

# Onward & Upward

**Honor Code Magazine**

SPRING 2021

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**"Genuinely, I welcome  
and embrace change."**

Adams Ly

## Letter from the Editors

This past year's circumstances crafted an ever-changing atmosphere in the University Honors Program. With online learning and community separation, Honors students have proven their adaptability in their outstanding efforts and commitment to excellence through their passionate pursuits in internships, theses research, and extracurriculars. In this edition of *The Honor Code*, we celebrate the endurance and positivity that our Honors students have cultivated in these pursuits and acknowledge their acceptance and their welcoming of change. This magazine is inspired by and dedicated to Adams Ly, who was an incredible Honors student that genuinely embraced change and seized every opportunity available. We hope that Adams and the stories in this edition ignite passion, courage, and optimism as we continue onward and upward, navigating towards a brighter future.

Sincerely,  
Meghan and Berenice



# Meet the Staff



**Meghan Winzler**  
Co-Editor-in-Chief



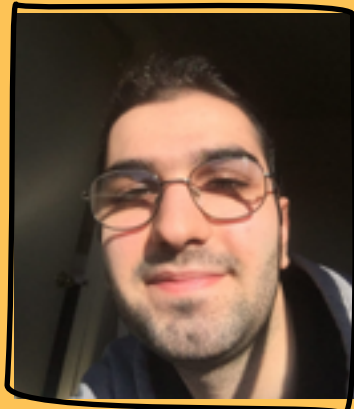
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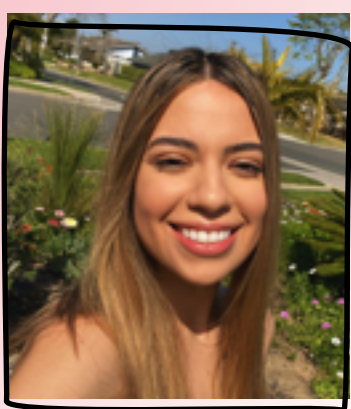
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# Adams Ly

1998 - 2020

Dedication by Michael Lam

I have learned lately that an email can be as emotionally exhausting as even the most tear-jerking movie scenes. On September 17, 2020, an email addressed to all honor students announced sad news for our community. I never imagined I would read about the death of a fellow student, one of our peers, someone I knew and called a friend: Adams Ly.

I remember meeting Adam during my second semester of college in an honors class. What stood out in my head: Adams' attire, accent, and handshake. Adam dressed casual-professional, the only other person outside of myself to wear a dress shirt without a special occasion. He had a honey-thick accent—the kind that tells of his upbringing—as well as a professional speech and earnesty that conveys his commitment to personal

development. I had immediate respect for him; as an Asian, I rarely find those of similar backgrounds pursuing my handshake with the intensity I normally give to others, a strong, firm grasp that wasn't suffocating, but tight-knit enough to know I wanted to establish a connection—Adam's handshake was more than enough to know he probably worked out and came out swinging with confidence.

Adam had a candor about him, striking a nice balance between trying to be studious about his work but also enjoying the material even if behind doors he secretly despised the work. A little before class every day we would catch each other up on our weekends, talking about computers, games, and, of course, complaining about our busy schedules and workload. One day when



our professor was running late, we talked about feeling overworked and the idea of a vacation to celebrate these last few years of endless work. We both felt like we needed to be constantly pushing towards our goals. I was shocked to realize there was someone around me who embodied that same vision of progress and growth I prided myself on. Adam talked mainly about how at that point, he had been working ceaselessly for two years, engaging in work, school, and extracurriculars, never having a break even during winter and summer breaks.

In the following semesters, we'd see each other around for Honor Code, catch up on meetings, and as we got closer to the idea of graduation—wondering what exactly the next steps in our lives looked like—we imagined the grand ideas of living in different parts of the U.S and being future big shots. Outside of Honor Code meetings, we would continuously find ourselves clashing because of one extracurricular or another. I remember attending a cultural showcase event and in front of the theater, Adam was with the marketing association selling candy and drinks. I don't remember what we said but I recall us doing that bro-bro thing where I called out into the open space of the USU and yelled something like "yo Adams" and we'd fist bump and bro hug. Throughout my time in college, from freshman all the way leading up to right before the quarantine, we'd run into each other and catch up on what was going on in our lives. We were always trying to one-up each other on the sheer volume of involvements or getting an internship. These interactions with Adams reminded me to continue working hard because there are people like him who would always work to make this world a better place.

Being in quarantine reminds me of all the loss we've suffered: from losing places, communities, and individuals that filled our lives with hope and drive, pushing us to be the people we want to be. Adams and I rarely talked outside of discussing school or seeing each other around campus because of all the work we had on our plates. I recently looked over my texts with Adams from when we had a class together and was reminded of how caring and selfless he was. He was always willing to answer my texts about a class at all hours of the night. I remember his message to me after I received an email from our professor praising our presentation preparation for class—something along the lines of "F\*\*\* YEAH GOOD JOB BRO."





After our presentation and class-led discussion, we high-fived to celebrate—I never imagined making friends in college, but Adams was one of those people who encouraged me to step outside my comfort zone and grow as a person.

In life, each one of us is on a path to becoming the person we ultimately become — each passing moment, eating, growing, loving, learning, laughing, striving, crying, ruminating, and living. Each person plays some role, whether by chance or intention, that molds us ever so slightly to our future selves. Adams' passing has left me saddened to know the life we imagined for ourselves, the one I saw Adams living, will never come to fruition. But in his passing, he gives me something to follow in his footsteps: life is too short to wait for better, to wish for better, when we can make better happen. I don't know if Adams ever truly knew the effect he had on other people, making his peers want to push further and strive towards the impossible, making me think of the better at the end of our college in quarantine.

Thanks for everything Adams.

Rest in peace bro.

"I always knew Adams as a wonderful guy. Although I only had a chance to know him briefly as a contributor on the TEDxCSULB team, he always stood out to me as the tenacious type. He was full of ambition and always carried positive energy like you'd wake up the next day to find out he'd pulled off something awesome.

He surprised me with his dedication to the program, despite everything else he had loaded onto his plate. He was a professional and a hard worker. When I interviewed him for the analyst role, I showed up with my skateboard and he showed up in a suit. Looking back, I realize he was one of the many kinds of students that CSULB likes to brag about. I hope his memory is honored both on-campus and off. "

Kyle Neilson, *Spring '19*

"Adam was a bright, kind, and brave student. He was an important and valuable member of the University Honors Program community. I appreciate the diverse perspective he shared as an international student. It was very rewarding to see him explore and discover how to live and study in the United States and how his motivation and determination helped him excel in the classroom and beyond. I am honored to have learned from him and to have witnessed how he showed his love for his family by always doing his best."

Brenda Pulido, *Honors Advisor*

"Something I most admired about Adams was his enthusiasm to learn. He always took initiative in wanting to improve himself, whether it was in his writing skills or his marketing expertise. He was very eager about making the most of his education here at CSULB and was highly involved in the campus and Honors community. His involvement in our Honor Code shined when he and his co-designer created an award-winning design that was recognized by the National Collegiate Honors Council. He was a very determined student and is truly missed."

Jacquiline Toy, *Honors Advisor*

Adams Ly was a graduating senior majoring in Business Administration and Marketing. In addition to involvements in the Honors program as a graphic designer with the Honor Code and marketing assistant for TEDxCSULB, Adams was also a creative director of art with the American Marketing Association.



# Leadership Beyond CSULB

CSULB alum, Julia Katz, advocates for policies that prioritize the public health of LB residents as a member of the LB City’s Government Affairs office.

By Abbas Abdulhasan

Julia Katz joined Long Beach City’s Government Affairs team after completing a Bachelor of Science in Health Care Administration from CSULB. The diverse leadership experiences and student government positions Julia engaged in as part of UHP have inspired and equipped her with the crucial time management and communication skills for her current job with the Long Beach City’s Government Affairs Department, as well as future leadership positions.

Julia Katz supports the Manager of Government Affairs by tracking and analyzing legislative and policy proposals at local, state, and federal levels. She is responsible for conducting research on public policies affecting the City of Long Beach. Julia’s legislative advocacy portfolio also covers her experience in economic development, public safety, education, sustainability, and local control. Using her knowledge, Julia consistently provides guiding information on legislative affairs to the Manager of Government Affairs, Mayor, members of the City Council, and City Staff. Her work focuses on advancing Long Beach City Council’s adopted State and Federal legislative agendas. To add to her roles, Julia is involved in the strategy to advance the City’s public policy priorities.

Having served two years in her current position, her local government experience has been enriched

“She is an excellent example of the kinds of leaders that CSULB can nurture.”



A weekend hike in Sequoia National Park. The one time it was safe to remove her mask, it was too cold to take off.

# ALUMNI SPOTLIGHT



Julia’s (left) last pre-pandemic vacation was a 10-day road trip with Alexis Wildman (right), a former UHPSA President, from LA to Seattle.

by assisting the City of Long Beach, Bureau of Environmental Health with public health outreach and managing the City’s noise complaint hotline. This work shaped her Honors Thesis at CSULB on Long Beach transportation services for older adults. Julia has also supported the City in implementing a comprehensive educational campaign for firework injury prevention and fire safety. She has assisted in an event rollout for the Motorsports Walk of Fame to recognize those who have made a major contribution to auto racing in Long Beach.

Julia is very proud of her affiliation to CSULB and the outstanding staff of the Honors program for their tremendous help and encouragement throughout her undergrad years. She is an excellent example of the kinds of leaders that CSULB can nurture.





# A Rarity in Honors Thesis Work

Lindsay Prescott is spotlighted as one of the few nursing students within the Honors Program, diversifying the thesis work among Honors students.

By Morgan Barragan

Lindsay Prescott, a fourth year University Honors Program (UHP) student and peer mentor, is one of just a few nursing majors within UHP. With the slow return to normalcy, she hopes to graduate in Summer 2021, marking the end of her clinical rotations and thesis work. Currently, she is in the process of completing her thesis titled, "The Efficacy Of Pediatric Distraction Methods Within Needle-Based Procedures." This is a study that works to determine how to best calm the nerves of pediatric patients through various methods of distraction while proceeding with an injection, intravenous placement, or blood draws.



Prescott spends her twenty-first birthday care planning for her Critical Care clinical rotation.



**"Nursing is a profession that combines the art of healing and compassion with a love for medical knowledge."**

Lindsay Prescott

As a student nurse, Lindsay Prescott works in clinical settings to garner necessary experience for her future career as a nurse practitioner.



When asked about the reasons for her choice of study, she explains her love for working with children in her past, which included volunteering in a kindergarten classroom since age eleven, teaching dance to all ages since she was fifteen, and working as a Disney princess for a party company later down the road. Because of these engaging and joyous experiences, as she has moved throughout different settings within the nursing clinical forum for her degree, Prescott was drawn to pediatrics and aspires for a career as a nurse practitioner in the field. She also has further possible goals of one day becoming a professor.

Prescott gained her inspiration to pursue nursing from the line of healthcare workers in her family. Her grandmother is a first-generation, Hispanic college graduate and registered nurse, both her aunt and cousin are nurses, and her mother is a licensed clinical social worker. She grew up getting to see how, as she puts it, "nursing is a profession that

combines the art of healing and compassion with a love for medical knowledge." She takes great pride in being able to be part of a program that allows her to make an impact in the lives of others throughout her future career.

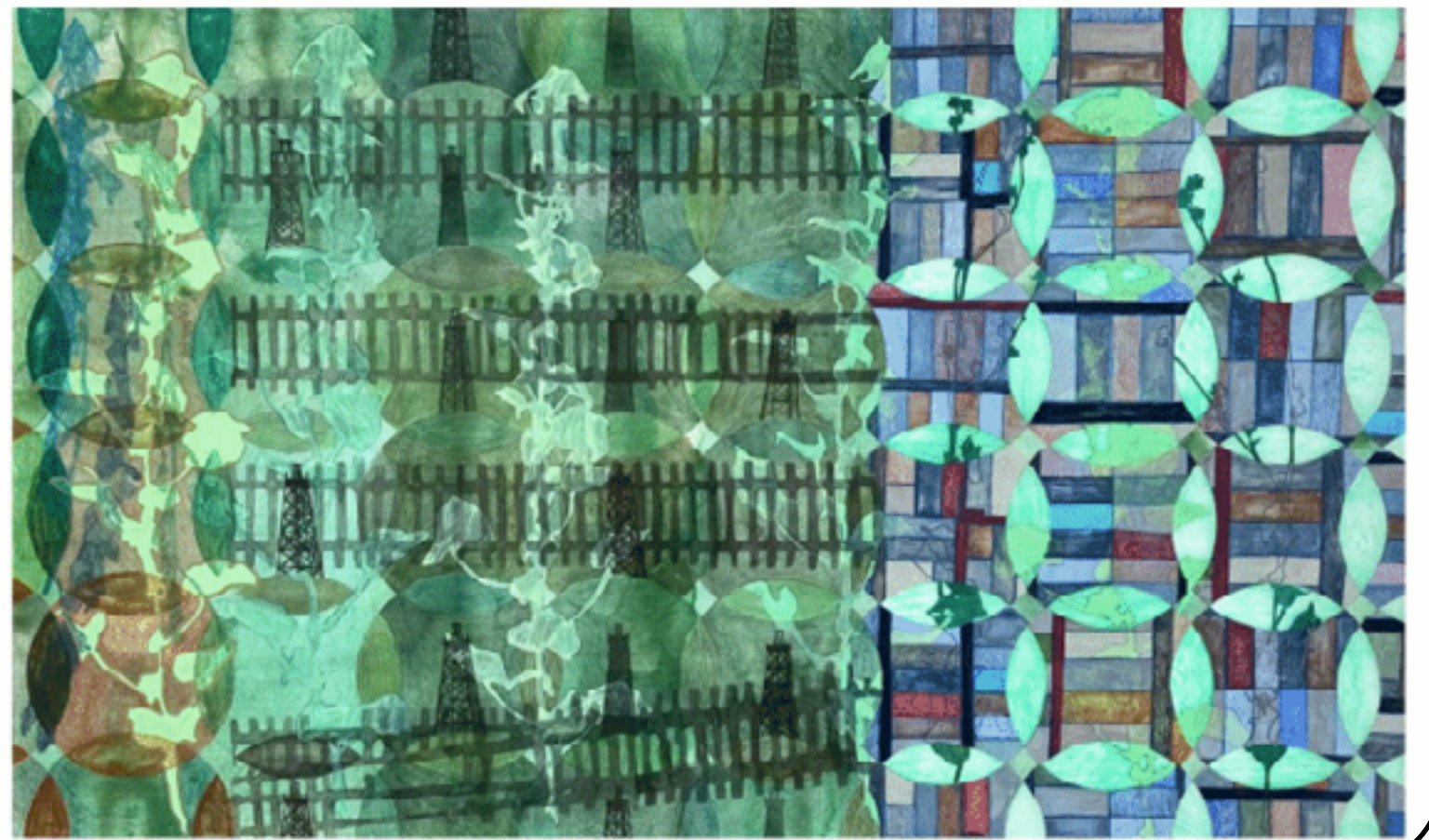
In her thesis process, she notes her gratitude to her thesis advisor, Dr. Kathy Retardo. "I really appreciate every single professor I have come into contact with," says Prescott. "Dr. Retardo has always made me feel so supported and encouraged .... she has been such an amazing part of this thesis journey." She further comments: "Thank you to all the CSULB professors that have allowed me to grow as a student; and to Dr. Melissa Dyo for setting a wonderful basis for me to learn the foundation of nursing research."

For incoming thesis students, Prescott's advice is this: "Start with a general passion you have for something. Then pick a specific topic that is meaningful to you; it should make you want to wake up and be excited to research. Finally, stick with the process – it's definitely worth it."



Receiving her white coat, Lindsay Prescott begins her CSULB nursing school journey!





# From Studio to Community

How one student is using her art to help those around her.

By Jason Turk

When one enters their final years as a college student, it's common to feel overwhelmed by the prospect of a thesis. For many, this terror stems from the thesis being framed as their defining work— a testament to what they've learned through their time at university. And though Drawing and Painting major Dana August's thesis is, undeniably, an undertaking worthy of commendation, it's just another stepping stone in her development as both an artist and a human.

Ever since high school, August loved the process

**"I could help the community while still being an artist ... there's a lot of different ways you can support yourself in the arts industry ..."**  
Dana August

of creating. She recalls the joy of being a part of her AP art classes, and how that feeling inspired her to start out in studio art when enrolling into Long Beach State. Upon entering CSULB, she was exposed to a wondrous new world, noting how she "... grew up in the same house for 21 years in Westminster. Moving to Long Beach opened a new world for me spatially and ideologically."

This is part of the key inspiration for her thesis, which combines research on the feminist-focused Pattern and Decoration movement of the 1970's with her own work that is largely built around the grid-like layouts found in cities like Long Beach. She notes that "my work, before I even got into the BFA program, was heavily patterned... My professor, Fran Siegel, saw my work and she's like 'oh, you should check out the Pattern and Decoration movement.' I started heavily focusing on pattern just because I liked it. When I learned the connection to feminism,

it really interested me... the whole point of the movement was to recognize the centuries of women's work that had been made that hadn't been recognized at that point."

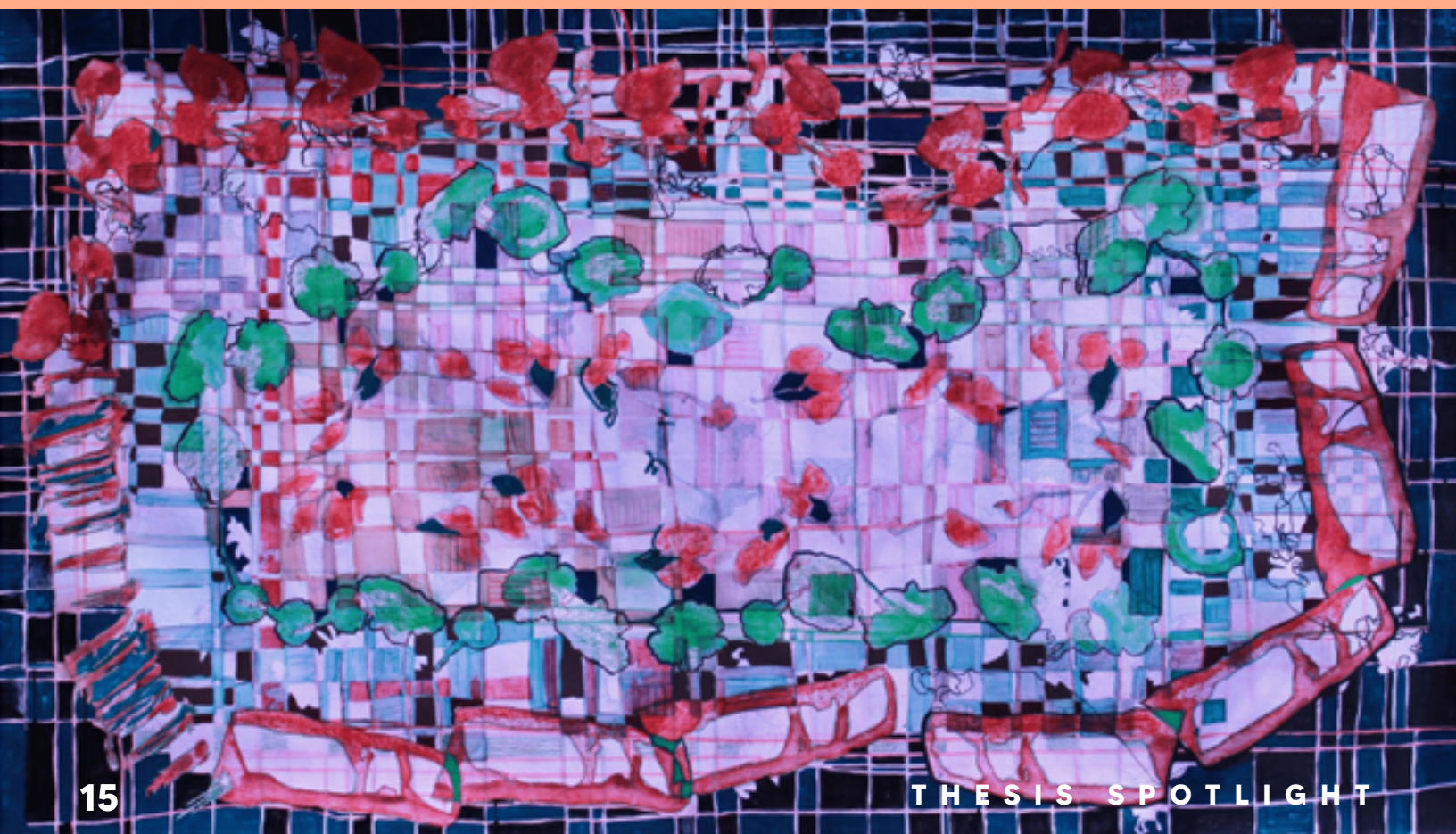
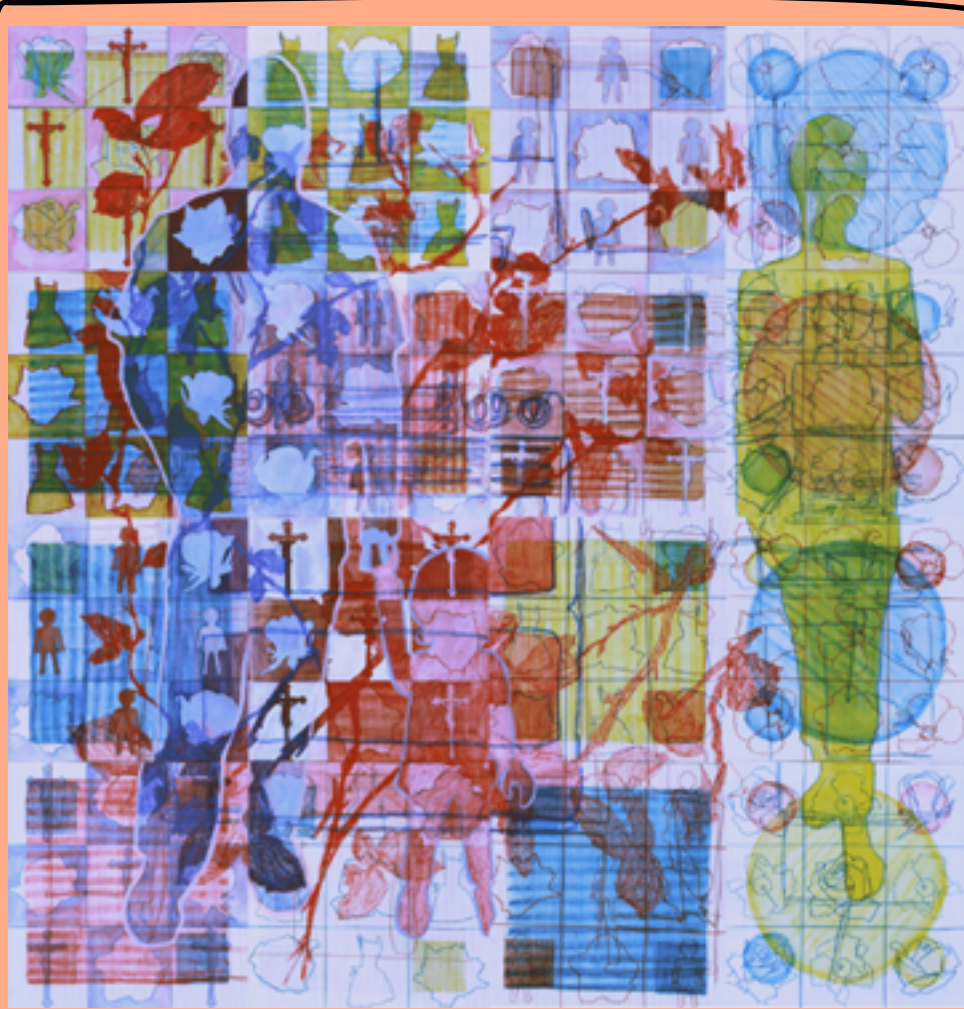
August has always felt a want to help her community, noting that "I've always felt bad about being an artist, in a way. It's like oh, I could go into Polisci, or I could become a teacher or something like that, but I've just always enjoyed it the most." Luckily, August was able to combine her artistic passions with her aspirations to aid others through an internship at the Angels Gate Cultural Center in San Pedro, which offered a chance to engage with art from fellow locals. Here, while learning the ropes of curation and installation, August notes how she was able to "open up my mind to how I could help the community while still being an artist. It made me more self-assured on the path. It also opened up my mind to there's



a lot of different ways you can support yourself in the arts industry as well.”

She’ll be graduating this fall with a BFA in Drawing and Painting and a minor in Art History. Though August, like everyone, is a bit nervous about post-graduation plans, she notes that “after I got that internship, it really made me feel like I had a foothold once I graduated, like I kind of know what to do now.” She recommends that upcoming graduates apply to as many internships as possible, and similarly offers that it’s hugely important to “integrate yourself into a community you think you’re interested in.”

August’s pattern-based work often reflects the grid structures one may find on aerial maps. She notes that this interest came upon comparing the grid structure of Long Beach to that of her hometown, Westminster.



You can find more of August’s art on her Instagram account, @danamaugust



# Design of A Net-Zero Carbon Ice Hockey Rink with Renewable Energy

CSULB undergraduate student, Laurianne Lair, is working on developing models to sustain ice rinks with net-zero carbon emission as part of her Honors thesis project.

By Abbas Abdulhasanv

Laurianne Lair is a senior Honors undergraduate student pursuing a degree in Chemical Engineering. In her current thesis project, Laurianne explores the feasibility of making net-zero carbon ice rinks. She studies the efficacy of using common sources of renewable energy to help reduce the carbon emissions of ice rinks to virtually zero. Using this knowledge, she plans on creating a blueprint model for sustaining net-zero carbon ice rinks.

One of the ways in which Laurianne is trying to reduce the greenhouse gas emissions of ice rinks is by making them solar-powered. Solar panels take the light energy from the sun and convert it to an alternating current, which would be the electrical energy used at the rink.

Another way Laurianne is trying to reduce the greenhouse gas emissions of ice rinks is by making them sustainable on wind turbines. Wind turbines use wind energy and convert it into an alternating current which would be used inside the building. However, wind turbines can be large and difficult to place because of their size, aesthetics, and sound.

A final way in which Laurianne is trying to reduce greenhouse gas emissions is through geothermal heat pumps. Geothermal heat pumps exchange heat with the earth rather than the air. Around six feet underground, the earth is at a constant temperature

between 10-15 °C. Piping is laid underground, either horizontally or vertically, with a refrigerant flowing inside. Between the ground and the pipe, there is another mixture that helps insulate the piping from water and unwanted heat transfers. The piping is connected to a heat pump which cools or heats the inside of the building. If the air outside is cool, heat is extracted from the warmer ground and then is transferred inside to warm the building. The opposite



THE S I S P O T L I G H T



The ice rink that Laurianne is making her models after.

occurs during the summer. Applying this solution to the ice rink would take the heat out of the building in the summer, keeping the ice frozen and reducing the amount of electricity needed to cool the building.

There are ice rinks that have adapted solar panels to help reduce their electricity costs and their release of greenhouse gasses. The National Hockey League is currently building a net-zero carbon emissions ice arena, the Climate Pledge Arena. With Amazon as one of their financial supporters, this shows that it is possible to make something as energy-intensive as an ice rink into something that does not harm the environment.

For her thesis project, Laurianne will take an ice rink in Las Vegas, Nevada to model and produce net-zero carbon emissions. From the square footage, costs, and energy demands of this rink, models can

be made on a software program so that the rink can receive its energy from green energy sources. The goal of her thesis project is to explore the possibilities of making an ice rink net-zero carbon emissions using solar panels, wind turbines, and geothermal heat pumps. Models will be made using a program to evaluate how these energies can be used. There will also be a cost analysis performed in order to see if using these energies will be financially beneficial for the ice rink.

Laurianne greatly appreciated the support and encouragement she has received from Liza Bledsoe, Academic Success Program Coordinator, and her thesis advisor, Dr. Sergio Mendez. Laurianne will be attending the Chemical and Biomolecular Engineering Ph.D. program at the University of Notre Dame in Fall 2021.



# Financing the Future

Myo Kyaw's story of foresight and moving toward an attainable future.

By Michael Lam

Recent CSULB graduate, Finance major, and now Honors alumni, Myo Kyaw defines what it means to be "goal-oriented," keeping in mind the bigger picture, larger goal, and wider range of what is possible. While self-described as a mix of "confident" and "impostor syndrome," Myo is a character of action and change. In addition to the Honors program, Myo actively involved himself in Greek life and the Financial Management Association. When asked about what motivated his extracurriculars, Myo described his desire to "expand [his] circle" and feeling a sense of what he needed to accomplish. For instance, Myo confidently spoke about his drive to be president of the Financial Management Association after one meeting and several semesters later becoming the president. "If I can imagine it, I can do it" is a belief that follows Myo in everything he is and does. And in April 2021, Myo will have presented his research at the National Council for Undergraduate Research on his thesis focused on student loans.

Student loans and the overall management of student finances have long been an issue within higher education. Myo knew his thesis topic before even starting, feeling compelled to research student loans since he "always knew [it] was a problem." Thankfully, Myo's involvement through his club and the community helped develop his network, including that with his future thesis advisor, Dr. Laura



Gonzalez. Together, they analyzed the attitudes and knowledge of CSULB students about student loans. In order to address issues of student loans and financial management, Myo says how essential it was for him and Dr. Gonzalez to have a database and "[administer] surveys to get the data." In particular, they were concerned with the "financial knowledge [people] have" and "how this impacts their finances."

Groups were identified by gender, languages spoken at home, and experience with financial trauma. Myo's reasoning for including these variables came from his personal experiences talking with folks. He noted feeling mindblown to learn that folks would have to "pay off 10, 20, 30 thousand dollars of student loans" when many were "graduating

"... if I can imagine it, I can do it."

Myo Kyaw

with no job." Analyzing the data generated from his surveys, he found the "common threat regardless of category" was this overhanging belief by students that "the university can provide more information on financial aid and student loans." He urges the university to look at higher education not only as a pathway towards our careers, but also financial freedom in our lives.

In spite of already graduating and now working a full-time job at an aerospace company, Myo will be presenting his thesis research online at this year's National College Undergraduate Research. While he admits to having "no feelings as of now," with the coming days, Myo will surely be ready to balance his presentation and a full-time workload. Though Myo calls himself "lucky" to have "[met] the right person at the right time," he attributes much of his undergraduate success to his industry mentors from the Student Center for Professional Development. Myo intends to "pay it forward" by volunteering his services at the center. His motto and advice to students is to "work hard, play hard," and always keep in mind the next goal.

Myo Feeding the Fishes At the Japanese Garden.





# Spreading the Word

Eryn Burnett inspires change and educates the public on COVID-19 and healthcare through her internship at the Asian American Drug Abuse Program, her video series dubbed Daily Minute with Duhnay, and her now full-time position as an entry level administrative assistant at OneMedical, Inc.

By **Zadie Baker**

In our second full semester of online and hybrid education, many students would attest to the fact that the struggle is real. Alumna Eryn Burnett has made the best of these continuing times of uncertainty by interning with the Asian American Drug Abuse Program (AADAP) to spread the word about the virus to Southern California communities that lack educational resources.

Before graduating in December 2020 with a B.S. in Healthcare and a minor in Spanish, Burnett began her work with AADAP in May 2020 as a Development Administration intern. By November, the organization invited her into a temporary contract position designed to educate disproportionately impacted communities—including Asian, Pacific Islander, Latinx and African American—about COVID-19. The position required Burnett to creatively utilize her marketing and branding skills to create educational social media content. She had already garnered lots of experience in this area, gaining the necessary social media and content creation skills through past positions and leadership in campus organizations. These practical experiences were especially helpful for Burnett in learning about social media marketing. She recalls a healthcare marketing class that “did talk about social media, but also talked about things like flyers and brochures and commercials...which I think is very traditional marketing.” Breaking from conventional marketing strategies into strategies rooted in social media that target younger generations has been key



Eryn graduated with her degree in Health Administration

to Burnett’s success. Her Spanish minor also helped her create multilingual content as a part of a team of interns. Although AADAP deals specifically with addressing lack of access to healthcare, the position only served to reinforce what Burnett already knew about inequities in health education. However, Burnett’s experience with AADAP has been an inspirational catalyst as she begins her career and addresses health inequities on social media.

Burnett has recently discussed the issue of vaccine hesitancy on her TikTok miniseries Daily Minute with Duhnay. “When I would speak to others [about the vaccine] they would be asking questions like ‘What’s in it?’ or ‘Don’t you feel like it was rushed?’ ...which really have simple answers that can be easily debunked if you are keeping an open mind while educating yourself.” Burnett also highlighted

Dr. Kizzmekia Corbett on her platform, an African American woman who has contributed significantly to the development of the Moderna vaccine.

In February 2021, Burnett landed a job as an entry level administrative assistant at OneMedical, Inc. in Irvine. She is very pleased with the company and its culture. “I think OneMedical as a company...are definitely... disrupting the healthcare industry a little bit, like trying to bring back that more personable experience when you come into an office and when you meet with your physician or with your healthcare provider.” Burnett is ultimately passionate about educating and empowering people to achieve the best possible health outcomes, hoping to end up in the fields of health education or health communication. “There is so much help out there, but on the other hand there are so many people that don’t know how to get it,” she said.



The goodies Burnett received from AADAP upon starting her Development Administration internship.



The team of interns and AADAP staff Burnett worked with during her internship on their last virtual meeting together.



# Designing a Path Forward

How one student found success and stability amidst turbulent times.

By Jason Turk

Our current world has, undeniably, been one we've all struggled with adjusting to. In a ridiculously short span of time, plans have been upended and futures once clear to us have become muddled and incoherent. But some students, such as Rylie Kimura, have been able to make the most of this massive shift. Through diligence, humility, and optimism, Kimura was able to turn what began as a remote graphic design internship opportunity into a permanent position in which she can take distinct pride in.

The remote internship came upon her rather



quickly, when her friend's sister recommended her to apply for a graphic design internship at the up-and-coming magnetic lash company, Glamnetics. Kimura was soon put through multiple interviews and got hired on as an intern after a few tests of her ability. This unexpected opportunity happened all within the span of a week, but Kimura took the massive change in stride.

Kimura was no stranger to the creative design work she'd be tasked with at the internship. She notes that: "Ever since I was young I've always been artistically driven and I've always had a creative

mind." Kimura's passion for graphic design began around high school while she was floating between different possibilities for her future. She knew she wanted something in the realm of artistry, yet also recognized that most art-specific jobs carried a risk of job insecurity. Graphic design offered that element of stability, as "you're still doing something that's very creative and very artistically driven, but at the same time, it's always going to be needed."

At the internship, Kimura was undoubtedly needed and appreciated. Through this support, she was able to make lasting connections in her field despite being unable to meet her coworkers face to face. According to Kimura, this was largely due to how they "implemented a system where we had our own little graphic design team and we got really close with each other." Paired with the company's constantly buzzing Slack group chat, this helped foster a sense of community that would otherwise feel absent in a virtual setting.

**"Ever since I was young I've always been artistically driven and I've always had a creative mind."**

Riley Kimura

With these connections, Kimura's internship was able to blossom into something significantly more viable. Just a week before her internship was to end, she was offered to come on as a permanent employee for Glamnetics, a position she happily accepted. Even though this job has given her the sweet feeling of security, Kimura recognizes that there's no harm in continuing to explore the opportunities available to her with the constant



uncertainty of the world.

Most of all, Kimura wants to keep expanding her knowledge. There were a lot of lessons Kimura was able to glean while working this internship, including the importance of being willing to learn. She advises anyone in a similar situation not to be afraid to ask questions and, most importantly, to remember that "you're basically learning every day."







She saw the full bloom of the famous Japanese cherry blossoms on the Philosopher's Path, which only bloom for about a week a year.

**STUDY  
ABROAD**

# Making the Most of Each Day in Kyoto, Japan

Casie Bacani studied abroad and surrounded herself with nature and Japanese culture.

**By Berenice Vargas**

Senior Casie Bacani, a Linguistics and Japanese major, furthered her learning and exploration of Japanese culture by studying abroad at Ritsumeikan University (立命館大学) in Kyoto, Japan for part of the Spring 2020 semester until she returned home due to COVID-19.

"I knew there would be nothing quite like studying abroad in the country I grew to love. Studying abroad in Japan had been a goal of mine for the past 5 years," said Bacani.

Bacani had already been exposed to Japanese culture as her mother studied the language and hosted Japanese exchange students. When starting her college career, she joined the Japanese language program at CSULB and became a docent at the Earl Burns Miller Japanese Garden.

At Ritsumeikan University in Japan, Bacani strengthened her language skills through the Intensive Japanese Language Track, in which most of her classes were language-based and included language training every day for two to three hours. She also expanded her metalinguistic awareness and widened her knowledge on the interrelations between Japan & the West as she hopes to earn her

doctorate in Linguistic Anthropology.

"All that being said, this is the perfect program for students who would like to improve their Japanese language abilities," she said.

She also took courses from the Open Study in English (OSE) track which included Globalization of Kimono and Western Perspectives of Japan. The Western Perspectives of Japan course allowed international students to interact with the regular university students, in which she was exposed to diverse viewpoints from a Japanese perspective.

Bacani said she chose Ritsumeikan University because Kyoto is filled with mountains and rivers, appealing to her love for nature, along with including a lot of historical and cultural sites.

"One's life is always changing and so one should appreciate the present," Bacani said. "During my time in Japan, although I did not know when and if I would have to say farewell earlier than I expected, it was my intention to make the most of each day."

While focusing on her studies, Bacani also visited many temples and shrines such as Kiyomizu-Dera, Ryoan-ji, and Kinkaku-ji. She solo-climbed Mt. Daimonji and visited her favorite district in Kyoto,

**"say yes to every invitation and every new experience."**

Casie Bacani



Arashiyama, which is her favorite place in Japan.

“Such visits of Japanese religious sites have always been my favorite outings in Japan as the Japanese have always placed a strong value on nature. Not only is one being exposed to ancient culture when visiting shrines and temples, one is also often surrounded by Japan’s natural landscape,” she said.

Throughout her college career, Bacani also studied in France & Belgium during Spring 2018 and in South Korea during Summer 2019. She plans to return to Japan once graduating and is a candidate for the Princeton in Asia Fellowship and the Japan Exchange & Teaching Program.

“The highlight of my trip was seeing the full bloom of the famous Japanese cherry blossoms on the Philosopher’s Path,” Bacani said. “The cherry blossom itself came to be a symbol of my trip and what I had learned during my study abroad experience. To only briefly share, cherry blossoms, in Japanese literature and culture, are a symbol of impermanence. As they only bloom for roughly a week each year, one must appreciate them while they are blooming as their farewell is fast approaching.”

Bacani advises all students to “say yes to every invitation and every new experience.”

Bacani enjoyed her time abroad as she was exposed to ancient culture and beautiful natural landscapes.



Bacani also was able to travel to Arashiyama, which is her favorite place in Japan!





# Maintaining Campus Communities Online

Katrina Wynn cultivates community through her position of Social Media Manager and Marketing Chair for the Vietnamese Student Association (VSA) at Long Beach State by planning virtual events and coordinating the dance team.

By Saren Martinez

Campus communities across the globe have been affected by the surge of COVID-19. Second-year Health Science major Katrina Wynn holds the position of Social Media Manager and Marketing Chair for the Vietnamese Student Association (VSA) at Long Beach State. During this pandemic, Wynn has managed to foster a strong virtual community and maintain the social events and dance team that make up crucial aspects of the VSA.

During her first semester at CSULB, Wynn gravitated towards the sweet and welcoming members of VSA. She soon became an intern and fell in love with creating artwork after designing several graphics for the club. She met one of her best friends through Anh Chi Em (ACE), the club’s big/little program for new members. She even states, “If it weren’t for VSA, I wouldn’t have friends!” through laughter. By the end of the year, she ran for her current positions.

With the insurgence of COVID-19, the importance of VSA’s social media presence skyrocketed. This meant double the work for Wynn to maintain an interactive community online. Besides monitoring VSA’s social media accounts and creating their graphics, she has been able to help build a digital community by creating a Discord server. This online chat allows different channels available for everyone’s interests — classes, art,



Katrina drew the Facebook overlays for all of the board’s profile pictures for spring semester.

gaming, homework — ensures VSA members can maintain close bonds and friendships just as they would in person. In addition to this online server, VSA continues to cultivate its community with virtual biweekly meetings, group exercises, and contests. Under normal circumstances, this association has several in-person gatherings for its members, such as a winter retreat and a beach day. However, Wynn and her fellow board members have not let the loss of these activities deter them from keeping their community together. They continue to hold virtual events in lieu of the in-person ones that cannot be attended under these times. For example, instead of the winter retreat this year, VSA held four days of fun, interactive virtual activities that included dance workshops, game nights, and group baking.

Wynn is also a part of VSA Modern, which is a hip-hop dance team that is a subgroup of VSA. She is trying to bring the two closer together by taking advantage of the online setting to increase membership of VSA Modern, as dancing in-person can often cause people to feel self-conscious.

Overall, she hopes to strengthen the club and create a safe space for individuals to form connections. She encourages other students to take a chance on VSA as “you’ll run into at least one person who has something in common with you.”

This health science major, graphic designer, and hip-hop dancer is considering running for president of VSA next year after falling in love with the community. She hopes to share that love with newcomers, despite the challenges of being totally online and hopes to continue bringing together individuals of the same culture and interests.



VSA Modern at Cal Poly Pomona (CPP) Showdown, the annual VSA dance competition.



# A Story of Persistence, Composure, and Perseverance

Joy Isabel Rowden’s story is one of persistence, composure, and perseverance. Most importantly, her story is one of learning that life goes on. And as life goes on, you either trip over its obstacles or learn to tackle them.

By Aleksandra Brajanovska

Passion and persistence define Joy Isabel Rowden’s approach to life. She is a junior Honors journalism major who, despite all obstacles, persevered to be her most authentic and accomplished self.

Her journalism class, “Television News Production and Performance”, taught by Elizabeth Sanchez Denton, inspired her career in journalism and laid the foundation for her love of the entertainment sphere. This passion was the main reason Joy Isabel decided to stay in California when her father moved to Hawaii in August 2020. As she independently navigated her life here in California, the choice to stay to pursue her passion came with an incredible emotional and financial toll.

Without financial support, Joy Isabel was now solely responsible for thousands of dollars in credit card debt, expensive car payments, and student tuition. At this time, her only source of income was her casual, part-time job at In-N-Out. Joy Isabel’s boyfriend and his family helped her secure a more financially rewarding job at the Long Beach Health Department and temporary accommodations in their home. With this opportunity, she was now a full-time employee and student.

“Everyone has a season, and this is my bad season. Even now, life has not gotten easier; I have just learned how to navigate through it.”

Joy Isabel

Joy Isabel diligently budgeted her money, setting aside most of her paychecks into paying off her debt. Unfortunately, just as she paid off her car, mechanical issues arose and left her college savings account empty. To top it all off, Joy Isabel and her boyfriend ended up taking a break in their relationship in October, causing added emotional toil. With difficulties accumulating, Joy Isabel started to feel discouraged.

Some hope was on the horizon for Joy, as she, “...finally had a taste of success in January.” A mere hour before her appointment to close her savings account, Joy Isabel received news that she had won the Floyd Mayweather Jr. Foundation Scholarship for the advancement of women in sports and entertainment and allowed her to keep her savings account.

With Joy Isabel’s schedule packed to the brim, she still managed to pursue extra activities. One of her activities and passions is creating lifestyle videos, which she publishes on her Youtube channel (@JoyIsabel). Because of her consistency and

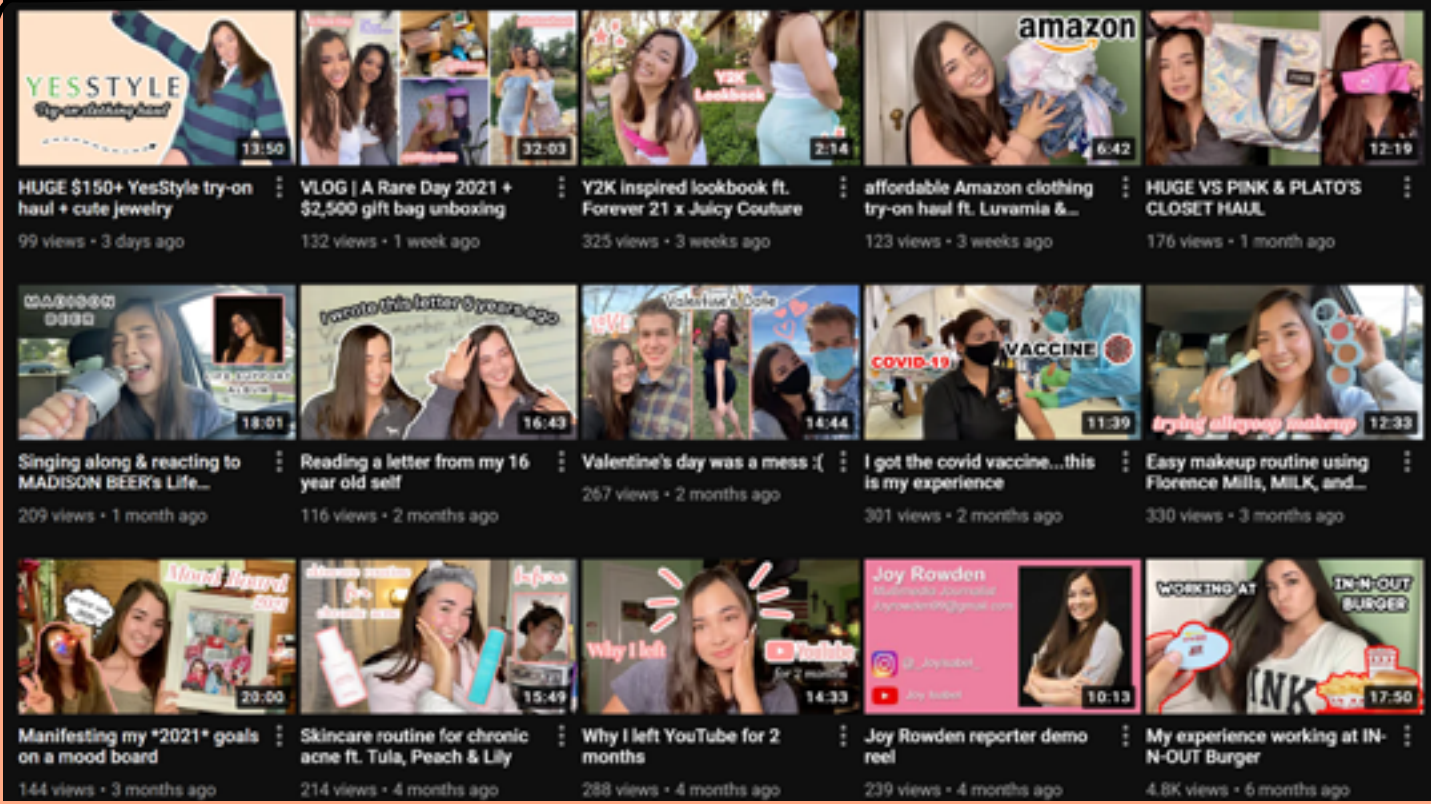


Joy Isabel

1.22K subscribers • 182 videos

hey y'all & welcome to my channel! I am just a 21 year old living her life in California. I am a third-year journalism major at CSULB.

SUBSCRIBE



dedication, her channel has gained over 1,000 subscribers and she is set to receive a monetization check from her videos. She also advertises free products sent by various clothing brands on her channel.

She also finds time for her current role as a social media intern for the University Honors Program. Because of her expertise in journalism, she was offered the position. Her busy schedule almost deterred her from accepting the internship, Joy explained. However, she felt that the internship was meant to be. Her experience working with the program has been excellent so far, as she is gaining professional development while simultaneously receiving class credit.

Despite these extra projects, her passion lies in journalism. Her journalism course with Mrs.

Sanchez last semester challenged her academically and creatively. This course enriched her resume, portfolio, and professional experience, as it required her to manage four newscasts and conduct a broadcast as an anchor. Despite the difficulties she faced in her personal life and the course, she earned high marks in the class.

The path to prosperity hasn’t been an easy one for Joy Isabel. With extreme financial and relationship tribulations, she transformed her circumstances into a life defined by self-reliance and success. Joy Isabel’s most important takeaway from her experiences is that life doesn’t wait for you.

“Everyone has a season, and this is my bad season. Even now, life has not gotten easier; I have just learned how to navigate through it.”



# Sailing at the Beach

World-class sailor, Paul Didham, is now a key competitor of the CSULB Sailing Team.

By Morgan Barragan

Competing side-by-side with Olympians and World Champions seems to be a far away feat. However, CSULB senior and Honors student, Paul Didham, proves that with hard work, determination, and a “go with the flow” attitude, anything can happen.

First entering the world of competitive sailing in the eighth grade, Didham, began a great, yet unexpected journey in his life. “I really started getting into sailing because my brother at the time was getting pretty into it, and I got kind of tired of waiting in the car to pick him up from practice everyday,” Didham notes jokingly. “I thought, ‘Okay, might as well get involved.’”

Moving into high school, Didham was often left in his teammates’ wakes, as he had just begun his sailing career a year prior. However, this did not stunt his motivation to improve. Didham explains, “Sailing is cool because the amount of people that do it is relatively small compared to a lot of other sports. It’s one of those things where if you put the time in, it’s relatively easy to climb up the rankings.” He saw an opportunity for growth in Laser sailing - as opposed to the general high school path of Flying Junior (FJ) sailing - and took it. With his dedication, he quickly shot up the ranks.

It was during his early collegiate years that Didham’s success in the sport grew to its greatest potential. After winning High School Single-Handed Nationals in the Fall of 2015, Didham made the decision to begin training for the Olympics. In Spring of 2016, he competed in his first World

Championship. Since then, Didham has been a part of 22 competitive regattas across North America, into Mexico, all over Europe, and even in Japan. Didham highlights his first place wins in both the 2017 and 2018 Laser Midwinters West Regattas.

Didham competed in the Tokyo 2020 Olympic Trials, taking sixth place overall. Though this may not have been enough to secure an Olympic spot, it is a great accomplishment to place so highly amongst some of the best Laser sailors across the United States.

Currently, Didham is easing back on his past years of dedication to the sport and is focusing more on his education. Didham is an Information Systems major and is looking to continue his education with



Paul Didham completes a tack at the Sailing World Cup (SWC) in Miami. Didham pulls out one of many sailing quotes he has stuffed up his sleeve: “I’m not a hack, I sail the long tack.”

CSULB in Graduate School for Applied Statistics. His educational goals are to publish at least two research papers: one from his undergraduate years and one from his graduate education. However, he still makes sure the sport he loves remains a great part of his life.

Didham is the 2020-2021 CSULB Sailing Team Vice President and the Head Coach at the Alamitos Bay Yacht Club. In the Fall of 2019, Didham took first in the Pacific Coast Collegiate Sailing Conference (PCCSC) Men’s Singlehanded Championship, representing CSULB at the Singlehanded National Championship. Didham is now rebuilding the CSULB Sailing Team (as many of its members have recently graduated) and training new members.

Transitioning to a more laid back chapter in his life, Didham reflects on what the sport has taught him: “In sailing you’re going to make mistakes - which is sad but also good. You can go out there and make every mistake in the book, but even the guy who wins the race did something wrong. Everyone makes mistakes,



Didham and his crew compete in the Mustang Open regatta hosted by Cal Poly SLO. As Didham likes to say, “Make your mama proud, don’t start in a crowd.”

it’s about making the least amount of mistakes and asking, ‘Why did this happen and what can I do better?’ It teaches you how to deal with adversity. What’s done is done, it’s how you move on that matters.”

Didham rounds the top mark at College Single-handed Nationals. Go Beach!





# Udderly Sweet Baking: A Business Formed Out of Boredom

How Nicolas Mijarez turned a baking hobby into a business during the COVID-19 quarantine.

By Saren Martinez

This past year, the monotony of quarantine caused countless people to slip into boredom and to search for new ways to kill time. This was no exception for Nicolas Mijarez, a third year President's Scholar at Long Beach State majoring in Health Science with a minor in Business Marketing.

Mijarez has always had a sweet tooth and would often go out for desserts in high school with his girlfriend, Reyna Vela. However, after realizing how expensive this was, they began baking their own sweets at home. A lot of their quality time began with, "Hey, wanna bake this weekend?" Soon enough, close friends and family started asking the couple to bake treats for them.

It was not until this past year, however, that Mijarez and Vela began thinking about their baking hobby as a potential investment. Together they created "Udderly Sweet Baking," with a name inspired by the couple's love for cows. Their business can be found on Instagram under @udderlysweetbaking showcasing a variety of cookies, bundt cakes, and edible cookie doughs.

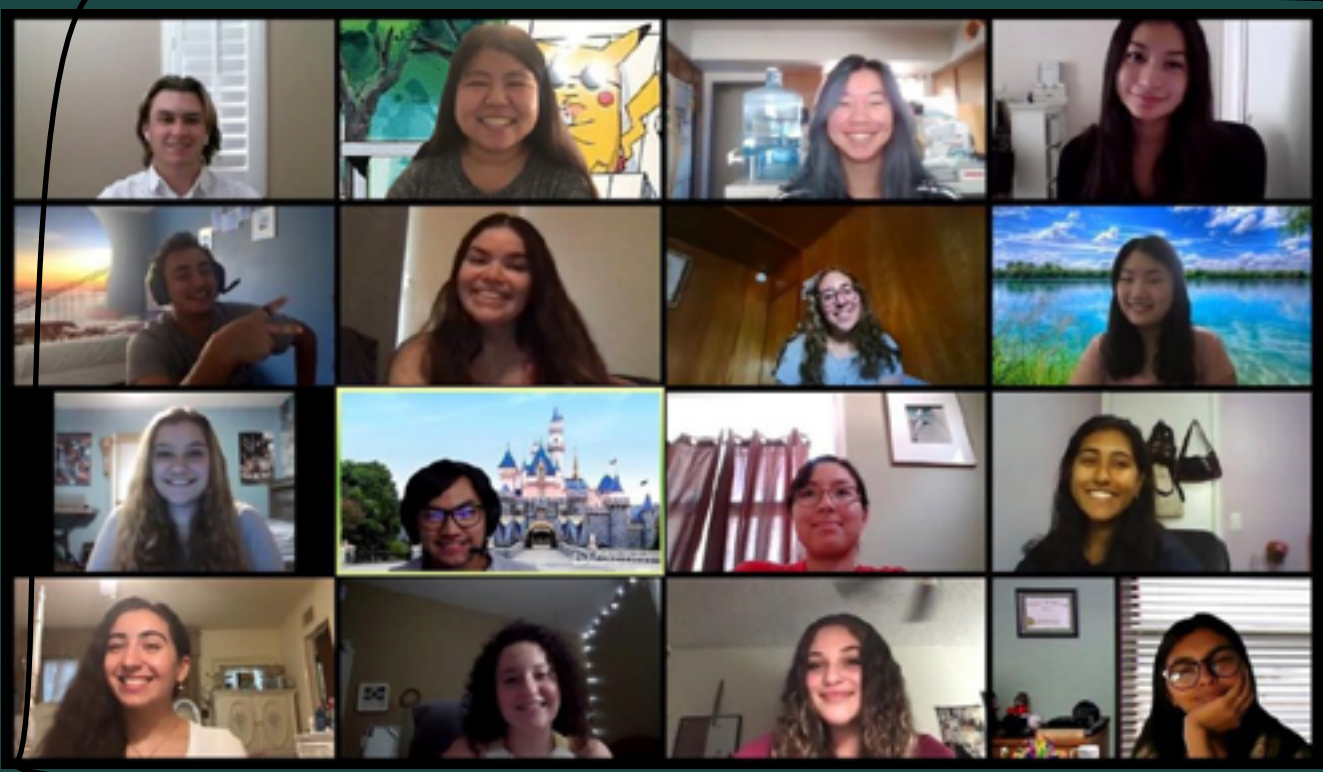
Despite beginning this exciting new journey, it is not easy for two university students to focus on their schoolwork, jobs, campus commitments, and run a business on the side. Mijarez's schedule is packed with six classes between his dual enrollment at CSULB and Rio Hondo College. He is also Class

Representative for his President Scholars' Cohort, works five days a week, and shadows a chiropractor every Tuesday. Despite his tight schedule, he nonetheless manages to make time for baking. Mijarez explains that the hardest part of baking is the preparation, which he has already been doing since high school. "You get it done, and then you put it in the oven, and then all you do is wait...So it's kind of like killing two birds with one stone, 'cause while we're waiting, she'll be reviewing her anatomy flashcards or I'll be typing stuff up for my health science classes or studying for my biology class." At the end of the day, Mijarez and Vela are students first. They prioritize their schoolwork and plan for "Udderly Sweet Baking" to really take off over the summer when they have more free time. After this semester ends, they hope to expand their menu and begin shipping out orders.

Mijarez offers the following advice to anyone thinking of starting their own small business: "Rule #1: Do not be afraid to fail. By you going out and trying, you're doing more than 99% of people, so that says a lot about you." He encourages others to push through the hardships they encounter to keep reaching for their goals and not allow everything they have worked for to go to waste. In the end, the sense of fulfillment from completing a personal project will make the hard work all worth it.







# Making Her Life, and Others, Extraordinary

Sarah Sasaki found a support system within the University Honors Program.

By Berenice Vargas

Senior Sarah Sasaki, an Honors Liberal Studies major, immersed herself into the University Honors Program (UHP) by being part of various clubs and volunteering during her college career. Her involvement started when she became a peer mentor for the Honors Peer Mentoring Program, where she now serves as one of the program coordinators. Along with being part of the Honors Peer Mentoring Program, Sasaki volunteers to assist Honors with various projects as part of the Honors Graduation Planning Committee and as part of the Free Minds Poetry team.

“I’ve always loved working with students and getting involved. After I took that first step of becoming a peer mentor, I felt that this was the

foundation of my connection with Honors,” said Sasaki. “As a mentor, I could see myself in my mentees as a new student once, reflected on the ways I was helping to guide them, and knew I wanted to continue supporting our UHP community through other ways as well.”

Sasaki describes UHP as “a hub of enrichment and collaboration.”

“It’s been such a support system that has continuously helped my growth in a variety of areas and provided me with a true sense of community,” she said.

Not only was UHP a support system for Sasaki, but she says it also taught her a lot regarding professional development and working with students overall as

she hopes to attend graduate school for college counseling once she graduates.

“From interacting with other program members for UHP collaborations, to discussing student needs and how to support them to the best of our abilities, these experiences will greatly be able to help me in my career within the field of education,” said Sasaki.

Once graduating, Sasaki mentions that she will miss the people from UHP, such as the staff, the friends she made, and the students she was able to get to meet, especially her first peer mentoring group, the Bléus.

“Honors Peer Mentoring Program really helped me in getting to meet new students every year, and I was able to find community through my mentor/mentee groups,” Sasaki stated.

Sasaki’s favorite memory from UHP was when they had their first orientation for the Honors Peer Mentoring Program. It was Harry Potter-themed, and she did an impersonation of Professor Minerva McGonagall, making everyone laugh.



“I loved how this seemed to break the ice and put everyone at ease. It was hilarious for me to do our sorting hat ceremony – while still trying to keep up the voice as best I could - to send our new mentees off with their mentors,” Sasaki said. “This day basically let me live out my Harry Potter dreams. I’ll always remember it, even after all this time.”

Being involved so much, Sasaki always has to-do lists to manage her class and workload, along with multi-tasking when she can. Although school can get busy, Sasaki advises to always take care of yourself because your mental and physical health should always be prioritized, or else one may end up feeling overwhelmed and stressed.

“You need to make time for yourself to relax, process – whatever you need,” she urges.

Sasaki also hopes that whoever is reading this, can find their own meaning to her favorite quote from the film Dead Poets Society (1989): “Carpe. Carpe diem. Seize the day. Make your lives extraordinary.”



## SENIOR SPOTLIGHT



# A STEM Researcher Discovers Leadership

Bana Khalil reflects on her growth as a leader in STEM and beyond during her undergraduate experience.

By Zadie Baker

Honors senior Bana Khalil, majoring in Molecular Cell Biology and Physiology and minoring in Chemistry, has proven herself as a leader on campus. Khalil admits that her love for the campus, the desire to get involved, and be a leader on campus did not come immediately. “Most of my high school went to CSULB so I [thought], ‘This is like high school 2.0’.”

Khalil, now having experienced the campus, explains that she, “shut off a lot of experiences because of that mindset.”

Her integration into the campus started in her third year at CSULB when Khalil developed a keen interest in clinical trial research and earned a research fellowship from the Research Initiative for Scientific Enhancement

memorable experience at CSULB as a Peer Mentor.

“I think my initial goal, and still my goal now, is to help students navigate the first year because I learned a lot my first year.” Khalil was able to relate to the struggles some of her mentees were having in freshman-level chemistry. She reflects that students get really discouraged when “you’re like top of your class in high school and you come to take general chemistry at CSULB and you get 60 percent on the exam.” As a Peer Mentor, Khalil is determined to get new students to challenge their negative beliefs about their abilities. “They go into a class already thinking, ‘This is going to be so hard’...and I try to work with them the first semester because that’s



Khalil with the President's Ambassadors and President Conoley at their annual holiday dinner



**“Connect yourself to as many people as you can .”**  
Bana Khalil

the kind of trap that I fell into.” Khalil enthusiastically counts Peer Mentoring as her “favorite experience of college in general.”

Khalil also counts the President’s Ambassadors (PA) program as a major player in her campus leadership experience. PAs are expected to represent President Conoley at community events like beach cleanups and fundraisers, and give campus tours to donors. The PA program allowed Khalil to place herself into a more diverse crowd. Thus, she reflects, “It’s a great program in general for branching out of my little bubble in STEM.”

Khalil plans on continuing her education in an MD/PhD program outside Southern California, with the goal of becoming a clinical trial researcher in the area of cancer immunology. All in all, CSULB has been a wonderful growth experience for Khalil. “Connect yourself to as many people as you can because that will give you the maximum amount of experiences that you can have and take advantage of,” she says.

**STUDENT LEADERSHIP**



“Honor Code media presents me with an opportunity to express my creativity and produce meaningful pieces that I can share with my fellow honors students. One project I worked on this past year was showcasing my editing skills and also storytelling the meaning behind the pictures I work on.”

**Kim Hor Keu**

### **How would you describe your experience as an Honor Code media staff?**

I joined the Honor Code as an online writer then transitioned into the social media manager this year. As you might guess, this experience during COVID has been different, but great nonetheless! Everyone on the Honor Code is super nice and pitching ideas back and forth at meetings is really fun. We’re still trying to figure out how to best use our social media during this time, so there is a lot more work for me to do and things for me to improve on, but we’re working on it together and I love that. Everyone is super patient, creative, and supportive of each other.

### **What is the most rewarding aspect?**

The most rewarding aspect for me is being able to work with the Honor Code team on their amazing stories! It’s great being a part of something that allows so much room for creativity and I have a lot of fun at meetings. I love that I’m able to help strengthen student voices in my own way.

### **Describe briefly what your role is on the team.**

My role on the team is the social media manager for our Instagram! I make graphics that support our releases and staff. I also pitch new ideas, whether that be for outreach, media, or stories, and I help with any other areas of collaboration. I’m currently trying to think of new ways to drive engagement and outreach outside of the Honor Code.

**Mailea Ang**

# **Letter from the Media Editors**

The Honor Code Media team is dedicated to bringing its audience engaging content in an online format. Our platform pushes the limits of a typical online magazine, producing entertainment in various mediums, including a broad variety of articles, video interviews, and just last year, a holiday cookbook! Most importantly, our online format allows Honor Code to create pieces that align with trending topics and current events. In combination with our social media page, we have created an environment that has easily digestible entertainment and allows for audience interaction.

We hope that Honor Code Media will capture and amplify student voices by empowering them to speak from their own perspective and experiences. We leverage the Honor Code community we’ve created to provide and share resources with one another. In a forgiving and encouraging space, being a part of the Honor Code Media can be a place where creatives, writers, and photographers can develop professional skills while having the freedom to re-imagine what it means to be a part of a team. As the editors, we wholeheartedly believe that Honor Code Media is a place where Honors students manifest what they feel is missing into reality.

Sincerely,  
Aleksandra and Eryn

If you feel this is where you want to be next year, reach out to [csulbhonorcodemedia@gmail.com](mailto:csulbhonorcodemedia@gmail.com) for more information on how to apply for the upcoming school year 2021-2022.

Follow us on Instagram at [@csulbhonorcode](https://www.instagram.com/csulbhonorcode) or check out our [website](https://csulbhonorcodemedia.wixsite.com/website)!

<https://csulbhonorcodemedia.wixsite.com/website>



# UHP Graduates

## \*President's Scholar

### Fall 2020

#### Aliyyat Afolabi

*Biology*

Dr. Kelly Young  
The Effects of Rapid Photostimulation on Testicular Function in Siberian Hamsters (Phodopus sungorus)

#### Valor Aguilar

*Animation*

Dr. Paul Scotton  
Reconstructing Reality: An Analysis of Animation as Art Therapy

#### Vanessa Barajas

*3D Media- Fiber*

Hilary Hopkins  
Developing Advancements in Sustainable Art

#### Mina Bogedahl

*FEA Theory and Practice of Cinema, Editing*

Susan Bloom  
Manifesting the Imaginary: An Examination of How Sound Designers Bring Fantasy and Science Fiction to Life Through Psychoacoustics

#### Eryn Burnett\*

*Healthcare Administration*

Dr. Erlyana Erlyana  
An Investigative Analysis of Institutional Racism within Articles Addressing U.S. Older Adults' Long Term Care Services

#### Isabella Carbonara

*Speech-Language Pathology*

Dr. Melissa Bittner  
Providing Positive Physical Activity Experiences to Children with Disabilities Remotely During the COVID-19 Crisis

#### Genecy Chopin

*Criminal Justice*

Dr. Tracy Tolbert  
Content Analysis: Family Visitation, A Review Of Literature, And Policy Implications For Post Prison Success

#### Kaori Emerson-Shurilla

*Aerospace Engineering*

*(Astronautics)*

Dr. Praveen Shankar  
Aeroseed: Design of a Gimbal Payload for and All-Rotating Aerial Vehicle

#### Mary Louise Esguerra

*Design*

Tom Tredway  
Staging and Selling Experiences: Investigating Walt Disney's Role in the Experience Economy

#### Kathleen Rose Fabian

*Psychology*

Dr. Courtney Ahrens  
Student Disclosure: Why Students Do and Do Not Disclose to Faculty

#### Hannah Getahun

*Journalism*

Barbara Kingsley-Wilson  
Our Environments in News: An Analysis of In-Depth Environmental Reporting from the Long Beach Post

#### Erica Marie Guico

*Communication*

Dr. Amy Heyse  
The Death of a Beloved Icon: Eulogistic Rhetoric Operationalized to Rebuild a Sense of Community

#### Bryce Hansen\*

*Music Education and Trumpet*

*Performance*

Dr. Jermie Arnold

Effective Rehearsal Techniques in the Middle School Band Room

#### Adela Kaiser

*Psychology*

Dr. Christopher Warren  
Effects of Social Media Isolation on Counterproductive Work Behaviors

#### Myo Kyaw

*Business Administration, Finance*

Dr. Laura Gonzalez  
Student Loans and Financial Literacy

#### Judith Magaña\*

*Health Science*

Dr. Selena Nguyen-Rodriguez  
Influence of Adiposity Indicators on Academic Performance of Minority Youth

#### Yaremi Ontiveros\*

*Kinesiology, Exercise Science*

Dr. Joshua A. Cotter  
Reliability of Ultrasonography on the Assessment of Calf Muscle Thickness

#### Dylan Sakamoto

*Psychology*

Dr. Karissa Miller  
Assessing the Attitudes and Perceptions Toward E-cigarettes Among Young Adults

#### Mitchell Sanchez

*Business Administration, Finance*

Dr. Peter Ammermann  
Managing Through a Panic: The Effects of the Coronavirus Pandemic on the Beach Investment Group

#### Grace Sledd

*Music Education and Flute*

*Performance*

Dr. Joshua Palkki  
One Size Does Not Fit All: Exploring Universal Design for Learning in Secondary School Band

#### Kevin Trinh

*Biology*

Dr. Kelly Young  
The Contribution of Growth and Differentiation Factor 9 (GDF-9) and Gonadotropins to the in Vitro Recrudescence of Regressed Ovaries

#### Janet Valencia

*Business Administration, Accounting*

Dr. Risto Moisio  
Materialism and Family Disruptions

#### Taryn Williams\*

*Business Administration, Management and Operations & Supply Chain Management*

Dr. Bonnie Gasior  
Ameliorating Academic Outcomes of Formerly Incarcerated Students Through Faculty Development and Ally Training

### Spring 2021

#### Habiba Abdalla

*Chemical Engineering*

Dr. Sara Mogtadernejad  
The Production of Solid Dose Pharmaceutical Tablets: A Shift Towards Continuous Manufacturing

#### Juliet Shane Agtang

*International Studies and Environmental Science Policy*

Dr. Jolene McCall  
A Green future: A Comparative Analysis of Climate Action in Costa Rica and the Philippines

#### Kathy Aldrete

*Human Development*

Dr. Shelley Eriksen  
Friends, Dogs, and Therapy for Soul-Care: Stress and Coping Strategies of California Title IX Officers

#### Julia Alster

*Business Administration, Accountancy*

Dr. Jeffrey R. Bentley  
Mindfulness Meditation as a Mitigator of Workplace Burnout: Investigating the

Mediating Roles of Sleep Quality and Work Engagement

#### Kyla Anderson

*Molecular Cell Biology and Physiology*

Vas Narayanaswami  
Characterization of Apolipoprotein E3 and AI Containing HDL Nanodiscs with Incorporated Luteolin

#### Danica Anderson

*Business Administration, Accountancy*

Sabrina Landa  
Synchronous Online Learning Environment: Accounting student perceptions of engagement, learning and choice

#### Taylor Andrews

*Psychology*

Dr. Karissa Miller  
Is Imposter Syndrome a Stable Personality Trait or Situational?

#### Jocelyne Asturias

*Sociology, Anthropology*

Dr. Esa Syeed  
COVID-19 College Pathways: A Closer Look at the Role of College Advising for First-Generation Students

#### Dana August

*BFA, Drawing & Painting*

Siobhan McClure  
8.7 Miles: A Study of Pattern and the Grid

#### Ilene Avalos

*Kinesiology, Exercise Science*

Vennila Krishnan  
Determining the Effects of a Dual Task Intervention Program Among Community-Dwelling Older Adults Based on Quality of Life and Fall Efficacy Scale

#### Casie Bacani\*

*Linguistics & Japanese*

Dr. Sarvenaz Hatami  
Becoming 'Those Anime Students': Learning Japanese through anime

#### Rosario Barbosa Barboza

*Business Administration, Human Resources Management*

Shane Eaves  
The Decrease in Coffee Biodiversity and its Implication for Ethiopia

#### Lauren Benefield\*

*Molecular Cell Biology and Physiology*

Dr. Deborah Fraser  
C1q Modulation of the Macrophage Immune Response in Hyperglycemic Conditions

#### Maatimu Brown

*Business Administration, Management and Operations & Supply Chain, Management*

Dr. Jeffrey R. Bentley  
Effects of CSR on Consumer Perceptions of Businesses During COVID-19

#### Kelly Burke

*Math Education*

Lora Wilson  
Perceived Effects of Distancing on Nonverbal Communication

#### Emma Butler

*Studio Art*

Elise Preiss  
Soft Bodies

#### Ines Casillas

*Business Administration, Finance*

Dr. Laura Gonzalez Alana  
Community Microfinance in Peer-to-Peer lending

#### Melissa Cervantes-Anguas\*

*English Rhetoric and Composition*

Dr. Dennis López  
The Limits of Corporate Multiculturalism: Eurocentric Beauty Aesthetics and Colorism in Multicultural Advertising

#### Mariela Chaidez

*Business Administration, Finance*

Dr. Terrence Giannone  
Financial Fraud: Casino Money Laundering and its Effectiveness in Maintaining an Anti-Money Laundering Approach



**Derek Chau**  
*Chemical Engineering*  
Dr. Ehsan Barjasteh  
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**Lorryen Chavez**  
*Social Work*  
Dr. Lisa Jennings  
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**Alissa Colaruotolo**  
*Computer Science*  
Oscar Morales Ponce  
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**Ryan Coy**  
*Mechanical Engineering*  
Daniel Whisler  
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**Brendan Coyne**  
*Molecular Cell Biology and Physiology*  
Dr. Arturo Zavala  
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**Danna De Boer**  
*Chemistry and German Studies*  
Dr. Eric J. Sorin  
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**Audrey DeFoe**  
*Psychology*  
Dr. Samar Needham  
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**Kristina Dela Cruz**  
*Molecular Cell Biology and Physiology*  
Dr. Vasanthi Narayanaswami  
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**Isabella DiLauro\***  
*Psychology*  
Dr. William Pedersen  
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**Emma Dodson**  
*Business Administration, Accounting*  
Dr. Craig D. Macaulay  
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**Jenny Drechsler**  
*Marine Biology*  
Dr. Bruno Pernet  
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**Hailey Duncan**  
*Art History*  
Dr. Karen Kleinfelder  
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**Stephanie Edwards**  
*Health Care Administration*  
Dr. Linda Martinez  
Quality of Care Provided to the Elderly Population Amidst the COVID-19 Pandemic

**Joseph Enzmann**  
*Business Administration, Business Management & Operations Supply Chain Management*  
Dr. Clariza Ruiz De Castilla  
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**Gabriel Victor Fabian\***  
*Health Care Administration*  
Dr. Linda Martinez  
First steps to patient equity: An analysis of the effectiveness and quality of cultural competency interventions for healthcare professionals

**Jianna Florek**  
*Criminology and Criminal Justice*  
Dr. Ryan Fischer  
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**Bianca Garibay\***  
*Political Science*  
Dr. Liesl Haas  
Restorative Justice: An Alternative to School Policing

**Yotham Ghaly**  
*Biology, Molecular Cell Biology and Physiology*  
Dr. Deepali Bhandari  
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**Lizhet Gomez**  
*Speech-Language Pathology*  
Dr. Belinda Daughrity  
Exploring Motivation of Higher Education Stakeholders' Interests in Supporting Students with ASD

**Bliss Gould\***  
*Biology Education*  
Dr. Gwen Goodmanlowe  
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**Camilla Gundersen**  
*Political Science and Economics*  
Dr. Haesly  
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**Sarah Gutierrez**  
*Chemical Engineering*  
Dr. Roger Lo  
Open-source devices for chemical, biological, and engineering applications: PID water flow controller

**Teagan Higuchi**  
*Kinesiology, Exercise Science*  
Dr. Kevin Valenzuela  
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**Daniel Hinckley**  
*Music Education*  
Sarah Widner  
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**Ian Holmes**  
*Aerospace Engineering*  
Dr. Daniel Whisler  
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**Alex Honeycutt\***  
*Business Administration, Marketing*  
Dr. Jeffrey Bentley  
Consumer Recall of Corporate Social Responsibility-Related Social Media Advertisements for Small Businesses and the Effect of Consumer Values

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*International Business*  
Dr. Jeffrey Bentley  
Implicit Leadership Theory: Do perceptions of an individual's ideal leader vary across national cultures?

**Joshua Javier**  
*Kinesiology, Exercise Science*  
Dr. Evan Schick  
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**Bana Khalil**  
*Biology, Molecular Cell Biology and Physiology*  
Dr. HOUNG-WEI Tsai  
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**Kristen King**  
*Biology, Molecular Cell Biology and Physiology*  
Dr. Young  
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**Bernadett Kiraly**  
*International Business*  
Dr. Jeffrey Bentley  
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**Mia Koss**  
*Aerospace Engineering*  
Dr. Joseph Kalman  
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*Biology, Molecular Cell Biology and Physiology*  
Dr. Kevin Sinchak  
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**Laurianne Lair**  
*Chemical Engineering*  
Dr. Sergio Mendez  
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**Michael Lam**  
*Biology, Molecular Cell Biology and Physiology*  
Dr. Jason Schwans  
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**Kayla Landers\***  
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Dr. Kensaku Nakayama  
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**Camille Lariosa\***  
*Kinesiology: Exercise Science*  
Dr. Kurt A. Escobar  
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*Music*  
Dr. Joshua Palkki  
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**Arielle Lightbourn**  
*Film and Electronic Arts*  
Steven Rouso-Schindler  
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**Raymond Luu**  
*Business Administration, Finance, International Business*  
Dr. Kristy Shih  
Asian Immigrant Parenting on Second-Generation's Children and Youth's Mental Health Outcome

**Saren Martinez**  
*English Literature*  
Dr. Mark Williams  
Hope is a Dangerous Thing: An Analysis of the Emotional Trauma Expressed in Lana Del Rey's Lyrics

**Jessica Moore\***  
*Biomedical Engineering*  
Dr. Eric Sorin  
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**Annabeth Nguyen**

*Speech-Language Pathology*  
Dr. Margaret Vento-Wilson  
Parents of Children with Autism Spectrum Disorder (ASD) and How They Perceive Disability

**Bryan Nguyen**

*Psychology*  
Dr. Richard Rosenberg  
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**Tiffany Nguyen**

*Biomedical Engineering*  
Dr. Fangyuan Tian  
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**Natalie Nisperos\***

*Kinesiology, Exercise Science*  
Dr. Evan Schick  
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**Iman Palm**

*Journalism*  
Teresa Puente  
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**Joseph Pedregon**

*Biology, Molecular Cell Biology and Physiology*  
Dr. Vasanthi Narayanaswami  
Oxidative Modification of Apolipoprotein E by Myeloperoxidase

**Sergio Platero**

*Biology, Molecular Cell Biology and Physiology*  
Dr. Editte Gharakhanian  
Identification and Mapping of a Lipid Droplet Localization Signal in Yeast Env9

**Lindsay Prescott**

*Nursing*  
Dr. Kathy Retardo & Dr. Melissa Dyo  
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**Rebecca Pyster**

*Business Administration, Management & Human Resource Management*  
Dr. Jessica Robinson  
Business Sustainability and the Triple Bottom Line Effect on Employee Satisfaction

**Hannah Ramirez**

*Biochemistry*  
Dr. Jason Schwans  
Investigating Fmoc-Amino Amides as Potential Butyrylcholinesterase Inhibitors

**Julianna Resong**

*Mechanical Engineering*  
Dr. Emel Demircan  
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**David Reoyo**

*Biology, Molecular Cell Biology and Physiology*  
Dr. Douglas Pace  
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**Ilianna Richards\***

*Applied Math and Physics*  
Dr. Ryan Blair  
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**Merin Rixen**

*Biochemistry*  
Dr. Jason Schwans  
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**India Rockett**

*Health Science, Community Health Education*  
Dr. Roudi Roy  
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**Leslie Romero**

*Biology*  
Dr. Ted Stankowich  
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**Michael Rozbicka-Goodheart**

*Electrical Engineering*  
Dr. I-Hung Khoo  
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**Sarah Sasaki**

*Liberal Studies*  
Candice Chick  
The Effects of COVID-19 on the Mental Health of Honors Freshmen at California State University, Long Beach

**Heather Schmoll**

*Speech and Language Pathology*  
Dr. Elaine Ocampo  
The Impact of COVID-19 on the Lives of Persons with Disabilities in Long Beach, California

**Katie Skaff\***

*Nursing*  
Dr. Jadalla, Dr. Khalil  
Prelicensure Nursing Students’ Self-Perceived Clinical Preparedness to Enter the Workforce with Learning Modifications during the COVID-19 Pandemic

**Hannah Smith\***

*Kinesiology, Exercise Science*  
Dr. Melissa Bittner  
The Effects of Fundamental Motor Skill Interventions on Social Outcomes of Youth with Autism Spectrum Disorder: A Systematic Review

**Keilan Stafford\***

*BFA, Dance*  
Rebecca Lemme  
Dismantle: A Study of High/Low Culture and Black Experiences in Dance

**Silje Steinvik**

*History*  
Dr. Jane Dabel  
Fighting Back: The Rise of the African American Community in New York City following the Civil War

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*Marine Biology*  
Dr. Erika Holland  
Microplastic Quantification and Analysis in Rainbow Lagoon in Long Beach

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*English, Creative Writing*  
Dr. Patty Seyburn-Little  
Surveying Creative Writing Graduates about Future in Writing Centric Careers and Jobs in the United States

**Sirey Teng**

*Health Science, Community Health Education*  
Claire Garrido-Ortega  
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**Itzel Torres**

*Speech Language Pathology*  
Dr. Salim Alani  
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**Jonathan Tran**

*Biochemistry*  
Dr. Shahab Derakhshan  
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**Kenneth Tran**

*Nutrition and Dietetics*  
Dr. Virginia Gray  
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*Business Administration, Human Resource Management*  
Dr. Emily H. Rosado-Solomon  
An Intersectional Perspective on the Impact of Family Configuration and Social Attributes on the Work-Family Interface

**Erwin Vindel**

*Aerospace Engineering*  
Dr. Daniel Whisler  
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*Psychology*  
Lora Wilson  
Art therapy for college students during COVID-19 pandemic

**Vanndearlyn Vong\***

*Political Science*  
Dr. Gary Hytrek  
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**Bennet Weiss**

*Mechanical Engineering*  
Dr. Navdeep Dhillon  
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**Kelly Wong**

*Biology*  
Dr. Lisa Klig  
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**Andrew Wood**

*English*  
W-Reed Moran  
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**Katelyn Worman**

*Business Administration, Marketing*  
Jacquelyn Morell  
Why do retail stores sell plus size clothes, but they do not market to the plus size community?

**Lauren Wright**

*Kinesiology, Exercise Science*  
Dr. Joshua Cotter  
The Role of Early Life Stress on Chronic Low Back Pain

**Kyle Yang**

*Mechanical Engineering*  
Dr. Emel Demircan  
Joint and Muscle Analysis of a Standard Stand and Gait Cycle using Simulation Software

**Kaylee Yap\***

*Nursing*  
Dr. Marysol Cacciata  
Nursing Students’ Knowledge and Attitudes about COVID-19 Vaccine



# Creative Contributions



**Katerina Coronado**, oil painting  
This painting is a self-portrait and is meant to speak about my public and private persona.

**transcience**

i stand knee deep in  
the footprints of giants  
and taste the dust  
of life that lingers  
and voices that whisper;  
from the mountain, from the sea  
from century old ashes of  
books and revolution -

i am all but a feather's touch  
that settles against cold skin  
a remnant of a life unlingering.  
if you have mourned me,  
do not worry;  
this sadness is fleeting.

time is some undrinkable water,  
sinking unnoticed into sand  
and evaporating into your breath -  
however you search  
there is not yet a glimpse of this oasis  
you hold so close to your heart.  
would it have been easier  
to drink your mortality  
than to chase its remnants,  
coveting the seconds and  
hoarding the ghosts  
that peek at us through  
thin veils and wave  
in invitation?

if you covet your survival  
sprinkle your worth on sand  
and hope something grows  
from what you've given,  
what little you think  
there is left to give.

**quarantine**

do i dare  
to open a window  
and let in doubts in an  
otherwise  
thoughtless day.

the news came in so  
my bed is my center  
for work and school and play.  
i sleep in it and eat in it  
and sometimes think  
of places far, far  
from this room.

do i dare  
to open the door  
before i die in this bed  
that i sleep in and eat in  
and live in  
and dream in.  
still i mean,

sickness and illness and  
a state imposed curfew  
could not hold me down  
unless i meant it to -  
i have hours and days  
of unfulfilled wishes,  
prayers of  
fantastical kisses,  
dreams i trade in for the next,  
packaged away before  
they can spark  
a hope.

**Georgie Suico**  
Poems written during quarantine.





**Saren Martinez**

“I’ve always loved the whimsical nature of cabins and the forest but I don’t have much experience with painting so I just ordered supplies from Amazon, followed a Bob Ross tutorial, and was able to paint this :)”



**Brushstrokes of Nostalgia by Kristi Maeda**

“Home is the comfort of holding a paintbrush in my hand and creating something that I can call a masterpiece. It’s nothing but hours of brushstrokes with nothing on my mind. Home is painting for my grandpa. It’s the warm feeling the warmth of the sun and the effortless way that the saltwater combs waves in my hair, like my grandma did when I was younger. Home is more than just paint on canvas.”



**Justin Castillo**

“Readers can find more of my work at @justincastillophoto (Instagram) or at justincastillo.com.

Brief description of my work and motivations:

“In 2020, one of the best realizations I’ve had is that it is OKAY to be multi-passionate! Don’t categorize yourself into one box because you are SO much more than one thing. I recently started my own photography ‘side hustle’ during quarantine to keep me sane throughout this entire semester and I have learned so much about myself. Stepping into photography and trying out new things has allowed me to play around with other creative outlets and WOW, it’s been so life-giving.”





### Aleksandra Brajanovska

Both bottom photos taken in the city of Bitola, Macedonia.

“The sunset photo is taken above the water fountain sculpted to look like our old flag. The second photo is taken on Širok Sokak, the cities Main Street. This pedestrian way has been around since the Ottoman Empire.”



### Paeonia by Krista Dajay

“I was in a huge creative rut for a couple years when I finally decided to take painting seriously again. After a long time of only doing art for commissions, schoolwork, or studies, I finally created something for myself <3 ”





### **Hope by Alexa Saavedra**

"I call this photograph "Hope". My father passed away in April 4, 2021 due to COVID-19. While he was in the hospital I decided to send him pictures of the sky, this image was his favorite because it gave him hope for a new day. I wish that you marvel this image and capture the same feeling as my father and I. Please make sure you continue wearing a mask and schedule appointments to get your Covid-19 vaccines in order to keep yourself and others safe.

### **Lily of the Valley.**

you first think of their heartstrings, brittle as a plant that had gone weeks  
without water  
seeing them fall to the floor as a wet towel crumples, formless, to the ground  
throat becoming wet and raw as you scream.  
murmurs and voices growing but all you can hear  
all you can see, in front of you, in you,  
is them on the cold tile, soon to be on the cold slab of the mortician's work  
table  
cold, when they were-  
Are, the soft warmth of a distant star.  
chest ceasing to heave, stale breath steadying in unmoving lungs  
the end of a carousel ride, sudden silence where there had once been the  
singsong notes of their laughter  
eyes empty and no longer focused desperately on your own  
a coral reef rendered bleached and desolate amongst pools that had once  
held gemstones  
and the heartstrings snapped as cleanly as tinder  
soundless.

only your keening cry rang out, the sound a star makes seeing their sibling  
swallowed by the maw of a black hole  
leaving you, alone, amongst the black  
in the quiet.  
in the cold.

### **Lily of the Valley by Emily Fitzpatrick**

"Near the end of last November, I was spending a lot of time joining a close friend for their runs and workouts. They had been dealing with some health issues over the last few months and oftentimes I would be wondering what would happen if their body failed while I was with them. This poem was written from that feeling and it does deal with death, so if that will make you uncomfortable you are welcome to skip over it."





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