# Cypress College Students Attend 4th Annual Stanford Honors Research Symposium

By: Gabriel Rubio

Cypress College students attended the 4th Annual Stanford Honors Research Symposium for the very first time. The conference was held on May 7th 2011 at Stanford University. Along with Professor Kathryn Sonne, who heads the Honors program at Cypress, three Honors students were chosen to present their research at the conference. “California Fresh Water Issues” was presented by Ryan Billings and Karina Hernandez and “Obesity: The Modern Plague” was presented by Karina Hernandez and Gabriel Rubio. Students were given 15 minutes to present their research at the conference. The conference offered a great experience and opportunity for students to do research and present it in a professional matter. The trip was funded by Cypress College.

### “Donate a Day” of Service

By Tiffany Saw, and Angela Ichikawa and Melissa Van Aalsburg

Cypress College held its first “Donate a Day of Service” on Wednesday, April 27, 2011, sponsored by Associated Students and The Honors and Service Learning Program. The purpose of this event was to bring awareness to the number of Service Learning opportunities that students can take part in, both on and off campus. Tables were set up between the school ponds and everyone from students to faculty was invited to come and demonstrate their dedication to service learning. The different booths at the event included the following: Service Mural, where students were asked to sign a mural, simply to celebrate student involvement in service; Campus Beautification Project, which asked volunteers to plant a flower in the designated areas; Letter Writing to Military Service Members, where volunteers wrote letters of encouragement to be sent to soldiers overseas; Soles for Souls, which asked for donations of gently worn or new shoes to be sent to those in need in Japan; Hope for Japan Bracelets, where students could purchase bracelets and have their donations sent straight to the disaster relief in Japan; Tiger Woods Learning Center, in which representatives from the institution informed students of ways to volunteer, and Disabled Students Services where students learned how to volunteer on campus. In addition, participants a free lunch. The event was very successful; over $500 was raised for Japan, over 100 letters were written and many shoes were donated.
A Glimpse of Your 2010-2011 Honors Club President: 
April Witham
By Danial Shakeri

Q: Why did you come to Cypress, CA and what are your educational goals?
Witham: I originally moved to Cypress from Texas for financial reasons. In Texas my college was only partially paid for from my father’s Veterans Grant, however in California the policy is different and it completely pays for college. However, I must say that I am really happy that we moved because I love California and especially all of the people I have met here at Cypress. I am a biology major. As I move on from Cypress I plan on going to UCLA and getting into medical school with the dream of one day becoming an Oncologist.

Q: Why did you choose to become Honors Club President?
Witham: While participating in the Honors Club for the past two years, I knew becoming President was something I was interested in, however, I knew that it was a big responsibility that would require a lot of time that I didn’t have to offer. However, last year when Fiorella Torrico approached me about becoming President, I knew that it was time I took that step.

Q: What are some of the challenges that you have faced as president and how did you overcome them?
Witham: Some of my biggest challenges as President were trying to balance the club with my work, school and family, trying to make sure that there is clear communication between the club and all of our members, and trying to make up for our lack of funds due to the decrease of the club grants available this year. In order to overcome this I have tried to make myself as available as possible to all of our members. I make sure to promptly respond to all emails and texts, and try to let everyone know that I am here for them if they need help in anything, even if it is not club related. To communicate things clearly with my members, I try to make our meetings as simple as possible in order to guarantee that no one will miss out on any activities.

Q: What motivates you to do your job well?
Witham: I think the ability to help others is what motivates me the most. I think by doing my job well I am able to help students reach their goals, which is something I take seriously, because I do not want my actions to affect them in a negative way. I guess in a way I see myself as a role model to my members and I aspire to be the best role model I can be. I also see it as a personal goal where I want to prove to myself that I am a leader and I am able to achieve anything that I put my mind to.

Q: What advice do you have for any new students?
Witham: I think my one piece of advice would have to be: get involved. By getting involved students will be able to have a more fulfilled college experience, become friends with a lot of intelligent motivated individuals, and just have more fun.

Honors Club Supports The Theater and Dance Departments

The Honors Club attended the show The Full Monty to support our Theater and Dance Department at Cypress College, allow an opportunity for fellow members and club advisors to gather and mingle amongst one another, and simply just to have a great laugh. Despite the harsh rain and extremely windy conditions, we had a great turnout and found ourselves thoroughly enjoying the show! The Full Monty is a show about unemployed steel workers in Buffalo, NY who come up with a bold way to make some quick cash. In the process they find renewed self-esteem, the importance of friendship and the courage to face their demons and overcome them.
Visit To The Richard Nixon Presidential Library and Museum

By Peter Lee

On Thursday, December 2nd, the Honors Political Science class (POSC 100H) took an exciting field trip to the Richard Nixon Presidential Library and Museum. There were about 20 students present including Professor Gloria Badal who organized the event.

The Library is the presidential library and birthplace of Richard M. Nixon, the 37th President of the United States. It is a nine acre campus located in Yorba Linda. It was originally dedicated in 1990 until becoming a federal facility in 2007. Behind the museum lies Nixon’s birthplace which was constructed by Nixon’s father. The graves of President Richard Nixon and First Lady Pat Nixon are located a few feet from the birthplace.

According to Professor Badal, the purpose of the field trip was “to learn more about the history of Richard Nixon and how his presidency has impacted the history of America.” The students were certainly excited to learn about the history of President Nixon and his fascinating life. When asked how he felt about the field trip, student Kasem Khan said, “It was an enriching and insightful experience into the life of one of our most controversial president in U.S. history.”

While some were more interested in the history of Richard M. Nixon, other were more appreciative of the monuments and artifacts at the Museum. A popular display was the President’s helicopter known as the VH-3A “Sea King.” However, if there was to say there was a common interest amongst the students, it would certainly be President Nixon’s legacy portrayed at the Richard Nixon Presidential Library and Museum. Field trips are a definite benefit to Honors courses.

So Why Should I Take Honors Cultural Anthropology?

By Justin Jung Hyun Kim

Anthropology, let alone Cultural Anthropology, is not even in the outskirts of relevancy of my major (which is Electrical Engineering by the way). Though I started this class with disinterest, I am now realizing that it very well may be the most important class I have taken so far. It is beyond the relevancy of my major: it is relevant to life! Being the travel freak that I am, this class has taught me the necessary tools to be successful anywhere I go, whether it be to Europe or the remotest parts of Africa. Sure, it may not teach you the languages of other countries, but it will teach you something much deeper: the culture. Heck, you might be so good in Mandarin Chinese that you are able to dream in that language, but if you are not aware of the ideological differences between their cultures and ours, you’ll always be that American tourist in their eyes. So why should you take Honors Cultural Anthropology? It will put you in the forefront of business in today’s globalizing world, it will help you understand other people’s culture when you travel (and make you less ethnocentric, which is the reason why we Americans so often get dirty looks outside of our land), and it will even make you understand more about your own culture. Here are a few Q and A’s with the Honors Cultural Anthropology Professor, Craig Goralski:

Q: Should a non-Anthropological major take a class in Cultural Anthropology?

Professor Goralski: Of course they should take the class! On of the things that we learn here is cultural competency, which will allow you to interact efficiently with people from different backgrounds and different ethnicities. If you want to do well in international business or travel abroad, take this class. A holistic understand of culture will help everyone.

Q: What differences should a student expect from this class compared to the regular, non-honors course?

Professor Goralski: In a regular class, the majority of the things that you learn will be in the lines of ‘define this, define that’. In this class, however, I expect the students to understand the bigger picture: I expect the Honors students to be able to synthesize different information to get the broader perspective.
College life is supposed to be a time for students to become independent, while experiencing new things and having fun. For those of us that attend a community college, however, our lives haven’t changed much from our days in high school. Parents are still on us about doing homework and studying, same old same old. We’re all here at community college for our own personal reasons and with everyone so focused on their own problems it’s hard to make friends. College life for most students at Cypress just becomes a routine: wake up, go to class, go home, do homework, sleep, and repeat. Finding a group of people to call friends becomes a more difficult task than it was in high school. As a result, you can probably tell that our first year at Cypress College was nothing like the college life our friends were talking about at the universities they were attending.

Raised in an Asian family with the mentality that anything short of going to a 4 year university was failure, attending Cypress College was a huge disappointment for both of us. Life seemed so boring when all our high school friends are in college in different parts of the United States. We hated our situation, and we hated school. We became easily agitated when students around us struggled in class while we coasted through the semester. School became a game for us as we tried to do the least amount of work and still get an “A”. We felt unchallenged and unmotivated making us both two very unpleasant individuals!

As our second year at Cypress College came around, it was time to think about applications to universities. In order to boost our application, we joined the Cypress College Honors Program. We stacked our schedule full of Honors courses in order to meet the credits requirement for the Honors Program. Of course we ended up taking Professor Sonne’s INDS 120H class. To be totally honest, we both expected the class to be useless.

However, what we thought was just another class to boost our GPA became one of the most interesting classes we’ve ever taken. The course work was interesting, but what we enjoyed the most was the class setting. Unlike any other class at Cypress, Professor Sonne’s class seemed to be student centered and more relaxed. Students spoke freely in her class and we joked, laughed, and worked together. It was one of the few classes we didn’t dread attending every week.

There we met students who had a goal: to transfer and successfully assimilate into their school of choice. The people there had a sense of urgency and recognized the importance of studying. We met very smart well-versed students. It completely changed our views of a community college. What we thought was going to be the worst semester of our college experience, turned out to be pretty cool. For us, the Honors Program has been a breath of fresh air. We’ve met and befriended a group of people who are just as, if not more, motivated than we are, and through these relationships our time at Cypress College has been bearable . . . . Maybe even a bit enjoyable!
On October 29, the University of California Irvine held a major transfer event, the “UCI Transfer Track.” The purpose of the event was to provide prospective transfer students with the correct information and requirements for transferring to UCI, in addition to answering any questions they had regarding the university. UCI also provided an optional campus tour in the program, for those who wanted to scope out the campus before making any commitments beforehand.

After a quick registration check at the lobby of Emerald Bay, UCI setup a “University Fair” area in a small lounge. Representatives from Financial Aid, Housing, Graduate Studies, Career Center, Research Opportunities Program, and many others were available in booths to hand out pamphlets packed with information, as well as answer any questions that students had for them. Further away, UCI had placed a massive table filled with assorted snacks and drinks. Subsequently the academic sessions began, which allowed counselors and professors from specialized departments (such as School of Engineering, Humanities, etc.) to give a lengthy talk and answer questions on transferring to their each of their departments. The talks provided critical information to transferring, and provided tips on becoming the best possible transfer applicant in each area respectively.

The Transfer Track Day also provided prospective students with several university tours around the campus to various buildings, such as, the Clair Trevor school of the Arts and The Henry Samueli School of Engineering. Each tour provided a genuine taste of campus life, while focusing on a given field of study. The campus lifestyle is made to offer the student the most comfortable and easy transition to UC Irvine.

While most classes simply involve showing up at the school and sitting through either a painful or pleasant few hours, the students of Professor Sonne’s English 100 Honors class are not in the typical class. Instead of showing up at the college on October 26, 2010 the students were asked to show up at the Orange County Food Bank. The class is a thematic study of food issues in various paradigms. Once everyone had arrived and congregated at the entrance, they were guided to an assembly line where they would be working for what they thought to be the next two hours, but ended up being however long it took to fill 1000 boxes of food. Each person had a different job. Some people had the easy job of setting up the cardboard boxes at the start of the line. In the middle, others loaded jugs of juice into the boxes, other loaded packs of rice, peanut butter, and other such foods. At the end of the line, a few unfortunate guys were stuck moving the fully loaded boxes from the conveyer belt to wooden pallets. At the end of 1000 boxes, everyone was tired, but fulfilled!
As it was a firsthand look at what means to reach above and beyond the ordinary community college student, as well as an opportunity to feel the energetic atmosphere located within UCs, the Eleventh Annual Honors Student Research Conference was an outstanding educational experience. The conference began with a welcoming introduction from the staff members that helped bring the hundreds of students together from community colleges all over California, with each explaining the background of the seminar and how it succeeds as a learning experience for all. After the encouraging oration, students and counselors alike divided off into the classrooms of the building to observe the different research presentations of various community college students, which varied from insightful lectures on the meaning of homosexuality and religion, to reports on international topics such as poverty and the harmful effects of tourism, and also productions on pop icons like Lady Gaga, explaining their psychological influence on the population. Aside from the hours of thought-provoking presentations themselves, attendees were provided inspiration with the atmosphere hosted by UCI, as the numerous students were able to explore the vigorous campus lifestyle that awaits them upon completing the honors program and transferring to a four year university. Whether one presented or simply attended to observe fellow students share their discoveries and theories, the conference ended with a contagious spirited feeling spread through all attendees, encouraging them to finish the school year strong and strive for their academic dreams.

Four Cypress College Honors students were chosen to share their research at the conference. Ryan Billings addressed water issues in California, Ruth Obidah had a philosophy presentation, Daniel Won spoke about the “Politics of Kimshes” and Danial Shakeri presented the academic benefits of yoga and meditation. Overall, it was an inspiring honors student event that will usher new waves of researchers and highly successful scholars.
My Toes are Free, My Soul is Free

By Deborah Jieun Song

Tick Tock Says the Clock hanging upside down,
Another day that I do not own.
I must be submissive to school to live on
I get ready to go, but my shoes are gone.
The only shoes that keep me going.
The only pair that keeps life flowing.
What shall I do?
Search Search search,
The clock speaks tick-tock.
Under the Gloomy sofa,
Behind the opaque curtains,
Inside the valueless cabinets,
Nowhere to be seen.
Lastly my closet checked I did
And instead I found a key.
The key to the door In the front I had
So I walked up to the one with a rusted latch.
Sacred as It was it was the only thing of color,
Always had been locked but pretty like a flower,
Had been inaccessible, until this key I found,
And now I can explore, A world that could be renown
Different doors did open,
I felt great chemistry,
I found I could be social.
I found I could do math.
I found that my voice could be heard
Without me recording and playing back.
Grey was the world in which I was in
But now I am slowly showing a grin.
I felt my heart pounding, and my shadows drowning,
And now my skin has turned peach and my lips a crimson red,
And now I can tell a story with my ten toes widely spread.

The Heart of Life

Expectations, uncertainty, limitations and defeat,
The list goes on and seems so hard to beat.
We struggle because we want to succeed,
but sometimes falter and get lost in the greed.
We want to be somebody, we want to stand out,
but we drown in the thoughts of fear and doubt.
Failure, disappointment, regret and dismay,
these are the feelings that can get in our way.
But let us hold our breath just a little longer,
for this is the test that will make us stronger.
We can be the ones to someday change the world,
and bloom into that extraordinary boy or girl.
So let us not fear to contaminate the soul,
but know that it is love that will lead us to the goal.
Director Kathryn Sonne with three Honors Club Presidents, Raciél Zuniga, Jose Gonzalez, and Fiorella Torrico.