

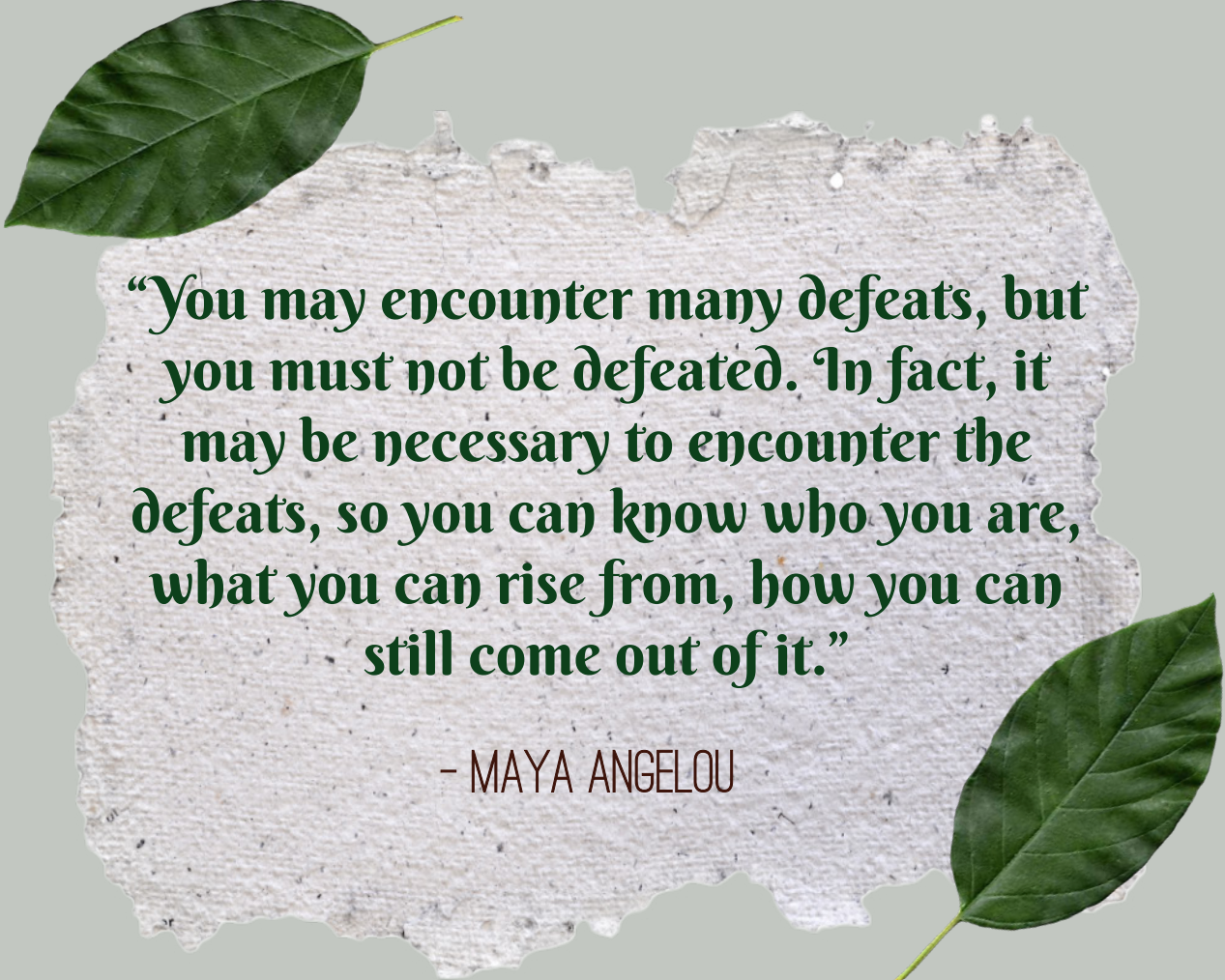
GOLDEN



DAYS

The Honor Code Magazine

FALL 2022



**“You may encounter many defeats, but
you must not be defeated. In fact, it
may be necessary to encounter the
defeats, so you can know who you are,
what you can rise from, how you can
still come out of it.”**

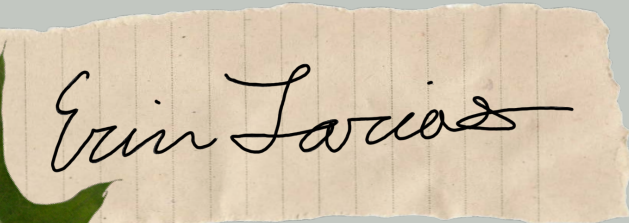

– MAYA ANGELOU

Letter from the Editors

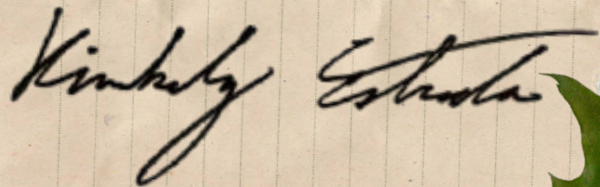

In our transition back to the CSULB campus, the student body has confronted countless unexpected challenges. The Honors community has experienced incredible loss, hardships, and for some, this return to in-person instruction has felt desolate. However, the student leaders, staff, and faculty that have supported our program in the peak of the online experience have continuously stepped up throughout this transformation. Their eternal investment and dedication to the UHP student body is inspiring and reflects the Honors mission of challenging and enriching the educational experiences of its members.

This issue of The Honor Code serves to highlight why we fight, how we fight, and who we fight for. The incredible UHP members have outstanding accomplishments, professional accolades, and unique experiences that demonstrate the diversity in our students and staff. In an effort to focus on the good, we must acknowledge a world that is forever changed and the adversity we confront as a result. Throughout this process, we can take the time to honor our growth, our experiences, and our program. Finally, we hope this Magazine serves as a reminder to keep fighting, as challenges are inevitable, but how we endure those challenges, as a community, allows us to strive for greatness.

– ERIN LARIOS AND KIMBERLY ESTRADA



Erin Larios



Kimberly Estrada

The Honor

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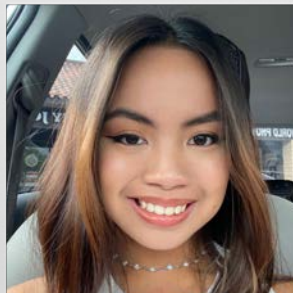
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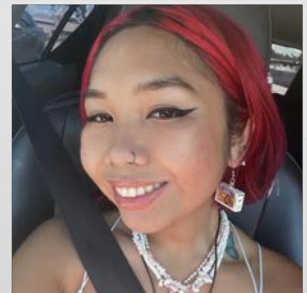
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Meet the New Commissioner for Gender and Equity

Story by Karel Aceituno

Founded in 1956, Associated Students, Inc. of CSULB works to fulfill students' needs as they accomplish their education and life goals. ASI works to continuously expand its divisions to properly serve the Beach Family and has specifically developed the Presidential Cabinet to help bring forth relevant issues among the various communities of CSULB students to the ASI president. First-year criminal justice major and UHP student, Valerie Ramos, has volunteered to serve as the Commissioner for Women and Gender Equity within ASI's Presidential Cabinet. Valerie also serves on the ASI president's Commission on the Status of Women, the Student Health Advisory Committee, and is an ASI student representative on the Title IX advisory board, excited to make a lasting impact through her involvement with the organization this year.

Valerie loves being of service to her community. Beyond her numerous roles in ASI, she also volunteers with the nonprofit group on campus, Days for Girls. She says, "they're a wonderful organization on campus that helps create sustainable period products and also helps to inform the members about various issues either pertaining to the menstrual cycle or self-care in itself." They also aim to raise awareness and destigmatize women's health.

A Long Beach native, Valerie first grew an interest in supporting others within her community in high school. She was a member of her school's mock trial group and enjoyed being a voice for others to address their needs which has motivated her to continue advocating for others in college. Her day-to-day activities, including her roles in ASI, consist of surveying the community and determining whether any issues need to be brought forth to the ASI student body president. Moreover, she works with other ASI cabinet members to plan activities and any possible policy changes throughout the year to ensure the needs of students are a priority. On the Title IX advisory board, she works alongside other Title IX staff members on student cases and initiatives that promote equity and safety for CSULB students.

She also holds weekly office hours to direct students to any resources they may need. Additionally, she informs others on the various resources available such as gender-reaffirming care through the Student Health Services and other services offered by the campus' Women's and Gender Equity Center (WGEC) located in the Student Success Center. Her largest projects with ASI include planning community events such as running period product drives for the WGEC and bringing back Week of Wellness events for students in the near future.

Overall, Valerie's favorite part of her job is being involved with The Beach community, which she hopes to continue in the future, beyond her time at CSULB as a criminal defense lawyer. Valerie's involvement portrays her dedication to civic engagement and being the change she wishes to see in the world.



VALERIE RAMOS



VALERIE AND THE ASI TEAM

“Her favorite part of the job is being more involved with the Beach community, and hopes to do the same in the future beyond her time at CSULB.”





A Summer in Singapore

Story by Darya Jafarinejad

Imagine the opportunity of a lifetime occurring for you completely by accident. This happened to Victoria Sarkisian, an undergraduate chemistry major set to graduate in May 2023. She recently returned from a 10-week summer internship all the way in Singapore!

Victoria was initially supposed to study abroad during winter break, but unforeseen complications prevented her from traveling to her planned internship. However, while at home, she was determined to be productive and maintained an open mind in search of more opportunities. She subsequently came across an internship hosted by the American Chemical Society in Singapore. The research-based internship mandated at least one semester of undergraduate research training in a lab. Fortunately for her, she had already spent a year in a research lab on campus. Noticing they had an extension for this internship, she applied and was approved for it.

However, not every dream is without its hurdles. Even before she submitted her application, Covid had posed serious challenges for her. “During Covid, I had a really hard time learning and understanding. . .we didn’t even get to do anything hands-on,” she explained. “So when I initially joined the research lab here even, I felt a little bit lost and fell behind on the technical aspects of lab work.” Her struggles were exacerbated during the interview, when she was told that she was likely not “well-suited” for the position. By that time, she had already flown all the way to Singapore.

Fortunately, she did end up procuring the position. . .in a different area of science than she was accustomed to. Despite being a chemistry major, she was assigned to a biology project. This proved to be difficult for Sarkisian, especially given her lack of expertise on the subject. However, she refused to shy away from a daunting challenge. In fact, she turned it into a positive. “It was interesting because I got to learn a lot of new stuff while I was there,” she said. During her time there, Victoria shadowed a postdoctoral student who showed her everything she needed to know. In her spare time, Victoria did a lot of reading to better understand what she was doing.

Now, Victoria is as busy as ever. She is currently in the process of applying to graduate school with the ambition of earning a PhD. In March, she will travel to Indianapolis to present her findings and research at a conference!

Much of Sarkisian’s past led up to this moment. While in school, she always loved math and science, she accredits her AP Chemistry teacher, who was essentially a mentor to her, for helping her pursue a career in chemistry. She claims her teacher took notice of her aptitude for the STEM field and encouraged her to become a chemistry major. As a result of her mentor’s aid as well as her own self-determination, dedication, and discipline, Victoria has become a successful young woman with a bright future. She recommends studying abroad to any student, recalling her own excitement when she first boarded the plane to a future now brimming with possibilities.

"THEY ENDED UP
PUTTING ME ON A
BIOLOGY
PROJECT WHICH WAS
DIFFICULT BECAUSE I
AM A CHEM MAJOR . . .



FAMOUS JEWEL CHANGI AIRPORT



VICTORIA AT THE AMERICAN
CHEMICAL RECEPTION SOCIETY IN SINGAPORE

. . . BUT IT WAS
INTERESTING
BECAUSE I GOT TO
LEARN A LOT OF
NEW STUFF WHILE
I WAS THERE."



MADDIE STRUMMING HER GUITAR AND SINGING AT PIAZZALE MICHELANGELO

Mamma Mia!

Story by Hannah Del Barrio

“Mamma mia!” – a widely-used, all-encompassing Italian phrase to express happiness, sadness, excitement, fear, or all of the above. They’re also the first words that come to mind when Maddie Aub, a fourth-year Honors student majoring in art, reflects back on her study abroad experience. As a travel enthusiast, Maddie knew as soon as she entered college that she wanted to study abroad. Though undoubtedly excited, she couldn’t help also feeling fearful of the unknowns surrounding her trip. Where she would stay, who she would stay with, and how she would communicate with her Italian peers as a non-Italian speaker were all mysteries. However, once she arrived, her dread quickly dissipated when she realized she was “study[ing] art in the art center of the world, Florence, Italy.”

Maddie participated in the CSU International Program, specifically within the art track, and was enrolled in two universities simultaneously. At the CSU study center, she completed her history, culture, and language courses. Her primary focus, art, took place at an actual Italian art academy, which was the first art academy in all of Europe. When she wasn’t studying art or Italian inside the classroom, Maddie could be found sauntering through one of the dozens of art museums within the nearby area, especially when she needed a dose of creative inspiration. The Accademia Gallery of Florence, notable for housing Michaelangelo’s sculpture, David, was a favorite she often frequented.

Throughout her stay in Italy’s bustling hub of art, Maddie noticed that “the locals appreciate art a lot more because it’s part of their identity, much more ... over there, everything is art. Like the way they build doorknobs is very artistic. It’s like every little detail. And the city is super tasteful and creative.” One afternoon after class, she recalls taking a spontaneous visit to the Uffizi, a world-renowned art museum. As she sat on the top floor completing homework, she was in awe at the picturesque view of the city, as well as being surrounded by a rich oasis of art. Even more so, she was speechless as she witnessed the 2D representations of art emerge from her textbook into a striking 3D reality all around her throughout the museum. “I was seeing them in the picture in the book, but then I would just go look at it in person, and that was so extraordinary to me,” she recounts. Maddie claims that immersing herself within Florence’s art scene allowed her art process to grow; she’s learned to be more proactive with her art. Creating for her own pleasure rather than for the demands and

expectations of others, has opened her eyes to the importance of intrinsic motivation in creating something truly authentic.

More importantly, Maddie feels like she believes in herself a lot more compared to before her study abroad. Despite her feeling of dread before her trip, she remarks that “it all worked out and ended up being super fulfilling ... those [initial] feelings don’t create a reality. They’re just feelings that come and go.” She learned that she could face the things she’s scared of, and she hopes to encourage others to do the things they’re scared of; just because they’re anxious doesn’t automatically equate to failure. Maddie enjoyed her study abroad so much that she plans on returning to Florence after graduation. “I love the nomadic lifestyle, so I hope to go over there and buy a camper van or RV and then go travel and work online through their online art business creating art,” said Aub.

A truly life-changing experience, one that began with fear, and is now the kickstart to an exciting new chapter. To the excitement, fear, epiphanies, and lessons learned, Maddie cheers, “Mamma mia!”



STUDYING ART IN THE ART CENTER OF
THE WORLD: FLORENCE, ITALY



Sierra May:

THE LIFE OF AN HONORS STUDENT ATHLETE

Sierra May is a fourth-year nutrition and dietetics major, and No. 17, the right-side attacker of the CSULB women's water polo team. As one can imagine, playing water polo throughout her college experience has had a huge impact on her four years at CSULB. As a student-athlete, her schedule is always packed. However, she always puts her heart into everything she does, whether it be academics or athletics. Her time as a student-athlete has also helped with her personal growth. Sierra wholeheartedly believes that, "it's good to challenge yourself" and "[one] should always try to learn something new every day." She especially learns a lot from her teammates, since everyone has unique strengths that benefit the team. One of her favorite things about water polo is the community. Through all of their time spent together, the girls have grown extremely close and Sierra emphasizes that they "are each other's support system." The incorporation of mindfulness and meditation, as a team, has helped her calm her nerves immensely before games. One of Sierra's fondest memories with the team was their trip to Hawaii for the Big West Tournament. She has also had the opportunity to visit Michigan, but especially loves their games in Santa Barbara because it gives her the chance to visit family out there.

Sierra is currently working on her senior thesis which focuses on the effects of dietary supplements on NCAA water polo athletes. She is researching whether there are adverse effects on the overuse and overconsumption of dietary supplements. Her specific line of investigation is a novel research area, as not many studies have focused on this sport. These supplements include protein and energy drinks that may or may not be NSF-approved, which refers to whether these supplements will be visible on drug tests required for collegiate athletes. She is collecting demographic information, eating patterns, and training patterns across D1, D2, and D3 athletes as well as observing whether these supplements have a snowball effect on an athlete's injury recovery time.

Outside of the pool, she loves hanging out with her friends and teammates which usually involves going out to eat. The team always has breakfast together on the weekends or they grab coffee after practice throughout the week. She also loves discovering new restaurants with her fiancé in Newport and Huntington Beach.

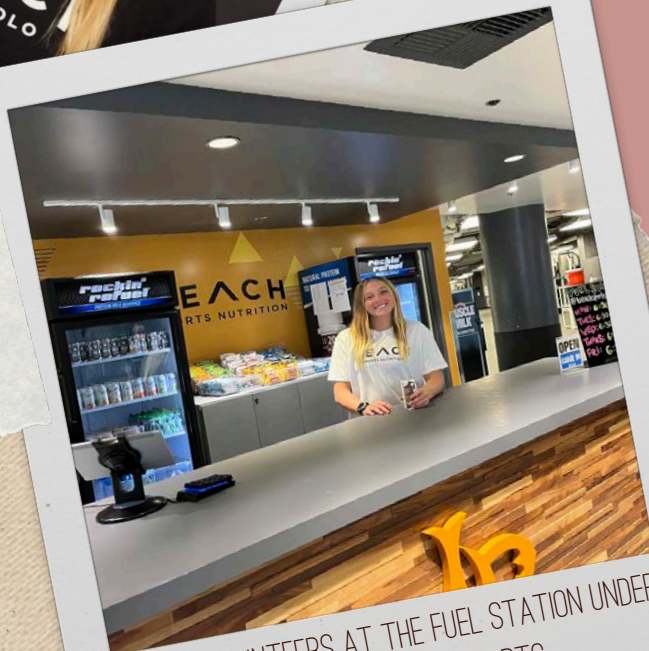
Sierra is unsure about her plans after graduation, but she is considering the clinical route as a registered dietitian, but would also love to be a sports dietitian. Her interests as a clinical dietitian include a focus on prenatal and post-pregnancy health, which stem from her experience in volunteering at a hospital and working within nursing rotations as a high school student. Sierra's experience as an athlete and an Honors student has given her the tools to succeed beyond the classroom and the pool. As she goes on to graduate, she is guided by her collegiate career as an honors student-athlete.



SIERRA AND TWO OF HER TEAMMATES AT THE ANNUAL SPORTS BANQUET



SIERRA MAY



SIERRA VOLUNTEERS AT THE FUEL STATION UNDER TRACI LARSON, THE SPORTS DIETITIAN FOR ALL ATHLETES OF CSULB

The Bridge to Belonging

THE VALUE OF CREATING CONNECTIONS IN THE CLASSROOM

Story by Hannah Del Barrio



An empowering sense of motivation overcame her as she accomplished a reading level beyond that of her grade level. Her former struggles with navigating school as an English-language learner and finding a sense of belonging faded into a distant memory. Nicolle Echeverria, a fourth-year Honors student majoring in political science, is now dedicated to reforming the education system to one that's more supportive and encouraging in students' academic journeys. She is heavily involved with Teach for America, a "national nonprofit organization that works with communities to combat and eliminate educational inequities." She currently tutors a cohort of 4th grade students in English through Teach for America's Ignite Fellowship.

Teach for America not only opened her eyes to her love for teaching, but also to what characterizes effective teaching. Nicolle learned that at the end of the day, students simply want to belong. Growing up in a learning environment where she and her classmates "were there to learn and that's it," she got the impression that as a teacher herself, she "would have to be really strict and serious and ready to discipline." Early on in her tutoring experience, she recalls how her students were extremely shy at first. She found that once she opened up about herself, sharing that she was also an English language learner, she witnessed "their eyes brighten[ing] up." They appeared to have found comfort in being able to relate to Nicolle and her family on a deeper level. She shares, "I think that's what made them really receptive to learning from me, actually being comfortable enough to share some of the difficulties that they were having or some happy experiences, they were just willing to share after that."

Nicolle soon realized the role of teachers is more than just teaching. Teach for America reaffirmed her value of student-teacher connections beyond merely classwork. She learned to "make them feel like they're cared about, like they belong" because when they "don't feel those things, the less likely the student is willing to learn from you." To bridge the teacher-student identity gap within her cohort, she would open each session with an icebreaker activity that opened the floor for students to talk about something they enjoyed. As she continued to build deeper bonds with her students beyond teaching them coursework, she "could just tell they were really eager to learn." When Nicolle would cancel sessions due to holiday breaks, they were disappointed and "they really wanted to continue having the tutoring sessions." She found this a pleasant surprise.

From the tremendous success Nicolle has seen with her students, she delights in proclaiming to both aspiring and current teachers that "when you give students the proper resources, time, and attention, and you enable them to learn, then they will really succeed." This mindset has shaped her perspective in seeing the immense potential in many of her students and advocating for educational equity. As she graduates in the upcoming months, she plans on participating in the Teach For America Corps program to develop her teaching skills with a full, in-person classroom setting while working to attain her teaching credential. Nicolle is training to be more than just a teacher; she strives to be a changemaker, shaping students' success with more compassion.

A Road Less Traveled

Story by Darya Jafarinejad



TEDx CSULB TEAM 2022

Some say navigating the unknown is frightening. Others find it challenging. Then there are those who seek to explore it. This year, the goal is to return from Covid and provide a platform for students to discuss how they feel, how they managed the pandemic, and how they are embracing the new normal. “We want to talk about how we navigate the unknown, and the unknown this time is the social space of being in-person after two years of isolation,” explains Derek Madrid. The team aims to discuss how CSULB students and professors have navigated the unknown, which Derek Madrid, director of finance and scholarships, defines as the social arena of being in-person once again. Everyone has their own personalized method for navigating and adapting to the unknown, and these diverse methods are a focal point of the event. For instance, Steve Boyer, a professor in the design department at CSULB, is navigating the unknown by deciphering what is real and what is fake. In his talk, he scrutinizes the line between what constitutes reality and what constitutes the digital realm—a simulation—and how digital experiences are no different than real experiences. He also analyzes how to understand and interpret the misinformation spread by online media.

The crew also seeks to emphasize intimacy and relatedness. Given their theme of navigating the unknown, they wish to implement a space where people can connect on many different levels of navigating the unknown. They intend to represent this diversity in their speakers.

The team has been navigating the unknown themselves. As Syeda Ullah, the director of marketing and communications, explains, this event has not been attempted since the pandemic. The team entered completely brand-new with no insight from prior officers. They have been exploring how to bring the event together and provide the best quality possible. This is done through a collaboration of people from different backgrounds and by pooling together everyone’s different knowledge and expertise.

In fact, the team faced seemingly insurmountable challenges throughout the course of production, yet have emerged stronger from each barrier. They experienced a rocky start, as they scrambled to get registered before the deadline. Additionally, they lacked many resources crucial to production. From the beginning, they were deprived of valuable mentors and former officers and appropriate resources. On top of that, scheduling conflicts and delayed ticket production locked them in an extreme time-crunch. Yet, despite all adversities, Ullah and Madrid were able to surmount the odds and create a wonderful event.

Ullah and Madrid credit their decision-making skills which facilitated their success to transparent communication and healthy collaboration. Ullah is heavily involved in the design process, a passion of hers. Sharing this passion, is Madrid as the Director of Finance and Sponsorship, whose role requires that he absorb all the great ideas and determine their feasibility. He disburses funds accordingly. While their roles may seem starkly different, they work interrelatedly. One of Madrid's other responsibilities is organizing the merchandise, designed by Ullah. "All of [the team's] roles in it, I think, are chiefly about representing the students of CSULB and giving them a platform to talk about the things that matter to them and making sure that all our roles embody that and the interests and talents of CSULB," Madrid explains.

When it comes to making critical decisions, the pair determine their priorities, needs, wants, and decide which are realistic, devising back-up plans when necessary. They constantly base their decisions around what both the attendees and speakers get out of the event.

Madrids says, "I'm just ecstatic for the event, and I know it's gonna be really really good, I think it's gonna be amazing." While both agree that this event will be amazing, they also note that the next one is likely to be even better, and the following better than that, and so on, due to their advisor, the team, and the process. Throughout the many hurdles, the team managed to successfully create an inspiring and personal event on November 12, 2022, that resonated with the people of CSULB.



SPEAKER WORKSHOP DAY



THE TEDX TEAM ORGANIZING
THE EVENT

Creative

BARAYE AZADI

WRITTEN BY DARYA JAFARINEJAD

We are the children of Iran,
Born of earth and fire.
Within our eyes, the richest and deepest soils of nature are encapsulated;
The same soil which holds inside it the heart of the earth,
And the ancient secrets of a lost paradise.
Our hair flies untamed like flames in the wind.
Within our chests burns a garden of embers
Slowly at first, then quickly amalgamating into a
Raging conflagration.
The regime has sent firefighters to bombard us with hell's fire.
They have not learned
You cannot extinguish a wildfire with more fire.

We are the children of Iran;
Thrown into a firestorm, but emerging gloriously;
Phoenixes from a hurricane of flames.

The dictators drown out our voices with a flood of bullets,
So we swim above the chaos, screaming louder.

We burn with the courage of our ancestral heroes,
Yet we drink in the peace of a tranquil forest.
Peace runs through the veins of every Iranian citizen.
Every fallen citizen is a dove, slaughtered by the venom of that serpentine Falak.
We protest by hugging in public and dancing in the streets,
Yet the dictatorship is terrified of this;
This peace, which threatens to dismantle their regime of bedlam.
Something is terribly wrong when peace is seen as dangerous.

Contributions

How tragic that a nation founded on human rights would witness the merciless maiming of them.

For was it not our Cyrus the Great who established human rights?

When did it become a crime to ask for humanity?

To walk in the streets of Iran is to walk knee-deep in blood.

As the mullahs pray with blood-stained hands that can never be washed,

The people sacrifice their lives for freedom.

For the poets whose words are ripped from their mouths;

For the artists who paint with their blood;

For the dancers whose legs were shattered by batons;

For the children who never spent a day in the playground, but in battlegrounds,

Cannon fodder for soldiers who are cannon fodder for dictators.

For the homeless dogs murdered for the crime of being dogs;

For the day we burn in agony no longer;

For the day our sacred lands and nature are not mutilated.

For the political prisoners trapped in a burning building, guilty of speaking against a corrupt government;

For the unborn children who have not yet known a world without liberty and love;

For the children who have lost their parents to this never-ending war;

For the parents who have lost their children to this never-ending war;

For Mahsa Amini and every woman whose life was lost under the boot of this regime;

For the first rays of sunlight after an endless night.

Baraye Zan.

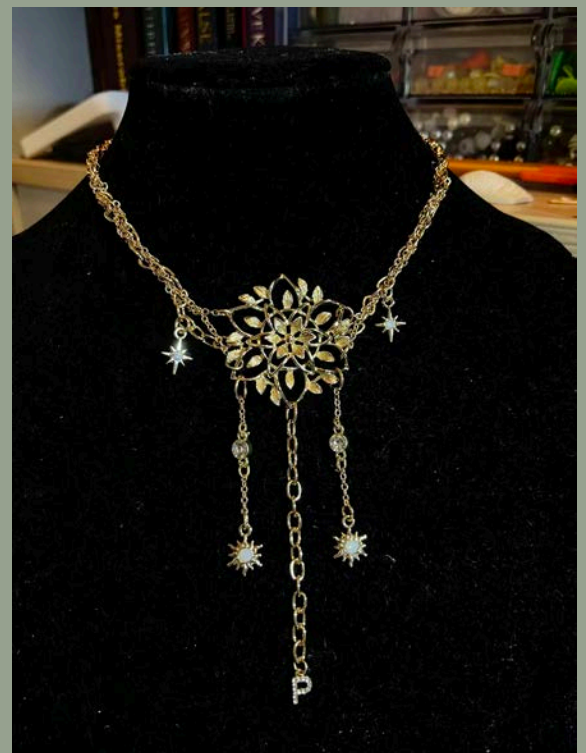
Baraye Zendegi.

Baraye Azadi.

Baraye Azadi.

NECKLACES

CREATED BY PAYTON SMITH



I started making simple beaded necklaces during the pandemic as a creative outlet, and now I love using lots of different materials to make more intricate necklaces. I especially love making them for my friends. To me, there is just something so special about wearing something I created entirely by myself.

PAINTINGS



PAINTED BY LINDSEY JOHNSON

When awake, our creativity is often stifled due to the bombardment of self-doubt and second guessing. Yet when we are asleep, our minds seamlessly flow from idea to idea, free from judgement. I have extremely vivid dreams, and I can't help but to share them with my friends in the morning. There's something so fragile about dreams; one moment, they're so vibrant, you feel like you actually lived that experience, and the next moment, it's a distant glimpse of an image. For this very reason, I love using my dreams as a reference for my art.



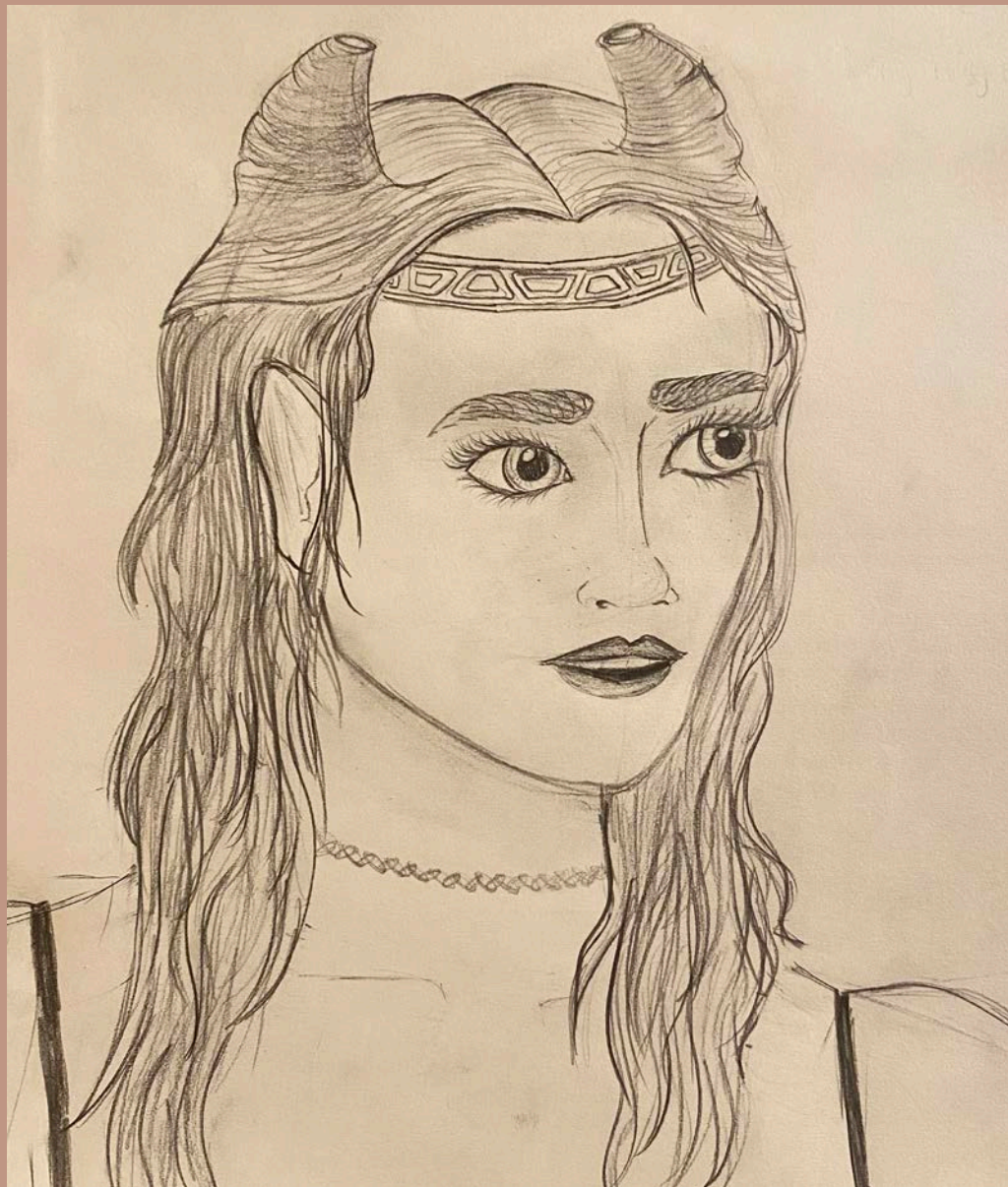
PAINTING

PAINTED BY ANONYMOUS

A cozy autumn night in a fall village. Something mysterious is lurking around on the hills.



DRAWN BY GRACE WESTERVELT



This is Jude Duarte, the protagonist in Holly Black's *The Cruel Prince* trilogy. Jude is a fascinating headstrong character, who is growing up in a community where she feels like an outsider and wants in - the Fae Kingdom. One of her signature looks in the series was these horns made of hair, which I tried to interpret here. She chooses to do this to make her look more like the Fae, but it really just makes her look cool.

PHOTOGRAPHY

TAKEN BY ANDREW LIN





I have always liked to perform since I was a kid. Stage drama, magic, drawings are things that I experienced before. This is also the reason I am studying film in CSULB. I decided to explore the realm of photography in the beginning of this year as my new hobby. Luckily, I had the best professor guiding and instructing me from beginner to a more decent photographer. I grew a lot from her lessons and have totally fallen in love with photography. For me, the beauty of photography is that it can capture the moment we may forget in the future. It is the proof that we have truly lived in that moment.



Surrender

The dance of a leaf falling to the ground is all I need to know,
No need to ask the tree questions about how it lets go.
The beauty of a surrender is as great as that of ambition,
And with the seasons of life, all things must learn to transition.

Absence

They say absence makes the heart grow fonder,
but distance also leaves room for one to wander.
With pieces of my heart lingering so far away,
I find it impossible to feel whole every day.

The abyss between us gives my heart a place to sink,
and down there it visits places you wouldn't dare think.
It longs for a friend to see what it is making,
and it longs for a companion to care when it is breaking.

In the darkness my heart doesn't see the love all around,
then it starts to feel true love is nowhere to be found.
With numbness replacing what was all once ardor,
I'm starting to think...
Maybe absence just makes the heart grow harder.

Freedom

No path that I've chosen has been uniquely chosen,
For all paths will be traversed as long as time can't be frozen.
I'm just one iteration of me in one of infinite universes,
A human life is short and that's the best of all curses.
Besides, freedom isn't necessarily getting to decide our destination,
It can simply be accepting and growing from every situation.
I am free because I can choose where my attention is placed,
At the end maybe it doesn't matter what dream I've chased.

You Are Wind

You are wind.
Whooshing into my life in an unexpected way,
although never to stay.
Your freshness makes my heart beat faster,
but you blow all my pieces into a disaster.
You are wind.
You go as fast as you come,
and leave me feeling naive and dumb.
Behind you the air becomes quiet and still,
all the more perfect for my questions to fill.

Curious

May I hear the absence of sounds,
melt into the crevices of nothing being said,
find a part of myself quiet enough to make
silence feel enough.

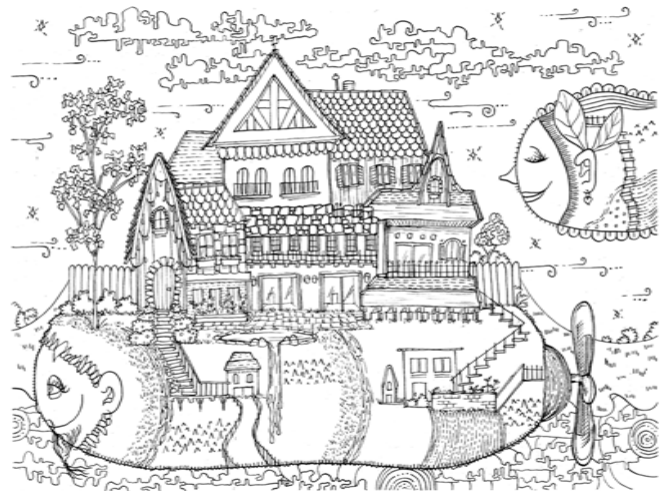
May I know that everything heard is music,
daily life is the rhythm and I can dance,
but all that exists in the foundation
is peace.

There is something to be seen in emptiness,
there is a vacuum in space to admire
when the landscape of nothingness
has not yet been painted.

There is beauty where beautiful things are not,
where nothing is, there is something greater.
I wish to dive into this openness
with not fear in my heart,
but curiosity.

CREATED BY MADDIE AUB

ARTWORK





Honor Code

Media + Magazine



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