



HONORABLE MENTION

Volume IV, Issue I

Fall 2007

Mesa Honors Club Breaks Campus Record in Blood Drive

By Sara Halelooya, Mesa College
Honors Student



Members of the Mesa Honors Club teamed up with the San Diego Blood Bank to raise 37 units of blood. This is the most ever donated at the campus.

Donating blood is about more than blood. It is about the safety of the donor and the collecting party. The main concern was not only to collect as much blood as possible, but also to ensure that the donor was healthy and safe.

The Mesa Honors Club would like to thank everyone who donated the gift of life.

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UCLA Tap Day was a Learning Experience

By Renee Shaaf, Mesa College Honors Student

UCLA TAP day proved to be quite an adventure! For those who have never set foot on the campus, it is as magnificent and intimidating as one may find the idea of transferring there to be. First was the continental breakfast, followed by an opening ceremony. It was encouraging to hear from a former community college student who had successfully completed the UCLA transfer.



Back row from left: Alison Primoza, Masih Ebrahimi, Dianna Tilley, Amin Ebrahimi, Rachel Visconte, Omar Cooper, Edwin Heil.

Front row from left: Candy Waltz, Devlon McGlohn, Winnie Wu, Jaclin Castello, Bonnie Le, Jaime Perez, Marilyn Harvey.

We were then allowed free reign of the campus. It was our choice to attend workshops on various aspects of the transfer process and what university education could bring, to taking a campus tour, seeing housing and dorms, trying the dining, etc. Most of us attended workshops, having three time slots for these and many to choose from. I personally attended a workshop about research at UCLA and another on the many internship opportunities to be found there. Needless to say (and with risk of sounding cliché), I learned so much!! Learning about all of these opportunities was a powerful incentive and a motivating factor to get to that university level, especially to a college like UCLA.

As a group we chose to tour housing, take the campus tour and try the dining. The campus is lovely and there are a wide range of living options depending on how much you are willing to pay, versus how much you are willing to put up with. Campus housing is *guaranteed* for the first year for transfer students, as many don't know the Los Angeles area or can't afford the cost of living there. UCLA also offers a variety of options for meal plans to meet your financial needs and schedule flexibility. There are many clubs on campus, as well as an active Greek life – so many ways to get involved in your two years.

I highly recommend honors students go to the next conference. You can start making decisions now regarding your future. It was a great experience!

The Symphony was a Great Experience and Fun Too!

By Sami Haddad, Miramar College Honors Student



On October 5th, I attended my first ever symphony performance. It was also the first time I went to downtown San Diego.

When I arrived at the symphony, I did not know what to expect. This explains why I entered in jeans and a pink shirt. I was not surprised by what I saw, as I have learned a great deal from the music class I am currently taking.

I entered the building and as I took my seat, I noticed how empty it was around me. I recognized no one and was unsure if I was in the right section. Soon after, some other Miramar Honors students sat down near me and I felt at ease.

The layout of the stage was magnificent. I liked the use of the hardwood on the stage and felt that it gave the stage a very nice effect. The chandeliers were gorgeous and the walls were beautiful as well. I have been to a Broadway show and the scenery was not as nice as this.

I found the entire experience to be quite welcoming. The ushers were very helpful and they had a lot of respect for the performance. I noticed that

the ushers did not admit people until the music stopped. I asked the staff multiple questions and they had answers for most of them. I probably would have felt more comfortable if I had arrived with someone I knew.

The experience of being at the symphony was unlike any other I have ever had. As a sports fan, I am sure you know the difference between being at the game and watching it on television. That is the same difference between hearing the music on the stereo and being at the performance. At the performance, you can sense the atmosphere in the building. You can tell the people and the musicians are excited and you can see the effort that many of the musicians put into playing each musical piece.

I thought the performance was excellent. I had a lot of fun and it was a great experience. Thankfully though, it was not once in a lifetime. I plan on going back as soon as more honors tickets become available to me.

Former City College Honors Student Works as Health Educator



Former City College Honors student Keith Anastasi (right) with his City College Honors mentor Dr. Candy Waltz (left).

Former City College Honors student and UCSD graduate Keith Anastasi is now a Health Educator for the L.I.F.E. Program in San Francisco. The L.I.F.E. program is a health education and health counseling program that integrates HIV/Hepatitis C prevention, treatment and medication adherence interventions into a single program. The program is designed to be health enhancing for people living with HIV/AIDS, Hepatitis C and Breast Cancer through the triple mechanism of simultaneous risk-reduction, immune enhancement, social support and improvement of adherence to health routines.

L.I.F.E was developed by Keith's boss Dr. Jeff Leiphart and is based on groundbreaking post-doc work he did in the field of psychoneuroimmunology with Dr. George Solomon at UCLA in the early 80s. The core philosophy is based on the mind-body connection - in other words - the link between psychological/brain/cognitive processes, social/environmental support (or lack thereof) and body physiology. The core tenant being that there is a scientifically proven link between psychological factors, social factors and one's overall physical wellbeing with respect to immune

function and positive health outcomes. Keith's role is to teach the 16 week L.I.F.E curricula to HIV and Hepatitis C positive men and women.

We wish Keith well in his new career.

Research Symposium Features Work of Honors Students

By Stephanie Sargent, Miramar College Honors Student

On Wednesday, December 12 and Thursday, December 13, Miramar College premiered its first ever Student Research Symposium. Presented by the Miramar College Honors Program and Anthropology Department, the event was organized with the help of Professors Laura T. Gonzalez and Carman Jay. Gonzalez teaches Anthropology and Jay teaches Honors English. When asked about the turn out at the symposium, Jay remarked, "Fantastic. This is a perfect opportunity for students to show their diverse talents."

Held in the I-101 auditorium, students lined up visual displays along a row of tables. The projects covered a variety of social and cultural issues. Many displays addressed the controversy over gay marriage, contrasting viewpoints from America and other nations. Other projects followed the theme of gender in society. Cultural Anthropology student Nate Dow explained his project "Are You a Slut?" that compared feminine fashion from Spain, Egypt and Southern California. "Women's clothing in Spain is racier than in California," said Dow, pointing to a picture of a tanned woman in red top and scanty underwear. In Egypt, women are forced to cover their faces in public and do not have the freedoms we enjoy in the U.S. American fashion is influenced by the media explained Dow. His project showed how fashion reflects the way women are viewed around the world.

Leith Fava, also a Cultural Anthropology student said her project was to study the "practices of women to become brides in China, Somalia and Ethiopia." Titled "Should I Alter My Body So Someone Will Marry Me?" the project compiled information on cultural practices of female genital mutilation (FGM), foot binding and lip-plates. Foot binding is a Chinese practice by which a woman's feet are bandaged tightly, preventing growth. In Ethiopia, lip-plates are inserted into a slit under a young girl's lower lip to cause the lip to grow into a hoop that dangles from the face. For a long time, men in these cultures would not marry a girl unless she had participated in their traditions. Fortunately foot binding is now illegal in China. In Ethiopia, lip-plates have become optional. FGM is still practiced but Fava and her group agree that it should stop.

In addition to the exhibits, three students used Power Point to present their work. The first presentation by Sara Ghalayini detailed the history of Chinese foot binding, its cultural impacts and impact on the psychological and physical health of the affected women. The process caused numerous complications such as infection. Foot binding was practiced as a method to make women

dependent on their husbands and was considered erotic. It was also used as a symbol of prosperity. If a woman's feet were left unbound she would be labeled as having "clown feet" and unable to marry.

The second presentation, by Eddriss Yonus, had a similar theme focused on China's one child policy. Boys are more valuable than girls in China because only men can carry on the family name. Due to this law, mothers have resorted to illegally aborting female children. If this trend continues, soon men will outnumber women by 30 million in China. Both presentations shared a theme of respect for women.

The final presentation was by English Honors student Aria Fani, on the writings of Ralph Waldo Emerson. Emerson was an American writer in the early 19th century and part of the transcendentalism movement. Fani is an Iranian immigrant. During the presentation he remarked about his dislike of the education system in Iran.

Fani said that Emerson's ideas of free thinking and self-expression were important to him. He also talked about Emerson's idea that it was important for learning to have meaning, rather than being a memorization of data.



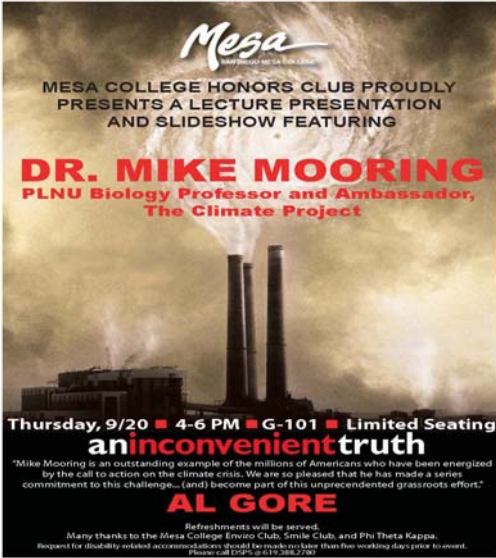
Students Jessica Aldag (left), Leith Fava and Samantha Rodriguez (right display their project "Should I Alter My Body So Someone Will Marry Me?")



English Honors student Aria Fani presents a Power Point presentation of his research on Ralph Waldo Emerson.

The Mesa Honors Club Hosts *An Inconvenient Truth* Event

By Nasra Nimaga, Mesa College Honors Student



On September 20, the Mesa College Honors Club hosted a lecture on global warming and other pressing environmental issues. The lecture was hosted by Dr. Michael Mooring, a biologist and professor at Point Loma Nazarene University in San Diego. He was trained by Al Gore to give the *Inconvenient Truth* slide show (similar to the one Al Gore does in the film) and he has been traveling all over San Diego County doing a lecture series very similar to Al Gore's *Inconvenient Truth* campaign and documentary. Mooring tailored the presentation specifically for the San Diego Area. The evening concluded with a question and answer session.

I enjoyed this event because it was a wake-up call for those of us who attended the presentation. I simply had not realized how much our actions have affected and will continue to affect the environment. Mooring really made me understand the issue of global warming. His presentation was enlightening. This is mainly because, I

think I was like many, I believed that there was a problem but it was not my problem to fix. And even if I did care, there wasn't a thing I could do about it-- it would just fix itself in the end. I assumed the media makes things seem worse than they really are.

Mooring made me see that global warming is a reality. He made the point that small acts, like replacing standard light bulbs with energy efficient compact fluorescent ones, count for something. I also learned that if thousands of us or even millions of us do it, then it will count for a whole lot more.

His slide show contained a photograph of his two children and he told us that whenever he thinks of the future, he thinks of them. This made me start thinking about them also. We are destroying the earth and it is always much easier to ruin something than it is to fix it. Imagine all the disasters that may be a result of global warming. How will the earth for our children and grandchildren? So much wildlife, like the polar bears, are on the verge of extinction because of our actions, and extinction of certain species will disturb the already delicate balance of nature. The most important thing I learned was that every single one of us can make a difference. In the end, many small actions add up to big difference. So let's start going green!



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