **MORAL EDUCATION PROGRAM**

Taught a program on morals and tolerance to elementary school children

### **GRAFFITI CLEAN-UP**

Repainted graffiti-covered buildings throughout Buffalo

### **SCIENCE EDUCATION**

Taught elementary students science by inspiring creativity and exploration (hands-on experiments) rather than through conventional methods

### **HALLOWEEN COSTUMES/SAFETY**

Made costumes for underprivileged children at a local community center, and taught about Halloween safety

### **UB CHILD CARE CENTER**

Refurbished the playground area of the Child Care Center on North campus

### **SOUP KITCHEN**

Designed & built new shelves for a local soup kitchen's supplies

### **CRADLE BEACH**

Helped coordinate programs for the children at the camp, and helped clean/refurbish the facilities

### **VIVE, INC.**

Redecorated the children's playroom at a local refugee support center

### **NURSING HOME**

Renovated a nursing home's facilities - clean, painted, decorated the cafeteria

### **STRANGER SAFETY**

Taught a safety seminar to school children, made ID badges

### **RECYCLING PROGRAM**

Developed printed materials and surveyed business on recycling for Erie County Department of Environment and Planning

## Service With a *Smile* continued

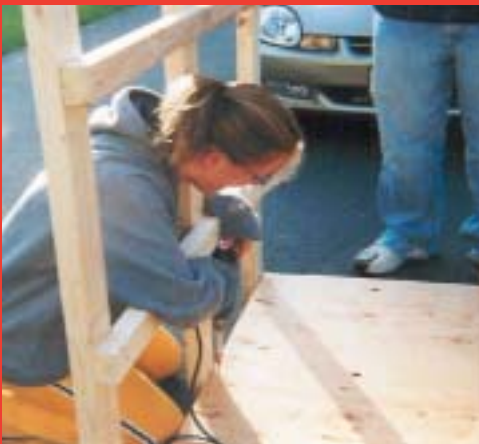
cient through nutrition education and gardening experiences. The students were a very self-motivated group and have helped our program immensely. I am amazed at the amount of work that they were able to complete independently. Without the help of these five individuals, there would be no way that the garden would be ready to start next year's growing season."

While the students have undoubtedly made an enormous impact on the community, the projects left an equally indelible impression on the freshmen. The students were asked to submit reflection papers at the end of the semester, which allowed them to look back at the project experience and examine what they learned about service, the community, and themselves. Many of the students felt that the project's personal influence would be far-reaching. Some noted that their community service project might result in a major change or a different career path. Several students indicated that they would continue to volunteer in the future for the agency that they performed their project with.

Marissa Chabon, who ran programs for children at a local library, summarized it this way: "I feel as if the community service project really did, in many ways, allow us to reach out to something beyond ourselves." Sarah Hodges, whose group painted the Buffalo Animal Shelter, wrote: "This project has taught me that I know far less about the world than I thought I did. Everyday I am understanding more and more about the world around me and how it works. Learning about the workings of the world is one of those things that you can't learn in a classroom. You have to actually go out and see it for yourself in order to not only believe it, but understand it." This insight was shared by many students, who felt that a primary benefit of the project was the exposure it gave them to communities they were not typically familiar or comfortable with. Alex Miller, who visited with and interviewed residents of a nursing home, observed, "Being able to identify with the situations of people from other demo-

graphics is a very important part of becoming a truly educated person." Bradford Namaste, whose group sponsored a food drive for the Buffalo City Mission, echoed this sentiment: "I was unaware that such a simple act of kindness would go such a long way. Helping people actually survive gave me a new appreciation for the things that I seldom regard as precious. My experience with this project and my experience at the university have both helped me to move out of the somewhat sheltered community that I grew up in and learn about the different people of the world."

Other students were surprised at the changes in themselves over the course of the semester. As Katherine Movic, whose group purchased and planted American elm trees on UB's North Campus, explained, "I became conscious of an environmental issue which I had never considered before, learned about myself and my role as a team member, and also became aware of how working on a difficult project could give me a greater educational experience. I was truly surprised at how much it meant to me to see our young saplings safely planted in the soil. I realized that my attitude had shifted from complete complacency to an incredible desire to make a difference." Matthew Scerra, another library volunteer, concurs: "Overall, I feel that this experience will be one of the proudest moments in my educational career at the University at Buffalo.")





# IN THE STREETS: A Seminar in Community Service

You can hear him on the radio, see him on TV, and read his comments in the newspaper. He seems to be everywhere: in the classroom, on the Honors Council, advising students, and receiving grants and national teaching awards. No kidding, Dr. Joe Gardella, Professor of Chemistry and Associate Dean in the College of Arts and Sciences, is everywhere, especially where environmental issues are concerned. That's what prompted him to offer his exciting Honors seminar, Community Linked Interdisciplinary Research. This course throws students right into the thick of environmental problems - and politics.

Gardella came to UB twenty-two years ago with a double major in philosophy and chemistry from Oakland University in Michigan, a Ph.D. from the University of Pittsburgh, and postdoc at the University of Utah. All along the way he carried with him his interest in the environment. But it wasn't until ten years ago that he decided to really get involved with community matters, and he reoriented one of his courses into a community concerns-especially looking at local projects involving participatory decision-making. He says, "so often experts would come to public meetings with their specialized jargon explaining their plans, but local citizens would not be able to decipher what was really going on." Gardella saw a role that he could play by collecting data and putting the information into digestible prose and make it public. This mission clearly carries over to his Honors seminar course.

This fall, Gardella taught his seminar for the second time with his colleague and friend, Jane Cameron, an environmental lawyer in the New York State Office of the Attorney General. According to Gardella, the idea behind the seminar is to engage a group of students in team-based projects that are linked with the community. Along the way, students learn how to work in groups, the value of interdisciplinary work, and are able to practice public speaking.

Last year Gardella and Cameron had student teams working on projects involving Delaware Park (the proposed altering of the golf course and dog walking enclosures) and mapping of toxic waste sites. Students interviewed community leaders as well as citizens, collecting invaluable data that were passed onto decision makers.



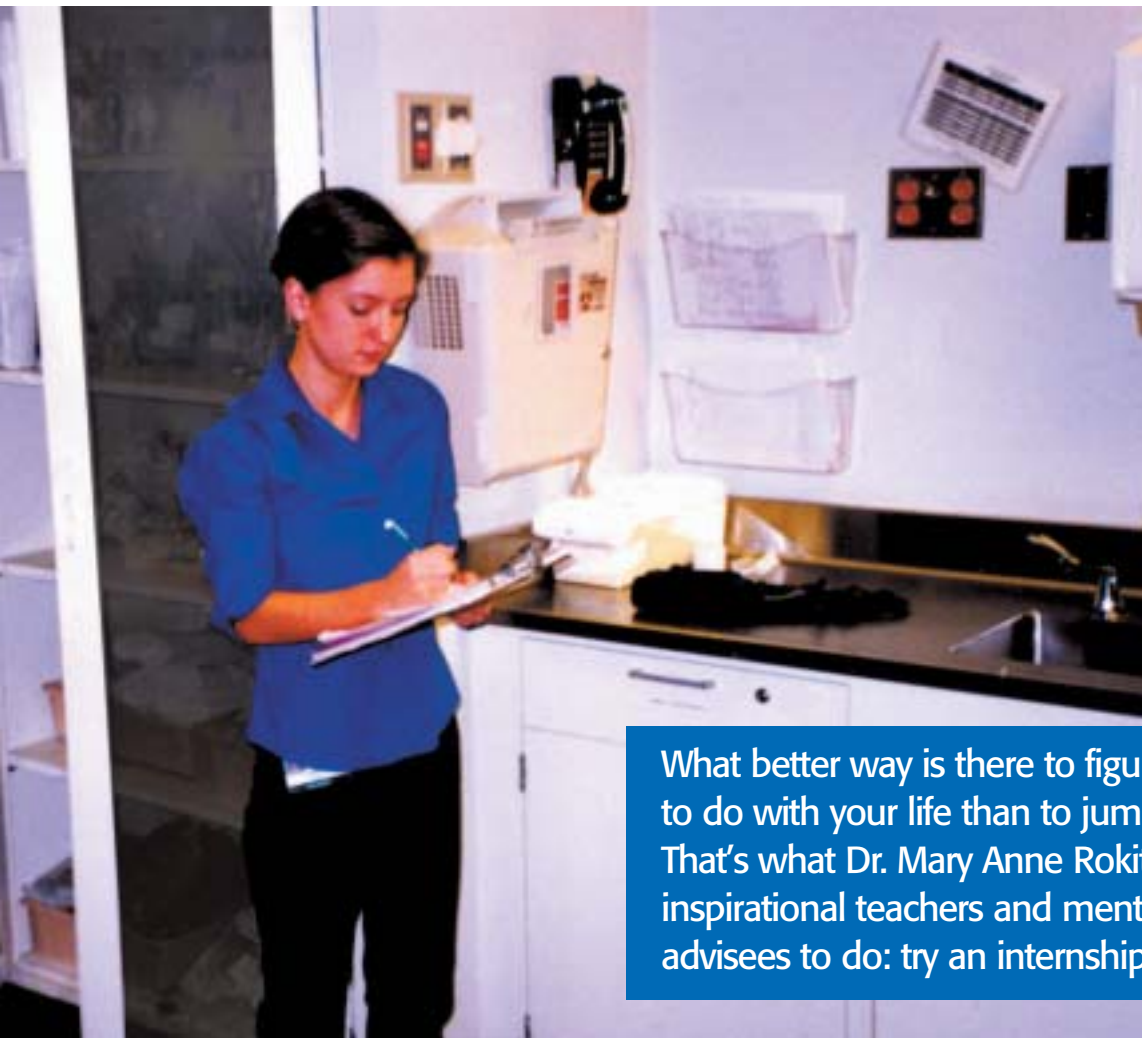
*The "College Kids and Joe"*

Pictured with Joe Gardella are, from left to right, Caitlin Hughes, Alyssa Bennett, Christina Coates, Crystal Grogan, and Alicia Leonard, all Honors Scholars, class of 2007.

This year there were two teams, one worked with the City of Buffalo Environmental Management Commission on environmental management systems and another analyzed the proposed change to the Scajaquada Expressway, a four lane expressway that runs through Delaware Park, making it more of a parkway, adding trees, a roundabout, and reducing the speed limit. The road change would dramatically alter the traffic flow through the surrounding neighborhood. The students surveyed Delaware Park users on the pros and cons of such a change. They learned survey research techniques, designed a survey while working with Dr. Michael Farrell in the UB Survey Research Center, conducted community interviews, attended public meetings, and one of them even met the mayor! With PowerPoint in hand, the students headed to the Olmsted School in Buffalo to gain the perspective of third graders, since they felt that the park's main focus was children. Christina Coates, a first-year Honors Scholar, had this to say about her experience: "The chance to work with a professor such as Joe Gardella was a great honor. With Joe's help I've learned that it is possible to take part and work to make changes in the community at a young age, and that determination is an essential part to achieving any goal. Joe's seminar truly inspired me to become an active member in my community, both here at the university and in the Western New York area."

By the end of the seminar, each Honors student had completed a project, developed a presentation for the public, attended often contentious community meetings, interviewed experts, brought speakers to class, and wrote journal entries. Gardella and Cameron have clearly achieved their goal to have students "get their hands dirty and do the real stuff." And they have had an impact on the public. "Community reaction was always unbelievably positive," Gardella said. "Everybody thinks it is great that college students aren't [just] sitting in the classroom!"

# Internships: Putting Flesh on



*Jennifer Pugh, Honors Scholar, Class of 2004, assigns an eligible patient to one of several studies being conducted in the Emergency Medicine Department of a local hospital.*

What better way is there to figure out what you want to do with your life than to jump in and test the water? That's what Dr. Mary Anne Rokitka, one of UB's inspirational teachers and mentors, urges her advisees to do: try an internship!

Rokitka has been at UB since 1969, first as a graduate student working with Dr. Kipp Herreid studying comparative physiology, then as a professor, researcher, administrator, advisor, and mentor. Rokitka is currently a Clinical Associate Professor of Physiology and the Assistant Dean of Biomedical Undergraduate Education in the School of Medicine and Biomedical Sciences, having previously earned a B.S. in Education, an M.S. in Natural Sciences, and both an M.A. and Ph.D. in Biology. She has been a supporter and friend of the Honors Program since its inception in 1981.

Rokitka works closely with students to give them hands-on experiences through internships as part of a Special Major in Biomedical Sciences. At the outset, she asks students to do a bit of soul-searching. "We ask, 'what would you like to do with 144 hours of your life? What would you like to learn

before you leave UB that has something to do with Biomedical Sciences? What kind of experience would you like to have?'" Students have chosen internship sites that have ranged anywhere from agencies such as Planned Parenthood, Women's Health Initiative, and the Elizabeth Pierce Olmstead Center for the Visually Impaired to a research laboratory in a hospital, dental or medical school. Their programs can be really ambitious. One Honors student, who is now in chiropractic school, compared three approaches to chiropractic medicine: a private practice, a group practice, and even traveled to Phoenix, Arizona, to experience how "New Age" chiropractic medicine worked.

Another student, Gary Glaser (Honors Scholar, class of 2003), did a research internship in a commercial R&D setting to determine whether medical school or graduate school was in



# Bones

KARYN ST. GEORGE  
Assistant Administrative Director  
Honors Program

*Ajay Panchal, Honors Scholar, Class of 2004,  
takes a turn checking a patient's heart as  
he shadows a general surgeon during a  
routine physical exam*

his immediate future. Rokitka had this to say about Gary's experience, "That internship convinced him of two things: To become a graduate student in biology, and not to do work in a laboratory which is very much product-oriented. It helped him to make an informed decision and now he's very happy doing what he's doing!" More often than not, according to Rokitka, the internship helps students decide if they really want to go into a particular profession. Sometimes they learn, "That's not for me. It's not what I want to do with my waking hours as an adult."

Rokitka sees the value in internships as giving students a setting within which to apply coursework. Students will say, "The internship was the capstone of my four-year experience here at UB! It gave it meaning and put flesh on the bones of all these courses; it pulled them together and made them feel more integrated."

Internships can be life-altering experiences. Case in point: Inna Rozov (Honors Scholar, class of 2003) chose to do a research internship with Dr. Beverly Bishop in physiology. Inna very reluctantly went into a laboratory where rats were used in the research, as she was very concerned about handling rats. Bishop told her if she was going to accept the internship she would have to take the animal handling certification course. She would learn to give injections, handle live animals, and even perform minor operations on rats. Rokitka recalls, "I can't tell you the number of times Inna came to my door saying she might have to quit. She persevered, she persisted and walked out of there saying, 'I know I'm not going to be a researcher, but as a physician I now have a better appreciation of what laboratory research is like.' She had encountered a major obstacle, and she survived. She also had a mentor in the lab...Bishop groomed her, Bishop nurtured her, and she didn't say, 'your grade depends on this.'"

Internships, as Rokitka sees them, give students two things: insights about themselves and insights about the workplace. Monika Chatrath (Honors Scholar, class of 2003) wrote in her reflection paper at the end of the experience that she learned how people network in a job setting. She interacted with nurse practitioners, technicians, clerks, receptionists, and the clients who came into Planned Parenthood. She learned about people her own age who came in and had birth control issues. She learned about people older than herself who were clueless as to where babies come from. While she admitted that she will probably never be a gynecologist, she has a greater respect for women's health and sexuality issues.

Rokitka gives her students this advice: "Go and soak up as much as you can from as many people as you can and from as many sources as you can. Then put your own personal filter in place. Take out of that experience what you think you need, what will best serve you, and what will best prepare you to go out and serve others."

"UB is rich and full of opportunity. I tell students that some of the best lessons that they will learn while they are here do not come from the classroom. They will learn about themselves from talking to an advisor, a faculty member; they will read a book, go to a lecture, attend a seminar or a concert, and suddenly the light bulb will go on, and that will be the best learning experience they've had. I'm convinced it doesn't necessarily happen in the classroom." )



“UB is rich and full of opportunity. I tell students that some of the best lessons that they will learn while they are here do not come from the classroom.”



# What's

“I knew that I wanted to dance... if I had learned anything from my four years at UB, it was to follow my dreams.”

# Next?

DANIELLE SHEATHER  
Advanced Honors Scholar, Class of 2003

Who would have thunk? Joining an international tour less than two months after graduating from the University at Buffalo with a double major in Dance (BFA) and Psychology (BA). Certainly not me! Graduating from UB was one of the most fulfilling and frightening experiences I have ever been through in my life.

It was fulfilling because I had graduated summa cum laude, was an Advanced Honors Scholar, Chancellor Award Recipient, Phi Beta Kappa member and member of other academic societies and dance companies (Zodiaque Dance Company), director of Dancer's Workshop, choreographer for Young Choreographer's Showcase, as well as a Pillars of Leadership Scholar. Yet, standing on the platform at graduation, having fellow graduates ask me, "What's next?" made me feel so fear stricken that my life would end there and that everything after that point would be downhill. I knew that I wanted to dance; but I knew that, for the most part, dance is not a stable career. And yet, that was where my heart lay, and if I had learned anything from my four years at UB, it was to follow my dreams. Yes! A cliché; but true nonetheless.

Fortunately, my nightmare of turmoil ended after a few sleepless nights and wondering what was to become of me. It's strange, I feel as though so many of us are prepared for university after high school; and yet, after undergrad, unless you are going on to grad school, you are basically left with student loans and a million questions but namely, "What's next?"

For me, it was an international tour with VEE Corporation's Sesame Street Live Show "Let's Be Friends" portraying the role of Ernie. Currently, I am on tour in Germany and enjoying touring life immensely. Just before the winter holidays we were on tour in Australia and Korea and

before that we had a small mid-west tour in the US.

My experience was slightly different than my fellow cast members as I was not involved in the production

aspect of the tour. That is to say that I did not learn the show with the rest of my cast members and was brought into tour about a week late.

I can vividly remember the phone call and the job offer. It was almost surreal! I took the job but was asked to get down to Minneapolis in only four days. In that time, I had to quit the dance instructor position that I had received and pack my bags for something that had already been learned by fellow cast members. I wouldn't change it for the world! I learned the show in two days and performed it as scheduled on opening night with the rest of the cast members.

The international aspect of the tour however does have its benefits. Although it is much harder with the time zone differences, I am able to experience a part of the world that I would have otherwise deemed an "out-of-reach" territory. I have been so many places and seen so many things and the tour is still scheduled for at least another 2 months.

One of the most amazing things to me is that I was able to see and tangibly experience the Berlin Wall. Of course, the fall of the Berlin Wall did happen in my lifetime and yet I was so young that its impact was completely lost. This is something that one cannot learn as a student or read in a book.

To be there and imagine precisely what East Berliners went through during that period of history is as fulfilling as when I stood on that platform at graduation.

Life on tour is sort of like living in the residence halls at UB, only we move around so much. In fact, we are sometimes in three cities in one week. We have to share hotel rooms with one other roommate (really like dorm life) and sometimes it gets a little hectic living, working, and sharing quarters with the same people. But it also gives us a sense of family, which is great when you're homesick.

Everyone gets homesick at least once on tour. It just has different effects on people. Some crave the foods their parents or boyfriends make, others miss the cities they are from, and still others (like me) miss the hugs and love that is shared with the people at home, something that no one on tour can replace. But the love and support that I have from my family, friends and boyfriend is all I need. They understand that this is a wonderful once-in-a-lifetime experience.

If I were able to travel back in time to the day of my graduation, I would answer the, "What's next?" question like this: "I don't know...I can only hope that in my life I can continue to feel as fulfilled as I do right now at this very moment in time." )

Danielle at Checkpoint Charlie Museum in Berlin.



Danielle rehearses with her cast members in Germany.



# Who Wants to Be a Millionaire?

PAUL HERBERT  
Advanced Honors Scholar,  
Class of 2006

These days everyone is asking me for money. “Now that you’re in the money and all,” they say, “do you think you could loan me five bucks?” You see, in cold January I boarded a plane bound for Florida to get my shot in the “Hot Seat” on the famous game show “Who Wants To Be A Millionaire” with Meredith Vierra. February 12th my episode of the Millionaire College Week aired. That’s when the requests for money started pouring in.

I sort of fell into this. Friends and I were supposed to go to Boston last summer, but had to cancel when one of them, John, who had signed up to audition for Millionaire was finally contacted and given an audition date in New York City - right when we were supposed to be enjoying ourselves in Boston. We’re good sports though; we changed plans and went to New York with him so we could stand outside the ABC studio and make fun of him. We’re good friends like that. We all ended up taking the audition and in the end I was chosen to go on the show.

The whole thing had started as a goof. I didn’t believe it when the Millionaire people called. I was ready to hang up when they told me they were flying me to Florida to tape. These things don’t happen. I don’t even know anyone who’s been on a game show.

It is great though. I won thirty-two thousand dollars! All I had to do was sit in a chair and answer some questions. Okay, so it’s not that easy. It’s incredibly nerve racking. All you can think about is how everyone back home said that you weren’t allowed to come back if you miss the first question; you’re worried about not looking dumb in front of a national television audience; you have cameras in your face and you’re playing for thousands of dollars. Everything you thought you knew so well is a little hazy. For one of my questions I wasn’t even completely positive there were sixty seconds in a minute!

Thirty two thousand dollars! I’ve been a poor college student so long I can’t imagine that much money. I can imagine tuition; that is something that’s very real and very big - but very different, although, now I can pay it. The check they hand you on the show is fake - so far the money hasn’t seemed any more real than that check. I won’t get the real check for another month or so. I have fourteen dollars in my pocket until I do.

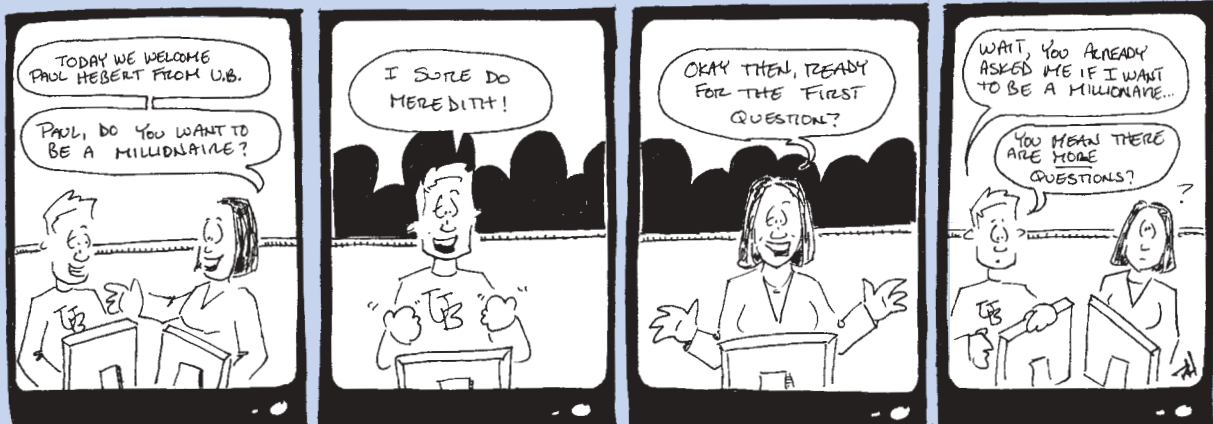
I’ve wanted to teach English in China, but always had to worry about making enough money over the summer to pay for school. Now I don’t have to worry about that. I’m actually going this summer too. Next year I’m studying abroad in Ghana. None of this would be possible without that money. Really it seems I can do anything.

I am overwhelmed with excitement. I’ve been given this incredible opportunity. My family is proud, my friends ecstatic, everyone I know has something to talk about at parties. I’ve done interviews; been in three different campus publications; I’ve been on the news, in the paper; people recognize me; everyone says this my fifteen minutes of fame. That’s what scares me most, maybe this is my fifteen minutes. I don’t want my fifteen minutes to be a game show! I want it to be for something meaningful. It would be depressing if I hit my peak at only nineteen.

It’s been a bit unnerving, but at the same time I can’t help but be swept up in it. If I use this money to my advantage, to go to China, to study abroad, instead of just running off and buying a new car then I think I have a good chance at this not being my fifteen minutes, that I’ll have a lot more around the corner. I just have to be smart about it. And, I have to be smart right? After all, I was on “Who Wants to Be A Millionaire”. )

## BETTER THAN STICK FIGURES

COMMENTS: STICKFIGURES@BOFAJO.COM BY: PAUL HERBERT



# Alumni Updates

What they're doing now...

## 1984

### HELEN CAPPUCCINO

Helen specializes in Breast Cancer Surgery at Roswell Park Cancer Institute. She is also currently serving on the Medical Alumni Association and the Dean's Advisory Council in the College of Arts and Sciences here at UB! Here's Helen's family...



## 1988

### CINDY (HOROWITZ) LAWRENCE

Meet Cindy and her husband Kevin's three children, Hannah (5 yrs.), Rachel (8 1/2 yrs.), and David (11 yrs.)



## 1989



### WILLIAM AND TRACEY (FERRARA) NIXON

Meet Hope, their 2 year old daughter!



### AMY (PITLUK) ROSENTHAL

Meet Amy's children - Jason (6 1/2 yrs.) and Ally (3 1/2 yrs.).

## 1991

### MICHAEL DELSIGNORE

Michael teaches Latin at Clarence High School in New York where he is also Department Chair of Foreign Languages and a tennis coach. He lives in Williamsville, New York with his wife April, daughter Emily and son Nathan.

### ALBERT FIORELLO

Albert is at the University of Arizona, College of Medicine, Department of Emergency Medicine as an Assistant Professor of Clinical Emergency Medicine. He's also the Director of Emergency Medicine Ultrasound, and as of July 2004 he will be assuming the position of Associate Residency Director.

### TRACY (RYNKOWSKI) KOSOFSKY

In August of 2003, Tracy accepted a position as Vice President, Sales Operations for Great-West Healthcare in Denver, Colorado - so she and her husband Adam packed up and moved across country (from Connecticut). They live in Castle Rock, Colorado and love it there!

### MARK RUFF

Mark just accepted a position as Assistant Professor of History at St. Louis University for the fall of 2004. His German volume, "Christliche Arbeiterbewegung in Europa," was published in December 2003, by the Kohlhammer Verlag in Germany. His other book, "Catholic Youth and the Erosion of Religious Identity in Postwar West Germany, 1945-1965" will be published in September by the University of North Carolina Press.

## 1992

### CLAYTON ROBERTSON

Clay, after earning her MBA and JD at UCLA, joined the law firm O'Melveny & Myers as an attorney in their main office in Los Angeles, California.

## 1995

### MARY JO KIRISITS

Mary Jo accepted a new job as an Assistant Professor of Civil Engineering at the University of Texas at Austin.

### CHRISTOPHER RIEDESEL

Chris is now working for the City of Los Angeles Cultural Affairs Department in the Cultural Facilities division. He is also working on a brand new film in the 1st Artist Film Festival. Check it out at [www.artistfilmfestival.org](http://www.artistfilmfestival.org) !

### JOSEPH D. SZUSTAKOWSKI

Joe received his Ph.D. in Biomedical Engineering at Boston University, finished a quick tour-of-duty as a research associate at Boston University and joined the Novartis Institutes for Biomedical Research in Cambridge, MA as a Senior Scientist in Functional Genomics/Life Science Informatics.

## 1998

### LAUREN ADLER

Lauren recently made her feature film debut in "Mona Lisa Smile" starring Julia Roberts. She can also be seen playing a waitress from time to time on "As the World Turns" and is currently working on an independent film and some theatre projects. Lauren resides in New York City.



Lauren (third from left) in costume.

### SVELANA BLITSHEYN

Svetlana graduated from UB School of Medicine in 2002, and is currently a neurology resident at the Mayo Clinic in Jacksonville, Florida.



### MICHAEL DIMINO

Michael is currently a law clerk to Judge Laurence Silberman on the D.C. Circuit. This summer he will join the Widener University School of Law, in Harrisburg, Pennsylvania, as an Assistant Professor, teaching constitutional law, criminal procedure, legislation, and election law.

### CHRISTOPHER PRENDERGAST

Chris is currently working as a Research Associate at the Democratic National Committee in Washington, DC. He received his J.D. from the Washington and Lee University School of Law in May 2001, and was admitted to the Maryland Bar in December 2001. After law school, he was in Georgetown's MBA program for a while, but decided it wasn't for him, and he left to get involved in politics.

## 2000

### ERIC FAURLING

Eric is a Mechanical Engineering Ph.D. candidate at Northwestern University.

### KATHLEEN FISH

Katie is in her 4th and final year of vet school at Cornell and is loving clinical rotations (aside from being chronically tired!).

## 2002

### KELLY MCLAUGHLIN

Kelly is working towards her Ph.D. in Chemical Engineering at Penn State and the focus of her research is molecular simulation.

### ELLIS KING

Ellis is in his second year of a Master's Program in Aerospace Engineering at MIT.

### JESSICA SMITH

Jessica is in the Ph.D. program in Comparative Literature at UB and will be researching Swedish visual poetry in Stockholm during the summer. Her article on avant-garde visual poetry will be published in an upcoming issue of OEI, a Swedish journal for poetry and poetics.



### MARA SOMMER

Mara is currently doing DNA analysis for the government while pursuing her Masters in Forensic Science at George Washington University.

## 2003

### KRISTIN HUNGER

Kristin M. Hunger is currently an Assistant Hall Director right here at UB!



From left to right, back row, Cindy (Horowitz, '88) and Kevin Lawrence and Brian Piotrowski ('88), next row, Sarah Kennedy, Matt Kennedy, Amy Pong Kennedy ('89), Aileen Chang O'Hearn ('87) holding Bridget O'Hearn, Mr. Chang (proud UB supporter, i.e., paid lots and lots of tuition for both UB undergrad and med school), Susan Chute ('88), next row, Breana Kennedy, Hannah Lawrence, Stu and Kris Skogsholm (sons of Susan Chute), front row (squatting) Rachel and David Lawrence.

## Marriages

**SVELLANA BLITSHTEYN** (1998) married Leonid Kabakov on June 28, 2003!

**MARK RUFF** (1991) married Lynnae Tanner from Puntagorda, Belize in Portland, Oregon in June 2003!

**ANGELA SNYDER** (2001) married Jonathon Nelson, a UB graduate, on October 11, 2003



## Births



**JOHN ASSAD** (1985) and his wife Lorella had twin boys on October 23, 2003 (to go along with their 3-year old daughter, Elena). The boys' names are Tommaso (Tommy) and Giovanni (Johnny). Meet the kids...

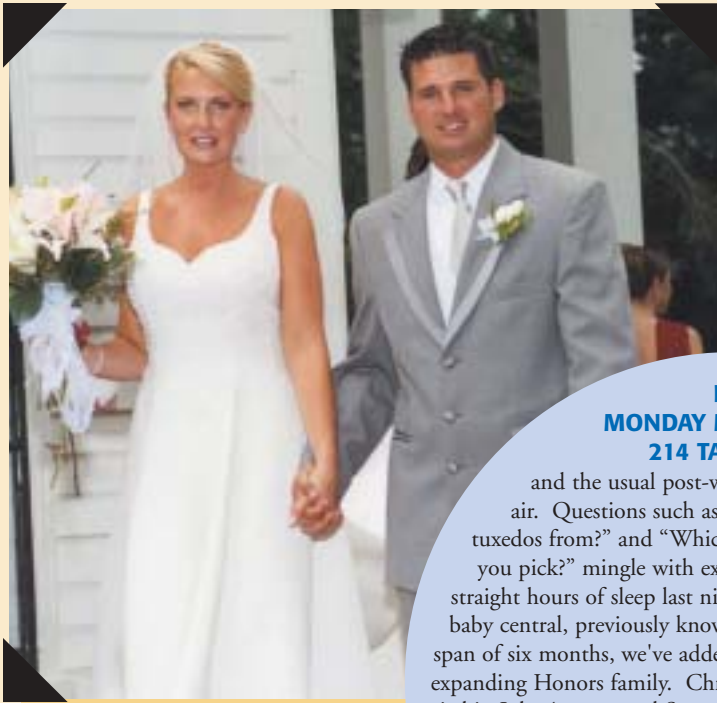
## Engagements

**JESSICA CAVANO** (2000) is engaged to Paul Gestwicki and is planning a spring 2004 wedding!



**STEVEN GLOWNY** (1998) is engaged to Michelle DeSisto and they are getting married in September 2004.

We would like to include a photo of you with your update in the next magazine! Photos will be returned after printing. They can be mailed to: The Honors Program, c/o Karyn St. George or e-mailed to: kcs9@buffalo.edu



Keith and Christine (Dulski) Ryan,  
July 26th, 2003

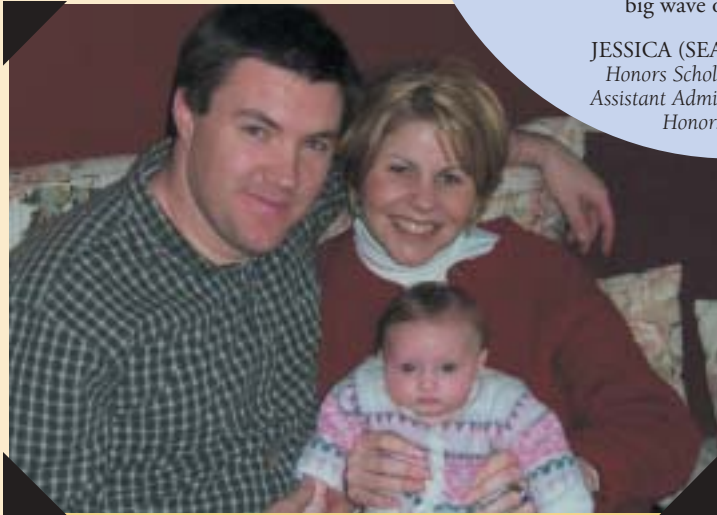


Mark and Karyn (Peckey) St. George,  
September 12, 2003

**IT'S  
MONDAY MORNING IN  
214 TALBERT...**

and the usual post-weekend chatter fills the air. Questions such as "Where did you rent the tuxedos from?" and "Which cake flavor and frosting did you pick?" mingle with exclamations of "I finally got 4 straight hours of sleep last night!" Welcome to wedding and baby central, previously known as the Honors Office. In the span of six months, we've added three spouses and a baby to the expanding Honors family. Christine, Erik, and Karyn were married in July, August, and September respectively, while Nigel and his wife Deidre welcomed the newest Marriner, Norah, into their home in January. All are doing well in their new roles as husbands, wives, and parents, and the office has settled back down into its everyday rhythms — awaiting the next big wave of good news!

JESSICA (SEABURY) DUDEK  
Honors Scholar, Class of 1994  
Assistant Administrative Director,  
Honors Program



Nigel, Deidre, and Norah Rian Marriner, born January 17, 2004



Erik and Kristin D'Aquino, August 2, 2003

# HONORS TODAY

## UNIVERSITY HONORS PROGRAM

University at Buffalo  
214 Talbert Hall  
Buffalo, New York 14260-1700  
(716) 645-3020  
[www.buffalo.edu/honors](http://www.buffalo.edu/honors)



Non-Profit Org.  
US Postage  
**PAID**  
Buffalo, NY  
Permit No. 3821