



*September 2021*

# CHC Honors Newsletter



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## New Beginnings

By: Grace Newlin, Newsletter Editor

Another summer has come and gone and a new academic year at Crafton has just begun! The summer was a welcome respite from the packed schedules of the spring, and I hope all of you found time to relax and enjoy the summer, even if you had classes like I did! But now that summer is slowly giving way to autumn, we all must return to our computers and classrooms and get our educations. For some of us, this semester marks the first time we have classes on campus or have been able to visit the Honors lounge. For others, this semester marks a long-anticipated return to campus. Whether you are new to Crafton or the Honors Program, or you are returning to both, this semester is going to be interesting! Regardless of where you are or where you are going, I hope this semester proves to be fruitful to all your endeavors and that you and your loved ones are able to continue to stay safe!

## 2021-2022 Ambassador Introductions



### **Sasha Paago**

Hello everyone!

My name is Sasha. I am third year here at Crafton and want to say that I am majoring in Biology and Chemistry. You must be thinking, Sasha! Why would you do that? I ask myself the same thing every day. Let me know if you're in one of my classes! Maybe we can link up and study together.

When I'm not busy studying and crying, I like to watch, play, eat, and breathe basketball. My favorite player is Ben Simmons (I know he disappointed all of us in the playoffs but c'mon he's cute). I'll root for any LA sports team besides the Lakers because I grew up watching the Clippers. I also collect shoes whether they are reps or real, if I like the style I like the style. If it's not basketball and shoes, it's me belting out the lyrics to One Direction. I still have the dolls I got when I was 12 and not ashamed to say it. I am excited to meet everyone in the Honors program and I hope everyone has an amazing school year!



### **Grace Newlin**

Hi everyone!

My name is Grace and this is my second year at Crafton. I am majoring in Multiple Sciences. I planned to go into Plant Biology and then get a career in academia before I realized that was not the path for me! I am always happy to connect, so please feel free to reach out, especially if we share classes!

When I'm not studying or annoying my pets for attention, I enjoy watching anime on my own or with friends/ family. (If anyone has any good recommendations, please let me know!) I've also taken up loom weaving over the past year and I like to think I'm getting better at it (even as I fail to learn the houndstooth stitch). I've always been a big reader and I've begun teaching myself how to hand sew (to several mixed results). Generally, I just enjoy hanging out! I am excited to serve as one of your ambassadors this year and I hope this semester goes well for everyone!



### **Amr Bahjri**

Hey everyone,

My name is Amr Bahjri and I'm really excited to be one of your Honors Ambassadors this year. This is my third and final year here at Crafton, so time has definitely flown by. Honestly, I'm just super stoked for what's to come in the near future, and I'll hopefully see most of you real soon!!!



## **Matt Nevins**

Hi folks, wonderful to be with you all in Honors this year. I'm a Psych/pre-med student who might be best identifiable around campus as one of few Crafton students with a full beard. I spend a lot of my free time playing indie video games, reading speculative fiction, and playing D&D. I'm also involved in research here at Crafton, with a focus in pain. If you have an interest in any of the above subjects, don't hesitate to reach out!

Prost!

Matt Nevins

### **Contact Information**

Judy Cannon: [jcannon@craftonhills.edu](mailto:jcannon@craftonhills.edu)

Amr Bahjri: [amr.bahjri@gmail.com](mailto:amr.bahjri@gmail.com)

Grace Newlin: [grace.e.newlin@gmail.com](mailto:grace.e.newlin@gmail.com)

Matt Nevins: [mnevins108@gmail.com](mailto:mnevins108@gmail.com)

Natasha Paago: [n.paago8860@student.sbccd.edu](mailto:n.paago8860@student.sbccd.edu)


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## Announcements!

The UC Application Workshop is being moved from Tuesday the 14<sup>th</sup> to Wednesday the 15<sup>th</sup> at noon. There will be free pizza provided at this workshop as well! If you plan to transfer to a UC and you have the time, be sure to not miss it! You are welcome to come have some pizza even if you can't stay.

The Honors Research Brainstorming Symposium is this Friday, September 18<sup>th</sup>! If you want to present in a research conference and either have an idea or want to brainstorm one, this event is for you! The flyer below has more information on this event! Please note that you need to sign up in advance for a specific time this Friday. Contact Judy at the email or phone number on the flyer.

Do you want to write an amazing research paper this semester?



Join us at the  
**Crafton Hills College**  
**Student Research**  
**Brainstorming Symposium**  
Friday, September 17, 2021  
10:00 AM to 12:00 PM in the Honors Zoom Room  
(Sign up for a 30-minute spot during that time.)

Bring your idea for research and have a discussion with some of CHC's best professors and experienced student researchers. They will help you define and refine your topic.  
*The best papers start with a good idea!*

**OPEN TO HONORS AND NON-HONORS STUDENTS**

For more information, to sign up for a time, and to get the Zoom link, contact Judy Cannon at [honors@craftonhills.edu](mailto:honors@craftonhills.edu) or 909-389-3500.

Are any of you interested in an on campus employment position? Take a look at these flyers for the open positions available or visit their respective departments for more information. If any of you are interested in gaining some valuable work experience, make sure to take advantage of these great opportunities.

**DEPT OF  
STUDENT  
LIFE IS HIRING!**

**STUDENT WORKERS  
(FEDERAL WORK STUDY REQ'D)  
NEEDED FOR FALL 2021**



**APPLY TODAY!**  
JOIN OUR TEAM.



**THE LIBRARY IS HIRING**

We're Hiring  
Federal Work-Study Students

Contact the Library for more information


Are you thinking of applying to CSU Fullerton? We have an Honors-to-Honors agreement with them! If you are interested in to the CSUF University Honors Program, join their Zoom information session on Friday, September 24 at 2:00 p.m.

**ARE/WERE YOU IN AN HONORS PROGRAM AT COMMUNITY COLLEGE?**


**LEARN WHY YOU SHOULD BE A CSUF TITAN HONORS SCHOLAR!**

SEPTEMBER 24 FRIDAY 2PM  
[HTTPS://FULLERTON.ZOOM.US/J/82133970866](https://fullerton.zoom.us/j/82133970866)

HOSTED BY



DR. YUYING TSONG  
DIRECTOR



DR. STACY MALICOAT  
ASSOCIATE DIRECTOR

HONORS.FULLERTON.EDU  CSUFHSAC  CSUFHONORS

There are two library research workshops this week! Tuesday September 14<sup>th</sup> at 1 and Friday the 18<sup>th</sup> at 6! Both are “Research Basics” and give you points towards the Research Fellow Award and your participation points!

There are TWO transfer fairs coming up! First, Tuesday September 21<sup>st</sup>, from 10am to 1pm! The second is Friday, October 8<sup>th</sup> from 9am to 2pm! Preregistration links and more information should have already been sent to you over email by Judy.

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## **Professor Highlight!**

**>> Professor Hughes <<**

### **[Geology Professor]**

#### **What do you teach and what was your major?**

- Geology, mostly. But over the years at Crafton I've taught geology, geography, and oceanography. I had several majors. For my bachelor's degree, I have three bachelor's degrees: one for earth science teaching, one in general science, and one in geology. And then I went on and did my Master's in Geology and about 2 years of a doctorate.

#### **Why did you pick that major?**

- I think the most important thing for me was one particular class I had. The person who taught the class was someone I knew literally from a circle in a church. So I thought I'd take him because, you know, it was a friendly face. But still to this day he was one of the best lecturers I had in college, and that really hooked me.

#### **Did you have any other careers before this one?**

- When I finished my bachelor's degree I worked in industry as an engineering geologist for a year. Then I went back to grad school. And then after grad school I worked for another six months as an engineering geologist. Also, in that interim I did some substitute teaching because I had teaching credentials in Pennsylvania.

#### **What 3 words would you use to describe yourself?**

- I like rocks.

#### **What are your favorite foods?**

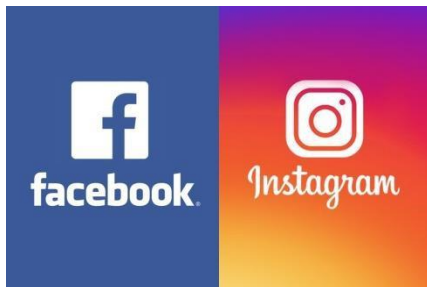
- Depends on the day. But good BBQ is always great. Good beer is always great. And since my significant other is from China, I've really developed a love for Chinese foods. Especially, she's from central China, and there's a noodle dish there and a pork dish there... just some really specialized Chinese dishes from that region... I'm really ready for some *pal mor*. They cook in a big pot a stew which is based in lamb and beef.

But when you go into the restaurant, they give you two or three rather large bowls of unleavened breads. And you tear them apart into the smallest pieces that you can, and if it's too big the cook will give you a hard time about it; kind of a funny cultural thing. And it's kind of a social thing because you tear the bread up with everyone you came to the restaurant with. And then you hand the bowls to the chef, and he'll scoop out some of the meat and the broth and put it on top of the unleavened bread. And all the broth gets absorbed by the unleavened bread and the meat sits on top. It doesn't look like much because the broth gets absorbed by the bread, but it's just amazing.

### What would be your perfect day?

- Definitely starts with a good night sleep. When I'm in school session, just having class and having no technological issues... And, ideally, I love doing labs in person. We did igneous rocks yesterday and the students were into it. You can have a lot of fun working, and it's one of the reasons I picked this field, but you have to find time to rejuvenate no matter what you're doing.

In the summertime... this Summer we travelled a lot, and I probably felt the best health-wise I've felt in a long time. There's a song lyric that goes, "Nothing like a hundred miles between trouble and my mind." Go out and drive somewhere, it really relaxes you. And that's just what I needed to do to get ready for this Fall semester.



### Social Media!

BREAKING NEWS: CHC Honors made it through another year scorching the path of social media. Make sure to stay updated on the Honors news.

@chchonors

#CraftonHillsHonors #GetInvolved

### Volunteer Ideas!

Don't wait for the last semester to get your hours in 🤝

**CASA (Court Appointed Special Advocate)** Great opportunity for those who have 2 semesters left with Crafton since the application takes time.

<https://www.casaofsb.org/become-a-volunteer/volunteer-requirements.html>



[ENGIN](#) is seeking volunteers to act as speaking buddies for international students. The opportunity allows for students to become paired with a Ukrainian student and video chat with them each week to practice English. This is the sign-up form. <https://forms.gle/QSXn8jN8uUPoMrK26>

**Redlands Family Service Association** is always looking for volunteers. They need help distributing food boxes to needy families, sorting food donations and stocking shelves in their pantry, sorting clothing donations, etc. MANY of our Honors students have gotten their service hours here. It takes 1-2 days to be approved once you sign up, so factor that in. Here is the link for sign-ups:

<https://app.betterimpact.com/PublicOrganization/7ee96b4d-61cf-4660-be5c-caafe970acfb/1>

**Volunteers needed or the SUT San Bernardino Chapter**

<https://www.volunteermatch.org/search/opp3262602.jsp>

[Reading Partners](#) needs volunteers to read to children online. You must pass a background check and commit to at least one session per week. For more information, you can talk to Honors student Samantha McVeigh. Her email is [samanthamcveigh12@gmail.com](mailto:samanthamcveigh12@gmail.com).

Volunteer link: <https://readingpartners.org/volunteer/>

Honors student Samantha Jordan recommends [Helping Hands Pantry](#) in San Bernardino. Their website says: “Volunteers are needed in every aspect of our operation, from our pantry garden where we grow fresh produce to be handed out, to warehouse, office work, distribution, and more. We even have a mobile food bank called [Living On The Streets](#) that goes out to the homeless in the Inland Empire. We feed more than 1000 people every day, from Fontana to Calimesa, and even in the mountain communities, like Big Bear, Lake Arrowhead, and Forest Falls. That takes a lot of people power!”

Volunteers can sign up here: <https://helpinghandspantry.org/volunteers/>.

Samantha Jordan also recommends [Amy’s Farm](#). It’s in Ontario, but it looks like it’s worth the drive! Here is the volunteer page: <https://www.amysfarm.com/give/volunteer>. To ask Samantha questions about either of these opportunities, you can contact her at [samanthajordan8132@gmail.com](mailto:samanthajordan8132@gmail.com).

Honors student Grace Newlin shared this online opportunity: The Smithsonian Transcription Center seeks to engage the public in making their collections more accessible. They work with digital volunteers to transcribe historic documents and collections records to facilitate research and inspire learning in everyone. Download a one-page handout about the Transcription Center, including helpful tips for new users, [here](#).

Grace also sent this online opportunity: The Zooniverse is the world’s largest and most popular platform for people-powered research. This research is made possible by volunteers — more than

a million people around the world who come together to assist professional researchers. Our goal is to enable research that would not be possible, or practical, otherwise. Zooniverse research results in new discoveries, datasets useful to the wider research community, and many publications.

See this page for more information about volunteering: <https://www.zooniverse.org/about>

You can contact Grace about either of these at [grace.e.newlin@gmail.com](mailto:grace.e.newlin@gmail.com).

There is a community garden in Loma Linda that needs some help to plant, weed, and other basic yard work.

To volunteer: [https://www.lomalinda-ca.gov/residents/community\\_garden](https://www.lomalinda-ca.gov/residents/community_garden)

Here is the link to the instagram page:

<https://instagram.com/lomalindagarden?igshid=bvgzcaopem72>

Address: 25340 Van Leuven Loma Linda, CA

Contact: Amy Jones 562-485-7203 or [Jones.amyv@gmail.com](mailto:Jones.amyv@gmail.com)

Download the Be My Eyes app on your phone and help someone who is blind or has limited vision. See <https://www.bemyeyes.com/> for more information.

Connect with a low-income student and be a coach/tutor through the organization UPchieve. See <https://upchieve.org/volunteer> for more information.

Send online messages or mail letters of encouragement to nursing home residents and staff through the [Adopt a Nursing Home Program](https://www.adoptanursinghome.com/). <https://www.adoptanursinghome.com/>

Send a card, letter or note once a week to someone undergoing chemotherapy. Apply at [Chemo Angels](https://www.chemoangels.com/angel-pre-app). <https://www.chemoangels.com/angel-pre-app>

**Make a difference by volunteering at Kaiser Permanente Hospice!**

<https://www.volunteermatch.org/search/opp2371584.jsp>

**WE NEED YOU!! Blood Drives – Ambassador NOW!!! Turn Compassion into Action**

<https://www.volunteermatch.org/search/opp3290230.jsp>

**Looking to make a great IMPACT in a youth's life?**

<https://www.volunteermatch.org/search/opp1306731.jsp>

**Friends of the Library Volunteer**

<https://www.volunteermatch.org/search/opp1168033.jsp>

**Mentor - Connect to College Mentoring Program**

<https://www.volunteermatch.org/search/opp163436.jsp>

Stray Cat Alliance needs your help with kitty adoptions!!!  
<https://www.volunteermatch.org/search/opp3330207.jsp>

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## Let's Talk About It!

Discuss issues, form solutions, think outside the box, and stay connected! The mind is a powerful tool. Use it.

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## Contribute to the Newsletter!

We welcome articles, poems, fiction, photography, or art from any Honors students or professors! Get your work seen and get "PUBLISHED" on your resume. We have some pretty cool people in Honors and we want your voice and vision!

## Inspiration!

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"The secret to getting ahead is getting started."

- Mark Twain

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## What did you do this summer?

**Sasha Paago:** I went to Hawaii and snorkeled and saw a family of turtles!

**Caitleen Aventura:** Over the summer, I went to Disneyland for two days on my birthday and attended my aunt's wedding as one of her bridesmaids. I also went to see a few movies with my friends like Black Widow and Jungle Cruise.

**Grace Newlin:** I took Honors Interpersonal Communication along with Organic Chemistry, went to Ocean Beach with family, and slept in.

**Eliseo Espinoza:** Over the summer I built and painted these two models. They are from a tabletop game called war hammer 40K, and are from two different playable races I like to field. (The one on the left is a barbed hierodule from the Tyranid faction. The one on the right is a leman Russ battle tank from the imperial guard faction.)



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**Editor: Grace Newlin**

**Authors: Matt Nevins, Grace Newlin, Amr Bahjri, Sasha Paago, & Judy Cannon**

CRAFTON HILLS COLLEGE

