



With Honors

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Cypress Honors Students Help to Build a House?!

By Sharry Lu



Honors students dig holes for fence posts

While most students were enjoying their slumber at 7:00 AM on a cold Friday morning, 14 Honors students in Professor Kathryn Sonne’s Honors Theme Seminar class were already awake and driving toward a construction site in Fullerton.

During the past two months, the class has been researching volunteer opportunities for the entire class. The class finally voted that working with Habitat for Humanity to construct a house would be the most rewarding experience.

As soon as Professor Sonne and the students arrived at the work site, they were given a short introduction to the houses in the community that were built by Habitat for Humanity and the organization as a whole. The organization’s purpose is to “eliminate poverty housing and homelessness” by providing affordable and safe shelters for people in need. Habitat was created in 1976 and since then, more than 300,000 houses have been built providing housing for more than 1.5 million people.

The friendly Habitat staff gave detailed instructions and the students learned quickly. While Professor Sonne and some students were assigned to paint posts and rails to prepare for a fence around the house, the other half of the class was assigned to drill four feet deep holes into the ground for the foundation of the fences. Other students were painting the interior of the house.

According to Craig Wallace, the team leader of the Fullerton work site, Habitat has had “a lot of groups that came and showed up” but Cypress Honors students “came and worked.” During the eight hour work day, the students painted over 170 posts, 24 rails, and “got one house almost completely fenced”. Wallace thought that the students worked really hard. “It was not easy work,” he says, “and the students did a fantastic job.”

First year Honors student Michelle Yoo thought that painting 170 posts and 24 rails “was hot and tiring,” but “very rewarding” at the same time. When asked about his experience, Eddie Javier, a second year honors student smiled and said: “It is definitely better to give than to receive!”



Honors students volunteer for Habitat for Humanity

Interview with Dan Kovell, History Major at UC Irvine

By Erik Lunde



Dan Kovell

Q: What's the difference between Cypress College and UCI?

Kovell: The transition is kind of like going from a big fish in a small tank to a small fish in a big tank. Class size varies much more, some with only a handful of students and some with hundreds. Also, UCI uses the quarter system, where each quarter is 10 weeks. It's so different, especially coming from a school that employs the semester system. But it is not too hard to get used to (especially when all units are multiplied by 1.5). Time flies here.

Q: Is it easy to become involved in clubs?

Kovell: Very. The clubs are on their own, with no faculty advisors. It isn't like Cypress College, where there has to be a faculty advisor there for major meetings and events. It is easy to get involved, especially since members and leaders of clubs on campus are welcoming and intelligent. There are around 500 clubs, so there is a club for everyone.

Q: Is financial aid accessible?

Kovell: Yes. There are thousands of scholarships, and many are not taken advantage of. The prices are going through the roof, so these scholarships are crucial. There are services to help with financial aid, and there is a financial aid website specialized for students attending UCI.

Q: How would you describe the transfer process?

Kovell: The transfer process is fast. I completed the Honors Program at Cypress with greater than 3.5 GPA, so I was eligible for the Honors Program admission guarantee and resulting priority enrollment. Also I qualified for the Regency scholarship, which applies once the Cypress Honors Program is completed with a 3.5 GPA. I applied in November, and was soon accepted in February.

Q: How did you decide between colleges?

Kovell: Price is a big issue; housing for students at UCI costs half as much as it does at UCLA. Important factors included location and proximity to home and attractions, yet it is sort of secluded from the big city atmosphere. As an Honors student transferring to UCI, I was guaranteed 2 years of housing, priority enrollment, and extended checkout periods for the library.

Q: What perks come with being a transfer student?

Kovell: Since we are here for only 2 years, we have less time to acclimate to the campus. There are support services for transfer students, lounges for them, and a few events for the transfer students. The best part is that the population on campus helps to encourage and assimilate transfer students into the college lifestyle.



Jose Gonzalez

Honors Student Presents at UCI Research Conference

Jose Gonzalez, past Honors Club President and current President of Associated Students, presented a paper titled *Outlining Western Philosophy: A Bertrand Russell Review* at the annual Honors Transfer Council of California Research Conference held at the University of California, Irvine in March. The conference is a great opportunity for Honors students to experience an academic environment while preparing to transfer. Honors students from all over California submit proposals, make presentations and attend the conference.

When Hunger Hits Home Cypress College Honors Students Take Initiative

By Jess Gonzales and Emem Akpan



In our community, food joints are located on every corner, and in some cases all four corners at an intersection, e.g., Valley View and Knott; therefore, we often don't take the time to wrap our minds around the possibility of hunger in Orange County. A county that has three or four television shows depicting the rich and carefree constituents of the "real OC" in fact comprises 32,000 people that are homeless and 500,000 that are at risk of hunger. As an opportunity to engage Cypress College students in matters such as hunger in our own backyard, a representative of the Orange County Food Bank, Mark Lowry, paid a visit to the Honors courses on campus to discuss hunger facing Orange County.

"The single biggest challenge at the Food Bank," Lowry stated, "is awareness." There are 450-500 programs that provide food to low-income earners that rely on the food bank to help administer food. Focusing on providing for the homeless, disabled, seniors on fixed incomes, the unemployed and the working poor, the OCFB served 146,168 persons in the month of October 2009, from the 1,701,922 pounds of donated food. The food bank is completely non-profit and relies on donations and volunteers to in order to provide for the needs of the community. This is where we, as volunteers, come in.

Mark Lowry of the Orange County Food Bank

Reaching the premises of the Orange County Food Bank the students of Cypress were met with cartons upon cartons of boxed up food, veggies and fruits. Pumped and willing, the Cypress College students undertook the packaging of food for The Emergency Food Assistance Program (EFAP), which specifically benefits seniors on fixed incomes. Using an assembly line method, foods like cereal, rice, beans, applesauce, canned milk, and other types of canned foods were placed into boxes. Over 620 boxes were packed and loaded for distribution by the thirty plus students. "I feel really blessed to help others who are in need of help". Those were the words of Luis Otero, who along with the other volunteers, help to package the nutritional meals for the elderly.

Big Sunday

Big Sunday is a volunteer weekend devoted to the memory and contributions of Cesar Chavez. It began in Los Angeles in 1999 as a one day event. It now covers two days with more than 50, 000 volunteers working on more than 500 projects from Santa Barbara to San Diego.

Cypress College Honors Program students participated for the second year. This year they participated in two activities. The first one was at the Orange County Animal Shelter where the students built cabinets, landscaped and painted the facilities.



Honors students at the Second Harvest Food Bank

In the afternoon, other Honors students went to the Second Harvest Food Bank in Irvine where they packed boxes with food that will last a family of four for a week.

Honors students help with landscaping at the OC Animal Shelter

Honor Students Support Campus Activities

By April Witham

Cypress College held its spring blood drive on Wednesday February 17, 2010 from 10 a.m. to 4:30 p.m. and Thursday, February 18, 2010 from 10 a.m. to 4 p.m. at the Student Activities' Conference Room.

The blood Drive was held to help get blood donations for those in need at MemorialCare Hospital locations. Students and faculty were encouraged and more than welcome to schedule an appointment to donate blood and/or register to become a bone marrow donor. All eligible donors received a free t-shirt or a coupon for a free pint of Baskin Robbins Ice Cream.



Those among the would-be-donors filing in through the front doors of the Student Activities' Center were, in fact, Honors students helping to make a difference in hopes of saving a life. Luis Torrico, a current honors student at Cypress College and waiting to be a "sixth time" blood donor, said he was donating blood today because he has "always wanted to help people. I understand that I don't have the resources like money to help out, so I do what I can." For Torrico's blood contribution, he received a pint of Baskin Robbins Ice Cream.

Fiorella Torrico, the Honors Club President, visits the Student Activities' Center to donate blood

If you or someone you know is interested in becoming a blood or bone marrow donor, please check out these websites.:

For more information on blood donations, check out [MemorialCare Hospital's blood donation website](#).

For more information on bone marrow donations, check out <http://www.marlow.org>.

Worldfest 2010



Honors students and Honors Program Director enjoy Worldfest in their best togos

Festival of Books Attracts Big Crowds to UCLA

By Hira Ahmed

People from across the country came out to attend the annual Los Angeles Times Festival of Books, held Saturday and Sunday on the University of California Los Angeles campus. The goal of this event is to bring together the creative people who make books and people who enjoy reading them. More than 130,000 book lovers attend the festival each year. The festival committee planned almost 100 panel discussions and readings, featuring nearly 450 authors. The campus was filled with nearly 300 exhibitor booths representing booksellers, publishers, literacy, and cultural organizations.

Honors English 104 students attended the event as part of their course requirements. They are studying Los Angeles authors this semester and had the unique opportunity to hear from local authors such as James Ellroy—whose texts are in their curriculum.

Felisha Corona and Luis Torrico also volunteered at the event in the information booth. Not only is the Festival of Books a great opportunity to get books lovers to unite with their favorite authors, but it is also a nice way to go out and help the community.



Festival of Books at UCLA

Soles 4 Souls

By Arthur Mogilevsky



part nobody can relate to a similar experience ever occurring to them. We have never had to go without anything for the most part because in America we are accustomed to a higher quality of living than the rest of the world.

In this time of great hardship for all those affected by the natural disasters, Cypress College Honors students chose to assist in the relief efforts by collecting as many

Due to all of the natural disasters occurring around the world today, many people are left without the bare necessities they need to survive. Some have lost their lives, while others have lost everything they have worked for their entire lives. The severity of the situations in Chile and Haiti in particular are hard to grasp because for the most

shoes as they could to send to the people affected by the catastrophe. Collection boxes were set up in all main buildings on campus. Posters and email helped to get the word out to students and faculty. There was an overwhelmingly generous response from the campus community.

Cypress College student Luis Torrico, who is a member of both Honors Club and Associated Students, said “This program is great, because it helps bring the school together for a great cause and to help people that need the shoes to get them.” Real people need our help and by participating in this program we are doing our part in helping the world around us and “Changing the world, one pair at a time!”



Honors Student Creative Corner

Stay and We Will Exhale

By Allen Chen

Exhale so slowly
Exhale without a sound
And watch your carbonated breath
Mix with our dying atmosphere
And we'll repeat this cycle
But this time, I will breath out first

Stay quiet, stay near
And we will get through the night

Stealing into the cold night
We will run through the black alleys
And on our backs we will try to count all the stars
You will gently smile
And I will carefully cry
We will be doing fine

Stay quiet, stay near
And we will get home safely

Jumping roof tops with so much skill
We will try our best not to disturb the silence
And the soles of our shoes will be covered with dirt
You will be so agile
And I will bend at your will
We will stay smooth and resilient

Stay quiet, stay near
And we will end our brief meeting

It's getting so late
And rain is starting to fall
Because the heavens are crying
It's getting so late
And I have to go
And we have to separate

Stay quiet, stay near
It's getting too late.....

Ode to Algebra

By Fahima Akbar

*Oh, you cruel math
Why can't we understand
The language of your heart
That keeps us up tight
In the middle of all nights
Scratching our heads
And screaming in spite
The frustrations in our life
That never leave us in the right
Give us a break
Oh, you cruel math
And make yourself easy
And reveal the secrets
Of your puzzling ways...*



Ostraca

By Ruth Obidah

No machine can achieve vibrancy like humans can
Yet we admire them, like we wish to be as dull as they are
Yes, sometimes we fall in the trap
Having set up a mechanism for ourselves
Poetry becomes mechanical and dark
Thus brought to naught
But humans as we are
Though dread our situation
Yet do not dread us to ruins
When you are human
Be human till not
Never become a machine
What about perfection?
It is but perfect humanly
Perfect humanly is pain, pleasure, and the mean
All equally necessary to create vibrancy
Although a machine I have assumed for a long time...
What perfect pain, the broken heart, to restore my vibrancy.

Honors Student Creative Corner

Lemonade

By Angelyn Cubacub

Open the yogurt lid of lemonade
To fill with yellow was my duty

The smell of yogurt lemonade
Wafts around as I stand on the stool
Like clouds collecting above head
Revolving around from nose to toes
Stirring me back into childhood

Only fifty cents
Will get you an ice cold cup
Auntie come buy
We've been stirring, stirring, stirring
The powder grains keep on whirling

Grandma attracts our customers
Auntie, uncle, cousin, come to visit
Cups of powder thrown into pitcher
Mix, mix, mix
We don't have lemons

Buy from my little table
Plastic blue and yellow
Like the sky and the sun
The ice and the lemonade
Hot summer, school-less day

Try to earn some money
Beep! Beep! Beep!
Cousin's gotta go
Beep! Beep! Beep!
Yogurt's low



A Road to Success

By Desiree Gahr

A sense of inadequacy and fear,
Of challenging assignments and courses,
A required ambition to persevere,
To surpass the opposing forces.

Through the influence of one's ambition,
One will take the necessary action,
Inspiration to achieve high recognition,
And graduate with esteemed satisfaction.

Countless academic opportunities,
Which ensure achievement and success,
Transferring to a new school and community,
Through one's strong work ethics and progress.

The honors program deems highly essential,
In influencing one's dreams and potential.



Discover

By Robinson Saradeth

Rising up to the sun
I pushed away the clouds
That obscured my view
Finding purpose, old and new
I've been searching for paradise
I embraced the journey to explore
The path chosen, cannot have regrets
I climb the highest, flew far and wide
Obligated to find, motivated to discover
Though time may often freeze for me to breath
At the end of each road I am glad
The smiles I built, I've earned for life
At the end of the journey, I am in paradise

2009-2010 Honors Officers

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Director Kathryn Sonne with three Honors Club Presidents, Raciell Zuniga, Jose Gonzalez, and Fiorella Torrico.



Cypress College Honors Office

is located on the 2nd Floor of the Student Center

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