John Contompasis, the 2009 recipient of the Bernd Heinrich Outstanding Student Award in Physiology or Evolution, was first author in a publication that appeared in the January 2010 issue (Volume 395: pp 340-348) of the prestigious *Journal of Molecular Biology*. The title of the publication is “Flightin is necessary for length determination, structural integrity, and large bending stiffness of insect flight muscle thick filaments.” John completed his Honor’s thesis under the supervision of Professor Jim Vigoreaux. He co-authored another study published in 2009 also in the *Journal of Molecular Biology* entitled “Nanomechanics of native thick filaments from indirect flight muscles.”