

THE HONOR CODE

MAGAZINE



CSULB HONORS PROGRAM

2017-2018

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INTRODUCTION

Cal State Long Beach is known for its wide diversity of student backgrounds and experiences.

At this school and within the University Honors Program, these individuals are able to come together to produce a beautiful bouquet of perspectives and personalities.

Our theme for this issue, *Unity & Diversity*, represents the varied achievements and interests among Honors students and showcases their successes as proud members of the Beach Family.

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A LETTER FROM THE EDITOR

College is where you begin to ask, “Where do you fit in?” In my sophomore year, I still didn’t know. When I told Kashima Samuels, Associate Director of Leadership and Engagement, that I had no idea what I wanted to do with my life, but that I loved to read, write, and edit, she recommended that I join *The Honor Code*. Very quickly I realized that I had found my place. It was full of everything I loved: reading, writing, leadership, collaboration, innovation, and creativity.

When I became the Editor-in-Chief during my junior year, I began to see other students finding their respective spaces within the magazine. I met students who wanted an outlet for their love of writing, who had passion and vision, who yearned to have full artistic license to realize their creativity, and who just wanted to meet new people. *The Honor Code* quickly became their place too. When I think of the future of *The Honor Code* I simply hope it continues to be a place for students to fit in – in whatever shape that may be. I also hope that it grows and evolves to include more students and more stories. As my 2nd year as Editor-in-Chief comes to a close, as does my college career, I feel confident that Honors students will continue to pursue excellence in whatever they do and that this excellence will shine through in *The Honor Code* for years to come.

Sincerely,
Kelley

CREATING SUSTAINABILITY ONE STEP AT A TIME

BY ANASTASIA NESBITT

As any Honors student can attest, balancing academic responsibility, professional development, and community involvement can be complicated. Fortunately, Honors student and President’s Scholar, Kayla Landers has mastered this balancing act.

Last semester, she created a project proposal to put CSULB on track to becoming a Green Certified campus. Compiling strategies from universities across the country, Kayla created a report for the Office of Sustainability proposing procedures that would make the campus supportive of a healthy environment. From replacing trash cans with mini bins for sorting waste to installing water-conserving shower heads in the residence halls, Kayla’s methods, found through many hours of research and conversation with other schools, are under review by the Office of Sustainability and her proposal will be piloted in the spring of 2019.

Though she was enthusiastic about the project from the beginning, Kayla says it didn’t come without its challenges. Knowing where to start did not come easily. Because the project was so immense, juggling research, communication with representatives from other schools, and presentations required effort and organization. According to Kayla, “It was a steep learning curve and I had to learn fast.” Despite its challenges, Kayla thoroughly enjoyed acquiring transferable skills and contributing to the campus community through her work. She looks forward to returning to the project when her proposal is implemented in 2019.

After learning about Kayla’s immense undertaking, one might be surprised to discover that she is also a freshman! Despite it being her first

year at CSULB and in the Honors program, Kayla is taking full advantage of the opportunities available to her. Her Green Certificate Program project was initially an assignment for her UHP 301 “Politics and Policy in Los Angeles” course. After completing the required twenty-five service hours with the Office of Sustainability, Kayla kept going. With the proposal now behind her, Kayla encourages freshmen to get out there and get involved, saying “Go for it because there are so many opportunities that you will get from it. It was intimidating being a freshman especially [thinking about] ‘What will their standards be for me? Will they expect me not to do so well because I’m a freshman?’” Kayla didn’t let those initial feelings of apprehension get in her way, and she now has a new skill set and a longer resume to show for it.

Currently a biology major with a psychology minor, Kayla is grateful for the lessons the project has taught her that will serve her far in the future. Though her current course load includes biology, chemistry, and psychology, Kayla has recently found an interest in education. She teaches a supplemental instruction section in Chemistry 111A and thinks becoming a teacher or professor might be in her future. Kayla expressed her enthusiasm for her professors, saying, “They’re teaching us and

then we’re going to go off in the world and apply it in some way ... It kind of blows my mind.” Whatever her eventual career path, Kayla now has the networking, organization, research, and communication skills that will enable her to be effective in any position. Her work at the Office of Sustainability and with the Honors Program has allowed her to both contribute to the community and develop as a student and future professional.

Kayla would like to notify anyone interested that the Green Certificate Program will need volunteers soon! If you are interested, please contact the Office of Sustainability.



“Despite it being her first year at CSULB and in the Honors program, Kayla [President’s Scholar] is taking full advantage of the opportunities available to her.”

GETTING ORGANIZED

BY MICHAEL LAM

After four years of intense academic commitment in the Honors program, most students cannot wait to graduate and be finished with their education. Chemical engineering student Adam Grosvirt-Dramen is the opposite. After a year-long process of applying to PhD programs, interviewing, and awaiting responses, Adam will graduate from CSULB with a bachelor’s degree and then continue on in his educational career.

Between keeping up his stellar standing in his major and getting accepted into multiple PhD and graduate programs, Adam still finds time to do research, travel, and attend conferences under the BUILD program. He also participates in the engineering honors society, Tau Beta Pi, and plays the trumpet – which he has been playing for 12 years – in the concert band.

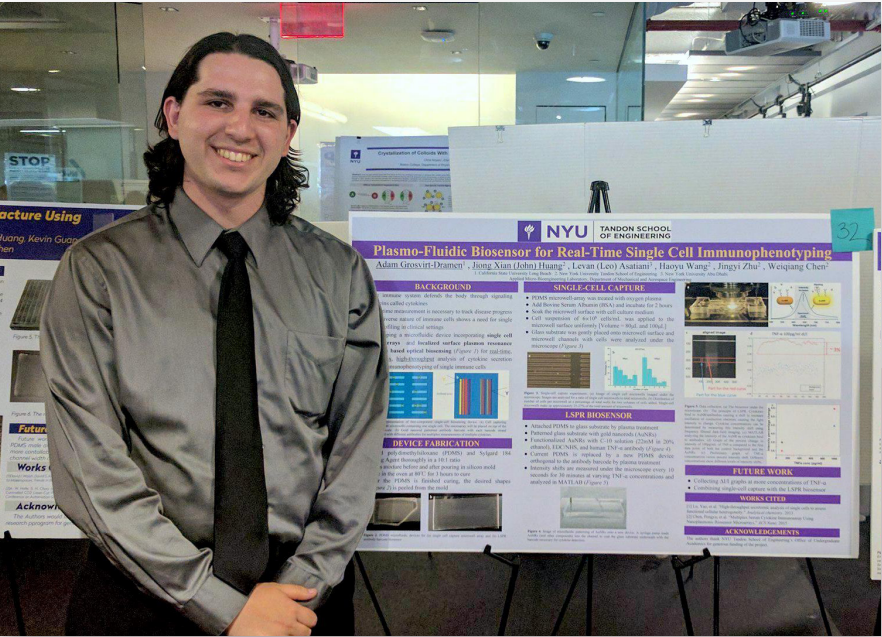
During his last summer of college, with BUILD’s assistance, Adam traveled to New York University (NYU) and worked as a researcher on “micro-scaling medical diagnostics,” developing a “label-free, high-input, multiplex” system to diagnose people’s blood with faster results, meeting a greater demand. Adam recounted how his original ambitions of working in medicine or engineering were inspired by his father, an electrical engineer, and a chemistry class in

high school. These, combined with his desire to aid his brother, who suffers from a genetic, neurodegenerative disorder translated into him studying to become a chemical engineer.

Under the direction of Dr. Roger Lo, Adam regularly engages in real-world chemical engineering work through researching microfluidics and microfabrication. Adam elaborates on how his research will create a method for future researchers to “test specialty polymers,” expanding upon the growing knowledge of 3D printing, allowing for the production of newer and better materials in industry and production. Additionally, his research explores the “reaction kinetics of multiple polymers,” seeking to fully understand the underlying chemical and physical mechanisms behind various polymers. In short, his thesis entails the creation of a universal specialty polymer testing method and the deciphering of different systems of polymers.

Upon completing his doctoral program, Adam’s ambitions lie in industry; he hopes to work under a company to improve current medical treatments and devices. He is also considering teaching as a professor as an equally entertaining possibility. Without a glint of doubt, he debates with himself whether or not to pursue both.

Though Adam’s schedule keeps him more than occupied on most days, he still finds time to enjoy himself and “have a life outside of school.” To achieve this, he advises, “do your own thing” and “get organized.” To those who feel that they will never find a balance to schoolwork and social activities, Adam reassures that when he was a freshman he was equally confused and cluttered. Despite all of his accomplishments, he views himself as an “average person.” A lesson to be learned from Adam is his ability to sustain his honesty and humbleness even in the face of his impressive ambitions and successes.



Adam Grosvirt-Dramen
presenting research from his
summer internship at NYU

5,452 Miles. 3 weeks. 1 wandering girl.

It was worth a shot.

One morning in April, I received a call from the UK which was without a doubt regarding the interview for the Fulbright Award, which I had applied for months before. Following my interview, I convinced myself that I most likely was not chosen as the recipient. For the rest of the day, the interview played over and over again in my head as I thought of what else I could have and should have said. My family, who was nervous at the idea of me traveling to London, was relieved at my self-proclaimed failure of an interview. Shortly after, my phone screen displayed an email notification from Fulbright. My stomach clenched. I had to re-read the email to make sure I wasn't just dreaming. There are no words to fully describe how thrilled I was upon learning I had received a place as a Fulbright summer programme participant.

Applying for the Fulbright Summer Scholarship Award was one of the best decisions I have ever made. As a Fulbright Summer Participant, I attended the University of Westminster for 3 weeks and participated in the university's Social Programme where I had the opportunity to attend guided tours and performances and socialize with other summer school participants. I chose a module, Photographing the City: London, that allowed me to become immersed in the culture of London and investigate the city through both historical and contemporary photography as well as through my own practice. The course was an opportunity to explore London's multifaceted identity and international influences that make the city one of the greatest in the world.

Each student was required to

keep an informal photography journal via Tumblr, so the student could look back on their progress on their project. The theme of my project was street musicians and their social influence. Hearing musical talent and expression around nearly every corner is one of the many things I miss about London.

I made the most of my 3 weeks in London. So much so that it became a routine for me to pass out on my bed at my temporary home in Alexander Fleming Hall, one of the student dorms of University of Westminster after an exhausting day of exploring places such as the Columbia Flower Market, Big Ben, the London Eye, English pubs, Westminster Abbey, Buckingham Palace, the weekend in Wales, Covent Garden, Abbey Road (I nearly cried as a Beatles fan), and marvelous shows including Phantom of the Opera, Don Quixote, and Half a Six Pence to name a few.

Aside from improving my photography skills, my goals were to bring a new cultural perspective back home, to experience new things, and to grow overall as an individual. Being the social butterfly I am, I was especially excited to meet diverse people, be introduced to new ideas, and learn more about UK culture. The program experience went beyond my expectations.



To view Palacios' photography journal, visit www.vrosethphotographingthecity.tumblr.com.

Valerie Palacios exploring popular London sites.



My advice to those considering studying abroad is not only to study abroad but also to live abroad. Popular tourist attractions are a must; however, I encourage you to explore beyond those attractions to get a good look at the heart of whichever location you find yourself in.

One of the many things I learned through this experience is to be more confident about my abilities. I doubted myself numerous times throughout this process and overlooked my inner strengths. So, as cheesy as it sounds, remember that the biggest obstacles are those of the mind.

The University of Westminster Summer Institute allowed me to make memories that will last me a lifetime and without a doubt had a lasting impact on my self-growth.

A YEAR-LONG DREAM

BY JAKOB GIDEON

“Chuchichäschtli,” my grandfather repeated as he taught me the hardest word to pronounce in Swiss-German. This multisyllabic tongue-twister simply means kitchen cupboard.

My father's parents were born in Switzerland and came to North America in the mid-1940s. Two generations later, I was presented with an opportunity to spend one year living and studying in the country of my heritage. I had vacationed to the Schwiiz a few times before

discovered that taking this leap would change my life more than anything else.

During my year abroad, I experienced countless irreplaceable moments and feelings, which have all contributed to who I am today. Initially, the melancholy of leaving everything behind for a full year rivaled the excitement of moving to a foreign place, which made the first few months an emotional roller coaster. One moment I would feel unbelievably happy and free, and the next I'd feel sad and lonely.

it is not these extraordinary experiences that shaped my experience. In fact, it's the simplest moments, the ones that made me really feel something, that I remember most. Warming my hands by the fire after a night camping in the Alps, a sunset conversation in Spanish with a kind stranger, back-flipping off a trampoline into Lake Zurich – these are the moments that appear in my mind everyday, seemingly out of nowhere, and remind me that my European year wasn't a dream.

Have you ever had the feeling that you are exactly where you are meant to be? That's how I felt during my entire year spent living and studying in Switzerland. Not only did I learn a new language, strengthen existing and form new meaningful relationships, explore new countries and expand my comfort zone, but I ultimately went through a process of self-discovery and flourished as an individual. Although I believe

“During my year abroad, I experienced countless irreplaceable moments and feelings, which have all contributed to who I am today.”



and had fallen in love with the country's breathtaking alpine scenery, friendly locals, and multicultural atmosphere, not to mention my Swiss relatives spoiling me with chocolate. However, this trip would be different: instead of spending a couple weeks in this country, I would be living there for an entire year, without any trips home. This pushed me to take a leap of courage far beyond my comfort zone, but I soon

Eventually, as the months flew by, I changed and adjusted to my new environment and learned the ways of the relaxed European. I found myself cycling throughout the city, speaking German with the locals, spending hours in the park, swimming in any lake or river I could find, and spending quality time preparing and enjoying delicious meals.

These easygoing behaviors did not exist in my American life.

When I think back on the trip as a whole, it's the grand events that come to mind. I recall the time I biked over 300 miles to a Bob Dylan concert, when I worked on a farm in Spain for a few weeks, and the numerous times spent celebrating with my Swiss family; however,

that most of what I learned occurred outside of the classroom, it was ultimately higher education that made all of this possible. I would undoubtedly recommend every student study abroad. The experience will teach you lessons that simply cannot be learned any other way, and it will change your life in the best way possible.

Now that I've returned to the United States, I continue finding myself not only thinking in a new language, but teaching others common Swiss-German phrases, just as my grandfather taught me when I was a young boy.

THE GRASS IS GREENER IN IRELAND

BY DEVYNNE HONSA

Certain places in the world have the power to leave you completely breathless. For one Honors student, that place was among the rolling hills of one of the greenest countries on Earth. Dominique Vitanza, a third-year Kinesiology student, studied at the University of Limerick in Ireland last fall and believes it to be one of the most beautiful places in the world.

For a woman who had never left the country, packing everything up and studying in Ireland for a semester was a huge, nerve-wracking jump. She chose Ireland to get a break from the city life and to take in the greenery, and got just that from the rolling hills in Limerick. However, while abroad, Ireland wasn't the only place she saw; she also explored the cities of Europe. In the span of just three months, Dominique went from having never left the country to having visited about 10 others. Luckily, though, she didn't have to figure it out all by herself.

"I traveled with a group of Long Beach students that came with me almost every weekend," she recalled. "We went to different cities in Ireland, like Cork and Dublin. I also went to Belgium, London, Scotland, Amsterdam, Copenhagen, and Northern Ireland during the semester and Spain and Italy during winter break!"

Even with all the city life she experienced, Dominique still loved the countryside best. Her favorite place that she visited during her time in Europe was an area called Arthur's Seat in Scotland, the main peak of a group of hills in Edinburgh that sits above the city at about 822 feet. "With the ocean to my right, the city to my left and green everywhere, I mean, I've never experienced such a beautiful moment," she revealed. The spot was formed nearly 335 million years ago, and is a part of the remains of an

extinct volcano. It is one of the most famous landmarks of the region.

Not only did she experience a different environment, she lived in a different culture. Adapting to the school system was a challenge, and keeping up in her upper-division kinesiology courses in a different country proved to be tough. "The finals were 70 to 100 percent of my grade," she exclaimed. "There are no other assignments or tests to boost your final grade." The University of Limerick offers an excellent exchange program with the Kinesiology department here at Long Beach State, and their university is voted "Ireland's Most Popular University" according to its website.

Even with the tough classes and the time change, the people of Ireland made Dominique and her group feel right at home in a foreign country. "I don't know if it was because we were internationalists and we stood out, but if we were struggling, people were happy to help," she remembered. "They would give us the inside scoop about the best places to eat or even offered to show us around. Everyone says hi as you walk past, it's so sweet!"

Dominique said she wouldn't trade the experience for the world and advises others

who are planning on traveling to appreciate their time abroad, as the time is short. "Enjoy every second of it," she said. "There might be some tough parts and yes, you might miss home, but you're never going to get this chance again." She also mentioned the importance of taking lots of photos to reminisce and remind you of the fun you had once you're home.

Dominique misses her time abroad and continues to keep in touch with the people she went with, as they remind her of her trip. She wishes that she would have traveled more throughout Ireland and had more time. She spent four days in Dublin before the semester started, but she feels that she needed more time to truly experience the trip without the stress of her studies. She also says that since she spent so much time in other countries, she only got to see a small portion of Ireland.

However, despite only seeing a small bit of Ireland, Dominique keeps a positive spin on things. "I guess it just gives me an excuse to go back!" she exclaimed. "I'm already planning my next trip."



*Dominique Vitanza atop a high peak
at Arthur's Seat in Scotland*



*Photo By
Dominique Vitanza*

*"It's an amazing experience
to be able to see how the
emergency department works
up close, rather than just being
a volunteer."
– Sumer Bermani*

EMERGING RESEARCH IN THE EMERGENCY ROOM

BY DEVYNNE HONSA

There are few industries that affect our lives like that of the medical field. Most of us rely on scientific research and medical advancements at some point in our lives – whether we have the flu or a serious illness – but luckily, we can rest a little easier knowing that treatments and discoveries are being made every minute. Those who conduct research have a huge responsibility and will benefit our community in innumerable ways. Last summer, CSULB Honors student Sumer Bermani did her part in contributing to this influential field.

Bermani, 21, worked as an intern at UC Davis, assisting with clinical research in the university's emergency room in the summer of 2017. As a molecular cell biology and physiology student, she had always planned on going into medicine after graduation, and her experiences only increased her drive.

"It reinforced my love for medicine," Bermani said. "It's an amazing experience to be able to see how the emergency department works up close, rather than just being a volunteer."

Think of clinical research as the gateway from treatment to patient, providing important information to advance medicine and enhance patient care. It consists of a set plan called the "study protocol," in which a researcher develops a plan for patients to follow. This then helps turn basic research into new treatments and information to help other patients with

the same or similar conditions. However, to perform effective research, you need patients with the conditions you are trying to observe; that's where Bermani comes in.

On a daily basis, Bermani would observe patients' charts to see what their symptoms were, what they were diagnosed with, and what medications they were on to see if they qualified for various medical studies taking place throughout the campus.

"If [the patients] qualified, other steps followed. If no patients were coming in with what we needed for our studies, we were allowed to step in and watch the trauma patients coming in," she explained.

The internship also provided many networking opportunities for Bermani to further advance her career: "I met many other people in the same route as me, so we were able to share ideas on different research and volunteer opportunities we were doing," she remarked. "The coordinator referred me to other research opportunities too."

Bermani walked away from the internship accustomed to emergency room practices and with a better knowledge of the medical field. Having an insider's look was a great part of the experience, according to Bermani. "I learned a lot about how patients were being treated on an emergency-level basis," she said.

The next time you take your medication or you read about a new treatment option, know that people like Sumer Bermani are working hard toward making these discoveries possible.



AN ASTRONOMICAL OPPORTUNITY

BY MARY USUFZY

When you look up at the sky on a cloudless night, the heavens are sprinkled with a dusting of brilliant lights. You might wonder about what (or who) could be up there, just waiting to be discovered.

Naomy Marrufo, a physics major, doesn't have to. During the summer of 2017, she worked at an REU (Research Experience for Undergraduates) program for the Space Sciences Laboratory. This ten week internship at UC Berkeley was a very rewarding experience for her. The main goal of this project was to get computational models working for a NASA satellite named ICON.

Marrufo chose to major in physics due to her interest in the space sciences. She hoped to learn more about the universe and everything it encompasses. Her curiosity led her to pursue research opportunities in her field. She notes that research experience is critical for graduate school admissions and

future career aspirations. Marrufo advises to "choose a project over the prestige of a school."

This internship had many highlights, but the ones she enjoyed the most were two stargazing outings. Observing the night sky above Mount Tam, she and her peers laid down in the grass and gazed at the universe above. They saw the International Space Station (ISS) fly by, and Marrufo recounts that they managed to locate Jupiter and the Milky Way galaxy.

Her mentors were especially memorable. She took much of their advice to heart, including the sentiment, "The further you get into your schooling, the more you don't know, and it's okay." The experience was so enriching for her that the ten weeks of the internship flew right by. The summer she spent at UC Berkeley is a time that she will always remember.

She noted that she discovered many other research opportunities during her internship. Some of them included the search for extraterrestrial life (SETI) and studying pulsars. However, these research opportunities weren't just limited to the space sciences! Marrufo explained one which involved observing climate

"Observing the night sky above Mount Tam, she and her peers laid down in the grass and gazed at the universe above."

trends from arctic cores that were thousands of years old and another that was working toward bringing affordable solar energy to developing countries. These scientific studies are critical in improving the world around us and providing better analysis to understand the continuous changing of our planet.

So, what's her advice for those looking to pursue a career in research? Marrufo applied to seven different places before she was accepted to the REU internship, which she found on the National Science Foundation (NSF) website. She stresses the importance of applying. "Even if you don't think you will get in, applying will at least give you a chance." Furthermore, she described another research opportunity (UROP) that is a great gateway into research for students who are just beginning their search.

So, the next time you look into the night sky above, wonder and be curious. Who knows what you might discover if you just give it a try.

THE (NOT SO) SECRET INGREDIENT TO SUCCESS

BY JESSICA HURTADO

To create a successful career, you need to combine a lot of different ingredients. For most Honors students, those ingredients consist of earning good grades, completing a thesis, and the most stress-inducing: finding an internship. Anyone will tell you they're the key to success in the work industry. Finding an internship, the right one that is, can seem difficult and induce an anxiety-fueled state of being. Honors student and President's Scholar Sabreen Thorne, however, fearlessly accepted an internship across the country with the Fortune 100 company, Disney World.

Sabreen, a hospitality management major with a minor in Spanish, explains her reason behind why she chose to study hospitality management, citing her unequivocal affinity for cooking. She states how she yearned to go beyond the joyful act of cooking by approaching the business side of the food and beverage industry with a more analytical eye. As for her decision behind minoring in Spanish,

she stresses the importance behind studying a language that is becoming an essential mode of communication in not only her particular field of study, but in the United States in general. These two disciplines would prove to be a perfect pair when Sabreen began

applying to internships this past January.

Sabreen, through the encouragement of her colleagues, applied and was accepted to intern with Disney World in Florida. Unperturbed by the new environment, she was eager to learn about the culture and economy. Sabreen was placed in Food and Beverage Operations where she worked in two restaurants and could practice her Spanish with many of the Puerto Rican line cooks and Spanish-speaking guests that visited the park. Sabreen was not only able to learn the ins and outs of restaurant operation, but was also guided by retired senior management employees of Disney World in her courses. She was able to learn about their successful experiences in the hospitality industry and had the opportunity to network with college recruiters from the region.

Sabreen's experience at Disney World has proven to be a major stepping-stone for her dreams of owning her own restaurant that specializes in Cajun and Creole food, as well as pursuing a Master degree with an interest in researching and improving the quality of different foods in the K-12 school system in the United States. After learning about marketing, human resources, consumer affairs management, laws and regulations, and the importance of networking and building relationships, Sabreen is one step closer to achieving her goal.

As Sabreen's internship experience shows, being fearless pays off. It might seem impossible, but it never hurts to try. So, apply for those internships – even the ones across the country! You never know what opportunity might come your way.

Sabreen Thorne, President's Scholar, enjoying the perks of her internship at Disney World, Florida



A MODERN-DAY EMERSON: TRANSCENDENT STUDENT

BY MICHAEL LAM

While many of us ponder indecisively on which YouTube videos and Netflix series to binge over the summer, fifth-year Emerson Bahr spent it on something more productive: interning for one of today's leaders in aerospace and defense technology, Northrop Grumman. Despite the astronomical nature of his achievement, Emerson maintains a reserved, modest disposition, never even hinting at the impressiveness of his accomplishment. Akin to the leader of the transcendentalist movement, Ralph Waldo Emerson, Bahr embodies a new form of thinking and way of life foreign to the vast majority of us: pursuing and attaining the trophy without ever boasting of the victory.

Meeting Emerson in person, and gazing upward at his lengthy, towering physique paired with his intellectual and academic rigor, as well as his calm, composed manner might suggest a professor or perhaps a scholar. In addition to his internship for Northrop Grumman, he also interned for the Department of

Defense, where he'd check systems and security in order to pass government protocol. To top off his remarkable résumé, in his almost five years spent attending CSULB, he's nearing completion of his bachelor's degrees in physics and economics. His reason for acquiring these internships was to explore his career options and "gain more real-world experience."

Two of the courses he was taking, technical writing and a programming course, allowed him to apply academics to a real-world situation, as he had to conceptualize the physics and engineering involved with his tasks as well as communicate his work clearly with management.

To escape the arduous daily commute towards Northrop Grumman, Emerson stayed for the duration of his internship with relatives and made his daily, now-local commute to Northrop Grumman's Redondo Beach facility. With his two roles as quality engineer and quality assurance, Emerson was tasked with a spectrum of roles and duties from "administrative and internal reviews of certain projects and procedures," requiring him to audit and review government-based programs to the "testing of weapon systems."

Much of his role as a quality engineer dealt with aspects of security and defense of the

office. Emerson would "set up an operating base with a network of cameras and missile detection systems." As quality engineer, he'd be "the QA witness to many of the tests that occurred on the facility," and would "look over the set protocols for the test period and mark them down and document irregularities and discuss the overall performances of the security." Essentially, he'd assure that the procedure was proceeding smoothly as to prevent errors within the process. Moreover, as quality engineer, he'd design and code different iterations into a real-world operating system and would aid in running these systems with test engineers. He described the purpose of his role as a "see the big picture kind of guy."

When looking back on his internships, Emerson notes some of his greatest improvements occurred in his speech and "overall professionalism." When asked his favorite part of interning, he jokingly responded, "the money." Like Ralph Waldo Emerson, who paved the way for transcendentalism, Bahr seems to be doing the same for technology, as he has ensured a safe future for us in the ways of defensive and aerospace technology. Even now, he still seems to be uncertain on which career path to enter, but regardless of his choice, it is certain he'll prove to be a critical component to any project, team, or corporation.

"...looking back on his internships, Emerson notes some of his greatest improvements occurred in his speech and 'overall professionalism.'"

WHAT? LIKE IT'S HARD?

BY ANASTASIA NESBITT

Law school. No other two words can simultaneously instill a chilling sense of fear and bring to mind images of Reese Witherspoon and a dolled-up chihuahua. Though these dissimilar ideas may rush to an undergraduate's mind at the mere mention of the phrase, for Titus Potter, law school was the fulfillment of years of hard work and the beginning of his professional life.

Titus's road to law school began during his time at CSULB. Originally a criminal justice major, his interest in law led him to eventually change his major to political science with an emphasis in law studies. As he pursued his goal of attending law school, Titus took full advantage of the resources available to him. A member of both the University Honors Program and the Educational Opportunity Program, Titus credits these communities and Student Support Services with assisting him to hone his writing skills, choose appropriate classes, and build a résumé – all essential components to his application process. Furthermore, Titus was an active participant in off-campus activities, to put it mildly. During his time at CSULB, he participated in the Justice Corp program and completed internships at the City of Long Beach, Los Angeles Superior Courts, the Congressional Management Foundation, and the CIA. Clearly no stranger to community involvement, Titus used his experiences to frame his personal statement, making it clear that he wanted to use the knowledge gained at law school to better his home city of Compton, "as well as improve other communities where there are a lot of low-income first generation students trying to make a dream and trying to survive and make a life for themselves."

Considering his lengthy list of undergraduate accomplishments, it comes as no surprise that Titus was accepted to the University of Illinois College of Law in 2014. However, once he arrived, it was not exactly what he had

anticipated. Though he knew law school would be a challenge, what he found was a complete departure from the familiar structure at CSULB. The Socratic Method employed in class provided a shock to his academic system. According to Titus, "It's not one question, it's twenty. It's 'What is the case,' 'What happened in the case,' 'Were these facts relevant,' 'Why were these facts relevant,' 'How did that apply,' 'What was the rule of law,' and they run the gamut on that one person ... for the whole class period." Not being faint of heart, Titus took the changes in stride, adjusting his study skills accordingly and still managing to spend time with friends outside of class.

Despite the sharp learning curve, Titus considers his experience at law school to be one of his most meaningful. At the heart of this adventure was his participation in the Illinois College of Law trial team for the American Association of Justice. Winning regionals and competing at the national competition in New Orleans, Titus had the opportunity to travel on the school's dime and put the skills he learned in the classroom to the test. To round out his already jam-packed law school experience, Titus clerked extensively and worked as a legal clinician during the summers. To any prospective law students, Titus recommends studying hard, not shying away from writing, preparing well, and investing time in the application process.

Now an assistant district attorney at the Bronx County District Attorney's office, Titus misses his time at CSULB and University of Illinois College of Law, but he is grateful for the opportunities these institutions provided.

Titus Potter on his graduation day for the
University of Illinois, School of Law



"Though his hours are long and his schedule is packed, Titus relishes his chosen profession – one that allows him to 'protect those who are suffering.'"

Just before our interview, Titus had finished a long week of night shifts, taking complaints and interviewing police officers about cases. During the previous week, he worked in the domestic violence division, an assignment that demonstrated to him the widespread issue of domestic violence. Though his hours are long and his schedule is packed, Titus relishes his chosen profession – one that allows him to "protect those who are suffering." Because of his active undergraduate career at CSULB and his law school experience, full of challenges and growth, Titus is living his dream.

Britte Nielsen (left) and her business partner Becca Nielsen (right)



REACHING YOUR CORE POTENTIAL

BY JESSICA HURTADO

Anyone in the Honors Program knows the struggle of balancing school work, physical and mental health, and a social life. CSULB alumni Britte Nielsen noticed the lack of assistance for students in balancing these areas and came up with a solution. Nielsen encourages the wellbeing of the everyman through her new health business, Core Potentials, which concentrates its efforts on integrating an often-underappreciated form of education into the everyday life.

Born and raised in Vancouver, Canada, Britte became involved in the dance scene at a young age. Her experiences in this environment led her to form her new business. She noticed the way adolescent dancers were taught to eat and how they seemed to be lacking the basic fundamentals of maintaining a healthy sense of being. Britte clarified that it is not

“the industry [that] tries to make kids worried about their weight,” but rather the insecurities that seem to manifest “come as a byproduct of the lack of education in the subject, lack of support on the subject, and the hormones that skew your judgment when you are 15, 16, 17 years old.”

At the age of 18, Britte sought to create a life education program that would act as a support system. With the encouragement of her parents, who are both entrepreneurs, she created a business plan. Over time, it began to change and take on an altogether different, but positive form – a commonplace occurrence when creating your own start-up, according to Britte. Her business came to fruition in the form of an online academy through which people, most often students, can seek help with their goals. This online component of her business is usable by anyone, and users can engage in workshops at their own leisure.

Core Potentials Academy has the ability to “help as many people eat, move, and think at their optimum,” which can allow anyone to master their own life by learning about the essentials. Britte encourages everyone to

learn how to reach their maximum potential by following three steps:

1. Fueling yourself with the right nutrition for your body.
2. Moving or exercising your body in a way that fits your goals.
3. Creating a mindset for yourself that keep you on this path.

Following Britte’s steps can be a complete life-changer when it comes to successfully achieving your goals. It may seem as though this program is tailored more to individuals involved in physical activities or sports, but it is in fact applicable to everyone. The brain is a muscle that must be exercised, and nurturing your body and self can help sustain your ability to perform to the maximum! Engaging in these online workshops can be most beneficial to students, wherein you are given personalized advice tailored to you.

If you’re interested in learning more, visit Britte’s website (<http://www.corepotentials.ca>) for further information on how to partake in these online workshops that can help set you on the right path for reaching your core potential!

OF POSTURE AND PREVENTION

BY MARY USUFZY

The human body is truly an admirable machine. However, just as with any complex machinery, it is critical to keep things calibrated, so that it may function well for everyday activities. Many of us fail to be conscious of the needs of our bodies which can lead to injuries or damage.

Andre Colacio is one such person who wishes to bring this issue to light. As a mechanical engineering major, his honors thesis last semester focused on robotic devices that could improve the lives of others through the prevention of knee injuries and arthritis. He concluded that standing posture is essential to the prevention of such damage. He speculates, “If I find out how [damage]

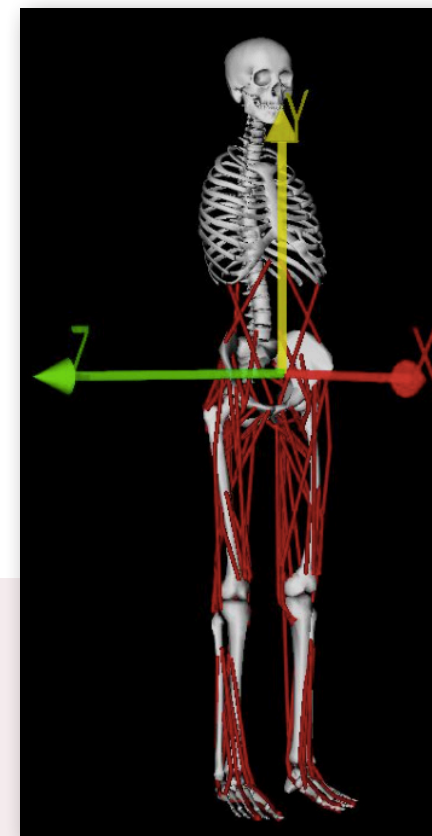
forms, we can devise ... a device that attaches to your knee.”

With an interest in biomedical engineering, Colacio strives to help people prevent such traumatic injuries. He became vested in this project due to his family’s history of knee injuries. His ambition is to create a device to help people stop putting weight on one leg, particularly when they’re standing. He analogized that one should imagine the kneecap as a train on a railway. Injuries or constant strain on the knee

are akin to the train running off the railway. If such a device isn’t readily available, Colacio reasons that rehabilitation could also alleviate such knee pain.

As many good scientists do, Colacio ran into some issues during his experiment. The issue that he stressed over the most was time management. He urges those who wish to do research projects to budget their time well so that they may finish by their deadline. Since it was a preparatory experiment, he only used himself as a subject, but he wishes that he had been able to do a greater number of trials in order to improve his experiment’s accuracy. Nevertheless, Colacio is satisfied with his research and hopes to replicate it sometime in the future.

In summation of his research, Colacio notes that one should stay conscious of how they stand casually. Putting too much weight on one leg can cause long-term damage to the knee. Most people don’t even spare a thought on their standing and sitting posture. As with any great machine, the human body requires constant maintenance in order to continue functioning well. Despite the effort it takes, the reward of a well-functioning body that lasts a lifetime is invaluable.



Model of proper standing posture

“With an interest in biomedical engineering, Colacio strives to help people prevent such traumatic injuries.”



WE CAN'T WORRY ABOUT THE PEOPLE WHO DON'T LIKE IT

BY JAKOB GIDEON

One of the most controversial debates in society today is undoubtedly over abortion and women's reproductive rights. Universities are often hot spots for this topic; student activists nationwide form groups on both extremes of the spectrum. Groups such as the Genocide Awareness Project (GAP) travel to campuses across the US to display large graphic images of abortion and genocide, which usually invokes some sort of counter protest and ignites a fierce confrontation over which side is correct. Honors student and President's Scholar, Elizabeth Tyler, wanted to find out how student activists on opposing sides interact.

In fact, Elizabeth conducted research and wrote her Honors thesis on this particular subject. Liz is a fourth-year Honors student who studies women's gender, and sexuality

at CSULB. Raised a Catholic, Liz has long been intrigued by protests over women's reproductive rights. However, it was only shortly into her university experience, after learning how abortion is related to other issues of women's rights, that she began to question and further develop her own position on the matter. She ultimately ended up combining her women studies and Honors theses into one, titled, "We can't worry about the people who don't like it: How student activists deal with opposition in pro-life and pro-choice protests." The paper delves into how activists on both sides of the abortion argument react and cope when faced with direct opposition.

To gather primary evidence for this study, Liz interviewed three individuals who participated in the Genocide Awareness Project (pro-life) demonstrations and three other individuals from the counter-protest (pro-choice) from a large university in Southern California. The interviews were about an hour each and consisted of questions regarding "their involvement in campus organizations, their participation in

GAP or the counter-protest, and what kind of reactions their involvement elicited from family, friends, and other students." The thoughtful responses of the participants, along with a lengthy literature review, provided Liz with enough insightful information to reach intriguing conclusions.

Discussing her findings, she stated, "One way in which the student activists I interviewed dealt with direct opposition was, actually, to not deal with it." She described the ways in which the activists were taught to not engage with the opposition, and furthermore, how the criticism of the opposition was usually targeted at the strategies they utilized, instead of their core beliefs. The main finding from her research was that these groups deal with opposition indirectly, although it may seem as though they engage directly. Liz's findings will contribute to the furthering of women's, gender, and sexuality studies, as well as studies on student activism.

Whatever side you fall on for a specific political issue, it is illuminating to understand the strategies and methods of protesting. If you are a student activist, then take Liz's thesis title as inspiration: "We can't worry about the people who don't like it."

"Honors student and President's Scholar, Elizabeth Tyler, wanted to find out how student activists on opposing sides interact."

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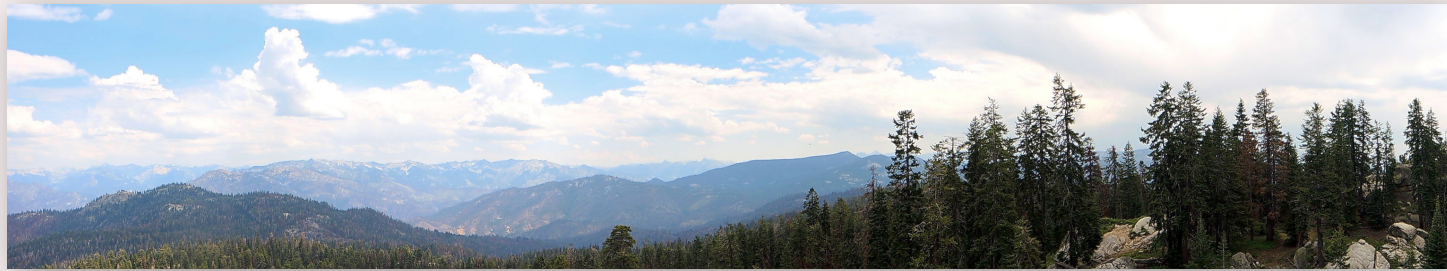
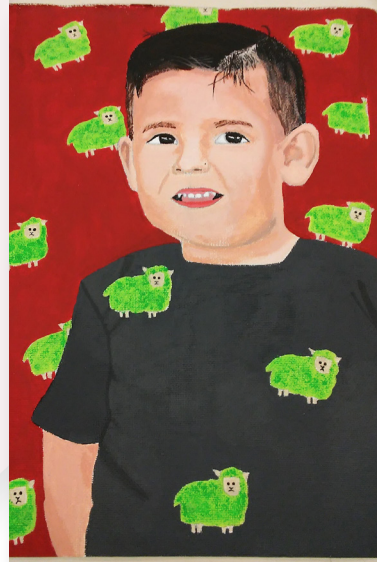


PHOTO BY JULIANA RESONG

OUR WARMTH IS FUELED BY BURNING FLESH.

A POEM BY JO BRUNTON

we build fires
just to rescue ourselves from.
we've made our beds of charcoal
and now we must lie in them.
REM sleep filters memories
which we set ablaze upon waking,
and in the spiraling smoke
we look like ghosts to ourselves.
distorted and
floating as ash.
our dreamscape desires
disappear in the dark.



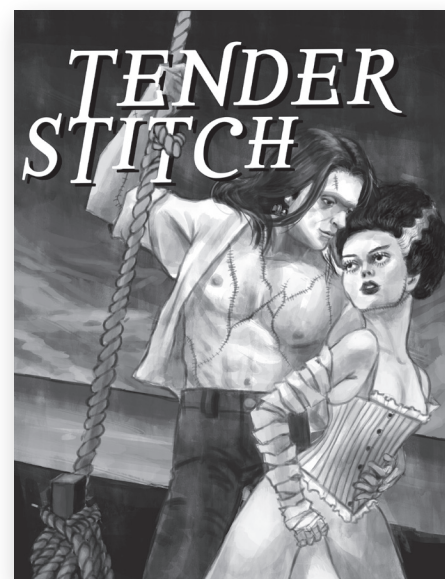
"UNTITLED"
BY NATALI VILLALOBOS



"RAINING SAKURA"
BY ADELA KAISER



"BLUE"
BY CHANMEALEA HUY



"TENDER STITCH"
BY CHANMEALEA HUY

EXODUS 4:10

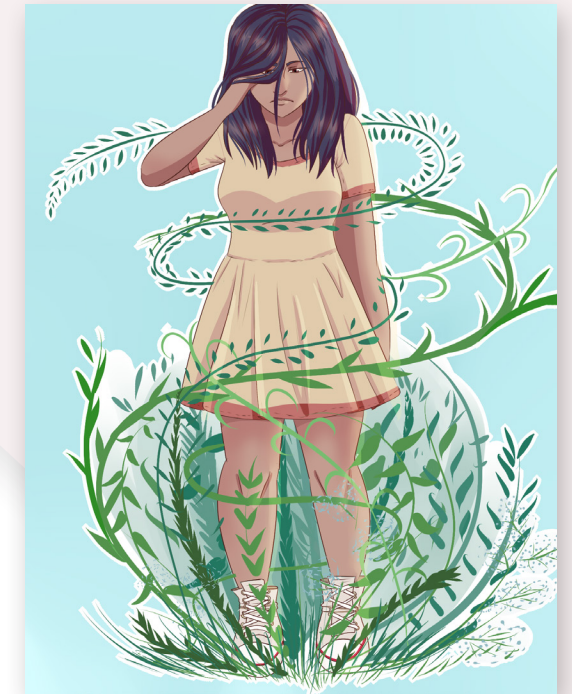
A POEM BY RACHEL HAERING [PRESIDENT'S SCHOLAR]

Exodus 4:10

"If you please, my Lord, I have never been eloquent, neither in the past nor now that you have spoken to your servant; but I am slow of speech and tongue."

Lisping a forgotten mother tongue
Swimming in someone else's words
To keep myself afloat
In a soundless desert
As if a people could be led
To holy water to drink.
After centuries of waiting,
They couldn't wait a minute
While my lips unglued themselves
And my throat sputtered gravel.
No wonder they made a golden calf
In place of a golden tongue.
At least God never claimed a bad connection.
Sinai was a forty-day vacation,
When I didn't have to speak,
Just listen, my jaw loose
As my people's conviction.

They doubted his message,
But never his voice:
Majestic, war-drum booming.
I had hoped once for a kinship
But they were right, and more:
It is a rich, brown, smooth color
Like tilled-up soil or tanned leather,
All the strings in a kinnor strummed at once,
And it burns like a feather touch
Or a sword in the gut.
If I were him I'd be a ventriloquist,
Spinning his words in the mouth of his fool.
I hope you find the footnotes,
Appreciate Hebrew irony:
The one who broke heavy chains
But whose mouth was always fettered.



"GROW"
BY ADELA KAISER



"TEASET"
BY KATARINA STILLER



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