



CALIFORNIA STATE UNIVERSITY LONG BEACH

# HONOR CODE

2013-2014 ISSUE

# Table of Contents

Thesis Projects	Study Abroad	Creative Works	UHP Interns	UHP Alumni	Honors Grads
02-03	04-06	07-08	09-10	11-12	13-14



Please tell us about your current activities, future plans, and professional and personal accomplishments.

You may share this information with us by mailing or emailing us your updates at [honors@csulb.edu](mailto:honors@csulb.edu). Please be sure to include the following information:

Name:  
 CSULB degree(s) and year(s):  
 Address:  
 Email:  
 Professional and personal news (please indicate if we can include this information in a future newsletter):

University Honors Program, Library 214  
 California State University, Long Beach  
 1250 Bellflower Boulevard  
 Long Beach, CA 90840-1901  
 Phone: (562) 985-4706  
 Email: [honors@csulb.edu](mailto:honors@csulb.edu)  
 Website: [www.csulb.edu/uhp](http://www.csulb.edu/uhp)

# THESIS PROJECTS

## Take Chances! Make Mistakes!

by: Allan Tolkoff

Entering college can be an intimidating experience, but the Honors Program helps students ease into the transition. In return for a promise to maintain a high GPA and be an active participant in the program, students are given fun events, cool classes, a lounge area, and the special attention of three loyal and dedicated Honors Administrators. Given how much fun the classes are and the way most of us tend to keep our grades up anyway, it's the perfect deal. But there's one other condition that sets the Honors Program apart from other clubs and groups: the thesis project that all Honors students must complete before graduation.

It's intimidating and downright scary. At least, that's what I had thought when I finally signed up for UHP 496, the research component of the thesis. Until then, I had mostly put it out of my mind, just something that would happen in the vague and mysterious future (if you can procrastinate on doing things, can you put off thinking about them as well?) Once it came time for me to choose a thesis topic and faculty mentor, I realized that after

four years of college education, I had only the barest idea of what I wanted to research. My mistake was thinking that that was a problem.

I put so much pressure on myself to be perfect. At the very least, I wanted to write a perfect thesis. It was going to be technical yet artful, inspired and factual, interesting to all - and not only that, but it would also be universally relevant. My undergraduate thesis was going to shake the world!

With thoughts like that, it was no surprise that my semester of UHP 496 found me researching everything from N'Sync to 1920s copyright law. I would begin an essay, and then decide two paragraphs in that it was worthless and scrap my work. I didn't even contact my advisor, fearing that he would sense my uncertainty and decide I wasn't worth his time. I researched, wrote, erased, wrote, erased, and so on until I had forgotten what I was trying to prove in the first place.

It was, in fact, that very advisor - the excellent Dave Winter of the Computer Science department - who taught me, as I repeated the research class, what

I want to convey to you now: when it comes to taking on this kind of project, you're not supposed to have an idea in mind. You're supposed to have hundreds, maybe even thousands of tiny ideas, little things that have lodged in your brain and grown like a pearl inside an oyster. A huge part of the process is figuring out which of those pearls you want to pry out of its shell.

You don't have to be certain from the start. It's okay not to know. It's also okay if your thesis is on some incredibly specific technical subject that only a dozen people understand. It doesn't have to be infinitely relatable, and it certainly doesn't have to be perfect (in fact, it won't be). It just has to be something that captures you, something you truly want to learn about and share with the world. If you hate doing it, you're doing it wrong.

So, learn what you love. Then learn about what you love. Then write about what you love. Know your limits. And don't try to get it exactly right the first time.

## Gods, Myths, Rock & Roll

by: Albert Pham



The Honors Thesis is a chance to direct the focus of one's studies and put everything a student has learned so far to the test.

Ben Duvall, fifth-year Graphic Design major (with a minor in Political Science), has been collaborating with fellow Graphic Design major Brian Mark on a thesis. While they did collaborate on this project each individual must specify their own original contribution in order for it to be considered for their thesis project. Their project takes inspiration from the basic question that has been nagging humanity for thousands of years: Where do we come from? Every society has attempted to answer

this question, and those efforts have endured in the form of stories. Ben and Brian tackle those of Christianity, Norse mythology, scientific creation, Daoism, and Greek mythology, seeking to use their graphic design chops in order to create works that represent the essence of those stories.

Ben explained that the characteristics of stories of origin make such stories appropriate for a design-related thesis. "Graphic design is process-oriented. There are many steps of making and improving a design." Furthermore, Ben said

See **Ben and Brian** page 3



# Closer Than You Think

## Sex Trafficking

by: Elizabeth Chelling



A few years ago, Lauren Gomes learned something that shocked her: sex trafficking happens in America. Now a senior film major, Lauren chose to write her Honors thesis on this significant human rights issue. Titled “Destination Exploitation: The Rise of Sex Trafficking in the United States,” Lauren’s thesis has provided her a forum to conduct scholarly research on a subject that she hopes to one

day investigate through the medium of documentary film-making.

After realizing that sex trafficking occurs in America, Lauren decided to use the Honors thesis opportunity to inform others of the realities these individuals face in an effort to dispel misconceptions like those she once held. She points out the irony that Americans really pride themselves on freedom, but “many of the country’s people fall victim to sexual slavery each year.” She wants to answer three key questions about this human rights violation with her thesis: Why does sex trafficking happen? What is the effect of it? And what can we do to stop it?

The difficult thing about researching sex trafficking is that it can be tricky to find precise statistics. Lauren conducted her research by looking through articles on Google Scholar and other websites. She began by looking for American cities with the biggest known presence of trafficking, and then she investigated cases of transnational

sex trafficking in America. Her research was broken into three sections: the source (international and domestic), the cause for its demand (customers and exploiters), and the damage done to its victims. Learning about the trauma it has on its victims touched Lauren the most. She is deeply bothered “when sex trafficking victims are viewed as prostitutes and criminals rather than victims.”

Lauren plans to continue learning about this topic after graduation, and she will readily tell you, “I still have so much to learn!” In the future, she plans to visit safe houses, which are houses designed to give victims of sex trafficking a safe place to go. Once she feels she has enough information and funding (one of the biggest movie-making obstacles), she would like to produce a documentary film.

Lauren’s goal is to raise awareness through her future film. Also, Lauren says concerned citizens can donate to safe houses as well as work on creating more of them. If you would like to learn more about sex trafficking in the U.S., one resource Lauren recommends is [www.Polarisproject.org](http://www.Polarisproject.org). Another way? A certain film major just wrote a paper on it!

## Ben and Brian

(continued from page 2)

that “the goal of graphic design is to synthesize form and content.” These traits parallel those of creation stories; they’re about building from nothing and improving a creation iteratively.

Ben and Brian have envisioned Christianity’s Book of Genesis as a series of seven albums. 7” records will play the thematic phrases of God during the seven days of creation. For example, the first album in the series is named *Contrast*, with the A-side saying, “Let there be light.” Their intention is to illustrate the disparity

between the darkness and brightness of the first day of creation. As for the Norse culture, the duo has created three flag standards for the three warring factions — humans, giants, and gods — central to the mythology. Their Daoist effort has resulted in a typeface with equal parts black and white for the yin-yang concept. Additionally, while not a traditional story of beginnings, Ben and Brian have taken the revolution of scientific thought and made logos and branding of significant elements. Lastly, Ben and Brian have made a website with pages for the characters in Greek mythology. Hyperlinks opening pop-up windows link to the pages of associated gods, creating a visual

mess illustrating the convoluted relationships that are prevalent in the myths.

The collaboration with Brian is somewhat unusual as well. “We’re the only ones I know who are collaborating on a thesis,” Ben remarked. The cooperation has served the roommates well, letting them accomplish what would be harder on their own. “I can turn things over to [Brian], and vice-versa,” Ben added. “There’s a constant dialogue.”

His hard-earned advice for future thesis writers: “I might have been overly ambitious. But as time went on, the extraneous and unnecessary was cut out, focusing the direction. So don’t be afraid to start over.”

# STUDY ABROAD

## Amor por Argentina

by: Nikkohl Santa Maria

Anxiety overwhelmed Azalea Mayes as she boarded the plane to Argentina in February of 2012. Even though it was the most practical study abroad location for her, she was still nervous about leaving her family and friends behind for a whole year. Luckily for Azalea, two of her best friends have family who live in Argentina, so she had the reassurance that she would not be alone and would always have someone nearby if she ever needed the help. With that in mind, she touched down in Argentina, ready to begin a new phase in her life.

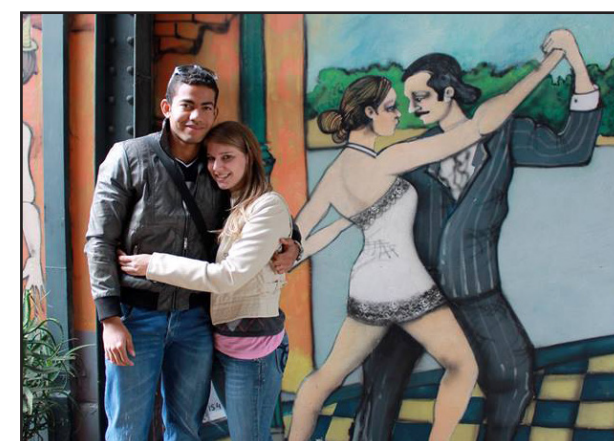
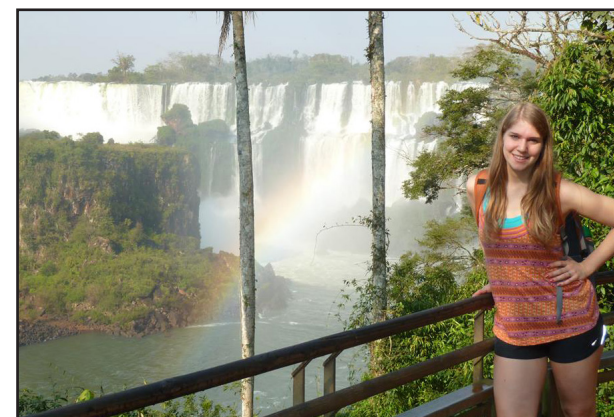
Azalea quickly learned how difficult it would be to adjust to her new country. Despite the fact that she knew Spanish fluently, she found it hard to become accustomed to listening to class in full-blown Spanish because everyone spoke much faster than she did.

On top of the language barrier Azalea faced, she had to deal with some cultural barriers. “People stared A LOT,” she explained. “I always felt like I had food on my face!” In her classes, she was able to pick up information about the history, government, and political economy of Argentina; however, there are a few things that one can only learn by being subjected to them first-hand. For instance, Azalea mentioned that the country could be inconsistent and inefficient at times, and she recalled one occasion where “the banks were closed because there was ‘too much rain’.” Overall, Azalea had some rough times with adjusting to Argentinean

life; nevertheless, she “learned to look at things from new perspectives,” matured as a person, and was able to adapt in the end.

Although she had to overcome some obstacles, Azalea realized that studying abroad is hardly about stressing out about fitting in with one’s new surroundings! In truth, Azalea got to have loads of fun roaming the streets and checking out the “fantastic and vibrant city” that offered “unlimited things to do.” She loved to look around the *ferias*, which are outside markets with many vendors selling beautiful hand-crafted goods, and when the sun went down, she enjoyed seeing the night life that was around her. However, among all the exciting experiences she had, there was one event that put the icing on the cake: In Argentina, she met the love of her life, Hector Bohorquez, who is now her fiancé!

To sum it up in the words of Azalea, “studying abroad was a life-changing experience.” Although she had to surmount some cultural and linguistic barriers as well as a few negative experiences, the journey as a whole was wonderful and changed her for the better. In fact, when asked if she would recommend studying abroad to other students, she replied with a huge smile on her face, “Definitely, definitely, definitely. Do it, do it, do it!” To make a long story short, Azalea endorses that you should have this experience and journey yourselves. ¡Vamonos!





# Across the Pond

by: Genesis Gutierrez



Adam Taylor, a fourth-year Molecular Cell Biology and Physiology major, finally had the opportunity to study somewhere different than the city in which he grew up. He chose to study abroad at England's University of Hertfordshire.

"I didn't really have expectations as to what I thought studying in England would be like," Adam explains. Although many of the people in his classes were British, what surprised

Adam was how many international students were studying with him as well, including students

from France, Germany, Canada, and Africa. Adam stayed in a flat (British term for apartment-like housing) with other international students whom he befriended, but he had no problem making British connections: Hertfordshire University has a "Host UK" program which connects international students to host families all over the UK for a couple of days at a time, and the only costs to the students are travel expenses! "The town locals are always interested in people from the United States, especially Californians." Adam described the locals as friendly and approachable, making it easy for him to make many British friends whom he still communicates with through Facebook.

"The biggest culture shock was how independent the British are academically." According to Adam, about 80% of a student's grade is the final itself! The British system requires

students to be more self-reliant when it comes to studying and making sure they understand the material. A student's schedule is also more rigid in England. From the moment a student enrolls in college, their 4-year schedule is already planned out. Students in the same major have the exact same 4-year plan. "You never have to ask people what year they are or what their major is. You already know."

A unique opportunity Adam had was the ability to travel throughout the United Kingdom and at least ten other European countries. The U.K. is relatively small, as are the other European countries, so exploring was not difficult. Traveling is not too costly either; for example, only "twenty pounds [approximately \$30] gets you to Ireland."

Ultimately, Adam "would have loved to stay for another semester." However, to fund his semester in England, Adam had worked three part-time jobs and saved up to fund himself. He did not receive any scholarships for his trip, yet he is living proof that if one wants to study abroad, it is possible.

# Buy the Ticket TAKE THE RIDE

by: Jenny Dixon



Studying abroad in an African country can appear especially exotic and daring. From the animals that few Americans have seen outside of

zoos to the levels of poverty beyond our comprehension, Africa is often thought of as a world unto itself. However, when Joey Simas, a third-year Chemical

Engineering major, spent a year in South Africa, he was surprised by how similar his life there felt to his routine back home. A day in the life of a student looks essentially the same on either side of the planet, apart from a few details. "I mean, I am biking on the left side of the road, the classes are way more informal and a bit more disorganized, and you see monkeys daily on campus, but, hey, you get used to it."

Living in South Africa also exposed Joey to people whose life circumstances were unlike his from home. "You do meet

some people who came from abject poverty and struggled for success, or they speak four languages and lived on a game reserve, but you also meet a bunch of people dropping *Big Bang Theory* references and complaining about how hard their classes are, just like home."

While there were no wild animals in the area around Port Elizabeth, where Joey stayed, he still had many more opportunities to see wildlife than he would in Long Beach. Monkeys from a nearby nature reserve often wandered onto campus and were so aggressive about stealing food that students had to live in fear that they would be "mugged" by a monkey if they ate on campus.

On an especially memorable night, Joey locked eyes with an elephant while driving under a bright sky of stars, far beyond city lights. "We saw maybe fifteen wild elephants on that particular

# Rebirth in Venice

by: Stephanie Nehme

Noor Khalil – daughter, sister, CSULB Psychology major, Honors student, and, most importantly, lover of travel. For many years, Noor's emphatic love for study abroad translated into disciplined frugality: She would save money any chance she'd get, and for birthdays she would ask her relatives for money instead of presents. Wanting to be a part of the study abroad experience gave her the motivation to spend money wisely and to work, and it instilled in her a sense of responsibility and commitment to realizing a personal goal.

Noor considered studying in various countries, but she ultimately decided on Italy. In addition to wanting to follow in her older sister's footsteps, Noor was also captivated by Italy's cultural significance. Looking back on her time in Italy, Noor credits the country with foundationally changing her; Italy made her feel more confident and more assertive: "I wanted to step out of my comfort zone...meet

people and try new things."

Many students try to "find themselves" in college. For Noor,

being in Italy got her into some sticky situations, which helped her discover who she was as a person. Noor didn't have her older sister to rely on for help. She was alone in a country where many do not speak English. She recalls one incident when she and a friend were stuck in Sicily for a good eight hours after getting into a car accident. The language barrier posed a challenge as Noor negotiated the situation, but through her assertiveness, she successfully returned to mainland Italy. Learning to assert herself in these uncomfortable situations helped her become who she is today.

Even though her trip wasn't perfect, Noor would definitely do it all over again – the relaxed atmosphere, the friendly Italians, and her positive outlook made it all worthwhile. She yearns to go back to Italy again in the future. Her time there left her with an experience she will never forget.



trip, but that experience was something that I can only describe as magical."

South Africa held many similarities and differences to American culture. South Africans enjoy sports just as much as Americans, but obsess over rugby, cricket, and soccer instead of football. It is common to hear English, but it is more common to hear any of the other 10 official languages spoken, some with names as difficult to pronounce as "Xhosa." One noticeable difference between the two cultures was the pace at which

people live. Because of what locals call "African Time," it was common for classes to start about fifteen minutes late and for service to move slowly. "People even walk much slower here; people can tell if you are international or local by the speed you walk." Despite these differences, strong currents of Americanization were also present, resulting in a widespread and out-of-proportion glorification of American culture. "When I told people I was from California, they asked me if I lived in a mansion on the beach and if I hang out with any actors."

A history of racial tension that is still evident today was another part of South African culture that stood out. Blacks and whites rarely interacted, and racial slurs were commonly heard. These issues became even more apparent to Joey because, as a white man, he was thrown into a setting in which he was part of a small minority. "It is an eye-opening experience to be the only

person of your ethnicity in a 50-person classroom where almost everyone else shares a different culture and prefers to speak a different language than you. I don't think anyone meant to isolate me, but I certainly felt isolated."

Traveling across the world to become immersed in a different culture is no easy task. But the challenges of living as a foreigner ultimately allowed Joey to develop a greater sense of independence, to cultivate the ability to understand wealth, culture, and race from a different perspective, and to better understand what it feels like to be an outsider or a minority. His advice to other students considering taking the same leap as he did: "I think Hunter S. Thompson sums it up well: 'Buy the ticket. Take the ride.' Challenge yourself by coming to a very foreign place, and once you are here, embrace the differences. It is not the easy thing to do, but doing something amazing rarely is."



# CREATIVE CONTRIBUTIONS

The Bureau of Engraving and Printing in Washington is where money is conceived, birthed, and brought to life. On this day during the Great Depression, an unusual collection of dollars were being printed. These bills had a portrait of Grover Cleveland and the words “one thousand dollars.” After being processed, the dollars were shipped to a bank where they sat in a vault.

A few weeks later, a wealthy businessman walked into the bank and withdrew seven one thousand dollar notes. These dollars symbolized high society and that one was not plagued by the economic woes of the country. For this man however, these notes became a symbol of his success earned through discipline and hard work. He did not boast about these notes nor tell anyone that he possessed them. They were trophies that he never displayed and did not intend to spend.

After decades of life, the businessman passed away and left the notes to his grandson. Unfortunately the grandson bought a motorcycle not

recognizing the worth of these notes. That’s how my grandfather came to acquire these seven one thousand dollar notes. Much like the previous owner, my grandfather knew the significance of these notes and decided not to let them go. He stored them in an old tea tin, bringing them out at family gatherings for those who doubted his story. After sharing his prized possession, he would quickly stow them in a secret location. At the time I was young and did not understand their significance beyond their purchasing power. My parents explained to me that these notes were worth more than anything that could be purchased with them.

A week after my grandpa’s death, my grandma found the empty tea tin. Although we did not want to believe it, we sadly knew that the notes had been stolen by a family member and probably were sold, never to be seen again. Once more, these precious notes had been squandered by someone who had no business possessing them. One of these notes was intended for

me and my gift was stolen.

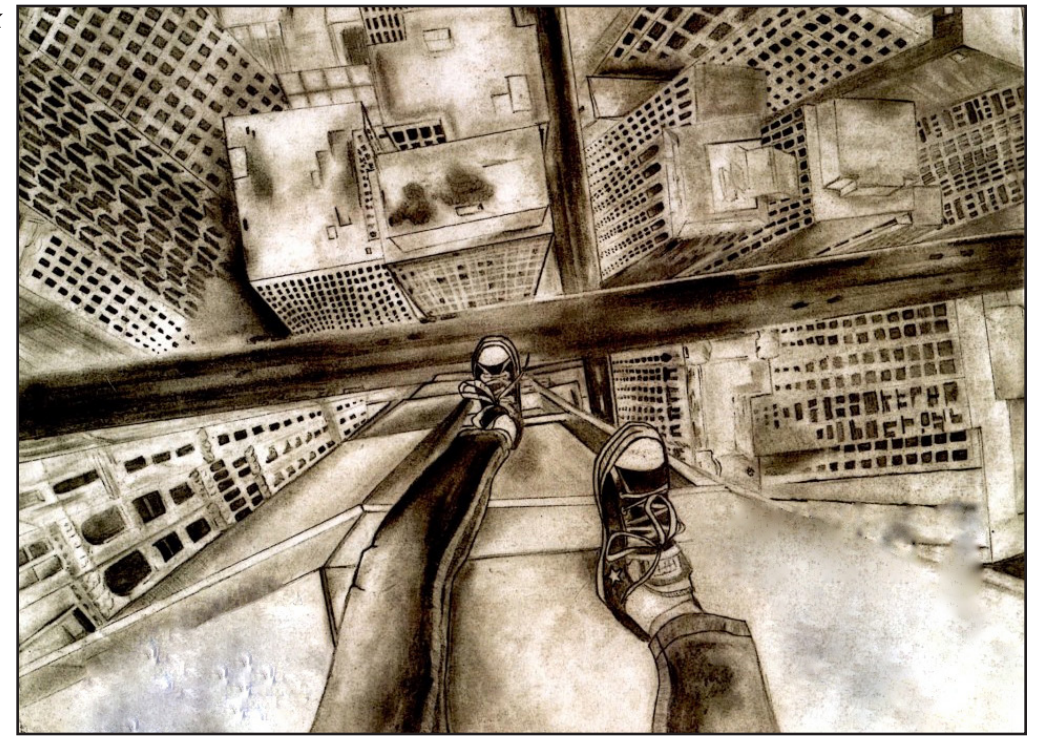
This incident has spurred me on to live out the true intent of the notes. They were never a flamboyant display of wealth or money for an impulsive purchase but instead were evidence of true achievement in one’s career and a piece of history to be preserved. They were not just part of American history but also my genetic history. The notes were the physical embodiment of being self-sufficient and how people provided for their families. My grandfather saw these notes as rare commodities that affirmed his many years of working through his job and at home, raising another generation. My dad adopted this vigor into his work and now as I venture into the workforce, I see how these principles are everlasting and in every sense of the word, rewarding. Although I may not possess that missing one thousand dollar bill, its meaning and what it taught me is a gift itself.

- Emerson Bahr



**Above: Dakota Sandras created art from the debris of a home lost in the Black Forest Fire in Colorado (Sandras’ home state) and sold the pieces to benefit uninsured families that were affected. All of the pieces sold ended up raising just under \$3,000. The story was also featured as a part of National Student Day.**

**Right: Artwork by Victoria Ly**



*Ain't nobody got time for that.*  
*Ain't nobody got time for that.*  
*Aint nobody got time, ain't nobody got time, ain't nobody got time for that.*  
But if you had to, could you look your childhood dreams in the face  
And trace the contours of their expectancy in bold sharpie ink?  
Would you blink when you cut them out, one by one, and string them up along the walls of your unexploited potential?  
They are blank, paper people holding hands and hanging with a sense of hope,  
A promise of growth, like anyone can be six feet tall and some people reach a shoe size of 73 some day.  
Would the finger paint you used to dream in scenes bigger than your vocabulary  
Stain your adulthood  
and chastise you for forgetting a time when you wanted more than you could understand?  
More than you could ever plan?  
Would the paper still feel crisp and new,  
Like the years hadn't worked dirt into the grooves of the haphazard creases along your forehead.  
And would you wonder why it's been so long since you've seen what you thought you would look like at this

age?  
There is absolutely no resemblance.  
If you had to, would you spend nap-time fidgeting with the need to accomplish something instead of actually sleeping your life away,  
Awaiting a time when your dreams might shine in the spotlight of reality?  
Would you never remember the past, and be constantly surprised by the arrival of tomorrow?  
Would the Oregon Trail still excite you with the prospect of charting new territory  
Like the maps you color with broken crayons...  
Would you repeat the word craYON to yourself over and over, because some of your former self still sticks with you?  
Crayon... cran... like cranberry, one of your favorite colors in the box.  
The color of the lips you dreamed you'd have  
When your voice grew up to speak in ripples that cause rainbows.  
*Ain't nobody got time for that.*  
*Ain't nobody got time for that.*  
*Aint nobody got time, ain't nobody got time, ain't nobody got time for that.*  
Or would “Ring Around the Rosie” start to sound like a death march?  
Would you refuse to execute your lunchtime Twinkie trade because

Hostess just went out of business and Twinkies are worth just a little bit more these days?  
Would you protest requests to raise your hand in class  
Because you are too confident in the sound of your own voice to realize that other people might have something to say?  
Would sharing be not so great of a thing  
When gold stars can't buy you anything in the real world?  
And would recess bells make you feel like a trained monkey in a cage, and not because you're climbing on a jungle gym?  
Because, when the laughter and mispronouncing mannerisms of 20 schoolchildren are silenced by some 20-something in a dreamfactory in Connecticut,  
I wonder what kind of origami adults those children could have been.  
It's time we picture ourselves as the paper cutouts we were,  
Cutting out the lie that we ever get too old to expect great things from ourselves  
and folding ourselves into the brilliance we thought we'd become.  
Because some, never get that chance.

- Cera Smith



## Launching into BOEING

by: Karen Bliss



You are trying to put together a bookshelf you got from Ikea, but it's not working. Maybe there are too many parts or a bad diagram in the manual—either way you're frustrated. You then take a deep breath and comfort yourself with the fact that "it's not rocket science" and get back to work. For Honors senior Stephanie Sodergren, the issues she comes face-to-face with every day *are* rocket science as an intern at Boeing, the world's largest aerospace

company.

Stephanie is a Responsible Engineering Authority (REA) at the Boeing branch in El Segundo. She works there full-time and, upon completion of her Bachelor's, she will have her graduate study fully funded by Boeing.

This professional opportunity is extraordinary, and it came to Stephanie because she took advantage of the STEM job fair on campus. The Boeing table caught her eye, and after learning more about the programs they offered, she felt compelled to apply for their internship program. With a company as competitive as Boeing, it can be difficult to stand out, especially among aerospace and mechanical engineers. "As a Physics major among all these engineering majors, I am considered an odd ball," Stephanie admits, but Stephanie believes she made her impression on the managers by expressing her passion for all things astronomy related.

Now Stephanie is able to delve into the wonders of the cosmos on a daily basis, and she gets paid to do it! The branch of Boeing at which she works focuses specifically on the managing and manufacturing of satellites, so it is Stephanie's job to review test data and trend analyses, find solutions, and give presentations.

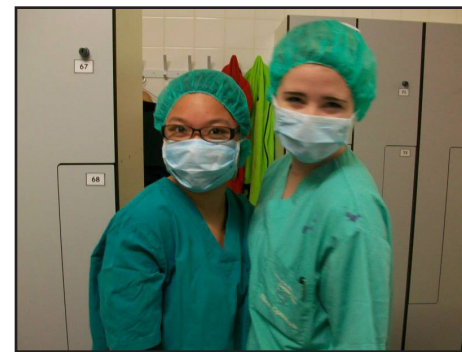
Not wanting to ignore the big elephant in the room, I breached the subject of the shutdown of the C-17 Boeing branch in Long Beach. This shutdown will be completed in 2015, and 3,000 workers will lose their jobs. Stephanie agrees that it is an unfortunate situation, but it does not mean that Boeing is losing its footing in the space race. "The aerospace industry is still alive and well in Southern California," Stephanie emphasized, and thankfully the shutdowns in Long Beach will have no effect on the El Segundo branch.

As if it is not impressive enough to have a full-time position as a Propulsion Engineer, she recently became a lead coordinator of REACH at Boeing, a program specifically targeted for professional development. Stephanie enjoys being a part of this company because "it not only provides me with engineering experience, but I am also able to serve my community."

Stephanie plans to continue staying actively involved in Boeing and eventually take on more leadership roles. Being a female in a male-dominated setting may seem intimidating, but Stephanie does not see herself at a disadvantage. She is up to the challenge and is looking forward to her future with Boeing.

## Scrub Up

by: Sage Overoye



"We've got a degloving injury that needs to be taken care of. Scrub up." Senior Dao Duong became accustomed to hearing statements like these during her morning shift at the hospital. Only a few months earlier, she was sitting at home in Long Beach checking her email. A friend had sent her a message encouraging her to apply for a summer internship in Portugal. College students from all over the United States applied to participate in the internship, but only 200 people were selected to proceed to interviews. Of those 200, a mere 25 students were given the opportunity to travel to Azores, Portugal. Dao was one of those 25. When summer came, she found herself on São Miguel Island shadowing doctors by day and teaching children by night.

Every other morning, Dao shadowed General Surgery medical doctors in the largest hospital in Azores. They had vast amounts of resources, and interesting technology. Dao was given access to the operating room to watch live births, foot surgeries, vascular surgeries, amputations, and even neurosurgeries. During this experience Dao was able to meet several doctors and nurses and learn a lot about the health care system in Portugal. Despite being a less affluent country, Portugal provides universal health care, and Dao came to realize that because of this access, people are "less worried about visiting the hospital. They are happier."

Every other evening Dao taught English to natives on the island with the Base 5 Program. She worked with people ages 16-47 throughout each week that she spent on Sao Miguel Island. They had to make do without a lot of resources due to the rural and less developed area in which she was working. Despite having less than ideal teaching conditions, the students had a great attitude. Dao fondly remembers her time with them saying, "They were all so excited to be learning, and it's something we take for granted every day. It made me appreciate the education I have received throughout my life."

The experiences Dao had throughout her seven weeks in Portugal inspired her in several ways: she decided to utilize the Honors Thesis opportunity to compare the health care system in the United States to health care abroad. The experience also inspired her to pursue medical school and a career in the health care profession. Because of this internship, Dao is not just graduating with a degree in Microbiology, but she is also graduating with a multicultural experience and a career path in mind. For all of the students considering an internship abroad, Dao highly encourages it. "When you go abroad, it definitely changes you. I learned a lot about myself. Getting a perspective on the career you are planning to pursue will help you immeasurably."

## Preparing for Takeoff

by: Emma Roses



Current Honors student Shawn Kirby, who is double majoring in Chemistry and Physics, landed a paid internship at the Edwards Air Force Base this past summer. "One of my teachers, Laura Henriques from the Department of Science Education, sent out a mass email letting everyone know about the opportunity. It was through the CSU STAR Program (Science Teacher and Researcher), which is a nine-week program through Cal Poly San Louis Obispo designed to give future math and science teachers hands-on experience in their field." Shawn was determined to get an internship, and it

required that he be previously involved outside of the classroom to make it through the application process: "I was required to write an essay, and I needed two letters of recommendation: one from someone who could describe my teaching abilities, written by my former boss, Erik Jahner, in the Learning Assistance Center, and one from someone who could attest to my research abilities, written by my research advisor here on campus, Dr. Bu." Shawn ended up being the only CSULB intern admitted to work at this site, where he worked with "thermodynamic models to optimize fuel treatment processes."

In layman's terms that means that the supervisor, the two other interns, and he experimented with new ways to remove sulfur, as well as other unwanted chemicals and compounds, from fuel.

Our school's motto is "Graduation Begins Today," a clever phrase coined by our former CSULB President, F. King Alexander. But what occurs between your first day of classes in your freshman year and graduation day? There are decisions to be made and actions to be taken each and every day within those several years. Our friend Shawn has the right idea and embodies CSULB's

motto through his involvement. He would advise his Honors peers to make connections all throughout college. "I took advantage of networking opportunities at a time when they may have not seemed necessary. Try working on campus where you have opportunities to make connections; connections are more valuable than money because they lead to greater opportunities later on."

Involvement widens one's exposure to new possibilities, and in Shawn's case, the internship did just that. Since the CSU STAR Program is an opportunity for future science teachers to gain

experience, it seemed that his definite career goal was to teach science; in actuality, the internship opened him up to several appealing career paths that he now gets to choose from. He disclosed, "I didn't know about all of the material science research going on out there; I really did enjoy the research. Now I'm divided between a teaching credential program, graduate school for material science, and industry opportunities, like working for an engineering company." By working at Edwards, Shawn discovered a handful of opportunities to which his love of science could lead him.



## Onward and Upward: AP of UHPSA

by: Sierra Patheal

Six years ago, Alexandra “AP” Lohman was a sophomore Honors student when Dr. Tim Caron, the Director of the University Honors Program at the time, made a presentation in Dr. Hotchkiss’ Harry Potter class about one of his current projects: restarting the University Honors Program Student Association (UHPSA).

Already an involved student, AP decided to join the UHPSA Executive Board. Little did she suspect that she would become UHPSA President for two consecutive years and end up finding a community she still calls home.

“I have a huge, die-hard love for Cal State Long Beach,” she explains, “and part of that is because, even though Long Beach is such a big campus and even though everyone is commuter status, there’s still this amazingly welcoming feeling, and it’s really possible to find the community where you fit in. I remember getting involved with Honors and Dr. Tim said, ‘Come join the Board!’ I think that was one of the best decisions I made [at CSULB]. I made lifelong friends, I got really involved with the program, and I became part ... of a wonderful community of support.” AP devoted herself to that community, working to get people involved and to lay the foundation for the UHPSA we have today.

After graduating with her Bachelor’s in Political Science from CSULB, AP was accepted to Northwestern University, the 12th best law school in the country according to U.S. News. Although she originally applied with the intention to study international law and politics, exposure to constitutional law through some courses during her senior year at Long



Beach shifted her aspirations shortly before enrollment. “My career path is very different now,” AP says, “but I’m still glad I decided to come to law school.” AP will graduate in May with her J.D., and she is currently in the interviewing process for positions as a public defender or juvenile public defender. “I really want to work with kids, and I’m hoping I can pursue that after I graduate this spring,” she explains.

At Northwestern, AP works with juvenile clients (which, under Illinois law, means anyone under seventeen years old), helping to defend them in court and reach settlements. She also provides mentorship to at-risk youth in the Chicago area through a program sponsored by Northwestern. “[T]hat’s a program that’s very near and dear to my heart,” she says, “and I’ve been involved with it a lot. I think it’s a big reason why I decided to get involved with juvenile public defense. Because

you know, I think a lot of our kids are involved in very difficult situations, and they need help, not punishment.”

AP is also the managing editor of the Journal of Law and Social Policy at Northwestern, and she looks forward to having one of her own articles—a study on rape and sexual assault in the military—published in the spring.

“If you are pursuing graduate school,” AP says to current UHP members, “[knowing how to find your community] is really crucial. Sometimes it’s so stressful you kind of lose track of why you’re even there in the first place, but if you hold onto the knowledge that you’re there for a community—you’re there for a reason—it makes the transition a lot easier.”

If anyone can speak about retaining one’s community, it’s AP. Although her given name is Alexandra—usually shortened to Alex—her nickname, which she still uses more regularly than her given name, comes from Honors. “Everyone still uses it in Chicago, and everyone to this day asks me what it stands for,” AP laughs. Its birth actually comes from the Honors Program. When Dr. Caron was in charge of the program, he used to call me Alex P. Lohman, based off of a sitcom character, Alex P. Keaton from Family Ties. Somehow that evolved to just AP. “He started calling me AP, and then the staff in the Honors Program and the professors picked up on it, and it just caught on like fire... It’s something that came from the Honors Program that I probably will hold onto all my life. It’s my name now. Alex is the formal title, but AP is my name.”

## Taking the Dive: Marine Biology

by: Meagan Meylor

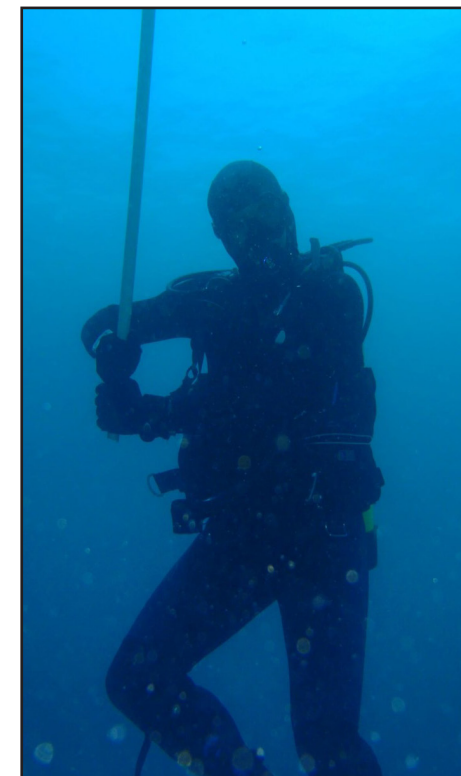


Originally from the landlocked city of Bakersfield, California, Stephen Laczko studies two things that are extremely prevalent in Long Beach: water and fish. Stephen graduated from CSULB in spring of 2012 with an undergraduate degree in Marine Biology and was recently accepted to the Marine Biology graduate program.

Under the mentorship of Endocrinology professor Dr. Kevin Kelly, Stephen wrote his Honors Thesis on environmental endocrine destruction involving cortisol and thyroid hormones in fish from inshore Coastal Southern California. He explored how a synthetic hormone that is used in birth control and often excreted into wastewater is pumped into the ocean because water treatment facilities do not screen it all out. Prey items ingest these compounds that are released into the ocean and are in turn eaten by male fish; the effect on those

fish is that they can become feminized. “It is like they are taking estrogen pills,” Stephen explained. “They are creating female egg proteins in their testes.” Aside from the reproductive aspects, Stephen studied the effect of dangerous compounds on the thyroid of fish, which relates to growth and metamorphosis.

Stephen received hands-on experience in this field during his semester-long intensive Marine Biology program on Santa Catalina Island. The program is based at the Wrigley Marine Science Center, which offers state-of-the-art laboratory facilities and a diversity of marine habitats. Along with students and professors from a number of CSU’s, Stephen observed a pristine ecological reference site on the backside of Catalina Island. He utilized that site in comparison to places like the Los Angeles Harbor in order to track the



human effects on contaminated fish populations. Stephen stated that the amount of research the program required in a short amount of time “is tough...but what you get out of it is experience, and it is in a place where you should want to be if you want to be a Marine Biologist.”

Stephen stressed the importance of the Honors Thesis project when applying for graduate school or an internship: “Going through the whole thesis project was an awesome thing that all science majors should do—period. It will only prepare you for your career and give you that writing sample to qualify for an interview, which is often needed.” Stephen’s involvement in an internship, the Catalina semester program, and the thesis project are all activities that brought him where he is today. We look forward to seeing where his path takes him.



**Amanda E. Aguilar** - Nursing BS; minor in Health Science: *Nursing Utilization and Understanding of Evidence Based Practices for the Management of Chemotherapy-Induced Nausea and Vomiting in order to Achieve Optimal Patient Outcomes* (Mentor: Dr. Abdel Raheem Yosef, RN)

**Andrea Alcazar** - Comparative World Literature BA, Spanish BA: *The Voice of History: Oskar Matzerath's Representation of Germany in Gunter Grass's, The Tin Drum* (Mentor: Dr. Vlatka Velcic)

**DeeAnn K. Asamoto** - Chemistry BS: *The Removal of Antibiotics from Wastewater Using the Advanced Oxidation Process (AOP) with Sulfate Radical* (Mentor: Dr. Stephen P. Mezyk)

**Banke Olasunbo Balogun** - Health Education BS: *A Question of Moral Integrity: The Political, Cultural, and Economic Obstacles Stifling Malaria Relief in Sub-Saharan Africa* (Mentor: Mercedes Guillaum)

**Karen Bliss** - English Literature BA: *Tuck Everlasting: How the Controversial Themes Work to Make High Quality Literature* (Mentor: Dr. Lori Smurthwaite)

**Nicole Bridges** - Marketing BS: *How Retail Environment Affects Shopping Behavior* (Mentor: Ingrid Martin)

**Tessa Holzhaus Burke** - Marine Biology BS: *The Effects of Colored Light on Red Algae* (Mentor: Dr. Gwen Goodmann-lowe)

**Dennis Caggiano** - Graphic Design BA: *To Be Remembered: A*

*Guide to Advertising* (Mentor: Mike Whitlow)

**David Casarrubias** - Political Science BA, Criminal Justice BS; certificate in Legal Studies: *In Lady Justice We Trust: The Effect of Judicial Symbolism on the Legitimacy of the Judiciary* (Mentor: Dr. Jason Whitehead)

**Joshua A. Corona** - Applied Mathematics BS, Physics BA, Economics BA: *Effect of Gold Roughness on Copper Phthalocyanine Growth* (Mentor: Dr. Thomas Gredig)

**Cristin Dent** - Theatre Arts BA: *Adapting Faith through Doubt* (Mentor: Hugh O'Gorman)

**Dao Duong** - Microbiology BS; minors in Spanish and Chemistry: *A Comparison of the US Healthcare System with European Models: Finding Reforms* (Mentor: Mercedes Guillaum)

**Cassandra Joy Durian** - Psychology BA: *Feature Attraction between Thrown Trajectories and Targets* (Mentor: Dr. James Miles)

**Ben DuVall** - Graphic Design BFA; minor in Political Science: *Something Nothing and New Modernism(s)* (Mentor: Andrew Byrom)

**Lauren Faust** - Communicative Disorders BA and Linguistics BA: *Language Characteristics and Severity of Language Impairment in Individuals with Aphasia: A Correlational Study* (Mentor: Dr. Nancy Hall)

**Melissa Ford** - Math Education BS; minor in Spanish: *Closing the Achievement Gap in Algebra*

*Test Scores Between the Hispanic Student Population and the White Student Population* (Mentor: Dr. Xuhui Li)

**Allison Gallagher** - Political Science BA and Economics BA: *Overcoming the Hurdle: Determinants of College Student Election Day Turnout* (Mentor: Dr. Kevin Wallsten)

**Jessica Garcia** - Theatre Arts BA; minor in Marketing: *Orgánica* (Mentor: Craig Fleming)

**Lauren Gomes** - Film and Electronic Arts BA: *Destination Exploitation: The Rise of Sex Trafficking in the United States* (Mentor: Dr. Shira Tarrant)

**Jennifer Granillo** - Health Education BS: *Electronic Cigarettes: Knowledge, Attitudes, and Perceptions of Risk* (Mentor: Selena Nguyen-Rodriguez)

**Megan Grant** - English Creative Writing BA and English Literature BA; minor in Jewish Studies: *Yehuda Amichai: The Poetry of Identity* (Mentor: Dr. Patty Seyburn-Little)

**Katherine Hall** - Journalism BA and Political Science BA: *How Well Does the Media Inform the Electorate? An Examination of Learning Outcomes of Media Consumption.* (Mentor: Christopher Dennis)

**Amanda Jeries** - Fashion Merchandising BA; minor in Theater: *The 7 Continents of Fashion* (Mentor: Holly Skinner)

**Michael Johnson** - Health Education BS: *Air Travel's Contribution to the Spread of Disease*

(Mentor: Mercedes Guillaum)

**Ethan Kaiser Klimist** - Economics BA: *An Analysis of Residential Solar Billing Options* (Mentor: Dr. Wade E. Martin)

**Alyssa Keyne** - English Rhetoric and Composition BA; minor in Music; certificate in Technical and Professional Communication: *Comedic Tragedy: The Effectiveness of Allie Brosh's Depression Confession* (Mentor: Dr. Sarah Arroyo)

**Noor Khalil** - Psychology BA: *Perceived Effects of Stress in Expectant Mothers* (Mentor: Dr. Guido Urizar)

**Shawn Kirby** - Chemistry BS and Physics BA: *Using Poly Ethylene Glycol, 2-Fluorobenzoic Acid, Cinchonidine and Adenosine to Modify CPM-6 and ZIF-8* (Mentor: Xianhui Bu)

**Lauren Mackay** - Criminal Justice BS: *Unmasking the Mystery of the Female Serial Killer: A case study of Femail Serial Killers and their Victims* (Mentor: Tracy F. Tolbert)

**Heather Malone** - History BA; minor in Latin: *Memorial to the Murdered Jews of Europe: A Perspective on Memory and Memorialization* (Mentor: Dr. Jeffrey Blutinger)

**Azalea Mayes** - International Studies BA; minor in Spanish: *Non-Governmental Organizations and Poverty Alleviation in Buenos Aires* (Mentors: Dr. Liz Philipose and Professor Austin Beahm)

**Kristine McGowan** - English Rhetoric and Composition BA and English Creative Writing BA: *The Escape of Archaism: Archaic Words in Tolkien's Fairy-Stories* (Mentor: Dr. Norbert Schürer)

**Chelsea McQuarrie** - History BA, International Studies BA: *Lasting Legacies in Indian Environment Law* (Mentor: Tim Keirn)

**Emily Meese** - Marine Biology BS: *Spatial Distribution, Habitat Selection, and Effects of Temperature on Benthic Elasmobranchs at Big Fisherman's Cove, Santa Catalina Island, CA* (Mentor: Chris Lowe)

**Caterina Montesano** - History BA and Italian BA: *A New Lens to History: Representations of Family in Fascist and Neorealist Italian Cinema* (Mentor: Dr. David Shafer)

**Maria DeGuadalupe Morales** - Computer Science BS: *Character Recognition of the Akkadian Language Using Machine Learning Methods* (Mentor: Ratana Ngo)

**Ashley Moran** - Biology Physiology BS: *Ovarian Angiogenic Factor mRNA and Protein are Altered by the Estrous Cycle, Photoperiod, and Inhibition of Metrix Metalloproteinases in Siberian Hamsters* (Mentor: Dr. Kelly Young)

**Monique Nicholson** - Communicative Disorders: *A Look into the Discovery of the Autoacoustic Emission and its Impact on the Field of Audiology* (Mentor: Dr. Edward Garcia, AuD.)

**Mary Obray** - Music Performance BA: *Performance Practice*

*of Polyphony at Notre Dame Cathedral in Thwelfth- Century Paris: A User's Guide* (Mentor: Dr. Alicia Doyle)

**Howard Oh** - Political Science BA and Geography BA; certificate in Geographic Information Science: *A Comparison of Cost-Effective Imagery from Satellies, Multicopter, and Fixed-Wing Unmanned Aerial Vehicles for Vegetation Classification in Ka'a'awa Valley, Hawaii* (Mentor: Dr. Christopher Lee)

**Sara Ortiz-Cubias** - Psychology BA: *Media Representations of Gender-Typed Appearance: A Cross-Cultural Comparison.* (Mentor: May Ling Halim)

**Sierra Patheal** - English Literature BA and English Rhetoric & Composition BA; minors in German and Mathematics; certificate in Technical & Professional Communication: *"I Dare You": Branching Narratives and Interactivity in Electronic Fiction* (Mentor: Dr. Tim Caron)

**Emily Marie Pelonis** - Communicative Disorders BA and Linguistics BA: *The Competing Resources Effect: Utilizing Peer-Mediated Interventions to Teach College Students with High-Functioning Autism* (Mentor: Dr. Geraldine P. Wallach, CCC-SLP)

**An Pham** - Biology BS; minor in Chemistry: *Salivary Gland Interaction with 18-Wheeler Deficiencies of Drosophila melanogaster Embryos* (Mentor: Dr. Elizabeth Eldon)

**William Phelps** - Comparative World Literature BA; minors in Biology and Chemistry: *The U.S.*

*Health Care System: Underperforming because Special Interest Groups Blocked the Establishment of Universal Health Care* (Mentor: Mercedes Guillaum)

**Robert Pineda** - Psychology BA: *Sexually Motivated Child Abduction Murder: Alternative Solutions to a Difficult Problem* (Mentor: Dr. Dorit Saberi)

**Stephanie Polanco** - Accountancy BS: *Ethics in Accounting* (Mentor: Dr. Sudha Krishnan)

**Tyler Raabe** - Criminal Justice BS; minor in Forensics: *Deterrence of Underage Drinking: A Meta-Analysis* (Mentor: Dr. Ryan Fischer)

**Jeremy Ramirez** - Health Care Administration BS: *Art Therapy Among Military Service Members and Veterans with Post-Traumatic Stress Disorder: A Systematic Review* (Mentor: Mercedes Guillaum)

**Alexander Ratanapratum** - English Literature BA and English Creative Writing BA: *Charlie Chan and Bruce Lee: Fist Fight in Heaven* (Mentor: Teri Yamada)

**Dakota Sandras** - Communication Studies BA; minor in Marketing: *From Mind Bombs to Disaster Pornography: A Psychoanalytic Intervention* (Mentor: Dr. Kevin Johnson)

**Jeleena Santillana** - Molecular Cell Biology and Physiology BS; minor in Chemistry: *Determinants of Overcrowding in U.S. Emergency Departments* (Mentor: Dr. Erlyana Erlyana, MD)

**Hyman Shia** - Nursing: *Medical Robots: An Exploration of Ethical*

*Issues and Human-Robot Interaction in Healthcare Settings* (Mentor: Phyllis Cooper, DNP, RN, PHN, CNS)

**Stephanie Sodergren** - Physics BS: *Switchable Plasmonic Circuits Using VO2 Metal-Insulator Phase Transition* (Mentor: Dr. Yohannes Abate)

**Amanda Stayton** - Political Science BA; minor in Communication Studies: *Power in Communicating Legislation: How Well Did the Obama Administration Explain the Patient Protection and Affordable Care Act (PPACA)?* (Mentor: Dr. Charles Noble)

**Joseph Swabeck** - Chemistry BS; minor in Mathematics: *Synthesis, Characterization, and Photocatalytic Activity of Early Transition Metal Oxides and Oxynitrides* (Mentor: Dr. Shahab Derakhshan)

**Allan Tolkoff** - Film and Electronic Arts BA; minors in Computer Science and German: *Something for Nothing: A Study of Electronic Games Piracy and the Means to its Prevention* (Mentor: Dave Winter)

**Kiya Wilson** - English Literature BA, English Creative Writing BA; minor in Anthropology: *Poetry as Worship: A Creative Exploration of the Biblical Psalms and Contemporary Christian Poetry* (Mentor: Dr. Patty Seyburn-Little)

**Gina Yan** - Nursing BS: *Post-Craniotomy Pain Management* (Mentor: Anthony Mcguire)

**Sun Ju Yoon** - Accountancy BS: *The Impact of Public Policy on Audits of Not-for-Profit Organizations that Provide Affordable Housing* (Mentor: John Valenzuela)



# Meet the Staff

Alex Villaneda  
Beth Ellis  
Jenny Dixon  
Stephanie Nehme  
Matthew Argame  
Genesis Gutierrez  
Cynthia Price  
Emma Roses  
Whitney Miller  
Karen Bliss  
Nikkohl Santa Maria  
Sage Overoye  
Meagan Meylor  
Peter Matatics  
Ben Huynh  
Laura Tanimoto  
Albert Pham  
Sierra Patheal  
Elizabeth Chelling

