Students of the Elliott T. Bowers Honors College and Terry Scholars completed a service project on campus in honor of those lost during the tragedy that occurred on Sept. 11, 2001.

2,977 American flags were planted directly in front of the Bobby K. Marks Administration Building in the areas around the Sam Houston State University clock tower on Monday, Sept. 10, in an effort to commemorate the attacks that occurred seventeen years ago.

Project founder and Honors College Ambassador President Kayla McCarns planned and organized the project in its entirety.

“It is important to remember [9/11] while we experience the environment in which the country currently finds itself.” McCarns said.

She began working on the 9/11 Remembrance Project last semester. She shared her idea with her co-workers and supervisors at the Honors College office, where she found the resources, funding and support she needed to make the project a reality.

Many noticed the project well before it was complete. Almost immediately after the service project began, SHSU’s Alumni Association went live on Facebook and shared it with over 3,500 people. In this video, volunteers can be seen actively working together to measure the distance between

continued on page 8
Honors College Offers Scholarships New and Old

Beginning in the Fall 2019 semester, the Honors College will offer a new scholarship. The Sam Houston Honors Scholarship will be a merit-based scholarship awarded to a number of incoming freshman students who have scored at least a 1350 on their SAT and/or at least a 30 on their ACT.

The Honors College deans are excited to have the opportunity to offer an Honors scholarship after the Elliott T. Bowers Honors Scholarship was discontinued at the beginning of the Fall 2018 semester.

As Dean Bell says, “We need to recognize our outstanding students and their academic accomplishments, and the Sam Houston Honors Scholarship is one way to do it.”

The scholarship recipients will be expected to attend advisement, be enrolled full-time, maintain a 3.25 GPA, and attend Honors events.

Incoming freshmen interested in applying to Honors can apply online at www.shsu.edu/honors/.

CHSS Cording Scholarships Awarded

Dr. Richard Cording, Former Dean of the College of Arts and Sciences was named Professor Emeritus of Philosophy in 2004.

The honorary title of Professor Emeritus is given to professors who have made a significant impact on their institution. Dr. Cording began working at SHSU in 1970. During his time at SHSU he built a vibrant Philosophy Program. Shortly after, in 1978, he won the Excellence in Teaching Award. In 1981, he became Dean of the College of Arts and Sciences and founded the Texas Association of Deans of Liberal Arts and Sciences.

Dr. Cording continues to make an impact at SHSU through the Cording Scholarships awarded by the College of Humanities and Social Sciences.

First-time freshman honors student Lucy Hendrickson was one of the five selected recipients for Fall 2018.

In fact, Ms. Hendrickson was even able to take a leave of absence from her job and focus on her education.

Ms. Hendrickson says, “I am deeply honored to be a recipient of this scholarship; it is inspiring to witness the generosity of others.” Lucy hopes to attend graduate school after receiving her bachelor’s degree.

To apply for this scholarship, students should fill out the application available via SHSU’s Scholarships4Kats website.

Elliott T. Bowers Honors College

Vol. X, Issue I
Alumni Spotlight

Dr. Melissa Alvarez-Downing

Assistant Professor of Surgery Dr. Melissa Alvarez-Downing did not always plan on following a career in medicine. She first joined Sam Houston State University with plans to pursue a Ph.D in Chemistry. Dr. Alvarez-Downing attended SHSU on academic and athletic scholarships. While at Sam, she ran cross country and track, was an Orange Key, and a member of the Honors College.

Throughout her college career, Dr. Alvarez-Downing’s performance as a student was noticed by many of her professors, especially by those in the science department.

Dr. Alvarez-Downing says, “That really motivated me and inspired me and I knew from that point that I definitely wanted to be a physician.”

She recognizes Dr. Mary Plshker, then head of the Chemistry department at the time, as her mentor who influenced her to apply for medical school.

She also identifies one of her biology professors as having given her an application to a summer program for students interested in medicine. Dr. Alvarez-Downing claims this program was influential in her decision to apply to medical school.

“...I knew from that point on that I definitely wanted to be a physician.”

Today, Dr. Melissa Alvarez-Downing is a well-known surgeon in colon and rectal surgery. She is also an Assistant Professor of Surgery at Rutgers New Jersey Medical School.

Dr. Alvarez-Downing is a wife and mother of three and continues to support SHSU by being a Life Member of the SHSU Alumni Association. She also provides support to the Department of Chemistry and the Elliott T. Bowers Honors College.

She was accepted to the University of Texas but had her eyes set on more. After persistence, she was accepted to Mount Sinai Medical Center. She later received board certification from the American Board of Surgery in 2011.

Mathew Keith Adams, 1994, promoted to President, MP2 Energy

Russell Matthew Boullion, 1994, promoted to Vice President, A&R Logistics, Inc.

Siddharth Suresh Keswani, 1994, promoted to President, Pandora Americas

Kevin Riley, 1994, promoted to President, Imagine GO

Megan Suzanne Dobson, 1995, promoted to Vice President for Organizational Effectiveness, Johnson Financial Group

Kerry Denise Fellers, 1995, promoted to Strategic Marketing Manager, Baker Hughes

Heather Leigh Stilwell, 1995, promoted to Exploration Geologist

Vaishali N. Casanova, 1996, promoted to Family Medicine Physician, Memorial Hermann NE Hospital

Danielle Dean Adair, 1999, promoted to Vice President, Operations Audit Manager, Woodforest National Bank

Kendall Renee Roehl, 1999, promoted to Memorial Plastic Surgery, Surgeon

Robin Cheryl Stroud, 1999, promoted to Chemist, ConocoPhillips

Ryan C. Davis, 2001, promoted to Vice President, Cadence Bank

Elliott T. Bowers Honors College

Vol. X, Issue I

936.294.1477 | Academic Building IV, Suite 201 | honors@shsu.edu
Professor Stephen Koether

Honors students and their parents got to enjoy a tasty meal after hearing Mr. Koether’s speech at our Fall 2018 Parents Luncheon.

Professor Koether is a Biology instructor at Sam Houston State University and has been working with Honors for two years. This semester he taught an Honors section of the University 1301 “...students’ intellectual, emotional, and social boundaries are stretched, tested, and fortified.”

Introduction to Collegiate Studies course.

During his speech at Parents Luncheon, Mr. Koether mentioned that he enjoys working with the Honors College because, “the greatest benefit to being in honors is that students’ intellectual, emotional, and social boundaries are stretched, tested, and fortified.”

Mr. Koether endorses honors by encouraging his students to apply for membership to the Honors College.

The Honors College is proud of having professors like Mr. Koether who go above and beyond for their students.

Dr. Barbara Kaminska

The SHSU Art department welcomed Dr. Kaminska as an Assistant Professor of Art History during the fall semester of 2016.

Dr. Kaminska received her Ph.D from the University of California, Santa Barbara. Her research is on sixteenth-century art in Northern Europe.

She began working with Honors in fall of 2017 when she participated in the ProfSPEAK! series hosted by the Honors Student Advisory Council.

She then joined the Honors Council in fall of 2018 and attended the Bowers Medallion Ceremony in December.

“...[students get support] from faculty, classmates, families, and friends.”

Of the ceremony, Dr. Kaminska says, “It was exciting to see how much honors students achieved, but also to realize how much support they get from faculty, classmates, families, and friends.”

The medallion ceremony is one of many events hosted by Honors.

Welcome to Honors Dr. Kaminska!

Britni Lynae Cooper, 2002, promoted to Assistant District Attorney, Harris County District Attorney’s Office

Jill Diane Reese, 2002, promoted to Director of Events, Greater Houston Partnership

Heather Singleton, 2002, promoted to Crude Oil Marketer, Anadarko

Katherine Eng Fletcher, 2007, is attending Texas A&M University for a doctorate in Educational Psychology-Research, Measurement, and Statistics

Austin Pearce, 2012, is seeking Masters in Science, Secondary Education and Teaching. Black Hills State University, Rapid City, South Dakota

Amanda Anders, 2012, promoted to Banking Officer at Westbound Bank, Conroe, TX

Sarah Martin, 2012, promoted to Forensic Scientist and Team Lead, Texas Department of Public Safety, Austin, TX

Raynie Leard, 2018, is a Behavioral Therapist at UHCL’s Center for Autism and Developmental Disabilities in League City, Texas.

Want to be featured in our Alumni Notes?

Email your notes to: honors@shsu.edu
Dr. Jennifer Didier,
Kinesiology

What do Jumping, Balancing, Cell Phones, and Breathing have in common?
Exercise Science Research Reveals the Answer

Science has proven we need to move to learn, we need to move to stay fit, we need to move for mental health, but is all movement equal? Can we multitask without error? How many calories do we need to burn, or how do we know how many we are burning? How can I move without getting injured? This presentation will cover recent research studies conducted in our labs here at SHSU to examine injury prevention strategies, tools for measuring caloric expenditure, our ability to multitask, and the reliability of information we receive ‘at the gym’. I will talk about my research as an exercise scientist and a motor behaviorist and what we have found as we look for the answers to these questions related to human movement.

A Validation Study on Estimation of the Post Mortem Interval using Quantitative Means: Human Decomposition and Time Since Death

In circumstances of traumatic deaths that are investigated, the determination of and the time since death become problematic after 48 to 72 hours and often forensic anthropologists are called to assist. The decomposition process of the human body has unique components relative to the in situ environment, thus affecting the rate of decomposition. For example, the decomposition rate in the subtropical environment of southeast Texas differs from the decomposition rate in a temperate climate such as Knoxville, Tennessee. The study design and results of a three year validation study, examining the postmortem interval of 96 cadavers from three different human decomposition facilities will be presented.

Creative Process and Speculation: Imagining the World

How do creative writers and artists conduct research? How can creative process and speculation bring alternative ways of viewing and understanding the world around us? How can artistic representations contribute a specific way of unpacking knowledge? Using documentary poetics as an entry point into these questions, this presentation will showcase the process and practice of creative research via a series of poetic exchanges between two artifacts from the collection of the Peabody Essex Museum.
Transfer Student Spotlight

Transfer student Ashlee Sawtell joined Honors recently in August of 2018. She previously attended Lone Star College in Tomball, Texas.

At LSC Tomball, Ashlee was in the Honors College and was one of the few chosen as a Chancellor's Fellow. Recipients of this award are provided financial aid for tuition and fees, textbooks, and an allowance in order to pursue their degrees with Honors.

Ashlee became a member of the Elliott T. Bowers Honors College with 12 honors credit transfer hours. During the Fall 2018 semester, she was enrolled in the Film and Society Honors seminar. Upon graduation, Vierkant says he would like to take time off to visit the Appalachian Mountains.

After he completes his trip, he plans on returning to SHSU and serving the community as a librarian at our very own Newton Gresham Library where he was employed as a student. Andrew also plans on attending graduate school for his master’s degree.

“\textit{The Honors College is like a family.}”

Within the upcoming semesters, Ashlee will get to experience more of the honors community such as other seminars and events.

Student Spotlight

Andrew Vierkant

History major Andrew Vierkant crossed the stage during the Fall 2018 Bowers Medallion ceremony and a couple days later during Commencement at Johnson Coliseum.

He joined Honors a couple semesters ago in January of 2017. As an Honors student, Andrew completed community service through the German Conversation and Culture Club. Here, he assisted with Oktoberfest.

He also presented his research poster \textit{The Americanization of Texas-German Language and Culture} at the 10th Annual URS that took place in April of 2017.

During his last semester at Sam Houston State University, he was enrolled in the Film and Society Honors seminar over science fiction films.

Upon graduation, Vierkant says he would like to take time off to visit the Appalachian Mountains.

After he completes his trip, he plans on returning to SHSU and serving the community as a librarian at our very own Newton Gresham Library where he was employed as a student. Andrew also plans on attending graduate school for his master’s degree.

Transfer Student Spotlight

Photo provided by Ashlee Sawtell

Photo taken by Reneisha Gilder
Dialogues Seminar

Student Insights

“As a student, I learned about the roots of the issue as well as how imbedded it is into our society. I would definitely take this course again.”
- Lauren Blossom

“[After reading the book] I realized how important [it] was because it helps demystify the stereotypes about Arab-Americans and Muslims in the United States.”
- Victoria Makanjuola

Humanities Seminar

Student Insight

“The location of this seminar course, a log cabin dojo, helped my classmates and me learn more about the ancient history behind the art of Kung fu.”
- Sean Hamilton

Seminar Spotlights

Dialogues: Islamophobia

Students from diverse backgrounds can be brought together by a shared reading experience within a comfortable environment. This is what our Fall 2018 Dialogues seminar aimed to accomplish.

Students enrolled in this seminar, led by Dr. Siham Bouamer, assistant professor of French, quickly learned how to discuss delicate topics with one another.

As a class, the group of Honors students read Moustafa Bayoumi’s How Does It Feel to Be a Problem? This book covers the experiences of seven young Arab Americans from New York.

“They share their insights about struggles, but also hopes and dreams for a future,” says Dr. Bouamer about the book.

Bayoumi was invited to visit the SHSU campus in mid-October as part of SHSU’s Fall 2018 Diversity Reader program.

Flyer created by SHSU College of Humanities and Social Sciences Diversity and Inclusion Committee

Humans: Kung Fu

Being a small city, it is difficult to imagine Huntsville having many unique activities. However, students enrolled in this semester’s Humanities seminar discovered otherwise.

A group of about twenty students gathered at Reeder’s Kung Fu San Soo dojo once a week every Tuesday night.

These students were taught the art of kung-fu by Sifu Marty J. Reeder. Sifu Reeder earned his black belt in Kung fu a decade ago in 2008. He now focuses on sharing his love for Kung fu with others.

In an interview with Channel 7, Sifu Reeder states that his favorite part of teaching is seeing Kung fu influence personal growth within his students.

He stated that he particularly enjoys teaching larger groups, such as our Honors students, all at once. All twenty students who participated in this seminar completed the course with a passing grade.

“The students all did great and were awarded yellow belts -- normally this takes 6 months -- but they did it in three,” confirms Honors Assistant Dean, Dr. Patrick Lewis. Way to go, students!
flags before planting them. The list of volunteers included Honors students, Honors Deans, Honors Ambassadors and Terry Scholars.

“Though the service project itself seems rather simple, the planning and permissions behind it were tedious to complete,” McCarns said. “I am grateful for the contributions made by every individual who helped.”

McCarns’ requests to execute this project on university grounds went through many departments including Facilities Management, Student Activities, Student Affairs and, finally, the President’s Office. The completion of the service project was a community effort led by the Honors College.

Like McCarns stated, in today’s environment it is important to be aware of the community around us. This 9/11 Remembrance Project is a physical demonstration of the united community present here at Sam Houston State University.

Cultural Outing: Texas Renaissance Fest

Knights, gypsies, fairies, and other medieval characters surrounded a group of Honors students who attended the Fall 2018 Cultural Outing to the Texas Renaissance Festival in Todd Mission, TX.

“The most memorable moment was going through the garden/ river-area. It is incredibly beautiful and has many fun pieces of art in it.”
- YhazMhihNhay Toliver

The festival has at least 500 costumed actors, 25 stages, 350 on-site shops, and more. It hosts about half a million visitors annually.

The cultural outing, planned by our Honors Student Advisory Council, gave attendees the opportunity to visit unique shops of all sorts. Students even had the opportunity to ride elephants.

After enjoying the festival, HSAC treated the cultural outing attendees to a picnic-style lunch on an open pavilion.
The 53rd National Collegiate Honors Council Annual Conference took place in Boston, Massachusetts on Thursday, November 7, 2018, through Sunday, November 11, 2018. The conference theme, *Learning to Transgress*, focused on the transformative power of education.

This year, Honors Deans Dr. Kimberly Bell and Dr. Maria Holmes invited four Honors students to the conference. Students Rayne Horton, Kayla McCarns, Conner Rousseau, and Bram Sebio-Brundage were selected to attend the NCHC conference.

These students represented the Elliott T. Bowers Honors College in various ways. Both Rayne and Bram presented research conducted through their Honors seminar, Culture & Society taught by Dr. Jeff Littlejohn who also attended the conference.

Rayne and Bram's research was based on their study of the “Lynching in Texas” website. Their research addressed the deaths of thousands of African Americans killed during the late 19th and early 20th centuries in the state of Texas. Regarding the opportunity to present, Bram says, “NCHC was a learning experience and a form of professional development.”

Previous Honors Ambassador President Conner Rousseau and current Honors Ambassador President Kayla McCarns both attended a number of conference sessions. Conner said, “I attended NCHC to learn about practices that other Honors Colleges around the nation use within their organization.” Conner noticed that unlike our Honors College, other organizations limited student involvement to strictly class and event related things.

“Our Honors College prides itself in encouraging student involvement by hosting assemblies, Pizza with a Prof socials, Welcome Retreat, ProfSPEAK!, and semesterly cultural outings. We also have student led organizations such as the Honors Student Advisory Council and the Honors College Student Ambassadors,” says Dr. Holmes.

While in Boston, both deans and students explored a few of the many historical sites. Several sites visited included Bunker Hill Monument, the Boston Naval Shipyard, the Old State House, the MIT campus, and Fenway Park.

The 54th NCHC Annual Conference will take place in New Orleans, Louisiana.
Interim Spotlight: Conner Rousseau

After applying to at least 35 other job and internship opportunities, recent Honors graduate Conner Rousseau has successfully completed an internship with Comcast, creator of Xfinity.

Conner worked from Houston, Texas, for Comcast’s West Division as a Construction Project Management intern. He came across this internship on a job site and was scheduled for a phone interview and later an in-person interview with the Director of Construction and Manager of Construction.

Conner had the opportunity to learn design work for building cable and Comcast’s business practices, products, and values. He even had the opportunity to witness the collaboration of Comcast and other utility companies to construct their physical networking plants.

Conner says, “By applying to many different opportunities, I was able to practice interviews, application techniques, and how to market myself.” Immediately after graduation, Mr. Rousseau confirmed that he was offered, and accepted, a full-time position as a Construction Specialist for Comcast.

Managing Verbal Attacks with Communication

Our Honors Ambassadors had the opportunity to attend a verbal aikido workshop, hosted by Mr. Luke Archer earlier this semester.

Archer is the creator of verbal aikido which is “a means of communication that manages and transforms verbal attacks, both effectively and peacefully.”

“Verbal Aikido is a means of communication that manages and transforms verbal attacks, both effectively and peacefully.”

Archer taught the ambassadors how to handle verbal attacks and respond in a manner that benefitted both individuals involved in the conflict.

Verbal aikido is said to manage conflict, reduce stress, and improve communication among team members. Archer has been teaching his techniques both in the United States and Europe since 2008.

During the month of October, SHSU’s Student Legal and Mediation Services office hosted Conflict Resolution Month. Archer was sponsored by SHSU’s Office of Graduate Studies and Division of Student Affairs to present his verbal aikido workshop for Student Affairs professionals.

For more information, visit www.verbal-aikido.com.
Alexander Dodd: Agents of Change in Bengal: The EIC’s Pursuit of Free Trade in its Formative Years (ca. 1750-1800), Thesis Advisor Dr. Eric Vandern Bassche

Sean James Pruett: KPD Tradition: A Concept Album Dedicated to Weimar Germany’s Revolutionary Art Movements, Thesis Advisors Dr. Ervin Malakaj and Dr. Zachary Doleshal

Tyler Josefsen-Lanham: When Numbers and Words Collide: The Hidden Mathematics In Literature, Thesis Advisor Dr. Kimberly Bell

Camille Loftin: Examining Inmate Labor and Inmates’ Rights in the US Prison System, Thesis Advisor Dr. Michael Vaughn

Kaitlyn Niederstadt: The Feminism Stalls: How a Lack of Communication between Branches has led to Media Vilification, Thesis Advisors Dr. Stykes and Dr. Cabaniss

Kelsey Rosenbaum: The Impact of Music Therapy Experiments and Programs in Correctional Institutions: A Systematic Review, Thesis Advisor Dr. Erin Orrick


Melanie Wallace: Prosecutorial Discretion, Thesis Advisor Dr. Travis Franklin

Fall 2018 Honors Graduates

Graduate Notes

Megan Alexander will be attending Baylor College of Medicine and participating in the Physician Assistant Program.

Diane Brewer will be attending Sam Houston State University and pursuing a master’s degree in English.

Jennifer Brewer will be attending Sam Houston State University and pursuing a master’s degree.

Lindsey Jones has been selected for the Spring 2019 Space Station Program Science Office internship at Johnson Space Center.

Tyler Josefsen-Lanham will be attending Sam Houston State University and pursuing a master’s degree in English.

Kennedy Meehan will be attending Sam Houston State University and pursuing a master’s degree.

Courtney Rosenbalm will be attending Sam Houston State University and pursuing a master’s degree.

Kelsey Rosenbaum will be attending Sam Houston State University and pursuing a master’s degree.

Conner Rousseau will be attending UH Clear Lake and pursuing a master’s degree while working at Comcast Houston.

Aliyah Tyson will be attending Concordia University and pursuing a master’s degree.

Yesenia Valles will be working for Google with a focus in cybersecurity.

Andrew Vierkant will continue working for the SHSU Newton Gresham Library as a librarian.

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