

# SOUTHWESTERNpsychologist

**SWPA Newsletter**

**Volume 15, Issue 2, July 2022**

**SWPA**

southwestern psychological association



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## Message From the President

By

**Thomas J. Faulkenberry, Ph.D.**

**Associate Professor & Head of Psychological Sciences  
Tarleton State University**

I hope all of you are having a wonderful summer. In this first of my “President’s Columns”, I want to do three things. First, I want to introduce you to this year’s convention theme. Second, I want to let you know of some changes among the SWPA staff. And finally, I want to say a few words about a long-time friend of our organization who recently passed.

First, the convention theme. This year’s theme is “Psychology ... by the numbers.” For those of you who don’t know me, this may seem like an odd theme, so let me attempt to explain it with some context. I came to the field of psychology from mathematics – my bachelors and masters degrees are both in pure mathematics. It wasn’t until I was working on a PhD in mathematics that I realized I was really more interested in how people learn mathematics than in the mathematics itself. So, I left my PhD program (“abd”, by the way!) to enroll in a PhD program in Psychology with a focus on cognition. Four years later, I finished – and was subsequently introduced to the SWPA community.



Since that time, mathematics has served two roles for me as a researcher. In one role, I have used the tools of psychology (particularly, cognitive psychology) to study how people think about mathematics. In the other role, I have used the tools of mathematics and statistics to better understand human behavior. This symbiotic relationship between psychology and mathematics is what I wish to highlight during my convention year. Thus, the invited speakers that I will bring to Frisco in April 2023 will represent mathematics both as a tool for studying human behavior as well as an object of study itself within our discipline.

Next, we’ve had a couple of changes to the SWPA staff that were recently approved by the Executive Council. I would like to welcome Dr. Drew Curtis (Angelo State University) as our new Executive Officer. He will be replacing Dr. Chris Hart (Texas Woman’s University), who has served in this role with distinction for several years.

Also, I would like to welcome Dr. Krista Nelson (Southern Arkansas University) as our new Secretary. She will be replacing Dr. Adena Young-Jones (Missouri State University), who has been Secretary for as long as I’ve been active in the organization. Incidentally, Adena is one of the first people I met when I joined the PhD program at Texas A&M University – Commerce back in 2005, so we’ve known each other a long time.

Finally, it is with great sadness that I must report that Carol Froese, wife and longtime conference partner of SWPA Fellow Dr. Arn Froese, passed away on July 10, 2022 at the age of 74. Those of you who have attended SWPA for many years likely knew Carol as a dedicated companion to Arn, and I am proud to say that I got to know Carol a bit over the past few years. Not seeing Carol and Arn together at SWPA will be hard to get used to. The SWPA community grieves with Arn and his family, and we express our deepest sympathies to them.

Despite the sad times, I am hopeful for many happy times in this coming year as well. I am looking forward to seeing you all in Frisco at our convention. The call for abstracts and meeting information will be shared soon, so be ready to send in your posters and talks. And, as we move through this academic year, remember that SWPA is your organization. Please let me know what you need from SWPA. You can always email me at [faulkenberry@tarleton.edu](mailto:faulkenberry@tarleton.edu).

## Message From the Past Executive Officer for SWPA

By

**Christian Hart, Ph.D. - Professor**  
**Texas Women's University**

On June 30th, 2022, my three-year term as Executive Officer for SWPA came to a close. My first role in SWPA leadership was when I was elected to serve as the Oklahoma state representative in 2007. Since then, in an uninterrupted span, I have served as the Texas state representative, President of SWPA, newsletter editor, and then Executive Officer, along with other committee roles between those offices. It has been a great professional pleasure to be so closely tied to SWPA. Under the mentorship of outstanding leaders like Arn Froese and Tracy Henley, I learned the ins and outs of steering and growing a large organization. Working alongside a fantastic crew of collaborators like Scott Bailey, Jen Bonds-Raacke, Tom Faulkenberry, Trey Hill, Drew Curtis, Darshon Reed, Lorraine Grogan, and many others, serving SWPA has been incredibly fun and extremely rewarding. I am also quite grateful for the lasting friendships I have made over the years with both student and professional SWPA members. Serving in SWPA leadership is a fantastic opportunity that I strongly encourage others to pursue. With my 15 years of service with the organization in the rear-view mirror, I am most thankful for the great memories and look forward to many more enjoyable conferences and good times with my SWPA friends.



# The Importance of Interdisciplinary Dialogue: An Introduction to Southwestern Society of Mind

By

John A. Terrizzi Jr., Ph.D. - Associate Professor  
University of Central Arkansas

What is the mind? What is it made of? How does it work? These questions aren't new. They predate psychological science, the very discipline that was developed to answer them. In fact, they predate science. The problem of the mind has puzzled humans seemingly from the moment that we recognized that we had one. The mind has been contemplated by the Ancient Greeks, Egyptians, and Buddhists. It is a topic that transcends regional and ethnic boundaries. It is an infatuation that is human at its core. This is not to say that other living organisms do not have a mind. They do, to varying degrees. However, we are the only minds that we know of that contemplate the origins of our minds.

As psychological scientists, we are tasked with the scientific study of mind, but we are not alone. Such questions have been pondered by poets, philosophers, musicians, artists, writers, biologists, physicists, and laypeople alike. The mind is a topic of interest to all of those who experience having one. It is not confined to a discipline. Disciplinary boundaries are artificially constructed. They are a function of the theoretical frameworks from which we operate and the methodological procedures that we employ to gain new insights. Though disciplinary specificity can help us see further, it can also stymie our progress.

Psychological scientists are not immune to the biases that we study. By embedding ourselves into academic silos, we are limiting our conversations about mind. We are confining ourselves to the academic niche in which we were trained. As such, we risk developing a sort of disciplinary tunnel vision in which we cannot see beyond the theories and methods that are common place in our field. Surrounding ourselves with like minded others could lull us into creative confinement. But, it doesn't have to be this way. Even though psychology is a relatively young science, it has a history of interdisciplinary dialogue that has led to theory development and paradigm shifts. Freud's ideas were enriched by the Greek Tragedies. The Gestalt Psychologists were moved by the field theories of Physics. The Cognitive Sciences were reprogrammed by the metaphor of the computer and advancements in Artificial Intelligence. Modern evolutionary psychology emerged from Darwin's *Origin of Species*.

Progress and creativity require a diverse space in which ideas can play with one another, a place where new associations can be formed and new metaphors acquired. The purpose of Southwestern Society of Mind is to provide such a forum. It is a lighthearted venue in which curious minds of all stripes come together to risk their ideas in a lighthearted and welcoming atmosphere. SSOM embodies an active and radical open-mindedness that help us fend off the pitfalls of tribalism and confirmation bias which can lead to disciplinary stagnation. For more information about SSOM check out the call for ideas for the 4th Annual Meeting, which appears in this issue.



## The Effects of Mindfulness in Graduate Students

By

**Brianna Sadighian - SWPA Graduate Representative**  
**University of Louisiana at Lafayette**

Graduate school has many benefits for individuals such as learning different perspectives, being exposed to new concepts, and collaborating with others in the field. However, with these benefits, graduate school can also expose students to high levels of stress and anxiety and put them at risk for burnout (Tarrasch, 2015; Barbosa et al., 2013). Considering the demands of graduate studies, self-regulatory processes and self-motivation are necessary skills students must have (Mason, 2012; Short et al., 2015). Fortunately, mindfulness and mindfulness meditation techniques have been shown to improve these necessary skills and benefit students in their graduate programs (Short et al., 2015; Barbosa, 2013).



Self-regulation refers to the ability to control responses and the emotions within oneself (Thomson, 2017), and it has been shown to be related to graduate degree completion (Short et al., 2015). More specifically, lower levels of metacognition, such as planning, organizing, and problem-solving, are associated with poor coping and procrastination in undergraduate and graduate students (Wingo et al., 2013). Additionally, research has shown that self-motivation is necessary for graduate students to be able to continue throughout their program of study (Mason, 2012).

Mindfulness refers to the self-regulation of attention and the conscious awareness of one's own environment (Eberth, 2012). Through mindfulness, individuals can develop curiosity, acceptance, and openness into their everyday attitudes (Eberth, 2012). Further, mindfulness meditation involves sitting quietly in a comfortable position and observing one's past experiences and feelings (Eberth, 2012). Unlike other methods of meditation, mindfulness meditation does not require the individual to focus on one specific object or event but rather on present thoughts and feelings as they come up in the process (Tarrasch, 2015). Mindfulness meditation has been seen to improve self-regulatory processes in individuals by enhancing their attention and ability to act towards their goals (Shapiro & Schwartz, 2000).

Mindfulness and mindfulness meditation could be especially helpful for graduate students, specifically those who suffer from increased levels of stress and burnout, which refers to the depersonalization and emotional exhaustion that is commonly seen in students pursuing higher education (Barbosa, 2013), since joining their program. By practicing mindfulness meditation, graduate students may be able to concentrate in class better, reduce stress levels, and improve their mental states (Eberth, 2012). Studies have shown that interventions of mindfulness meditation on graduate students may increase metacognition (Wingo et al., 2013) and decrease levels of stress, anxiety, and the likelihood of burnout (Barbosa, 2013). Additionally, with the increase in self-motivation that mindfulness meditation can cause, graduate students are more likely to continue and finish their programs of study (Mason, 2012).

In conclusion, mindfulness meditation can have many benefits for graduate students who suffer from increased levels of stress and anxiety and lower levels of metacognition (Wingo et al., 2013; Barbosa, 2013; Short et al., 2015). Graduate departments should consider the implementation of mindfulness meditation within their programs and encourage their students to practice mindfulness on their own time while they are conducting their studies. Moreover, it is important for graduate students to practice mindfulness and mindfulness meditation in order to improve their overall well-being and mental states, considering the high demands that come with being in a graduate program.

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## **The Importance of Universities Providing Support to Low-income Undergraduates Facing New Economic Insecurities**

**By**

**Madison Yarbrough - SWPA Undergraduate Representative  
University of Central Arkansas**

Time spent as an undergraduate student is presumed to be the time to learn independence and responsibility. For the first time most students are met with the duty of paying for housing, meals, transportation, medical bills, and all other daily expenses. For low-income students this responsibility is met with little to no financial assistance from their family nor their community which can greatly impact their journey in academia. With rising numbers of low-income students attending college, and rising prices due to inflation, the financial fears these students face are reinforced now more than ever.



In the United States, more than one-third of students are facing food insecurity and precarious housing situations (Goldrick-Rab et al., 2018). Without a complete night of rest and a full stomach it can be nearly impossible for these students to be able to concentrate on their studies. Similarly, food insecurity can impact many negative health and mental health problems furthering the strain these students face. This may lead to the students having a lower grade point average (averaging a 2.0-2.49), having an 8% drop out rate, and causing one-in-four students to have to drop a class a semester (ADC, 2022). Higher education is a way for students to escape systematic conditions of poverty, but this is only possible if they are able to overcome these conditions and graduate.

Approaching what appears to be the end of the pandemic has instilled hope in undergraduate students that maybe, just maybe, there is a less stressful year ahead. However, students in the United States are now being faced with an even larger amount of stress for their finances as we face the effects of the highest inflation rates observed in the last forty years (Drozdzowski 2022). This has increased the price for fuel, food, housing, and even personal hygiene products. With low-income students already facing the fear of homelessness and the question of where their next meal will come from, these rising prices can feel hopeless for being able to complete their degree.

The responsibility lies on our universities to create an environment that is supportive to low-income students to help them achieve their goals. There are many steps that can lead to making a difference on our campuses. One is to make on-campus dining readily available. Many students stay on campus during breaks and holidays in order to work. This means they rely on their meal plan to eat. Therefore closing dining halls often results in taking away their meals for days or even weeks (American Dining Creations, 2022). Another is on-campus pantries. For example, the University of Central Arkansas (UCA) has the Bear Essentials Food Pantry which allows fellow students and organizations to donate food and personal hygiene products. This pantry is readily available to all students throughout the whole year.

UCA Professors have also put emphasis on providing information about this resource to students through their syllabi so that all students are made aware of these resources on campus. Lastly, it is helpful for students to have a support system of peers and/or faculty who understand what navigating these challenges are like. Creating specific organizations for low-income and first-generation students can be a place to flourish a community, and also be a place of sharing these life-changing resources for the students.

In conclusion, low-income students are on an uphill battle to rewrite their story of living in poverty. With the unknowns that come with inflation and rising prices it is our responsibility as fellow students, educators, and staff members to create an atmosphere that is supportive and inclusive to these students. Working together we can help mend the gap of students that are hungry and homeless, and allow all students' main focus to be their education.

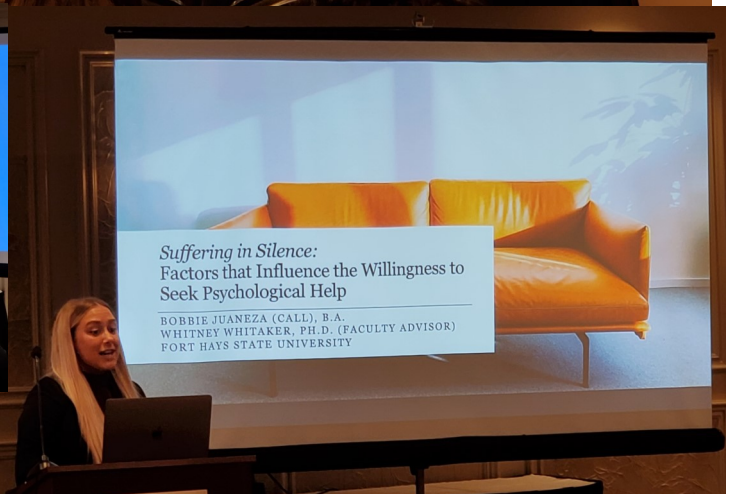
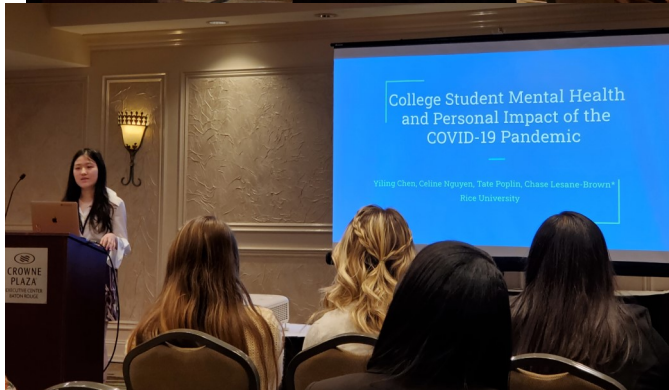
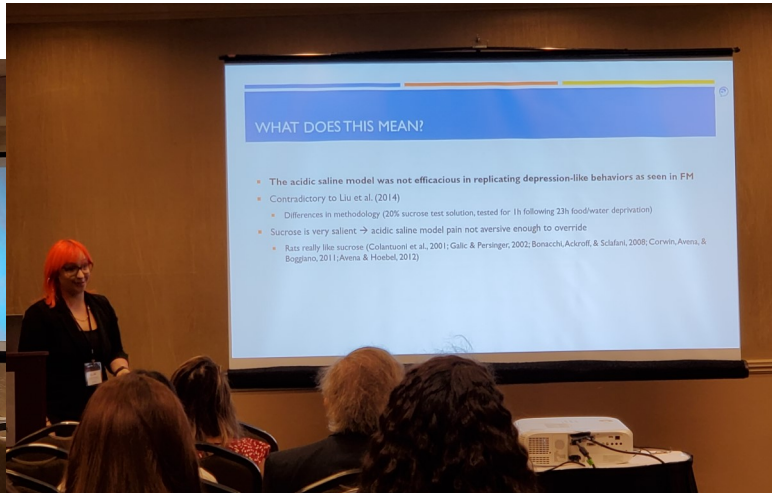
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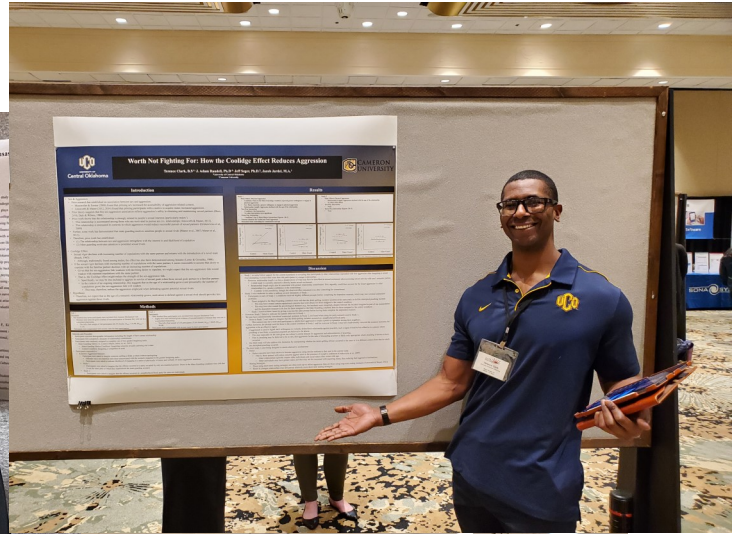
# SWPA 2022 Highlights!

We had a great time in Baton Rouge in 2022!!

We had some great presentations...



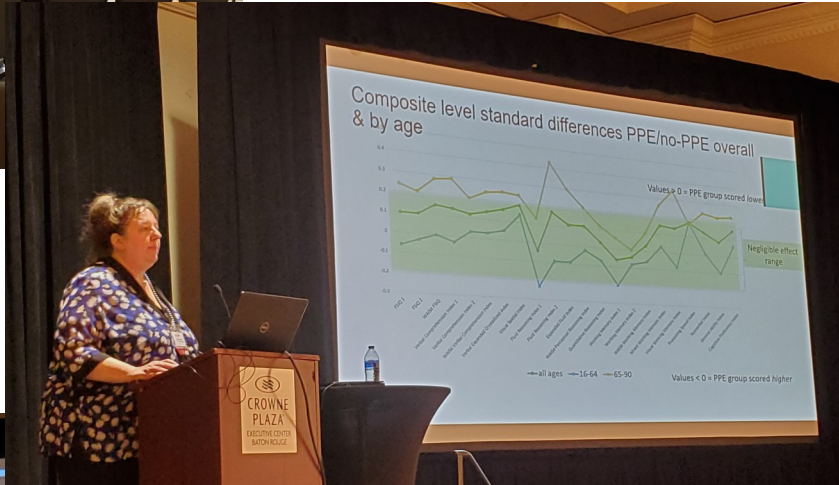
...and posters!



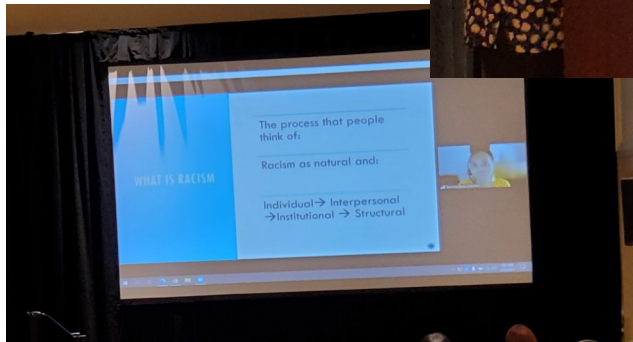
## We also had some great invited talks...



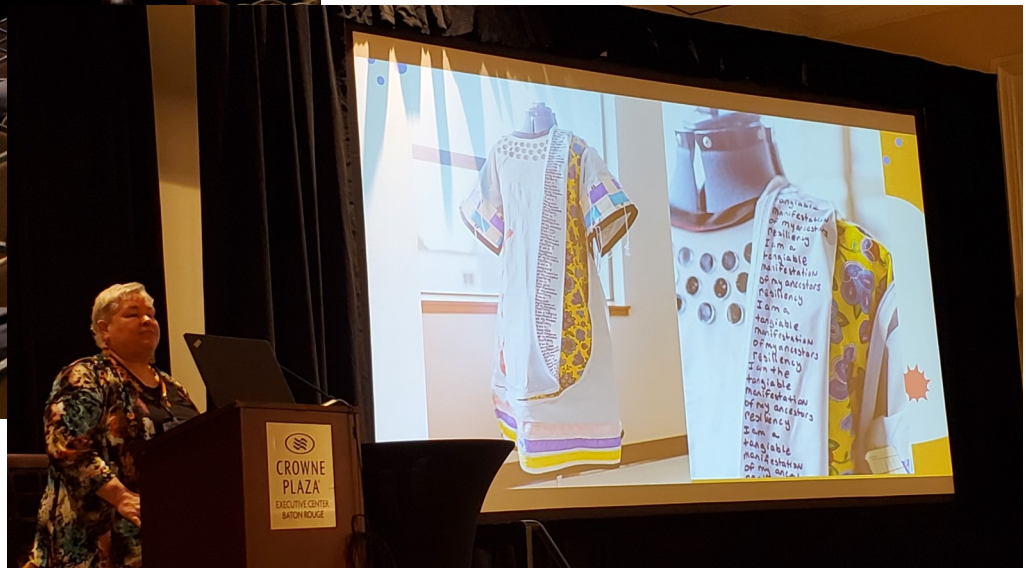
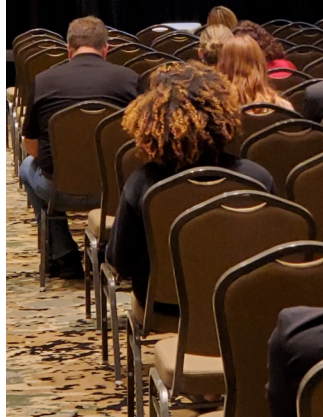
## Dr. Susan Clayton



**Dr. Susan Raiford**  
**Woodcock Institute**  
**Keynote Address**



## Dr. Tanecia Blue



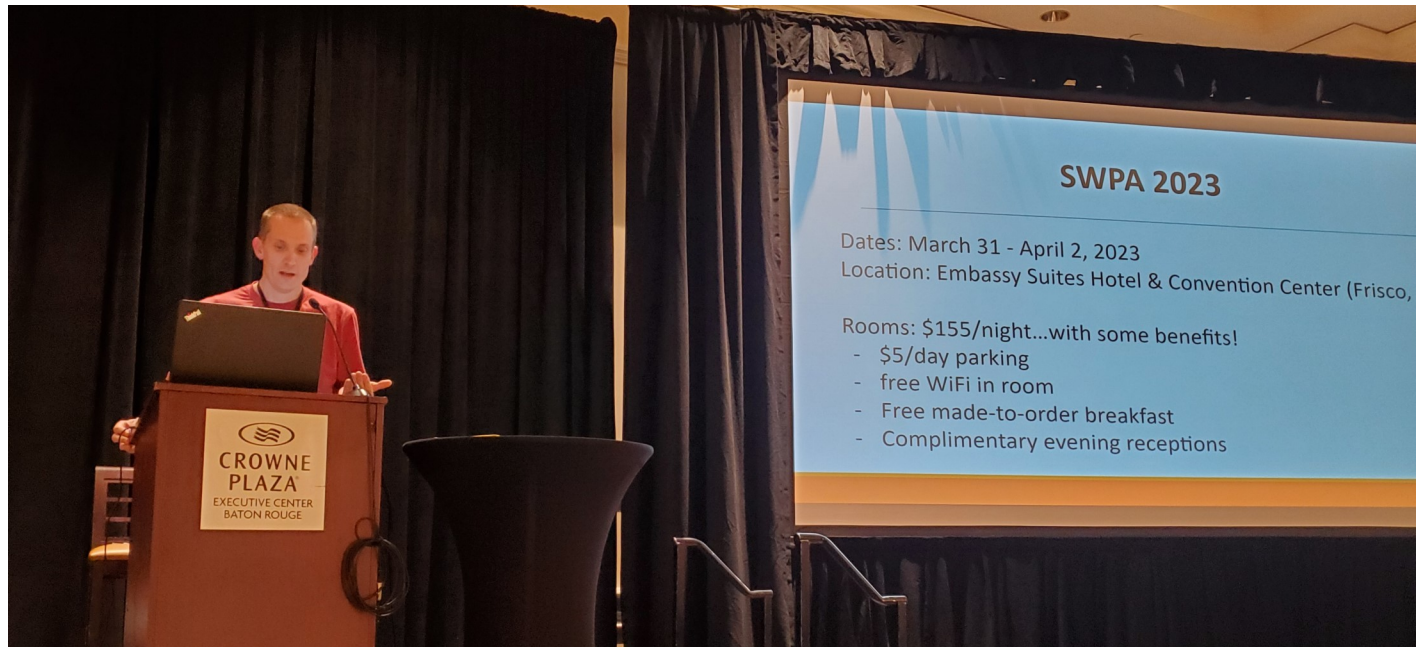
## Dr. Jaque Gray

...and made some good memories!

**Dr. Darshon Reed**  
**2022 SWPA**  
**Presidential Address**



**We hope to see everyone next year in Frisco for  
SWPA 2023!**



**We'll see you there!**

**SWPA 2023**

**Dallas (Frisco), TX**

**March 31 - April 2, 2023**

**Embassy Suites Hotel & Convention Center**

**7600 John Q Hammons Dr., Frisco, TX 75034**

# Join us for SWPA 2023!



**Centrally located in the U.S., Frisco is just 25 minutes north of downtown Dallas, and a convenient 25 minute drive from both Dallas-Fort Worth International Airport and Dallas Love Field Airport.**

**From shopping to sports, art, and history, there are a variety of experiences you can enjoy when visiting Frisco.**

**Home to multiple professional sports teams, including the Dallas Cowboys, FC Dallas, and the Frisco RoughRiders, and the future home of PGA of America, Frisco is Sports City, USA, and the ultimate sports destination.**

**Love to shop and dine? Frisco features more than 9 million square feet of retail and over 400 restaurants to choose from.**

**When it comes to arts and culture, Frisco offers a growing public art trail, as well as the Texas Sculpture Garden, and a growing museum district that includes the Museum of the American Railroad, the National Videogame Museum, the Frisco Heritage Museum, and the National Soccer Hall of Fame.**

# Want to know more about what awaits you in Frisco, TX?

Visit <https://www.visitfrisco.com>



**APA is offering these training sessions for  
FREE FREE FREE FREE!**

- **August 31: Training for the Collection of Real-World Biobehavioral Data Using Wearable Devices**  
**Presenter: Benjamin Nelson, PhD**
- **September 15: Introduction to Intensive Longitudinal Methods**  
**Presenter: Jean-Philippe Laurenceau, PhD**
- **October 4: Intensive Longitudinal Data: Methodological Challenges and Opportunities**  
**Presenters: Daniel Bauer, PhD, and Patrick Curran, PhD**
- **October 6: Intensive Longitudinal Data: A Multilevel Modeling Perspective**  
**Presenters: Daniel Bauer, PhD, and Patrick Curran, PhD**
- **October 11: Intensive Longitudinal Data: A Dynamic Structural Equation Modeling Perspective**  
**Presenters: Daniel Bauer, PhD, and Patrick Curran, PhD**

**Register here: <https://apa.org/science/programs/training-sessions>**

# Call for Ideas

## Southwestern Society of Mind

### 4th Annual Meeting - Feb. 17-18, 2023

### Abstract Submission Deadline: December 1, 2022

**Come Share Your Ideas about the Mind in the Beautiful High Desert of West Texas**



**Call for Ideas:** What is a mind? How does it work? What are your ideas?

We welcome scholars from all disciplines, non-scholars with unique perspectives, and any drifters or passers-through who want to stop by, share their ideas, or just listen in at the 4<sup>th</sup> Annual Meeting of the Southwestern Society of Mind.

**About the Organization:** The Southwestern Society of Mind is a small outlaw organization that dispenses with the conventions and formalities of typical academic conferences, instead promoting a relaxed, creative, and unrestrained discourse on the mind. Our hope is that a rejection of disciplinary territoriality and rigid intellectual traditions will spur a fun, free-wheeling, and creative multidisciplinary dialogue. The intent is to promote an environment in which scholars and thinkers from seemingly disparate disciplines (e.g., anthropology, biology, philosophy, physics, psychology, the arts, etc.) will enjoy socializing and sharing their ideas about the mind.

**About the Meeting:** The meeting is intended to be a small gathering of minds. It will be a 2 day event. The first day will consist of a catered social with food, libations, and a keynote address. On the second day, presentations will begin at 9am and last until 5pm. Food and drinks will be provided throughout the entire event. The meeting will be a mix of presentations, conversations, and feasting.

**Location:** The meeting will take place in the rustic charm and modern comfort of the Meeting Hall of the Indian Lodge in beautiful Davis Mountains State Park in Fort Davis, Texas. With its white adobe walls, historic aura, and refreshing pool, Indian Lodge is a welcome oasis in the high desert of West Texas. Explore the natural beauty of the Davis Mountains by day, and kick back in your next door room by night.

Indian Lodge  
16453 Park Rd 3  
Fort Davis, TX 79734

**Accommodations:** Indian Lodge is a full-service hotel set in Davis Mountains State Park. One can also stay in any of the historic hotels in the nearby city of Fort Davis.

**Things to Do:** In addition to the meeting, Fort Davis offers opportunities for exploration such as:

Hiking trails

Fort Davis National Historic Site

McDonald Observatory

Chihuahuan Desert Nature Center

Davis Mountains Preserve

Museum of the Big Bend in Alpine

Art, music, and fine dining scene in Marfa, TX

**Presentations:** Each presenter will have 15 minutes to share their idea followed by 15 minutes of discussion. In the spirit of free rein, the format of the presentations is wide open. Presenters should avoid discipline specific jargon. Presentations should be directed to an educated lay audience. The conference organizers will provide a computer and projector.

**Submission Process:** Anyone is welcome to submit an abstract. Abstracts should be approximately 250 words and can be submitted to the email address below. Submissions should provide a brief description of the presentation. Abstracts will be reviewed within two weeks of their submission and accepted on a rolling basis.

**Deadline:** December 1st, 2022

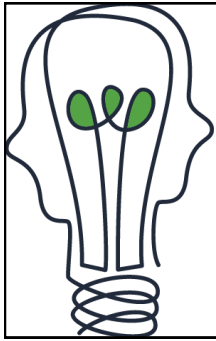
**Email:** [jterrizzijr@twu.edu](mailto:jterrizzijr@twu.edu)

**Meeting Dates:** February 17-18, 2023

**Registration Fee:** \$50

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## SWPA Bronze Sponsors



Alliant International University

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of Professional Psychology

# Job Openings

## Psychologist Licensed/Licensed Clinical Social Worker

### Company

East Texas Neurobehavioral Health, PLLC  
Gun Barrel City, TX, USA  
Company address: 122 S. Gun Barrel Lane, Suite#6, Gun Barrel City, TX75156

### Compensation

\$45 to \$60 Hourly Contractor

### Why Work Here?

*"We have an awesome team and only the best clients. We love our and hope you will join us."*

### Description

East Texas Neurobehavioral Health, PLLC is seeking a Licensed Psychologist or Clinical Social Worker (LCSW) to join our team at our Gun Barrel City, TX office and associated sites. We are looking for therapists to provide psychological and counseling services to in-clinic or other Assisted living and nursing home facility patients. Part-time to full time, 2 to 5 days per week, your choice. Gun Barrel City is a rapidly expanding community on beautiful Cedar Creek Lake, about an hour southeast of the Dallas-Ft Worth metroplex. We have a growing population that needs your help. You may select your areas of client expertise and we will help build your practice potentially working with children, adolescents or adults. We are a team of providers here to serve the surrounding population to the best of our ability and skill. We're seeking those with a passion for the clients and a Christian attitude in approach to their work! We pay highly competitive rates.

### Responsibilities

- Assess nature of clients' situations by interviewing and reviewing personal history
- Develop and execute individual treatment plans
- Perform update assessments to gauge client progress
- Communicate client updates to all relevant parties
- Facilitate referrals to other healthcare professionals and programs
- Maintain timely and accurate client documentation

### Qualifications

- Previous experience with clients 6 years of age to geriatric in social work, counseling, or psychology and other related fields
- Compassionate and caring demeanor
- Ability to build rapport with clients and communicate with other professionals
- Psychotherapy/counseling skills; also assessment, EMDR, biofeedback skills a plus or can learn
- Excellent written and verbal communication skills

**This is a part time to full time professional contractor position with an opportunity to become full-time based upon performance.**

Group insurance packages are currently being studied.

### About East Texas Neurobehavioral Health, PLLC:

Come join the team that serves the people. We have only the best of clients and aspire to self-growth and teamwork. ETNH in Gun Barrel City is a private practice group of therapists and trained staff providing psychological and counseling services; assessment, individual, group and family therapy. Dr. Gard has over 35 years experience and guides the team to effect comprehensive care for our clients. Also provide biofeedback, neurofeedback, hypnosis, CBT, DBT, EMDR, solution-focused and goal-driven therapies to help our clients achieve their goals. ETNH provides the P.R. billing, electronic records and management while you provide the clinical services. In-services and ongoing team consultations are available to facilitate follow up and client management. We enjoy helping each other to grow and serve others. If you have any questions please send us a note in the message system.

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## **Southwestern Psychologist Editor**

**Dr. Jeff Seger**

We want to hear from you. Please contact us if you have any questions, concerns, or ideas related to the newsletter: [jseger@cameron.edu](mailto:jseger@cameron.edu).

