



FINAL TIME CAPSULE

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Items that happened in the semester:

- I served as the Director of Social Media for USD AMA and got to present at Alcala Bazaar.
- My sorority and I raised over \$2,000, I contributed \$350 to that amount for Ronald McDonald House Charities at our Philanthropy Event.
- I went to a Tame Impala concert!





Items that did not happen:

- I was unable to go back home to Tennessee, for Thanksgiving Break, but it brought me closer with the friends and family that I have here in San Diego!





Items that I experienced that have touched my life this semester in an positive way:

- I got to serve as my sorority's Director of New Member Experience, educating new members on sorority life and showing them how to have a successful career in Greek life during their time at USD. I was able to bring home 9 new members.



Items that
I experienced
that were sad
or negative:

- I was diagnosed with Von Willebrand's disease back in 2020, and it unfortunately has gotten worse this semester. :(

I  **SOMEONE WITH A
BLEEDING DISORDER**





Items that were
highlighted by Media:

- Charlie Kirk shooting
- Government Shutdown
- Dancing with the Stars (it was everywhere, cant escape it)

Items that illustrates changes to processes:

1. New limits on what can be bought with government benefits (SNAP)

- Some states added rules stopping people from buying things like soda, candy, or energy drinks with SNAP benefits.
Shows: Tighter control on what government programs can be used to buy.

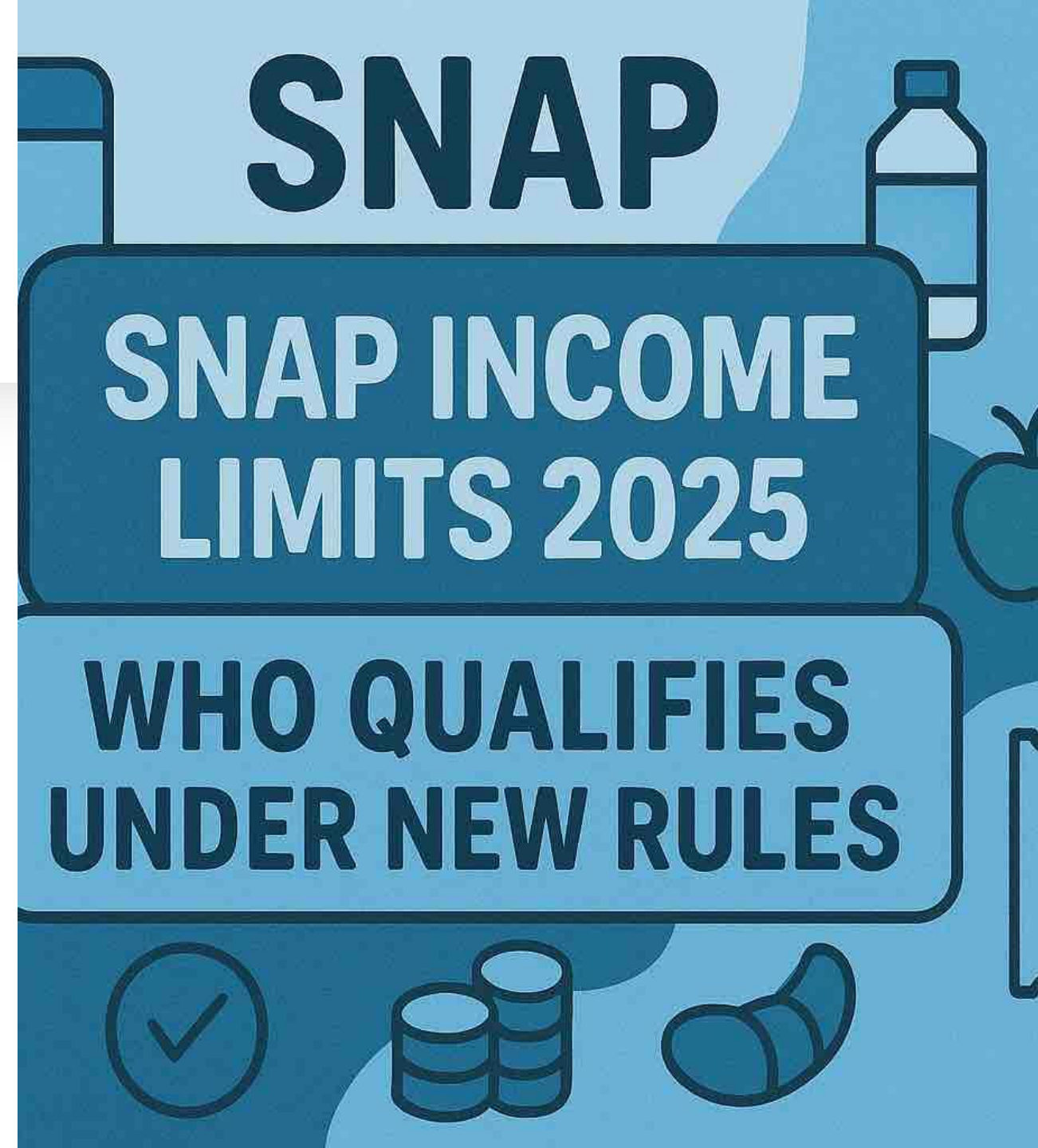
2. New rules for what stores must stock

- Stores that accept SNAP now must carry more basic items (more types of dairy, proteins, grains, etc.).
Shows: Government increasing requirements for certain retailers.

3. More rules are being discussed for online shopping

Ideas being floated include:

- stronger checks for fake products
- rules for sellers on resale apps
- tighter tracking of where products come from
Shows: Growing focus on online buying and consumer protection.





Items that illustrate people's creativity to assist others:

1. Community Food Boxes / “Take What You Need” Tables

Neighbors set up small, free tables or boxes with food, toiletries, or school supplies.

2. Porch Drop-Off Gifts

Hand-delivering treats, care packages, or homemade meals by leaving them on someone's porch to keep surprise and safety.

3. Game Nights

People host online events to entertain others and help them feel connected.

Semesters that I wish to have in the future:

- I hope to continue to be academically driven next semester.
- I want to be more involved in extracurricular's at USD.
- I would like to do another internship this upcoming Summer!

