

# SILVER & GOLD

JULY 2019

THE NEVADA/CALIFORNIA REGIONAL BOARD'S MISSION IS TO PROMOTE SERVICE, STRENGTHEN LEADERSHIP, EMPOWER FELLOWSHIP, ACKNOWLEDGE SCHOLARSHIP OPPORTUNITIES, AND INSPIRE NV/CA CHAPTERS AND MEMBERS INTO POTENTIAL WORLD LEADERS.



REGIONAL BOARD  
1

MYRIAM'S CORNER  
2

LEADERSHIP CORNER  
BRUNO RHODES  
3

REGIONAL OFFICERS  
4-8

FALL LEADERSHIP CONFERENCE  
9

FUN FACTS ABOUT IRVINE  
10

STUDENT SUCCESS STORIES  
11-12

CAÑADA COLLEGE SHOUT-OUT  
13

# ΦΘΚ

# NEVADA/CALIFORNIA REGIONAL BOARD

## Regional Officers

Thanh Nguyen  
President

Sophie Huang  
Northwest Vice President

Sabrina Edward  
Northeast Vice President

Jill Schragen  
Southwest Vice President

Geoffrey Alejo  
Webmaster Vice President

Myriam Moody  
Regional Coordinator

Cathy Gillis  
Associate Regional Coordinator

Bruno Rhodes  
Associate Regional Coordinator

## Alumni Executive Board

Michelle Huang  
President

Sheila Burson  
Executive Vice President

Christina Essaqi  
Secretary

Barbara Dimopoulos  
Treasurer

Mariamne Beuscher  
Communication Director

Sal Addotta  
Advisor

Paul Roscelli  
Advisor

Bill Dimopoulos  
Advisor

Joseph Patterson  
Director of Social Media

Graciela Espejo  
Director

Yuele Zhang  
Director

Betina Rubio  
Director

Michael Wong  
Director





# MYRIAM'S CORNER

CONGRATULATIONS! Some of you have moved onto the next part of your journey. You have left the 2-year college where you became a member of Phi Theta Kappa and have moved onto a 4-year college or have entered the workforce. Please remember that you will always be Phi Theta Kappa! You are always welcome at our events and always have the opportunity to give back if desired. Just ask our NV/CA Region's Alumni Board President Michelle Huang or Executive Vice President Sheila Burson at [nvcaraa@gmail.com](mailto:nvcaraa@gmail.com) for more information on how to do this.

This time of year also marks rest for some and getting ahead by others. Some of you are taking the summer off as well you should since you have worked extremely hard this past spring taking those upper division math, physics, economic, language, and English courses. Some of you want to get a few GE courses out of the way and decided summer was the best time to do this. This way, you are able to carry a lighter load in the fall in order to dedicate more time to those challenging classes that await you. Regardless of what you are doing this summer, I hope that you take time to have fun with family and friends.

Your regional board will be getting together at the end of June to plan the Fall Leadership Conference (FLC) that will take place at the Hilton Irvine on October 25-26, 2019. We want to make certain to make the FLC a time of opportunities, so there will be keynote speakers speaking on leadership, HQ representative giving updates, 4-year colleges present at the market place, as well as other learning opportunities presented by not only your regional board but by your awesome alumni association.

Please visit our website [www.nvcaregion.org/conferences](http://www.nvcaregion.org/conferences) for more information.

I want to give a shout-out to all the chapter officers that have just completed their term in office. Thank you for all the work you have done moving your chapters to the next level, welcoming new members, and creating an environment that people want to be part of. Welcome to the incoming chapter officers! You stand on the shoulders of your predecessors! Reach for the stars! They are awaiting you and your chapter! Finally, I would like to thank all of the AMAZING advisors we have in the NV/CA Region! This region would not be without you. I see your dedication to your chapter at every conference. By the way, your members see it too. So, I thank you!



*Myriam Moody*  
NV/CA Regional Coordinator

# LEADERSHIP CORNER

## Leading with Goals

Every issue of the NV/CA Regional Newsletter features a brief synopsis of different leadership styles found in the Phi Theta Kappa Leadership Development Studies curriculum. For this issue, we will examine the skills needed for Leading with Goals from Unit 6 .

There are numerous reasons why we, as leaders, need goals. Goals are the foundation and the basis for every leader's action. Goals serve as a framework or a map to our team's purpose. It is very easy to set goals, but it is much more challenging to stick to them and to get everyone on the team to buy into the goals and remain goal-oriented. Many times other forces interfere with staying focused on our goals, which creates an even bigger challenge.

These conditions and events are very common within our chapters. A Chapter President communicates his/her goals to the team. The president has to make sure everyone sees the value and the rewards in achieving the goals. Once that takes place, a plan is laid out and then executed. Some of the opposing forces that interfere with our tasks can include family issues, school work and exams, team dynamics, and more. To avoid losing focus on our goals, we need to learn to be better at achieving our goals.

Consider the following quote:

“The progression of emancipation on any class usually, if not always,  
takes place through the efforts of individuals of that class.”

-Harriet Martineau

Consider how you can apply this quote to your daily life.

To learn more about leading with goals, you can examine the following works:

### Readings

- *Pygmalion* by George Bernard Shaw
- *Narrative of the Life of Frederick Douglass*
- *Man's Search for Meaning* by Viktor E. Frankl
- “The Power of Goals” from *The Seven Habits of Highly Effective People* by Stephen R. Covey, A. Roger Merrill, and Rebecca R. Merrill
- “Seven Reasons Carrots and Stick (Often) Don't Work” from *Drive, The Surprising Truth about What Motivates Us* by Daniel H. Pink (This work presents a different viewpoint)

### Films

- *Mr. Smith Goes to Washington*
- *Argo*



# THANH NGUYEN

## PRESIDENT

BETA THETA OMICRON SKYLINE COLLEGE SAN BRUNO, CA

Thanh Nguyen started her journey with Phi Theta Kappa as the 2017-2018 Co-president of Beta Theta Omicron chapter at Skyline College. She was also a member of Kappa Beta Delta (International Business Honor Society) and the Honor Transfer Program. After graduating with an Associate's degree in Business Administration, she came back and changed her major to Mathematics. Aside from studying, she is an active member in her chapter by participating in the Honors in Action Project and other volunteer activities. Through Phi Theta Kappa, she has volunteered at senior centers and middle schools. She developed and implemented the Leadership Development Workshops at Skyline College.

Thanh is living thousands of miles from her family. She does not complain of loneliness or a strange culture. She is taking every opportunity to grow, learn, and share her knowledge with others. Thanh is dedicated to her education and knows it is necessary to achieve a desirable lifestyle. She is committed to providing educational opportunities for others.

Her personal goal is to achieve a Master's Degree in Business Administration and Statistics. She is a Supplemental Instructor Leader for



Statistics and Calculus, and Peer Mentor at Skyline College. Thanh wants to inspire her classmates and colleagues to aim high and work diligently to achieve their goals. During her free time, she enjoys reading and traveling. She likes reading Sherlock Holmes and other crime fiction books. She is also a fan of Dan Brown's books. She loves traveling and exploring new food at anywhere she goes. Thanh is passionate to support our members to grow as potential leaders and achieve a successful career. Her goal as regional president is to enhance the connection between chapters, and between our Districts. She believes that solidarity would make our region stronger and win regional awards.

# I AM PTK

# SOPHIE HUANG

## NORTHWEST VICE PRESIDENT

BETA THETA OMICRON SKYLINE COLLEGE SAN BRUNO, CA

Sophie Huang is the Northwest District Vice President. She is currently enrolled at Skyline College in San Bruno, California. Huang is a full time student majoring in Business Administration. In her first semester at Skyline College, she sought opportunities that would allow her to flourish in community college and she found Phi Theta Kappa. She accepted membership and became an active member by participating in volunteering activities such as teaching senior citizens to use technological devices and teaching middle-school students to explore STEM majors. She wanted to do more than just participate; therefore, she ran for the 2018-2019 Vice-President of College Project position in Beta Theta Omicron Chapter, and she was elected. Besides being involved in Phi Theta Kappa, she is working as a Peer Tutor in TRiO on campus to help students with the subject areas of Economics, Accounting and Business. From this job, she is grateful that she is able to act as a mentor and even a friend by giving her students faithful encouragement to move out of their struggles. Moreover, she is a Student Ambassador at the International Students Program where she got the chance to facilitate new international students' orientation and host various cultural events. In her personal life, she enjoys listening to music, traveling, taking



pictures and trying different kinds of foods. She is extremely excited to serve as the 2019-2020 Northwest District Vice President for the Nevada/ California region and can't wait to see all of you guys at the Fall Leadership Conference in Irvine!

# I AM PTK

# SABRINA EDWARD

## NORTHEAST VICE PRESIDENT

BETA ETA PSI SACRAMENTO CITY COLLEGE SACRAMENTO, CA

Sabrina Edward is a full time Political Science student at Sacramento City College. Sabrina has served as the Treasurer of the Beta Eta Psi chapter, and has been a dedicated member of Phi Theta Kappa. Her hobbies include creativity-boosting activities such as sewing, crocheting, gourmet cooking, and costume make up artistry. Sabrina is a devout member of Sacramento City College's Clubs and Events Board of the SCC Student Associated Council, and serves as the chair of this group. As chair of this board, Sabrina has successfully planned and implemented activities, has been a face of the Student Associated Council organization, and strives to be a good role model and friend. Sabrina is actively involved in activities which helped to boost fellowship and diversification among peer groups. She has been actively assisting the Student Senate of California Community Colleges with lobbying and advocacy achievements during the 2019 spring semester. Sabrina has testified at the Capital in favor of Assembly Bill 1314, which calls for Cal Grant reform, and has shown support for both Assembly Bill 2, and Senate Bill 291, which both attempt to reform the current financial aid laws. Sabrina Edward has received a 2019 Students of Distinction award from



Sacramento City College's Cultural Awareness Center Program for her excellent leadership and academic merit. Sabrina strives to be an ideal humanitarian and selfless servant of any and all diversification enhancing groups. She aspires to become a civil rights attorney and loves the education she has received while attending Sacramento City College. She feels it has made her well rounded and optimistic about any future endeavor.

# I AM PTK



# JILL SCHRAGEN

## SOUTHWEST VICE PRESIDENT

ALPHA BETA SANTA ANA COLLEGE SANTA ANA, CA

Jill is a part-time student and an active member of the Alpha Beta chapter at Santa Ana College in Santa Ana, CA. She also works full-time as a legal assistant for a business litigation law firm. Her hobbies include being a foodie, crafting, and playing with her pair of English Spot mix rescue rabbits. She will graduate Spring 2020 with an Associate's degree in Paralegal Studies, an Associate's degree in Liberal Studies with a concentration in business and technology, a certificate in the Pathway to Law program, and a certificate in Legal Technology. Jill intends to transfer to Cal State Long Beach or Cal State Fullerton to major in Women's Studies for her Bachelor's degree. Law school is still an undecided option at this point.

While attending Santa Ana College, she served as the 2017 - 2018 and 2018 - 2019 Chapter Vice President. During her term as Chapter Vice President for 2018 – 2019, the officer team of Alpha Beta was recognized at the International level as a Distinguished Officer Team. This was exceptional as it was the first time in the chapter's history to be recognized internationally. During her 2017 – 2018 term, she chaired and authored Alpha Beta chapter's Honors in Action project under the topic of homelessness. This project was awarded third place in its theme regionally.



Originally from Long Island, NY, but mostly raised in Huntington Beach, CA, Jill graduated high school in 2002. She attended Golden West College in 2002 – 2006. She received a certificate in Esthetics, but was unable to find a job in the field. She worked full-time for a major auto insurance company for 7 years, then separated from the company in search of a new calling.

Jill found herself at a class action law firm as a legal assistant analyzing wage-and-hour documents and e-discovery. With a new passion, she went back to school after a 10 year hiatus. This time was different!

Perseverance and tenacity have helped Jill maintain a positive, inspiring attitude. She is never afraid to lend a helping hand to someone in need or mentor a younger student. She is honored to bring her experience and passion to her position as Southwest District Vice President.



# GEOFFREY ALEJO

## WEBMASTER VICE PRESIDENT

BETA IOTA LAMBDA SAN DIEGO MIRAMAR COLLEGE SAN DIEGO, CA

Geoffrey is a part-time student at San Diego Miramar College in his native hometown of San Diego, CA. He is currently in the pursuit to obtain and Associates Degree in both Business Administration and Chemistry studies. His ultimate goal is to transfer to either UCLA for Mechanical Engineering or USC for Environmental Engineering.

Geoffrey was inducted into the Beta Iota Lambda chapter in December 2017, serving as the chapter's Public Relations Secretary in the following 2018-2019 Academic Year with a team of incredible individuals, leading to the chapter retaining five star status. He is humbled to have been recently elected to serve as the chapter President for 2019-2020 and will aim to have more members of his chapter participate in the regional and international levels. He is also an admirer of the San Diego Community College District's Honors Program, having completed 21 credits worth of Honors contracts.

Outside of school, Geoffrey is a regular volunteer at The San Diego LGBT Center. There he serves as a Lead Administrative Volunteer where he worked below the chair of Volunteer Services for Dining Out for Life, an annual



fundraising event which funds the HIV/AIDS services at The Center. In addition, he has also volunteered with the establishment's men's group, transgender youth, and Latinx sectors.

In his chapter, Geoffrey coordinated a towel drive which boasted an abundance of towels and toiletries as well as hundreds of dollars for homeless students at Miramar College who rely on access to the gym showers.

Geoffrey finds pride in his belongingness to an array of communities - non-traditional students, the LGBT+ community, and the Filipino-American community where he is a son of immigrants.

Perserverence and grit are Geoffrey's tactics for success but not as much as having a positive attitude. He could not feel any more honored to serve this region.

PHI THETA KAPPA HONOR SOCIETY  
NEVADA/CALIFORNIA REGION PRESENTS



---

FRIDAY OCTOBER 25, 2019 5:00 PM -  
SATURDAY OCTOBER 26, 2019 5:00 PM

---

**HILTON IRVINE/ORANGE COUNTY AIRPORT**  
**18800 MACARTHUR BOULEVARD**  
**IRVINE, CA 92612**

\*\*\*DEADLINE TO MAKE ROOM RESERVATIONS IS SEPTEMBER 25, 2019



# FUN FACTS ABOUT

# IRVINE, CALIFORNIA

Most of southern California is notorious for horrible traffic. However, Irvine's traffic earns recognition for being among the best in the state. Thanks to a state-of-the-art traffic control system, including wide streets and ground sensors which monitor traffic flow and automatically change the lights accordingly.

While the city might be known for The University of California, Irvine, it is home to a total of eight universities and colleges, including the Orange County Center of the University of Southern California (USC) and Concordia University, to name a few.

Then-governor Arnold Schwarzenegger hiked through Boomer Canyon in 2008, before officially declaring the 40,000 acres of land as the first California Natural Landmark.

Irvine is a paradise on Earth for gamers. It is home to Blizzard Entertainment, Inc. which is known for creating the Warcraft franchise, the Diablo Series, and Overwatch.

The Great Park Balloon in Orange County Great Park can carry 25 to 30 passengers 400 feet overhead. The view can span 40 miles on a clear day.



## Benjamin Hart: Overcoming Homelessness to Shine at Cuyamaca College

Benjamin Hart has a grade point average close to 4.0, is on the Cuyamaca College Vice President's List, is a member of Phi Theta Kappa Honor Society, and was recently named to the All-California Community College Academic Team as among the top students in the state. Now, Hart has his sights set on transferring to UC San Diego, earning a bachelor's degree in electrical engineering and opening his own business.

It has been, Hart says, a stunning turnaround for someone who spent more than a decade living on the streets as part of San Diego's homeless population.

"I'm a pretty determined person," said Hart, 34. "If you put one foot in front of the other in the right direction, eventually you're going to get to where you want to go."

Hart embodies how Cuyamaca College can help students transform their lives and create a future secure for themselves and their families. "Ben has overcome major life and death obstacles that many of us can relate to and struggle with," said Cindy Morrin, an associate professor of counseling and Phi Theta Kappa advisor. "His story is an example for everyone."

Hart said he never gave going to college a thought in his younger days, dropping out of Mission Bay High School and leaving to live with his father in San Antonio, Texas, where he earned his GED but accomplished little else.

Drugs and alcohol were a bigger priority. Several years later and tired of Texas, Hart returned to San Diego and found himself living in an alley behind a gas station in Normal Heights, digging for food in trash cans, spending on alcohol whatever earnings he made moving furniture.

Hitting bottom, Hart checked into a detox program and spent a year in a residential treatment facility. Finally sober, his life was turning around. He found a job with the Alpha Project serving the homeless in San Diego. Before long, he had worked his way into being a case manager. Working with another nonprofit, People Assisting The Homeless (PATH), Hart connected the chronically homeless to services aimed at keeping them off the street and maintaining sobriety.

He moved on after realizing there was little room for advancement because he lacked a formal education. His journey changed course while working as a service writer assistant at a Normal Heights auto shop. The shop's owner encouraged Hart to enroll in Cuyamaca College's automotive technology program, a program the owner, Mike Magers, had completed some 30 years prior.

Hart dove in. During his first semester in fall 2017, he enrolled in 16 units while working more than 50 hours each week to support his wife and their then three – now four – children.

Hart was driven.

"If you're looking for an automotive technology program, you can't go wrong by coming to Cuyamaca College," he said. "They have great teachers and super intelligent people. I have yet to have a bad experience."

Indeed, with just one year of automotive technology classes under his belt, Hart was hired as a full-time automotive technician. Before long, he was offered an even better job just blocks from Cuyamaca College. Meanwhile, he has acquired two Automotive Service Excellence certifications, and he plans to obtain his Master Technician status in the near future.





**(Benjamin Hart cont.)** Along the way, he hooked up with Phi Theta Kappa. Hart is on track to graduate with an associate degree in automotive technology in 2020 and is looking to own and operate his own automotive repair business while earning a bachelor's degree in electrical engineering.

The secret to his success? "It's simple," Hart said. "All you have to do is show up, go to class, listen to the teacher, do the work, and read the material. I mean, that's pretty much it. They're giving it all to you. You just have to be willing to take it."

*Source: Grossmont-Cuyamaca Community College District*



---

## GROSSMONT-CUYAMACA

COMMUNITY COLLEGE DISTRICT



### **MiraCosta College Student Awarded Jack Kent Cooke Undergraduate Transfer Scholarships**

MiraCosta College student, Nhi Tran, has been selected to receive the prestigious Jack Kent Cooke Undergraduate Transfer Scholarship that pays up to \$40,000 for tuition, books, and housing annually for up to three years, while students secure their bachelor's degree at a four-year college or university.

Tran plans on moving north to continue her studies. As first-generation college student, Tran is aiming to attend to UC Berkeley for a bachelor's degree in chemical engineering and perhaps find a future as a pharmacist. Nhi currently serves as president of the Chemistry Club and is a member of the PTK Alpha Chi Lambda Chapter, the International Club, and the Natural Science Club at MiraCosta College. She also served with Associated Student Government as a senator for one year, and she remains busy with her jobs as a chemistry, physics, and math tutor for the STEM Center and the Math Learning Center, and as an International Peer Leader. These jobs and activities, she said, have strengthened her leadership skills and allowed her to help other students reach their goals.

*Source: Oceanside News*



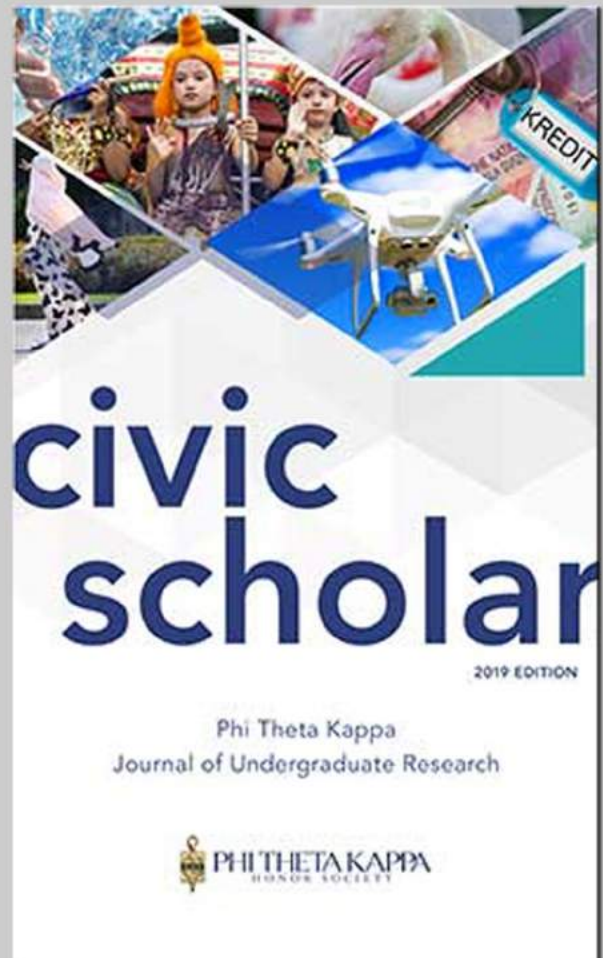
# CONGRATULATIONS CAÑADA COLLEGE!

Cañada College from Redwood, CA's "Dynamics of Discovery: The Impact of Nudging Students to Engage in a College Community", has been selected for publication in the 2nd edition of *Civic Scholar*.

Civic Scholar: Phi Theta Kappa Journal of Undergraduate Research is the first journal of its kind featuring substantive research and community engagement by community college scholars.

Projects selected for publication in Civic Scholar begin as chapters' investigations into Phi Theta Kappa's Honors Study Topic. Chapters then narrow their focus to a particular theme and develop research questions related to their chosen theme. Ultimately, students turn their research into action by using their findings to fill specific community needs.

The interdisciplinary projects found in Civic Scholar demonstrate the innovation found in today's community colleges. Here scholars are conducting research that matters, drawing conclusions that reshape our understanding of the world, and taking action that leaves a lasting impact.



<https://www.ptk.org/Programs/HonorsinAction/CivicScholar.aspx>