

VOLUME  
**12**

# The View

EDITION  
**04**

ASSOCIATED STUDENTS INC.

PRINTED MONTHLY

WWW.CIVIEWNEWS.COM

NOVEMBER 21, 2017

## OPINION

### READING CELEBRATION pg. 10

CI hosts Pulitzer Prize winner.

## OPINION

### INTERNATIONAL FAIR pg. 14

CI explores different cultures at one of SPB's latest events.



Photo credit to Andrew Zazueta Roman

## SPORTS

### WORLD SERIES pg. 6

Houston Astros beat Dodgers in Game 7.



## NEWS

### DIA DE LOS MUERTOS pg. 7

CI celebrates international holiday.



Photo credit to CI Communication and Marketing

## SPORTS

### SAILING CLUB pg. 6

Learn more about the oldest sports club at CI.



Photo credit to Sailing Club

## OPINION

### INFORMATION FOR FINALS WEEK pg. 13

Important info to keep in mind with finals around the corner.



Photo credit to Kristina Hamilton

# Doc Says Farewell

WELCOME TO CI!

As the founding Vice President for Student Affairs at CI, I have for the past 16 years, welcomed more than 20,000 students and their families to every Island View Orientation (IVO) and Transfer Island View Orientation (TIVO) with a common theme: WELCOME TO CI!

For many of you and your family members you may remember either the story of "picking up the gauntlet" or "buying a doctor for a quarter." Either way, orientation was your entree to CI and being placed at the center of YOUR university experience. The Welcome Speech was nothing more than a light appetizer before the main course!

As of Dec. 15, 2017, the appetizer on the menu will slightly change but the main course remains the same. After 16 years serving as your Vice President for Student Affairs at CI, and over 30 years as either a Dean or Vice President for Student Affairs, I have decided that the time is right to refocus my energies, take myself off of the menu and set my sights on a family centric retirement.

For the 900 plus students that took my Public Speaking class over the past 15 years, my hope and desire is that your voices will continue to resonate and echo the message from both your heart and mind! For the 200 cadets who, over a decade, endured the 26 hours Back-to-Basics Leadership Retreat, may you always remember Invictus and that you are the master of your fate and the captain of your soul! Hoorah!

Finally, I want to thank all of our incredible CI students, our dedicated faculty and hardworking and committed staff for making the CI experience one that Rita and I are not soon to forget.

Although I will no longer be on campus please know that the embodied spirit of hope and dreams for a better and more inclusive tomorrow will permeate the hallowed halls of the Bell Tower. I will be with you always!

So, instead of my traditional Welcome to CI, I will leave you all with: Thanks for the memories, I will cherish them always!

~DOC

Wm. Gregory Sawyer, Ph.D.

Founding Vice President for Student Affairs (retired)





November 21, 2017



### Purpose

The purpose of The CI View is to provide the student body of CSU Channel Islands with precise and accurate news about what is happening on their campus and in their community. It is run by students, for students, and provides a forum to voice their opinion. The CI View aims to be student-centered by giving students opportunities to become involved and learn about the dynamic field of journalism. The CI View is dedicated to enriching the campus-culture while striving for higher education.

### Editorial Matter

Opinions expressed within editorials, pages and comics do not necessarily reflect those of The CI View, its faculty or the student body. Publications are produced focusing on diverse student representation, ethical accuracy and the execution of The CI View student newspaper's goals and values.

### Advertising

Advertising printed here is solely for informational purposes. Such printing is not to be constructed as a written or implied sponsorship, endorsement or investigation of such commercial enterprises or ventures of The CI View.

### Advisory Committee

**Bethany Banuelos**

bethany.banuelos@csuci.edu

**Kristina Hamilton**

kristina.hamilton@csuci.edu

**Genesis DeLong**

genesis.delong@csuci.edu

### The CI View Entity Staff

**Editor-in-Chief: Jazzminn Morecraft**

jazzminn.morecraft978@csuci.edu

**Managing Editor: Ivey Mellem**

ivey.mellem194@csuci.edu

**Layout Editor: Julia Cheng**

julia.cheng658@csuci.edu

**Business Manager: Travis Hunt**

travis.hunt875@csuci.edu

### Contributors

**Alana Robinson**

alana.robinson628@myci.csuci.edu

**Alex Guerra**

alex.guerra700@myci.csuci.edu

**Branden Hopper**

branden.hopper935@myci.csuci.edu

**Carisa Arellano**

carisa.arellano951@myci.csuci.edu

**Caroline Lee**

caroline.lee220@myci.csuci.edu

**Jorge Garcia**

jorge.garcia234@myci.csuci.edu

**Kaylin Floyd**

kaylin.floyd280@myci.csuci.edu

**Laura Solis**

laura.solis403@myci.csuci.edu

**Maria Groth**

maria.groth151@myci.csuci.edu

**Mark Westphal**

mark.westphal708@myci.csuci.edu

**Nancy Villegas Sanchez**

nancy.villegassanchez156@myci.csuci.edu

**Naomi Santana**

naomi.santana152@myci.csuci.edu

**Oliver Nguyen**

oliver.nguyen975@myci.csuci.edu

**Sarina Galindo**

sarina.galindo362@myci.csuci.edu

**Vyctorya Thomas-Vanzant**

vyctorya.thomas-vanzant554@myci.csuci.edu

**Zach Boetto**

zachary.boetto456@myci.csuci.edu

# The CI View and Student Government Organize a First Amendment Discussion

BY ZACH BOETTO

zachary.boetto456@myci.csuci.edu

Students and administrators gathered in the Lighthouse Cafe in the Student Union on Nov. 14 from 3 to 4 p.m. for an event put on by The CI View and Student Government. This event enabled attendees to discuss the First Amendment and campus policies that are in place regarding First Amendment Rights. Jazzminn Morecraft, The CI View Editor-in-Chief, and Karina Hinojosa, the president of Student Government, moderated the event and were joined by a panel of experts to assist in the discussion.

The panel consisted of Brittany Grice, Senior Director for Equity & Inclusion, Kim Gregory, Communication Specialist, Marc Mootchnik, University Council and Tim Allison, Professor of Political Science. The event also featured closing thoughts from Dr. Wm. Gregory Sawyer, Vice President for Student Affairs. The experts provided insight on the First Amendment and answered questions from students as well as scenarios given by the moderators.

“It’s important for every American to realize just because you don’t want to hear something doesn’t mean you shouldn’t hear it,” said Kim Gregory. “In fact, I think it helps you develop a really healthy, well-informed opinion and I think America could do with healthier well-informed opinions.”

Recent events around the nation surrounding the concept of free speech, freedom of assembly and freedom of the press have inspired students and teachers to dive deeper into their understanding of their rights under the First Amendment.

“There are people here (on campus) who want to hear your side, and I know at other universities you’re just a number but I feel like here at CI the small community helps you feel like your voice can be heard and you can make a difference,” said Aubree Orzechowski, a student at CI.

In an email sent in October to all CI students, Toni DeBoni, Associate Vice President for Student Affairs and Dean of Stu-



Photo credit to Zach Boetto

dents, said that “CSUCI values and encourages freedom of expression and inclusive, non-violent debate on campus, in a safe environment that embraces diversity in all forms.”

However, some colleges and universities around the world are targets of various organizations as a platform for promoting their purpose, some of which are grounded in hateful rhetoric.

“Even though you may hear someone you don’t like, you can’t just interrupt them. They still have a right to speak,” said CI student Cody Harrington. “It’s not cool. This is college, it’s supposed to be an institution where you have the freedom to think for yourself and have free ideas, so let this person speak, you can protest peacefully and then afterwards if you don’t agree you can step up and say what you want to say.”

“The students have a great deal of power because it’s the power of exchange—it’s the power of communication. Not just looking at what you’re saying but why you feel that way,” said Dr. Sawyer in his concluding speech. “Doing things like this allows people to see who we are and the most important thing is not to hear from us but to hear from you (the students).”



Photo credit to Zach Boetto

## Corrections from the Previous Edition

The CI View strives to be as transparent as possible, and welcomes any complaints about errors in the newspaper that require correction. Each month The CI View will address any corrections made from the previous month’s issue. If you see an error in the paper, please send an email to [ciview.editor@csuci.edu](mailto:ciview.editor@csuci.edu).

The correction from the October 2017 issue is:

On page five, a student’s name is incorrect in the “Looking on the Brighter Side of Life” article. The article states that the last quote came from Karina Gonzalez; however, the correct name of the student is Karina Hinojosa.









November 21, 2017

# Students Learn About Parking at Town Hall Event

BY IVEY MELLEM AND BRANDEN HOPPER

ivey.mellem194@csuci.edu and  
branden.hopper935@myci.csuci.edu

On Tuesday Nov. 7, CI's Student Government hosted a Town Hall meeting in partnership with Transportation and Parking in Malibu Hall 100 from 6 to 7 p.m. The meeting was designed to provide students with information about parking on campus, projects that Transportation and Parking are working on and future plans for parking at CI.

Colleen Haws, Business Services Analyst, discussed an overview of Transportation and Parking's annual budget in order to provide students with an understanding of things such as how much money is raised annually by the department, what department costs are paid with those fees and where surplus funds are allocated.

Haws discussed the high cost of building new parking lots compared to how much revenue that comes in every year. The A3 parking lot alone cost around \$3.4 million for approximately 550 spots. She also mentioned that the money that is received from parking fines is limited, and can only be used to fund transportation-related programs for the University.

The majority of the presentation focused on programs that Transportation and Parking are developing as alternatives for commuting students. Ramon Porras, the Director of Transportation and Parking Services, reviewed these services which include the Ventura County Transportation Commission busses that have routes to campus from many points all over the county, free bus passes for students living on campus who do not bring their cars, the Camarillo Trolley and Zipcar. Ride matching and bicycle sharing programs are also being developed for the campus.

Porras also mentioned that the University has considered building a parking structure, however it is difficult due to lack of funds and location. A parking structure would cost about \$20 million, and the only location currently able to hold the structure floods easily, making it an unsafe area.



Photo credit to Andrew Zazueta Roman



Photo credit to Andrew Zazueta Roman

After the presentation, Student Government and Porras opened the floor for a Q&A session where students asked about topics like parking pass prices and parking tickets, lot closures, differences in parking privileges between those with general permits and student housing permits and if any more parking lots were going to be built.



Photo credit to Alex Duenes

In response to a question regarding lot A10 and why the dirt overflow lot has been closed, Porras explained that it was originally opened at the beginning of the semester to minimize parking traffic. Now that the pressure has been eased, and the portable lights that were set up in the lot for nighttime parking have been moved to another lot, the overflow is closed. It will be reopened when more lights become available and when it is needed again.

Despite parking issues on campus, the University is always open to suggestions and is considering many different options to expand parking moving forward. For more information, visit Transportation and Parking in Placer Hall, call (805) 437-8430 or email them at [parking@csuci.edu](mailto:parking@csuci.edu).

# What to Know About Winter Break Extended Stay in Housing

BY MARK WESTPHAL

mark.westphal708@myci.csuci.edu

Not all students living in on-campus housing are able to go home to their families during winter break. Housing & Residential Education offers students who aren't able to leave campus between Dec. 16 and Jan. 2 the opportunity to apply for extended stay through winter break.

Students must submit a request form through housing's website, and the application must be filled out by Dec. 6, after which applicants will be subjected to a late fee.

**“Residents who stay will want to think about how they are going to eat. Most of the eateries on campus are closed during the winter break or have shortened hours.”**

**-Tara Ashton, Facility & Administration Assistant for HRE**

There are additional requirements for students who stay on campus over winter break. Students are charged \$30.50 per night over the break and the charge submitted with the request is non-refundable. Also, the days students stay on campus must be continuous. Residents cannot grant access to other residents or roommates during the closure dates. Residents must pick up their temporary key card from the office between Dec. 13 and 15 during office hours.

“Residents who stay will want to think about how they are going to eat,” said Tara Ashton, the Facility and Administration Assistant at the Housing and Education Office. “Most of the eateries on campus are closed during the winter break or have shortened hours.”

The Islands Café and the Student Union will be closed continually throughout the break, but The Town Center Market, Tortillas Grill and Pizza 3.14 will be open at various times.

The housing office is open Monday through Friday from 8:30 a.m. to 4:30 p.m. The application for extended stay can also be found on their website at <https://cidsa.wufoo.com/forms/winter-break-extended-stay/>.



## RIDE THE NEW EAST-WEST CONNECTOR

A faster bus ride between  
Simi Valley, Moorpark & CSUCI.  
No more transfers in  
Thousand Oaks!



**FREE RIDES  
NOVEMBER 10-30**

Schedules and more info at [goventura.org](http://goventura.org) or 800.438.1112





## Northern California Fire Update

BY CAROLINE LEE

[caroline.lee220@myci.csuci.edu](mailto:caroline.lee220@myci.csuci.edu)

The beginning of October saw widespread destruction as wildfires spread throughout northern California. A State of Emergency and immediate evacuations, announced by Governor Jerry Brown, took place in Yuba, Napa and Sonoma Counties on Oct. 9.

According to The Washington Post, as of Oct. 15 the majority of the nearly 40 victims that have died have been identified as elderly, with the exception of a 14-year-old in Mendocino County. Hundreds of people are still missing and an estimated 5,700 buildings have been ruined.

The New York Times writes that there were more than 20 fires burning across northern California, with six of them in Sonoma County alone. The fires have killed more people than any other California wildfire to date. Sonoma County has suffered the most damage, with 22 people confirmed dead and nearly 3,000 homes destroyed.



Photo credit to California National Guard

The flames have also affected northern California's wine industry. At least four vineyards in Napa have suffered significant losses, while at least two wineries in Sonoma are thought to be severely affected. According to The Washington Post, the estimated loss of the wineries in Sonoma County has caused \$1.2 billion in damage for the city of Santa Rosa alone.

While the fires were still burning, owners and community members were unable to access the vineyards. The totality



Photo credit to California National Guard

of the damage to the area's fertile ground and plants is still being determined.

These fires also affected one of CI's sister schools, California State University Sonoma. Although there was no immediate threat to the University, a newsletter was released on Oct. 11 strongly advising students to leave campus. On Oct. 12 there was another newsletter to announce the official closing of the campus. Any students who were unable to find transportation from campus were given assistance in order to seek shelter. Later that week the fire conditions were declared stable and students were able to return.

Despite the destruction from these fires, Californians came together as fire departments worked to contain the fires while communities provided shelter, food and moral support to victims. 🚒



Photo credit to California National Guard



Photo credit to Stg. Ian Kummer

## CSSA - A Voice for All Students

BY OLIVER NGUYEN

[oliver.nguyen975@myci.csuci.edu](mailto:oliver.nguyen975@myci.csuci.edu)



The California State Student Association (CSSA) is an association that works to solve issues that affect all California State University (CSU) campuses. The Board of Directors for CSSA includes one representative from each of the 23 CSUs. CI's representative is the president of Student Government, Karina Hinojosa. The CI View interviewed President Hinojosa and discussed what is going on in CSSA right now, the way that decisions are made and how students can get involved.

The CSSA meets once a month, each time at a different CSU. The latest CSSA assembly took place in Cal Poly San Luis Obispo from Nov. 17 to 19. The policy agenda for this gathering had four main issues to discuss: mental health services, basic needs, mental and physical safety and financial accessibility.

Representatives from all 23 schools met for a long weekend of discussions, committees and voting. The result of this was strong lobbying at the state and national level to bring about the changes that students desire. These changes range from working to secure school funding and cut costs of tuition to working to enact legislation to support students after Deferred Action for Childhood Arrivals was repealed.

**Representatives from all 23 schools met for a long weekend of discussions, committees and voting.**

The CSSA gives students at all CSUs a vote through their representatives, who are elected by students. President Hinojosa was elected this past April and started her term in June, and the rest of the executive team and senators of Student Government were welcomed shortly after.

To better represent the population of CI, President Hinojosa participates in student outreach by sitting on and chairing multiple committees, such as the Student Fee Advisory Committee. She also receives feedback from other Student Government board members. President Hinojosa is available from 3 to 6 p.m. on Thursdays in the John Spoor Broome Library for students who make an appointment to discuss any issues.

Students who are interested can apply to attend CSSA meetings via the CI Student Government website. The next CSSA meeting will be Jan. 26 to 28, 2018 at CSU Dominguez Hills. 🚒





November 21, 2017

## CI Sailing Club Celebrates 10-Year Anniversary

BY JORGE GARCIA

jorge.garcia234@myci.csuci.edu

The Sailing Club, which was founded in 2007, is the oldest sports club at CI. Through 10 years of existence, the club has maintained a competitive balance as they compete in the Pacific Coast Collegiate Sailing Conference. Throughout the history of the Sailing Club, the club has had five different presidents.

The Sailing Club has also had a former athlete, Austin Dias, inducted in the Hall of Fame in June of 2009. Dias was also the founding member of the Sailing Club, according to CI's Sports Club Champions website.

The Sailing Club's Vice President and team captain, Kinsey Cohen, spoke to The CI View about the club. Cohen has been a member since fall 2013, and was president of the club for the two previous years. "This is a big deal," she said of the club's 10-year anniversary, which they are planning to celebrate.

The competitions that the team faces are very competitive as many universities like Stanford University, University of Southern California and University of California Los Angeles compete in the same league. According to Cohen, "We're varsity. We could have a junior (team) if we wanted to but we don't have enough boats for that, but we are varsity." She also explained the differences between the other rivals that make this league distinguishable: "They have coaches, scholarships and more funds."

At the very end of the fall semester the team will get the chance to compete in an open tournament in Hawaii in January. Five members are chosen for this tournament. However, the most important competition that they train for is the San Francisco Open, a sailing competition hosted by Stanford University that gives the club the possibility to compete on national levels.

Cohen also said that "The past few years have been showing growth. As the best sailors graduate, we have to teach the new ones from scratch." One of the difficulties this club



Photo credit to CI Communications and Marketing

faces is the shortage of members as the club currently consists of only 11 members. "Every year we have more transfer students in this club, and they don't stay so long. So, we need more freshmen," Cohen stated.

The club has made many efforts to get more members as they table at fairs and events on campus. Cohen explained that the reason why people should join the Sailing Club is they have the chance to relieve stress in the water, learn sportsmanship and it is a sport that people can practice for the rest of their life. No experience is needed to join this club, either.

To follow the team's scores and schedule go to [scores.collegesailing.org](http://scores.collegesailing.org), and under schools click on California State University Channel Islands. To join the club contact the club's president or email [CI sailingclub@gmail.com](mailto:CI sailingclub@gmail.com). 🏠



Photo credit to Sailing Club



Photo credit to CI Communications and Marketing

## The Dodgers Strike Out at the World Series

BY JORGE GARCIA

jorge.garcia234@myci.csuci.edu

The Houston Astros won the 2017 World Series at Dodger Stadium on Nov. 1, after winning the seventh game of the Series. This left many Los Angeles Dodgers fans upset, because the Astros win caused the Dodgers to lose their chance at a World Series win. Previously the Dodgers had not attended or won a World Series since 1988.

The Dodgers advanced to the Major League Baseball (MLB) postseason as champions of the National League West Division with a season record of 104 wins and 58 losses, having the best record in this 2017 MLB season. Their first rival in the postseason was the Arizona Diamondbacks, and the Dodgers defeated the Diamondbacks with three consecutive victories.

Then, the Dodgers played against former 2016 World Series Champions, the Chicago Cubs, for the National League Championship. After five games the Dodgers defeated them. Coincidentally, in the second game against the Cubs, third baseman Justin Turner hit a walk-off home run to win the game for the Dodgers. This hasn't happened for the Dodgers in a

postseason game since 1988 when Kirk Gibson hit a walk-off home run in Game 1 of the World Series. Therefore, the Dodgers advanced to the 2017 World Series and broke the 29-year streak since the team last saw a World Series game.

The World Series was very tight for the Dodgers and the Astros, as both teams made it to the seventh game of the Series. By Game 2 the Dodgers had the advantage of leading the game by two runs, but in the ninth inning the Astros managed to tie the game. Hence, the game was extended until the 11th inning, where the Astros gained a victory that tied the Series 1-1.

By Game 4 the Series was tied 2-2 after a win from the Dodgers in Houston. They were the only team to defeat the Astros in their home stadium in this postseason.

By Game 5, the Dodgers had the advantage of four runs but the Astros were able to tie the game in the fourth inning. Then the Dodgers scored three runs in the fifth inning but once again the Astros tied the game. The game was extended to the 10th inning and the Astros won the game with the score 13-12. This game made history as it broke the home run record in a World Series, as both teams combined made 24 home runs. This game was also the second longest game of the Series at five hours and 17 minutes.

By Game 6 the Dodgers scored another win, leaving the Series at a tie of 3-3. Then, by Game 7, all it took for the Astros to win the World Series was two innings to score five runs. Thus, the Dodgers must wait another year for the next World Series to party like it's 1988. 🏠





## CI Celebrates Día De Los Muertos

BY SARINA GALINDO

[sarina.galindo362@myci.csuci.edu](mailto:sarina.galindo362@myci.csuci.edu)

Día De Los Muertos, also called Day of the Dead, is a Mexican holiday during which people celebrate the dead and cherish loved ones who have died. Family and friends decorate their loved one's altars with photos of the deceased, crosses to represent their religion, fruit for their souls, salt to keep them from crumbling as they depart and other little things to ensure that their afterlife is full.

The families also add items to represent the earth's elements, such as food to represent the earth, water to represent the water, candles to represent fire and papel picado (paper cut into designs) to represent the wind. Families also add things that symbolize the person and the things they loved. The altars represent them and show how amazing the person was before they passed away.

On Wednesday Nov. 1 from 9 a.m. to 4 p.m., CI held a Día De Los Muertos event in the John Spoor Broome Library Plaza. Many people were dressed in Día De Los Muertos attire with their faces painted and dresses or suits representing the holiday. People drank horchata and Mexican hot chocolate, ate pan dulce, prayed, sang and danced to worship and keep those who have passed away in their memory. Visitors paid their respects and looked at examples of what the altars look like.

The guests, staff and performers all took part in the event by looking at the art that students and staff at CI had made to sell that signified the holiday with skulls, flowers and the elements. Danza Tlaloc Ollin, a student organization at CI, sold masks, phone cases, stickers, t-shirts and more to help celebrate the holiday.

Visitors watched Los Angeles artist Leo Limón as he sculpted with sand, while others got their faces painted and made flower crowns. Everyone listened to the music as laughter and smiles were all around, enjoying the festivities that were going on.

In addition to all the excitement, speakers attended the event and spoke about how important the holiday is and how grateful they were that so many people came to celebrate. As the event started to wind down people took part in Ballet Folklórico Nueva Antequera dancing, where people gathered in a circle and prayed for their lost loved ones to honor them. People shouted out their names during the Aztec Dance as the dancers prayed and danced to let those who are now gone know that they are in a better place, and that those who remain will try to make a safer place for the rest. 🌀



Photo credit to Sarina Galindo



Photo credit to Sarina Galindo



Photo credit to CI Communication and Marketing



Photo credit to Sarina Galindo



Photo credit to Sarina Galindo





November 21, 2017

# Students Respond to Doc's News



Photo credit to Dr. Sawyer

"I don't know him as well as a lot of people, but I think that the fact that he is putting his family first is a really good thing. He has done a lot of good things for the University, a lot of good work. He has set in place a lot of good people to follow up behind him." - Noelle Ewing

"I look at it from a leadership perspective and I think of it as admirable because as a leader it is really hard to say when your time is done and when you are ready to move forward. I think it is honorable that he is saying that 'I have done good work here and I recognize all that I have done and now I am ready to move on to the next phase of my life.' I thank him for all the things he has done for Student Affairs and for the University." - Alexis Mumford

"Honestly, I am new here and so I didn't get to know him but that does make me sad. When I did see him I would say 'What's up, Doc' and he would think it was funny. Even though I didn't know him all that well, I am going to miss him." - Noah Schimnowski

"I had lunch with him the other day and I brought up my dad retiring and then he started talking about retiring and I didn't connect the dots right away. I think it is the best decision for him right now just because he has been dealing with a lot of heavy stuff. I think it is good for him but of course I am going to be sad to see him leave because he has made such an impact on campus." - Megan Dierickx

"It's bittersweet honestly. I didn't know how much of an impact he was going to leave on me. Doc is able to inspire and able to bring that sense of belonging. He has really inspired me to do my best and to break outside my shell and to speak from the heart. I met Doc at Relay for Life and I honestly didn't speak with him at first. I saw him get up on the stage and he spoke about how he had lost his sister and how she had passed away due to cancer. As he was speaking up there, there was literally this connection and I never thought I would make that connection with someone who had experienced something different with cancer in a different way. When he got off the stage, he came up and spoke with me and he goes, 'I just wanted to thank you for smiling the whole time.' I

**"It's people like Doc that makes people want to come to a small university. Doc makes you feel important. Even when he's probably met thousands of students before you, he really tries to remember everyone's name." - Dagoberto Iraheta**

told him, 'I am so grateful you got up there and I am so grateful you shared because I was never able to see the perspective from the other side.' That moment is when I realized Doc made such an impact on my life. He is a wonderful individual, friend, mentor and it will be a challenge for the next Vice President for Student Affairs to fill his shoes." - Stephanie Ramirez

"When I first heard the news via my CI work email, I was shocked and saddened. Dr. Sawyer is an excellent individual, always greeting everyone and sharing words of wisdom. All the times I have crossed upon him, Doc has always asked how we were and felt really proud of every little achievement we mention to him. Dr. Sawyer has truly represented all the IVO crests and no other person would be like him. They may replace the chair but never the person. Dr. Sawyer, just remember, once a dolphin always a dolphin, because WE ARE CI!" - Victor Amezcua

"I am heartbroken because of it. As a student Doc has mentored me since literally my first day at CI. I have been in his speech class and for that class we just gave consecutive speeches and every single week, Doc and I would sit next to each other. In between speeches we would talk about the most random things and we got really close. He has helped me overcome a lot of different personal struggles. He is really the first and only person who ever made me feel like having bipolar disorder was okay. I am very sad but very excited for him and his wife Rita to get the time that they deserve for themselves for once. His legacy will always be here and that is not going to change." - Karina Hinojosa



Photo credit to Dr. Sawyer



Photo credit to Dr. Sawyer



Photo credit to Kristina Hamilton





## Stay Safe for the Holidays

BY KAYLIN FLOYD

[kaylin.floyd280@myci.csuci.edu](mailto:kaylin.floyd280@myci.csuci.edu)

With the semester coming to an end, we can soon forget about all those long stressful nights studying for our finals. Thanksgiving, Hanukkah, Christmas, New Year's Eve and other holidays are coming up, and as much fun as it's going to be we still need to make sure we are all responsible and safe during these times.

Thanksgiving can be a fun time, especially when you have tons of food on the table. It's as if you're at an all-you-can-eat buffet with family and friends. Don't forget to bring your stretchy pants! You can walk off your Thanksgiving meal by heading out to the stores for Black Friday. Although the deals may be sweet, don't start off the New Year broke and try to be frugal with your money.

With Black Friday shopping set aside, be sure to prepare for the coming Christmas and Hanukkah festivities. The holidays are a great time to enjoy each other's company, so go out and enjoy the hot cocoa, but be conscientious about the parties to be had.

During this time, don't leave any of your valuables in your car and instead keep them with you at all times because many burglaries occur around this time of year. Despite that, be sure to enjoy your winter break and have a blast enjoying everyone's company at home until the next semester! 🚗

## Student Spotlight

BY VYCTORYA THOMAS-VANZANT

[vyctorya.thomas-vanzant554@myci.csuci.edu](mailto:vyctorya.thomas-vanzant554@myci.csuci.edu)

We all remember the process of applying for college differently, and the stress that came with it. While some experienced hours of SAT and ACT prep and college essays, there are some who faced much more stressful situations before they made it to university. The CI View had the opportunity to interview sophomore Tieler Williams to commend him for his hard work and show students that even in difficult situations, good outcomes are possible.

"(My childhood) was a little difficult," he explained. "It was rough trying to grow up and live a normal life. I just wanted to be accepted." When he was younger, Williams lived with his mother and siblings. His father wasn't involved in his life and his mother often brought home multiple boyfriends.

He described the environment as abusive, both physically and verbally. Seeing the men his mother brought in motivated him to be better. Williams took notice to his brother's performance in school; he was getting good grades and teachers were supportive of him. "I wanted to follow in those footsteps and keep striving for better," he said.

"The men (my mom) had in there, it was constant. It was new guys, new faces, new egos, new personalities," Williams described. When Williams was in high school his mother brought home a man who he later found out was a registered rapist. When Williams confronted her about it, his mother kicked him out. She told him that he "wouldn't get to where he wanted to go" and that he "wouldn't be anything."

Despite these hurtful words, Williams continued to believe in himself and what he wanted to do. "The vision I have, people will buy into because they'll see the type of change that I'm trying to promote," he stated.

Williams described his situation after his mom kicked him out as tough. For a couple of weeks he slept on a park bench until one of his friends found out and allowed him to stay at his house. It wasn't long until his vice principal found out about his housing situation.

"I went to her because I needed FAFSA so I could get into college. She needed tax documents but I wasn't living with my mom, so I couldn't get them," Williams said. After learning this, his vice principal reported it and Williams went into foster care. The foster care had placed him in a group home, and the next day, his vice principal offered to let him stay with her. Together they gathered the things he need for his college applications.

Initially his major was business but this year he decided to switch to political science. "I want to be an entertainment lawyer," he explained. "They deal with contracts, make sure both sides understand the stipulations, they sometimes dabble in representative. But most times they deal with contracts."

When asked if anything inspired this career path, he brought up a lawyer he had when he was younger: "He was nervous, he kept calling me Taylor—just terrible. He wouldn't pay attention to me. What I told him, he wouldn't take into consideration. I felt voiceless. Since that day I wanted to be that voice for people. Just stand up for them and just show them that there's always a light at the end of the tunnel."

Williams has spoken at a couple of high schools, foster seminars and workshops. He works with a teacher from his old high school in workshops that give kids knowledge on future necessities such as writing out checks, paying bills and teaching them what credit means.

Before he left he shared some advice he would like to give to the students at CI: "Believe in yourself and never stop chasing your dreams. I believe anybody can do anything if you just put your mind to it, don't take no for an answer and just keep going." 🚗

## Holiday Charities

BY KAYLIN FLOYD

[kaylin.floyd280@myci.csuci.edu](mailto:kaylin.floyd280@myci.csuci.edu)

The holiday season is a great time to be with your family and friends and to give back to those in need. Every year Toys for Tots Programs are organized to donate toys to children all around the world. One of the larger programs is the U.S. Marine Corps Reserve Toys for Tots Program, which is a part of the nationwide Marine Toys for Tots Foundation. Each Marine is in charge of organizing the program in the community where he or she is from and this all begins in the beginning of October and ends in mid-December.

You can drop off new, unwrapped toys and members of the program will wrap them and at the end of December they will be donated to children. Toys R Us is also participating in this and any toy donations will be given to those who lost everything in the wake of the recent hurricanes. Additionally, any money donations will be sent to the Marine Toys for Tots Foundation.

Since this is a nationwide program, when you go home for winter break be sure to check your hometown and donate some toys for those in need! Other ways you can donate are by mail, eBay and the Native American Program.

If you decide to donate through eBay, simply sell any unwanted items and make sure to donate 10-100% of the final sale price to the Marine Toys for Tots Foundation. The Native American Program is also great to donate to because it benefits over 120,000 Native American children annually by providing toys and books to participating reservations. To donate to this program you can go to their website at <http://laguna-niguel-ca.toysfortots.org/>.

You and your family can also create your own Personal Toys for Tots Fundraising Page and collect donations in honor or in memory of someone special, or because you too believe every child deserves a little Christmas.

To donate to Toys for Tots go to their website at <https://www.toysfortots.org/> or send a check to the Marine Toys for Tots Foundation. Especially with the hard times going on in the world right now, donating anything could make someone's day a little bit brighter! 🚗

75 TONS OF SNOW!

CSU Channel Islands

# SNOW DAY

Free Event!

## THURSDAY NOVEMBER 30

SOUTH QUAD 5PM-10PM

Questions? Please contact Student Programming Board at (805) 437-2730 or email: [asi.spb@csuci.edu](mailto:asi.spb@csuci.edu)

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Disability Accommodations and Support Services at 805-437-3331 or [accommodations@csuci.edu](mailto:accommodations@csuci.edu) as soon as possible, but no later than 7 business days prior to the event.





November 21, 2017

# Career Fair: Getting Started in the Work Force

BY CAROLINE LEE

caroline.lee220@myci.csuci.edu

CI's Career & Internship Fair is an excellent way for students to meet with candidates to connect with and turn in resumes to different employers. Students from all ages and academic majors attend the University's fair, including CI alumni. The Fall Career & Internship Fair was a huge success. Nearly 500 students and 70 employers were in attendance at the John Spoor Broome Library Plaza.

Students came to the fair dressed to impress with resumes in hand. Recruiters provided information and small gifts to promote their work. Many of the recruiting tables asked for the resumes as students began to show interest. Recruiters also allowed students to email their resumes if they did not have them at hand.

Over the years, CI has partnered with many large companies such as FedEx, Dignity Health and Casa Pacifica. Getting these types of employers to provide our students with employment opportunities is absolutely incredible. The fair included recruiters offering career, internship and military opportunities.

Retail opportunities were also available at the fair. Retail chains in attendance included Guitar Center, Big 5 Sporting Goods and Farmers Insurance. These chains provide more immediate employment for a salary for students.

Be sure to keep an eye out for the next Career Fair & Internship in the spring by visiting <https://www.csuci.edu/careerdevelopment/news/careerfair-students.htm>. 📄



Photo credit to CI Communications and Marketing



Photo credit to CI Communications and Marketing



Photo credit to CI Communications and Marketing

# Refugees, Not Immigrants: CI Hosts Campus Reading Celebration

BY OLIVER NGUYEN

oliver.nguyen975@myci.csuci.edu

This semester, students at CI read "The Refugees," a collection of short stories detailing the lives of Vietnam War refugees. On Nov. 2, the Pulitzer Prize winning author of the book, Viet Thanh Nguyen, spoke in the Grand Salon about topics surrounding his work, such as the lasting impacts of the Vietnam War, the distinct perspective of Vietnam and the war and his goals as an Asian-American author.

An important part of what Nguyen discussed was the perspective Americans have on the Vietnam War. As Nguyen explained, when most Americans think of the war it is of a long, drawn-out affair in which tens of thousands of American soldiers perished. Often overlooked, however, are the millions of civilian casualties sustained in the Vietnam civil war, as well as the millions more that perished in Laos and Cambodia.

This difference in perspective comes from the vastly different American viewpoint, including Hollywood movies such as "Apocalypse Now." This feeds into the predicament of the minority author in America and how there is always an expectation of their books derived from American culture.

In the niche of "Asian-American books," as an author there is a feeling of needing to show the good side of his Vietnamese characters, said Nguyen, just to prove their humanity. It is both an

opportunity and a trap to be in that niche, as it gives the opportunity for their voices to be heard, yet at the same time immediately sets them up to be stereotyped.

To stop this, it takes a community of writers, and Nguyen identifies as an author not necessarily as an individual, but in a larger group of authors trying to break that mindset. In his Pulitzer Prize winning novel "The Sympathizer," Nguyen decided to ignore the pressures of judgement and write without trying to prove anything. The main character of this book is a womanizing, murdering North Vietnamese spy undercover in America following the fall of Saigon.

As a refugee himself, Nguyen also touched on the term refugee, and how it is often pushed aside in favor of saying immigrant. By doing this, the reason for being in America is completely shifted, for Vietnamese refugees did not come to America because they necessarily wanted to but because they had to. The word, Nguyen said, is a reminder of what Americans take for granted: a life and a home that is safe and will always be there for them. 📄



Photo credit to Communication and Marketing





## Kicking it for a Good Cause: CI Community Comes Together

BY TRAVIS HUNT

[travis.hunt875@csuci.edu](mailto:travis.hunt875@csuci.edu)



Photo credit to Travis Hunt

The tournament raised \$225 for the nonprofit. There were four teams entered in the tournament: Kappa Rho Delta, the Pokémon Club, a Kappa Sigma interest group and the fraternity Beta Gamma Nu.

“Kappa Rho Delta is a new local sorority, started last semester in the spring of 2017,” said Brianna-Lourdes Pascua, the recruitment chair for the sorority. “The goal of the organization is to create an inclusive and diverse environment, as well as inspiring, motivating and empowering people to raise awareness for philanthropic events.” Pascua described the main focus of the sorority’s philanthropy as being focused on children, the environment and animals.

Each club that was participating was asked why this event is important to their organization and their members. A representative from each team gave a response to The CI View.

The Pokémon Club president, Mikaela Marzano, explained the importance of the event as “helping those in need of help in other countries and having fun with other clubs and organizations.”

On Friday Oct. 27, the sorority Kappa Rho Delta hosted a kickball tournament to raise money for hurricane victims in Puerto Rico, as well as those affected by the earthquakes that hit Mexico. The money raised at the event will be donated to the nonprofit organization World Vision, according to Makenzie Stancliff, a member of Kappa Rho Delta and the event’s organizer.



Photo credit to Travis Hunt

When asked about why his fraternity was there, the Kappa Sigma interest group’s President, Jonathan Viramontes, responded by explaining that the interest group wants to “help provide support for our sisters and their philanthropic efforts.”

Beta Gamma Nu’s president, Dustin Ariola, explained why the kickball tournament was important to him and his club. The fraternity wants to “focus on bringing the campus together, and give students a reason to come and to be proud to be part of CI.”

The event started around 1 p.m. and lasted about two hours. The atmosphere was similar to a picnic. The competition was light-hearted and mellow, with bursts of excitement. Those in the stands would occasionally cheer for their friends and peers in the game.

A player for Kappa Rho Delta, Daniela Cabrera Figueroa, was asked about the environment during the game on the field. She referred to the game as being “nostalgic of middle school.” She continued to say, “It was intense but fun. I hope everyone had fun and would like this to become an annual event.”

There were two different champions. There was a championship awarded to the team that raised the most money and a championship awarded to the team that won the kickball tournament. The team that won the award for most money raised was the Pokémon Club.

The final game for the tournament featured Beta Gamma Nu against the Kappa Sigma interest group. This game was a bit more intense than the other ones as both teams gave it their all for the championship. The winner ended up being the Kappa Sigma interest group.

Throughout the entire tournament, all the teams displayed excellent sportsmanship and respect for one another. Many competitors after the game stated that it was a great way to meet new people, and that they would like to see it become an annual event. 🏀

## CI Students Voice Their Opinions on Daylight Saving Time

BY NAOMI SANTANA

[naomi.santana152@myci.csuci.edu](mailto:naomi.santana152@myci.csuci.edu)

Daylight saving time is a seasonal time change that many countries all around the world take part in. According to the website [timeanddate.com](http://timeanddate.com), “spring forward, fall back” is a way to remember which way to set your clock. In the springtime, when daylight saving time begins, we set our clocks forward and we lose an hour of sleep. During the fall, when daylight saving time ends, we set our clocks back and we gain an hour of sleep.

The positive effects that result from daylight saving time are longer evenings in the spring, which can be used for outdoor activities and can improve road

safety. The downside to daylight saving time is that it doesn’t save energy and can cause health problems. In certain instances, daylight saving time can mess with our body clocks, leading to lack of sleep which can trigger depression. I asked a few CI students about their opinions on daylight saving time, and many had similar feelings about it.

Kaylen Sanchez said that she has always had some concerns regarding daylight saving time, but as she grew older she “came to appreciate it more and more,” especially during the spring because she played sports and enjoyed spending more time outside. “It also

helps those who require walking in the later hours,” she said. “I tend to feel more adventurous when I know it’s still daylight out.”

Roberto Martinez said that he believes that we have “transcended the need of daylight savings.” He feels that “it would be nice to eliminate it from our lives,” because it throws people off. He also mentioned that people are “slaves of their daily work life, and in order for people to take full advantage of their time, we have manipulated the device used to control people: the clock.” Martinez also said that he thinks it would be more beautiful to have people “experience time the way Mother Nature designed (it to be).”



Photo credit to Kaylen Sanchez



Photo credit to Roberto Martinez

Manar Hijaz said that daylight saving time can be a “great thing and a nuisance at the same time.” Although it can allow people to do more things during the day, it would be better to “just leave things alone and let daylight hours be what they are.” Hijaz also said that “changing twice a year is not horrible, but it can cause a disorder

in schedules,” which can then cause people to arrive late to events and disrupt sleep patterns. “So I say just to leave time alone and discontinue daylight savings,” Hijaz concluded.

Gavin Benes said that he hears about daylight saving time from friends, “but the information doesn’t seem too accessible... I mean, it’s kind of a small hassle



Photo credit to Naomi Santana

and it’s something I’ve never really thought about. It’s more like I have to do this, okay I’ll do it,” Benes said. He also mentioned that maybe it is useful even though he doesn’t really know the uses of it, but he is okay with going along with it. 🏀





November 21, 2017

# The Real Story of Thanksgiving

BY ALEX GUERRA

[alex.guerra700@myci.csuci.edu](mailto:alex.guerra700@myci.csuci.edu)

When you think of Thanksgiving, what usually comes to mind? A nice roasted turkey smothered in gravy? Sitting around a table with friends and family, sharing what you're thankful for? Or maybe enjoying a delicious home cooked pumpkin pie?

Whatever image you think of, a lot of these traditions we know and love didn't come to be until the 20th century, when Thanksgiving became the fun, cheerful holiday everyone thinks of.

So, what is the real story of Thanksgiving? Why do we always have turkey or pumpkin pie? How did the tradition of families gathering around for a meal even start? For this, we need to push aside all of the traditional tales and really uncover the true story of Thanksgiving.

First, as the History Channel states, Pilgrims and the Wampanoag tribe did indeed come together for a celebratory meal in 1621, one that lasted for three days. However, the feast itself wasn't called Thanksgiving, nor was it celebrated every November. As for the happy, friendly depiction of the meal? Some say the Pilgrims and Native Americans sat around a campfire and ate with their fingers, as opposed to the long table they are often depicted sitting at.

Many argue that the "peace" between the Pilgrims and Native Americans was short-lived, as the fake but colorful portrait we have painted of their meal masks a long and bloody conflict between the two groups, one that started with the Pequot Massacre. Some say Plymouth was even built on the former site of the Pequot settlement, where the Pilgrims took part in what is described as a "divine clearing of the land," as defined by an audio talk by NPR.

As for what they actually ate? Surprisingly, it wasn't turkey. According to the History Channel, despite being plentiful in the region, the Pilgrims and Native Americans most likely ate deer, as well as duck, geese or other fowl, accompanied with various nuts and onions instead of the traditional gravy or stuffing. In fact, many historians believe seafood was big deal on their menu. Mussels were popular in New England, so it's assumed that they were also featured at the meal alongside lobster, clams and fish.



Love pumpkin pie? Well, the delicious dessert wasn't a staple at the first Thanksgiving. As for the famous side dish of mashed potatoes, the Spanish introduced potatoes to the Europeans around 1570. However, by the time the Pilgrims left, the food didn't make it to North America nor had become popular enough with the English.

In fact, after the famous first meal, Thanksgiving became common practice on and off among the New England settlements. According to an article by the History Channel, it wasn't until 1789, when George Washington announced the first national Thanksgiving holiday to be celebrated on Nov. 26, where Americans were asked to celebrate their victory over the British.

However, Thanksgiving didn't become an annual tradition again until the 19th century, when American writer, Sarah Josepha Hale, took interest in the Pilgrim's way of life. According to the History Channel, Hale sought to recreate that first Thanksgiving and in 1827, she waged a 17-year campaign to make Thanksgiving a national holiday. Her demands weren't answered until 1863, when President Lincoln called for Thanksgiving in response to mourn those who were lost during the Civil War.

There it stayed on the final Thursday of November until 1939, when President Franklin D. Roosevelt moved it up a week as an attempt to give retailers more time to make money. However, many people started criticizing this move and, in 1941, he signed a bill moving Thanksgiving back to the fourth Thursday in November, where it remains to this day.

The Thanksgiving we grew up hearing about from our first-grade teachers could be described as the stuff of myth and legends. From Pilgrims who fought to survive in this new land, to a stuffed turkey served alongside mashed potatoes and cranberries, our favorite holidays have become entrenched in our lives for generations to come, regardless of how they truly started.

However, it's the history behind these holidays that make them more meaningful, such as where the truth behind giving out presents on Christmas or trick-or-treating on Halloween may open a different yet fresh perspective on our popular holidays. The history of Thanksgiving may be flawed, but it is a part our country's history. 🐾

# Group of CI Art Students Paint a Mural at Local Boys & Girls Club

BY CARISA ARELLANO

[carisa.arellano951@myci.csuci.edu](mailto:carisa.arellano951@myci.csuci.edu)

Photo credit to Carisa Arellano

During the fall and spring semesters at CI, students are working hard to complete their capstone projects to graduate. This fall my capstone group, consisting of six art students, are working diligently on our project at The Boys & Girls Club located in Port Hueneme.

Our group consists of advanced painters, an art historian and me as their photographer, all looking to serve the public. We have reached out to this location because of its historical and cultural significance within the community, and hope to help beautify the area while attracting new members. Myself, Nathan Asplund, Abel Ayala, Amelia Dickey, Mieriam Jantz and Andrew Romo are the students behind the project, painting a mural specific to the needs of the organization.

Currently we are working in the Boys & Girls Club's Learning Center, where the books being painted in the mural are primarily focused around the kids. Having started in September, our group is making the final touches on this room's mural and are looking to start our next project in another room of the building. Week by week, the mural comes closer to completion and the kids are excited for the new addition to their out-of-school program.

The Port Hueneme Clubhouse offers great opportunities for kids and even college students who are looking for programs ranging from community service to job opportunities. The mission of The Boys & Girls Club aims "To inspire and enable all young people, especially those who need us most, to reach their full potential as productive, responsible and caring citizens." Make sure to stop by to see the completion of the mural we continue to paint this semester.

The Boys & Girls Club where we are helping to make an impact with our mural is located at 590 E. Pleasant Valley Road in Port Hueneme, California. The number is (805) 248-7172 with Stephanie Corbett as the Unit Director and the main website being [www.bgcop.org/](http://www.bgcop.org/). 🐾



Photo credit to Carisa Arellano





# Broome Library: Finals Week

BY NANCY VILLEGAS SANCHEZ

[nancy.villegassanchez156@myci.csuci.edu](mailto:nancy.villegassanchez156@myci.csuci.edu)

Finals week is coming soon and a place to study where one can have peace and quiet is crucial. The John Spoor Broome Library, in fact, can be the place for you. A little note, the Library will be open for 24 hours on a certain days for students to have their study time during finals week.

Michael Schumacher, Library Access Services Specialist, gave me some insight into the hours for the Library during finals week. Beginning Monday Dec. 4 at 8 a.m., the Library will be open for 24 hours until Thursday, Dec. 7, where the Library will close at midnight.

The following days, Friday Dec. 8 and Saturday Dec. 9, the Library will continue its regular hours: Friday 8 a.m. to 5 p.m. and Saturday 10 a.m. to 6 p.m. In continuation, on Sunday Dec. 10 at 1 p.m., the Library will open once again, and continue to be open for 24 hours until Thursday Dec. 14, when it will close at midnight. Lastly, on Friday Dec. 15, the Library will begin their winter schedule.

The Library is a great location to study during dead week and finals week, so please take advantage of these extended hours in the Library. 📖



Photo credit to Communication and Marketing

## Get Your Library On

BY LAURA SOLIS

[laura.solis403@myci.csuci.edu](mailto:laura.solis403@myci.csuci.edu)

With dead week and finals right around the corner, I am sure plenty of you reading this plan on spending a fair amount of time in the John Spoor Broome Library. The best thing about this is that the Library will be offering additional services free of charge to all students, as well as extended hours! Additionally, the Writing & Multiliteracy Center (WMC) and the Learning Resource Center (LRC) will also be extending their hours.

In the past, the Library has offered services such as free coffee, dog therapy and de-stressing activities like puzzles and coloring book pages. The activities are not yet set in stone but based on what has been offered in the past, the Library will be a big help during your dead week and finals week time at CI. One great service I was informed of is the 24-hour availability of librarian assistance on the nights when the Library is open for 24 hours.

There will also be opportunities to get additional writing assistance at the WMC. On Dec. 2 and 3, the WMC will be hosting “Writing Boot Camp.” During the event, you will have the

opportunity to work on a paper in the WMC for four hours each day with help right at hand after signing up with a \$20 commitment fee (that you get back at the end of the second day). Along with writing help comes free snacks!

Another opportunity the WMC has is an event called “Write Night.” This will be on Wednesday Dec. 6 from 8 p.m. to 1 a.m. Similar to the “Writing Boot Camp,” workspace in the WMC is available along with assistance right there. This event does not require a commitment fee. Additionally, the WMC will be offering extended “studio hours” on Dec. 4, 5 and 7 from 8 to 10 p.m., which are like mini versions of “Write Night.”

While all students are encouraged to take advantage of these services, please consider the influx of students the WMC receives during this time of the semester and schedule an appointment to ensure you will receive the assistance you need.

As the end of November nears, please keep an eye out for flyers around campus and posts on social media that will provide official Library activities, the LRC’s extended hours and sign-up dates and times for the extra services that the WMC is offering. Get ready to get your library on! 📖

# How to De-Stress During Finals

BY ALANA ROBINSON

[alana.robinson628@myci.csuci.edu](mailto:alana.robinson628@myci.csuci.edu)

“Stress” is a word that’s thrown around a lot. It spans a wide scope, from describing how you feel during finals to deciding what to buy your significant other for the holidays. You may even use it when telling your friends about a paper you are writing, the title of which feels to you like: “Sesquipedalian Loquaciousness Cryoturbation in the Alluvial Atmosphere,” when it’s really just an article about how to de-stress during finals.

To reduce stress, there are both on-campus and off-campus offerings. There are also things you can do anytime that are long-lasting and helpful. You can utilize all the tools you want, but remember, it’s most empowering to create lifestyle changes for yourself.

First, on campus there is a great resource called CAPS, which stands for Counseling and Psychological Services. They are located in Bell Tower East 1867, which is between the Islands Cafe and the John Spoor Broome Library. They have therapists, an egg chair and a Reflection Room.

Appointments for therapy should be scheduled a few weeks in advance, unless you have a crisis—in that case, you can schedule a same day triage/crisis appointment. The egg chairs in the CAPS office make you feel like you are back in your mother’s womb. You can curl up, hug a pillow, listen

to background sounds of your choice and watch fish swim by. The Reflection Room is where you can meditate, pray, practice yoga or just let your thoughts wander in the privacy of your own room.

For off-campus options, did you know that you can skydive only 11 minutes away from CI? Skydive Coastal California is located at the Camarillo Airport, at 375 Durley Ave., Suite B, in Camarillo. “It takes a while to come down off of the adrenaline rush,” a Skydive Coastal California employee explained to me, “and statistically, it’s safer than riding in a car.” They offer 30% off to students and military members.

Finally, the following things you can do almost back-to-back to de-stress are: stay positive, laugh, exercise, unplug, put your phone on “do not disturb,” meditate, use aromatherapy, listen to relaxing music, take a bath, write in a journal, talk to a friend and give lots of hugs! You can even zone out to the sound of rain falling with the help of a phone app.

“Calm,” which is one of those such apps, has over 17,000 reviews and a five-star rating. You can listen to soothing nature sounds, relax with music, follow along with breathing exercises and learn how to meditate. This app even offers sleep stories to help with falling asleep.

Activities that fall under the category of calm concentration, such as meditation, breathing exercises and exercising, are highly beneficial for stress reduction. Relaxing and focusing



Photo credit to Tomas Del Coro

may seem like opposites, but they actually work really well together. You don’t have to be completely spaced out to relax, and you also don’t have to have high blood pressure to focus!

Don’t let stress stop you; move through it! Stress is meant to help push you forward—it’s a tool. As Bill Phillips, an American entrepreneur, author and fitness guru, said, “Stress should be a powerful driving force, not an obstacle.” 📖





November 21, 2017

## Oh, the Places You’ll Go: SPB’s International Fair

BY ALEX GUERRA  
alex.guerra700@myci.csuci.edu

Ever fancied hopping into a plane and traveling the world? Maybe exploring the culture of Latin America? Or gaze in awe at the Roman Colosseum and learn what life was like back in Ancient Rome? It’s an experience many people dream to take part in—to experience other cultures and to see the world for what it truly is.

The International Fair, which was hosted by CI’s Student Programming Board on Tuesday Nov. 14 from 6 to 9 p.m., took place in Aliso Plaza and sought to celebrate the many different cultures found on campus. The fair hosted multiple campus clubs that focused on specific countries to help students learn about the many different cultures represented on campus.

Several tents were set up in the Plaza with tables and chairs underneath. This allowed visitors to sit down, chat or just enjoy the exotic foods that were provided. From Swedish meatballs to empanadas, students were given the opportunity to really explore cuisines from various cultures. There was also water and horchata to go with the food.

Alongside food and beverages, the fair provided a Mariachi Band composed of CI students to play music for everyone, allowing people to get into the rhythm and feel of the fair. There was also an instructor from the karate club Shotokan, a belly dancer and a Banda that performed for the last hour of the event.

Two of the organizations that tabled at the fair were the sororities Kappa Rho Delta and the Latina Leadership Coalition. Each sorority has a member who is currently traveling abroad. Kappa Rho Delta has a student who is in Italy and the Latina Leadership Coalition has a student who is in Spain. Their booths were decorated according to what country their member is traveling abroad in.

Along with the sororities, CI’s International Programs tabled at the fair and offered students a glimpse at the fun of not only studying in another country, but what traveling the world could bring to them. A small booth near the entrance also provided students with a chance to get temporary henna tattoos.

Overall, the International Fair proved to be a great way for students to experience other cultures around the world. It allowed visitors to taste new foods and get an idea of what to expect if they ever decide to travel the world themselves one day. 🌍

## Ekho’s Eats Sweet Potato Casserole



BY IVEY MELLEME  
ivey.mellem194@csuci.edu

Start to finish: 35 minutes (about 10 minutes of active time)

Servings: 5

Ingredients

- |  |                                 |                            |
|--|---------------------------------|----------------------------|
| - 3 cups sweet potato, cooked and mashed | - 2 tablespoons softened butter | - ½ teaspoon cinnamon      |
| - ½ teaspoon vanilla                     | - ¼ cup brown sugar             | - 1 cup chopped pecans     |
|  |                                 | - 2 cups mini marshmallows |

Directions

Preheat oven to 350 F. In a large bowl add sweet potato, butter, brown sugar, vanilla and cinnamon and mash together until smooth. Add pecans and mix until incorporated. Spray a pan with non-stick spray and pour mixture into pan.

Smooth mixture and top with marshmallows. Bake in oven for 25 minutes or until marshmallows are golden brown. Cool before serving.

Tips

- If using whole sweet potatoes: pierce the skin of 4 large sweet potatoes and place on a baking sheet. Bake at 350 F for about 2 hours, or until sweet potatoes are soft. Let cool, then scrape the orange flesh from the skin into a large bowl and mash before using.

- If using canned sweet potatoes: from a 28-ounce can, drain sweet potato chunks and rinse. Place in a large bowl and mash before using. 🍴



**DAILY 2PM-7PM**

**\$4, \$5 AND \$6 FOOD & DRINKS**

**10% WITH CSUCI ID** (NOT VALID ON SPECIAL PRICING)

**OPEN UNTIL 2AM FRIDAY AND SATURDAY** (21 AND OVER AFTER 11PM)

**WITH DJ, DANCE FLOOR AND DRINK SPECIALS**

**1755 E. DAILY DR, CAMARILLO, CA**

**(805) 383-4100 | BRENDANS.COM**







## Album Review: Wu-Tang's "The Saga Continues"

BY MARK WESTPHAL

[mark.westphal708@myci.csuci.edu](mailto:mark.westphal708@myci.csuci.edu)

"The Saga Continues" is the latest studio album from the legendary hip hop collective The Wu-Tang Clan, although for this album the group dropped the "Clan" part of their name and are only going by Wu-Tang.

The album, which was released on Oct. 13, 2017, has been getting negative reviews pretty much all around the board. Critics state that there are no tracks in which all the members rap on them, that they reuse a lot of lines and references from their previous albums and that they just don't seem to be trying to do anything new. While I do agree with all of those criticisms, none of them really took away from my enjoyment of the album.

Redman, Method Man and Ghostface Killah deliver all of the best lines on the album, like on the track "People Say" where Redman just dominates over a classic-sounding, soulful boom bap backing track with an old gritty feel. This was the single that got me excited to listen to the album, and that excitement seemed to carry into the album itself on the first couple of listens.

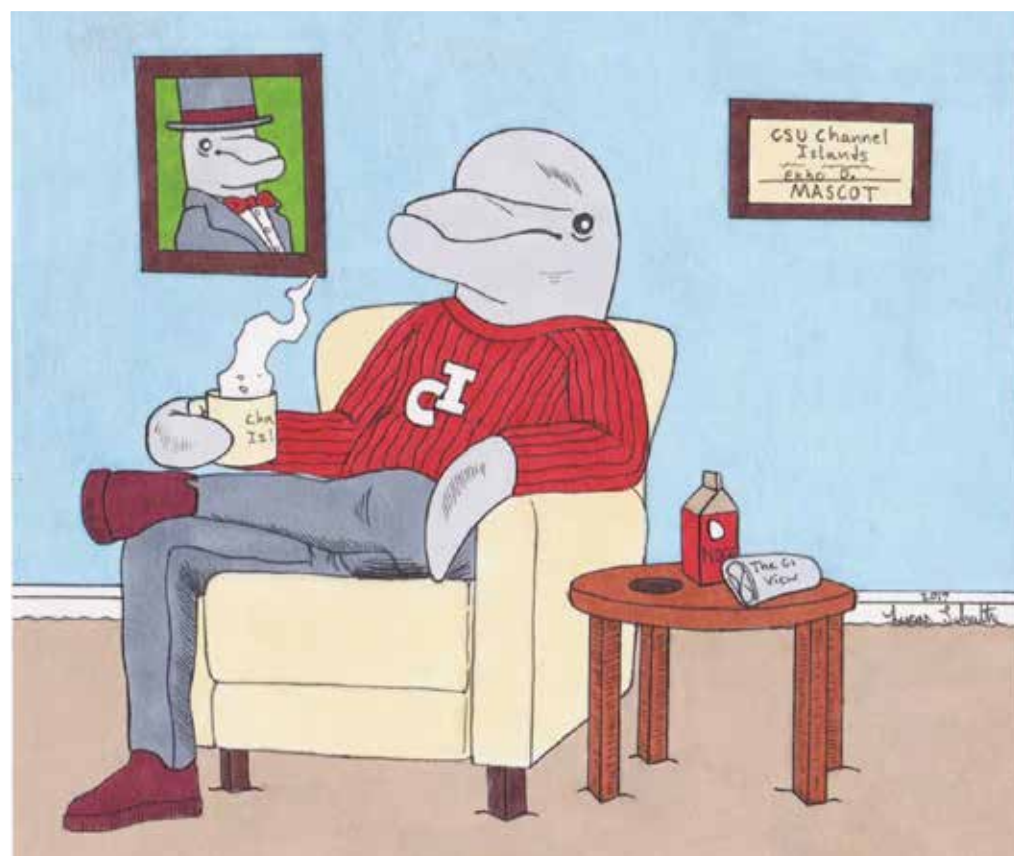
However, it is through multiple listens that the album begins to show a little wear-and-tear. If you are a fan of the Wu-Tang Clan and have heard the album "Enter the Wu-Tang (36 Chambers)" more than your fair share of times, it is likely that the interludes on this new album as well as many of the references they make in their bars will seem very familiar, and not in a good way.

If I had to give this album a rating out of 10, it would probably be a 7.5. I have to admit I really like a lot of the instrumentals on the album, but since I'm a sucker for good instrumentals my level of enjoyment might not be as high as someone else's would be. It's not like the rapping from Raekwon, Method Man, RZA, Method Man and Ghostface Killah doesn't deliver, it's just that the band seems fractured and hopefully we can get one last album where they really pull together and, emphasis on the "hopefully," try to bring back that magic from the 90s.

## Draw Ekho Contest Winner!

ORIGINAL ARTWORK BY LUCAS SHULTZ

[lucas.shultz258@myci.csuci.edu](mailto:lucas.shultz258@myci.csuci.edu)




## Jericho: Thanksgiving

ORIGINAL ARTWORK BY MARIA GROTH [maria.groth151@myci.csuci.edu](mailto:maria.groth151@myci.csuci.edu)





# November - December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21 The CI View November Issue in Stands! 	22	23 Thanksgiving Campus Closed	24 Campus Closed	25
26	27	28	29 Last meeting for The CI View 3:30p.m.-4:30p.m.	30	1	2
3 Library Hours 1p.m.-10:30p.m.	4 Library Hours 8a.m.-Open 24 hours	5 DEAD WEEK Library Hours Open 24 hours	6 DEAD WEEK Library Hours Open 24 hours	7 DEAD WEEK Library Hours Closes at 12a.m.	8 Library Hours 8a.m.-5p.m.	9 Last Day of Formal Instruction Library Hours 10a.m.-6p.m.
10 Library Hours 1p.m.-Open 24 hours	11 Library Hours Open 24 hours	12 Library Hours Open 24 hours	13 Library Hours Open 24 hours	14 Library Hours Closes at 12a.m.	15 Library Hours 8a.m.-5p.m.	16 Fall Semester Housing Closes at 7p.m. Library Hours 10a.m.-6p.m.
17	18 Campus Closed	19 Campus Closed	20 Campus Closed	21 Campus Closed	22 Campus Closed	23
24	25 Campus Closed	26 Campus Closed	27 Campus Closed	28 Campus Closed	29 Campus Closed	30
31						

