

VOLUME  
**12**

# The View

EDITION  
**07**

ASSOCIATED STUDENTS INC.

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See how CI celebrated International Autism Awareness Month.



Ekho and students from Zeta Pi Omega bring awareness to the Light It Up Blue event. Light It Up Blue was hosted at the John Spoor Broome Library on April 2. Photo credit to Denny Rico.

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CI students honor the victims of Stoneman Douglas High School.



Students pose in front of the Peace Pole during the "Remember the 17" walkout. The walkout was held to honor the 17 lives lost in the Stoneman Douglas High School shooting. Photo credit to Jazzminn Morecraft.

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## Getting to know the new President and Vice President of Student Government



New Student Government President Atticus Reyes poses for a photo. Photo credit to Kristina Hamilton.



New Student Government Vice President Raul Perez poses for a photo. Photo credit to Kristina Hamilton.

BY JAZZMINN MORECRAFT

On April 18, the 2018-2019 Associated Students Incorporated and Student Government Elections were closed at 5 p.m. With the close of the elections, the Student Government President and Vice President for the upcoming 2018-2019 year were chosen. Receiving 228 out of the 250 votes casted — or 91 percent of the votes — Atticus Reyes and Raul Perez were elected as the upcoming President and Vice President of Student Government.

The CI View had a chance to interview these new leaders. This is what they said.

Q: What is your major and why did you choose it?

Reyes: I chose history as a major because I believe for us to understand where we are going, we must first understand where we have been, and what we have done before. Faulkner said it best, "the past is not dead, in fact, it is not even past."

Perez: My major is Environmental Science and Resource

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## Ekho celebrates fifth birthday with Birthday Bash

BY IVEY MELLEEM

For the first time ever, CI's mascot, Ekho the dolphin, is hosting a Birthday Bash to celebrate their birthday. The celebration will be held on Wednesday, May 2 in the Student Union Courtyard and will have a variety of fun activities and snacks for partygoers to enjoy.

Chase explained that in 1998, CI's official mascot was voted to be the dolphin, due to their prevalence around the Channel Islands and their significance to the Chumash tribes. Originally, CI's mascot was a dolphin named Tsunami, but the name was changed.

"(The name) was changed around 2011-2012 because of the tsunami that took place in Japan," Chase said. "They felt the name was insensitive and inappropriate ... so the ASI (Associated Students Incorporated) chair took a poll to find a new name for the mascot."

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April 24, 2018

ASSOCIATED STUDENTS INC

# The CI View

CSU CHANNEL ISLANDS

## 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.

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## CI lights it up blue for Autism Awareness

BY CATHERINE NINTEMAN

The Light It Up Blue event held at the John Spoor Broome Library celebrated individuals worldwide who have autism, while also recognizing members of the CI community and members of Ventura County.

“This event is a really, really important event for a couple of reasons,” Dr. Tiina Itkonen, an Associate Professor of Education and Political Science, explained. “One, it really is important for the cause for individual talents and differences and that we celebrate everyone. The second importance of this event is that this is an international event. The United Nations declared (an) international awareness day on April 2 — so the fact that CI is partaking in this event puts us at the same level as the Eiffel Tower in Paris, and the Sydney Opera House. This event makes us a part of the broader world community in this cause.”

The Light It Up Blue event takes place on campus every year on April 2, which is recognized as World Autism Awareness Day, and includes an autism resource fair during the first hour of the event. The resource fair

provides information for the public about the different resources that families with children to young adults who have autism can access. These resources include in-home or assisted living care, school care and different forms of behavior therapy and advice on working with those different behaviors.

Members of the sorority Zeta Pi Omega, who dedicated their time and commitment to the event, spoke about their experiences. “(It’s a) really great event,” Molly Quigley, a communication major, said. “It definitely brings awareness to autism and I think it brings everybody together in the community, and it was really nice and empowering to hear everybody’s stories and it just changes your perspective.”

Delaney Schaefer, an early childhood studies major, stated, “It’s definitely really eye-opening, and how they picked different types of people, different types of majors, all that shows that everybody has a story in this event.”

Many of the speakers were members of the CI community — some who have autism, and others who have a relation to autism by ways of exposure or prior



Cody Yoa and Sarah Duckhart pose with blue lights during the Light It Up Blue event. The color blue is used to represent autism awareness. Photo credit to Dennys Rico.

knowledge. Dorian Beaver, a psychology major, spoke at the event about her life growing up with autism and feeling like an outsider. She stated that she “appreciates the support and CI has a good network to take care of everybody.”

At the end of the event, the audience was given tea lights

that shined blue as a symbol of their support. The shining lights sparkled in the audience as a way to represent their uniqueness and individualism, and to celebrate everyone coming together as a community and showing their support for the event. 🌟

## Ekho celebrates fifth birthday with Birthday Bash

(Continued from Front Page)

The name Ekho was finally decided on in 2013, not just because of the echolocation abilities that dolphins possess but also because it represents the student voice.

“Ekho actually means ‘voice’ in Greek, and as members of the CI community students’ voices are sought and supported,” Chase explained. “As students, we have the ability to speak up and make change if we wanted to. Ekho stands for the students finding their voice.”

For those who have not yet met Ekho, they can often be found attending events and supporting student activities across campus. Always willing to stop for pictures or a high-five, Ekho represents the CI spirit of inclusivity and community and is always willing to meet new people.

As for Ekho’s Birthday Bash, Chase explained that the event is to celebrate not only Ekho’s birthday but also what Ekho means to the campus. “To celebrate what Ekho stands for, celebrate CI’s voices, celebrate students — it’s the end of the year,” she stated. “Ekho is sharing their birthday with the CI community because the CI community is what makes Ekho.”

Ekho’s Birthday Bash is open to all students, faculty, staff and members of the CI community. The party will be held on May 2 from 11 a.m. to 1 p.m. in the Student Union Courtyard. There will be games, food and raffles to celebrate Ekho’s fifth birthday.



Ekho poses in a birthday hat at Dolphinpalooza. Ekho loves to celebrate at all the events on campus. Photo credit to Jazzminn Morecraft.

To find out more information about Ekho and the Birthday Bash, go to csuci.edu. 🌟



## Students come together to remember the 17

BY VICTORIA THOMAS-VANZANT

There have been over 200 school shootings in the U.S. since the early 2000's, according to The Huffington Post. On Feb. 14, Stoneman Douglas High School in Parkland, Florida was added to that list. On this day, 17 people were killed and 17 were left wounded, leaving a total of 34 victims.

Since the shooting, students around the nation have come together to protest the current gun laws in America in hopes of reaching the attention of the government.

On March 14, the one-month anniversary of the Parkland shooting, CI held a walk-out known as "Remember the 17."

"This is something that's going around nationally as an 'enough' campaign, however it is very different here at CI because we want to remember the 17 lives lost and create a moment where students are able to gather and really mourn," Student

Government Vice President Alexis Mumford stated.

This walkout, organized by Student Government Senators Kirone Brown, Angela Christopher, Matt Federis and Sary Nguyen, created an opportunity for students to gather as a community, share their experiences and show support.

Included in "Remember the 17" was a poster board covered in flowers that students had created in remembrance of the 17 lives that were lost in the shooting.

Student Government Senators had also created a cutout heart with the words "Remember the 17" for people to take photos with. This walkout was meant to promote unity and remind students that we are all connected.

While it is important to remember the lives that were lost in the Parkland shooting,



Students gather for a group photo at the "Remember the 17" walkout. The walkout was held to honor the 17 lives lost in the Stoneman Douglas High School shooting. Photo credit to Kristina Hamilton.

some students believe that it is equally important that we take action to make changes with the issues of gun control and active shootings.

Patrisia Saenz, a Chicano Studies major, stated, "We need to mourn, yes, because self-care is important, but we also need to acknowledge (that) this is an issue that's

happening now and has been happening for the past couple years. So how long and how many lives have to be lost in order for us to actively (say), 'Hey, wake up?'"

According to The Washington Post, students from other campuses across the country have voiced that the focus on gun control is

not just about Democratic or Republican preference. What students want is for lawmakers to recognize the problem of gun violence and take action to correct it.

"I want to be a teacher ... but you know with all the gun violence and all that ... If we don't take care of this soon, I don't want to end up on the

news as someone in the hospital advocating for gun control, or worse off, dead," Angeles Castillo, a Chicano Studies and history double major, stated. "Thoughts and prayers won't work. We need action, we need it now."



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April 24, 2018

## Students take steps to save the Earth

BY NAOMI SANTANA

Do you want to help save the planet but don't know where to get started? There are many things that you can do to help save the Earth, and you might even be doing them without realizing it. Saving the earth may not seem like an easy task—but it may be easier than you think.

According to ecowatch.com, turning off the faucet while brushing your teeth can help save a lot of water. They also mention that it is important to fix leaking faucets as soon as possible because they waste an estimated 182 liters, or about 50 gallons, of water every week.

Another way to help save the earth is to take showers instead of baths. According to 50waystohelp.com, taking a bath uses twice the amount of water that is used when taking a shower. Showering can help save water and money, and taking shorter showers can help save about 10 gallons of water per shower.

Changing all light bulbs to energy efficient bulbs can also help save the planet. This can reduce the amount of power usage and help save money. According to 50waystohelp.com, changing one light bulb to an energy efficient light bulb can make a big difference and if every household in the United States had these types of light bulbs, "it would reduce pollution by the same amount as removing one million cars from the road!"

According to Energy Saver, the types of energy efficient light bulbs that can be used are halogen incandescents, compact fluorescent lights and light-emitting diodes (LEDs). These types of light bulbs are the ones that can help save a lot of energy and money.

Turning off the lights when they are not being used is a good way to conserve electricity. Certain devices such as blenders, chargers, lamps and televisions can be unplugged when they are not being used.


"I turn off all my lamps, I unplug everything in my house and the lamps that are not in use," said Raven Thomas, a communication major. "I take short showers. I drive a hybrid and it saves a lot of money. I also pick up trash (in theme parks, on campus) and I bring my own bags when I go grocery shopping."

Picking up trash is also another way to help the Earth, whether you are at a beach, at a park, on campus or anywhere else. "When I go to the beach I take my trash and throw it away. Before I leave I try to pick up at least five pieces of trash," said communication major Grant Selfridge.

According to an article titled 10 Things You Can Do to Help Save the Earth by Katie Lambert, walking, riding a bike or taking public transportation to work or school can help reduce greenhouse gases. Lambert also mentions recycling as another way to help reduce pollution. Recycling aluminum, paper and glass is important because these types of material don't decompose easily.

According to 50waystohelp.com, glass that is not recycled can take up to one million years to decompose and if it is recycled it can "reduce related water pollution by up to fifty percent and related air pollution by up to twenty percent."

"I unplug most of the appliances in my household ... I took an AP Environmental class and I know the environmental footprint that we have," Alexander Stott, a communication major, stated. "I usually don't like to buy fast food and I prefer to eat at home because going out to eat, especially at fast food places, produces more trash. I also bring my own bags when I go grocery shopping."

There are many other ways in which you can help save the Earth such as using a clothesline, planting a tree, not using coffee stirrers and cleaning with vinegar or baking soda. To learn more about how to help save the Earth, please visit <https://www.ecowatch.com/50-ways-you-can-help-save-the-earth-1882107724.html>. 

## Five facts to help students face finals

BY YOLANDA BARRAGAN

As the end of the spring semester approaches, there is an overwhelming sense of relief among students at the idea that summer is coming up sooner rather than later.

Seniors are preparing for graduation, freshmen have managed to get through their first year of college and everyone is closer to receiving their degree.

However, there is also the looming fear of finals. Despite professors casually reminding students throughout the semester of how much finals can affect grades, or the fact that finals are to be expected at the end of every semester, they somehow always come up sooner than anticipated.

While reviewing the material consistently throughout the semester is a sure way to ensure that subjects are mastered, there are also a variety of fun tips that can help students when studying for finals.

### 1. DON'T STUDY IN THE SAME SPACE

Studying in different places makes retaining information a lot easier. According to The New York Times, individuals are less likely to forget topics when they move locations consistently because associations are made with the background of study areas and having multiple associations can help with memorization.

Whether it be from the John Spoor Broome Library to the Student Union or a Freudian Sip, a change of scenery can make all the difference.

## A berry special festival

BY ZACHARY BOETTO

The Islands Café celebrated its 7th Annual Strawberry Festival on Tuesday, April 17 by providing guests with an all-strawberry themed menu.

"Strawberry this, strawberry that, ribbons everywhere, lots of red, it was beautiful," Garrett Izuno, a psychology major, said. "I love it, for me, just going into the cafeteria, having the strawberry festival — it's a dream come true. It's magical for me and I absolutely love it."

From strawberry stuffed French toast to citrus mint marinated flank steak with a strawberry BBQ glaze, guests indulged in a wide variety of options including the berry that inspired the CI red.

"I thought it was nice for a change, but I think they should've washed the strawberries because a bug came out of one of my strawberries," Genesis Canal, a communication major, stated. "I think it's a cool concept but they should wash their strawberries. That's the only complaint I have."

The Islands Café also included a fun guessing game for every guest. The game consisted of a container full of strawberries and guests had to guess the amount of strawberries in the container.

Everyone who walked in received a chance to guess how many strawberries were in the container and whoever guessed the correct number won a prize.

Some other items on the menu consisted of strawberry arrabiata, Baja crispy fish tacos with strawberry pico de gallo, strawberry acai smoothies, chicken strawberry goat cheese sando, chocolate dipped strawberries, strawberry shortcake and strawberry pie.

### 2. FOCUS ON MORE THAN ONE TOPIC AT A TIME

It tends to be a habit to focus on a single subject when finally deciding to commit to studying in the Library for hours on end. However, research suggests that other study habits may be more beneficial in the long run. The New York Times states that it is best to cover a variety of topics in one sitting because more thought is put into the strategies and the explanations behind problems.


### 3. TAKE THE EXTRA TIME TO WRITE IT OUT

It may seem futile when compared to the convenience of a laptop, but taking the extra time to write out important notes can lead to long-term retention of information, according to PBS.

### 4. RECITE INFORMATION OUT LOUD

According to Psychology Today, people are more likely to memorize information that they have previously read or said aloud. After saying something out loud, you have made a memory of not only saying it, but also of hearing it. A quiet environment is beneficial for allowing people to focus, but speaking out can also be useful.

### 5. CHEWING GUM DURING A TEST IS ONLY BENEFICIAL FOR A LIMITED TIME


The idea that chewing gum during a test improves performance is commonly known, but according to NBC News the benefits of chewing gum during a test decrease over time. Chewing gum helps people become more alert at the beginning of a test but can lead to decreased efficiency as time passes. 



Lorena Gonzalez, dressed as a strawberry, poses in front of a strawberry sign during the Strawberry Festival. Islands Café celebrated the 7th Annual Strawberry Festival on April 17. Photo credit to Debbie Anaya.

"I think they're cool and I think strawberries are cool but I wouldn't necessarily want to mix them in with some of the foods," Bhavin Bhavsar, an English major, said. "There's this burger that's got strawberries in it as one of the toppings and then there's chicken with strawberry sauce over it and it doesn't sound appealing to me."

The strawberry festival is a special time for CI students and faculty when they get to celebrate strawberry season and the agricultural history that surrounds the school.

Strawberries are celebrated across the California coast during springtime. Places like Oxnard and Garden Grove also have festivals that participate in celebrating the red berry. 



## Getting to know the new President and Vice President of Student Government

(Continued from Front Page)

Management and the story of why I chose this major is actually a long one ... I could go on and on as to why I picked my major, but the ultimate reason is I fell in love. I fell in love with the subject, I liked the idea that in studying this subject I can make a difference in this world, yes going into the field I knew it wouldn't be easy but it could be done nevertheless, and that was good enough for me.

Q: What year are you?

R: Third Year.

P: I am currently a 3rd year.

Q: What are your hobbies?

R: Basketball, football, swimming, and playing piano.

P: My hobbies include but are not limited to spending time with my girlfriend, going to Disneyland, playing or watching baseball (Go Dodgers!), running, and spending time outdoors being active.

Q: How will this position help you grow or learn as a student?

R: I believe this position will help me learn how to work effectively with people with different backgrounds and experiences.

P: This position will not only advance my time management skills, but it will also develop my understanding of the issues students face on a daily basis. This position will also aid me in becoming a better support system for the students, and further promote my ability to represent students in a nonpartisan way.

Q: What are your future career plans after graduation?

R: I plan on attending graduate school to research Los Angeles labor history.

P: After graduating from CI I intend to enroll in graduate school, where I can hopefully get accepted to Stanford, Berkeley, or UCLA. With that master's degree, I hope to be able to further my career in the environmental field and ultimately obtain my dream job.

Q: What is your dream job?

R: Elected government official.

P: I am actually between "Dream Jobs" right now, coming into CI I wanted to become an environmental lawyer, however as the years progressed I am now considering changing my career path to becoming a city planner.

Q: How will this position help you obtain your dream job?

R: (By) teaching me how to achieve realistic policy goals through collaboration and compromise.

P: In not fully knowing where life will take me and which career path I will wind up taking, I know for a fact I want to work in local government.

Q: If you wanted students to know one thing about you, what would it be?

R: Even though I may have a strong voice, my primary goal is to strengthen other students' voices to ultimately enable them to speak on their own behalf about their own experiences.

P: If there is one thing I could have the students of CI take away with them is that I am truly here for them. I am a person who believes in fighting for what's right, not only for the majority but also for the minority as well. I want the students of CI to know that there is no voice that is too small, if a student has a concern I want to hear it and I want to be there for you all. If any student ever needs to talk, has any issue, or even wants a friend please don't hesitate to reach out, I will personally be there for you all whenever you need me no matter the time or the day.

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Contact: Student Government at [SGAS@csuci.edu](mailto:SGAS@csuci.edu) or (805)437-2759

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April 24, 2018

## Snack your way to an A

BY LUZ MONCADA

Finals week is notorious for causing stress and anxiety in students. It's not surprising that some forget to eat as there are more pressing issues to think about. "To be honest with you I may say that I eat all kinds of things, but I feel like during finals week is when I eat less because I feel stressed out," said Leslie Castaneda, a communication major.



A slice of toast with avocado on top. Avocado toast is a quick and easy snack that is full of protein for students who are studying for finals. Photo credit to Jeremy Keith.

Finals week shouldn't stop you from grabbing a snack

or eating your favorite comfort food, though. According to The Washington Post, "A healthy human brain can process information as fast as 268 mph, can make trillions of connections to other cells and can think nearly 60,000 thoughts a day." That's a lot of work to put on the brain, and it's important to fuel it with the proper nutrients.

At the start of your day instead of just drinking coffee or eating a bowl of cereal, try eating something with protein. A piece of toast with a spread of avocado, a hardboiled egg or even a simple peanut butter and jelly sandwich are great sources of protein.

Time is limited during this hectic week so simple snacks like these are quick and easy choices you can take with you on your way to class. "Protein builds new and repairs damaged tissue in our bodies and brains. Amino acids (parts of proteins) ignite certain neurotransmitters in the brain," The Washington Post informs.

During lunch and dinnertime you may find yourself in between classes or cramming for the next exam. The easiest option is to go to the nearest vending machine and grab some chips with a soda. "I sometimes wish there were healthier foods here. I feel like I eat a lot of junk food," said communication major Alexandria Arias.

Instead, plan ahead and pack some snacks so next time your stomach is growling you're not standing in front of the vending machine trying to choose between Hot Cheetos or Lays chips. Crunchy apples, carrots, string cheese, pepperoni slices, trail mix, strawberries, Cuties oranges and even dark chocolate are snacks that contain protein, antioxidants and healthy fatty acids.

**Finals week shouldn't stop you from grabbing a snack or eating your favorite comfort food, though.**

Finally, don't forget to treat yourself! After a long day, sit back and enjoy your favorite meal. "When I get home from a long day one of the things I really like to eat is ice cream with Cocoa Puffs cereal on top," said Castaneda.

Finals week is a stressful time, but with these snacks, you can fuel your way to the end. 🍌

## Lacrosse Club works to build winning team

BY JORGE GARCIA

Every spring semester, the CI Lacrosse Club gets the opportunity to compete in the Division II Southwestern Lacrosse Conference, promoted by the Men's Collegiate Lacrosse Association. Edward Farrell, a business major, is the current president of the Lacrosse Club.

Farrell played football in his high school years and he joined the CI Lacrosse Club when he was a freshman. He has been president for the last three years and spoke with The CI View about the club. This spring semester was his last playing season, but he will remain president of the team through next year.

While the Lacrosse Club's rank standings for the last five seasons have been at the bottom of the barrel,

Farrell explained the priorities and the differences between the CI team and teams from other schools. "We're completely a student organization," he said. "A lot of the other schools have big budgets, their players are highly recruited players, they can offer scholarships and things like that for them."

He also explained the team's priorities: "We're really focused on development and having fun because that is what it's all about ... We're really focused on developing really good skills for on and off the field ... we hope that for next year we can be a little more competitive."

Farrell explained that all the teams in the league are competitive, but he mentioned one specific team that is a main rival: Marymount. As a matter



CI's Lacrosse Club poses for a team photo in the snow. Photo credit to the Lacrosse Club.

of fact, the CI team already played against them and won with a score of 7-4.

Farrell praised the club's progress since he joined, stating that the club has come a long way. "I think we have made a lot of progress," he said. "It went from a heavy senior team and a shallow roster, and

we didn't have that many people ... so we did a lot of recruitment. Now in the past three years we have a much more dedicated team ... which is huge for us."

If you are interested in joining the Lacrosse Club, contact [edward.farrell262@myci.csuci.edu](mailto:edward.farrell262@myci.csuci.edu). 🍌

## CI Cheer plans for the future

BY JORGE GARCIA

CI can always count on a cheerleading team that can cheer on students during sports and social events on campus. Suzanne Mirabelli, a liberal studies major, is the former president of the CI Cheer club and was president for four consecutive years.

Alexandria Calderon, a psychology major, has recently been elected as the club's next president and has already begun her new role. Both women have been cheerleading since they were in elementary school.

Since Mirabelli was the president of the club for four years, she has been able to watch the club improve. "The four years have been fun," she explained. "The first year was probably the hardest year, getting our ground set, like establishing ourselves in this sports club arena ... right now I would say we're our strongest."

Mirabelli also explained why this year has been the strongest year for the CI Cheer team: "This year (the team) has been the most dedicated and the most wanting to learn."



The CI Cheer club poses in front of the Central Mall fountain. Photo credit to CI Cheer.

The team currently consists of 16 women and one man. Mirabelli explained that the team is looking to go into competitions, and Calderon elaborated, "Right now we are looking into NCA (National Cheerleading Association) ... but we're not 100 percent sure yet ... Hopefully soon in late fall or early spring semester (the team) will be competing based."

Mirabelli, who explained the main reason why CI Cheer has never competed in a cheerleading competition, said, "When we first started the team we always wanted

to go for a competition team, but it takes a lot of dedication ... I don't think that we have seen that from everyone from every year ... People kind of fall off, people quit halfway through, but this year ... it's our first year where we've seen the most dedication where people are really wanting to (compete)."

When asked if they are expected to compete similarly to the film "Bring It On," Mirabelli and Calderon both laughed and said, "Something like that, hopefully with less drama."

So far CI Cheer has been cheering for lacrosse and men's and women's soccer. When asked about when a game is most fun, Mirabelli admitted, "When it's a close competition, when there is a big rivalry or when the score is really close ... that's when they're the most fun to cheer for."

If you are interested in joining CI Cheer, you can contact the new president at [alexandria.calderon326@myci.csuci.edu](mailto:alexandria.calderon326@myci.csuci.edu). 🍌



## Ekho's Eats

### Easy Strawberry Cheesecake Rolls

BY CATHERINE NINTEMAN

(This recipe was adapted from one by Jen Nikolaus, owner of [www.yummyhealthyeasy.com](http://www.yummyhealthyeasy.com))

Start to finish: 22-25 minutes (12 minutes of active time)

Servings: 8

#### INGREDIENTS

- 1 (8 ounce) package reduced fat crescent rolls
- 4 ounces or ½ cup light cream cheese, softened
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla extract
- 1-2 teaspoons of sugar or Trivia sweetener, to taste
- ¾ cup strawberries finely chopped (or substitute with strawberry jam)
- (Optional) ½ teaspoon cinnamon to sprinkle on top


#### DIRECTIONS

Heat oven to 375 F. Spray or place parchment paper onto cookie sheet.

Open crescent rolls and separate triangles, placing each on a clean counter or cutting board. Pat each roll with fingertips to thin them out a little bit; avoid pulling or tearing the dough. Don't press too thin or they will tear upon rolling.

In a small bowl, combine cream cheese, powdered sugar and vanilla. Spread a teaspoon of the mixture onto each crescent roll triangle. Put a small scoop of strawberries or strawberry jam on the wider end of the triangle.

Roll triangle starting at the wider end, tucking edges over strawberries. Then, roll to other point. This should create a little bundle. Place on cookie sheet and repeat for each triangle.

Bake for 10-12 minutes or until fully cooked and golden brown. If using cinnamon, sprinkle it, along with any extra sugar, on top. Let cool before eating. Enjoy! 

### Strawberry Lemon Bars

BY IVEY MELLEEM

Start to finish: 50 minutes (15 minutes active time)

Servings: About 10

#### INGREDIENTS

##### CRUST

- 2 cups flour, sifted
- ½ cup white sugar
- 1 cup (2 sticks) butter, softened

##### FILLING

- 1 cup strawberries, finely chopped
- 4 large eggs
- 2 cups plus 3 tablespoons white sugar
- ¼ cup lemon juice
- ¼ cup flour
- ½ teaspoon baking powder
- (Optional) Lemon rind from 1 lemon



Fresh out of the oven, these lemon bars were made using the recipe below. Photo credit to Ivey Mellem.

#### DIRECTIONS


Heat oven to 350 F and grease a 9 x 13 pan with either non-stick spray or shortening. Place chopped strawberries in a small bowl and mix in 3 tablespoons white sugar. Cover and let sit until needed.

##### CRUST

Combine the softened butter with 2 cups flour and ½ cup white sugar in a medium bowl until fully incorporated. Firmly press into the bottom of the greased pan. Bake for 15-20 minutes or until crust is golden brown.

##### FILLING

Mash strawberries with a fork, then set aside. In a medium bowl, beat together the eggs, 2 cups white sugar and lemon juice. Mix in the ¼ cup flour and baking powder until fully incorporated. Stir in the strawberry mixture and lemon rind, if using. (Alternatively, you can use 1 cup of strawberry jam instead of fresh strawberries.)

Pour mixture over the hot crust, then bake for another 20-25 minutes until the filling is firm. Remove and let cool completely before serving. Enjoy! 

## Cashin' out on summer jobs

BY LIZBETH GALENO

"I could really use some more money." This familiar quote is said by many college students with debt, and it only grows stronger as the days grow warmer. Whether it be expensive textbook fees or a shopping spree treat after final exams, many students have scarce financial resources to maintain themselves throughout their summer adventures.

"Having a summer job is definitely time consuming, but it is so much better than working during the school semester because you only have so much time, which should be focused on schooling," Serena Alvarez, a psychology major,

said. "Whereas during the summer, any time not working is free time. It's always you time."


Luckily, there are always ways to earn money in just about any city. Summer is the grand opportunity for an ideal balance of work and play and it is all within reach. The most popular summer jobs consist of occupations like babysitting, being a camp counselor or working at a local food joint.

For the students of CI, a multitude of options are awaiting right here in Camarillo! Available nearby are retail jobs that include carrying out the role of a sales associate for stores such as Converse, Charlotte Russe and Nike in the Camarillo Premium Outlets.

Other jobs in Camarillo include Kelly Services' quality inspector, an English as a Second Language teacher for The Language Academy or a Home Care Aide caregiver. It does

not stop there, though! It's 2018 and times have changed. New and improving innovations have allowed work to come to you in the form of apps. Activities like driving for Lyft, selling items on Etsy and dog walking for Wag! makes earning extra summer cash easier than ever before.

Of course, not every job will be perfect, but it is always an experience that will help an individual grow. "Let me just say it was a simple task of being a hostess at a restaurant called Fuji Buffet, but sometimes here and there I would deal with unbelievable customers," Brenda Briviesca, a psychology major, said. "At the end of the day, though, I really liked the job and made good use of the money."

Summer belongs to those who take it and do what makes them happy. If that includes having extra cash to spend doing what is loved, then a summer job is the perfect goal for those during warmer days. 

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April 24, 2018

## Creating dog room could benefit students

BY KAYLA MUNOZ

As many know, dogs are lovable creatures and they are admired by many. There were once rumors of the installment of a dog room at CI where people would be able to play with a dog to relax. A great addition to our University would be a dog room.

According to avma.org, animal owners have strong bonds with their pets, and even just petting an animal can help some people unwind. Dogs have been known to be used in therapy to help in many situations, from anxiety to being there for victims when they testify in court.

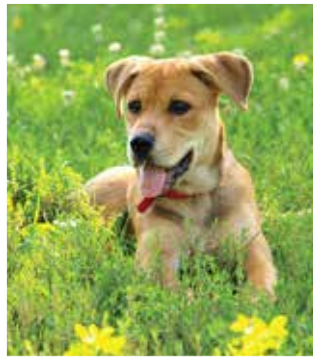
Dogtime.com states that similar ideas for a dog room have been expressed at other colleges across the world, including universities in Nova Scotia, Canada and U.S. states such as Pennsylvania and Ohio.

Dog rooms that have been established on other

college campuses have been extremely successful. “Just petting a dog will decrease your blood pressure and relieve anxiety,” a professor from the University of Ottawa explained when asked to describe how helpful these animal companions can be when it comes to de-stressing.

In order to ensure safety, dogs would be checked for hostility and students would have to check in with ID and contact information. This allows students to be held accountable for negligence and makes sure the animals are safe. The time students will be able to spend with a dog could also lead to adoption of that dog. If a student wishes to check out a dog for a walk they would be limited to one dog at a time, which would make it easier to keep track of and handle, and must stay on campus.

A dog room could not only bring job opportunities to students but it could be a way to bring contact to these



A dog lounges in the grass. Research has shown that petting dogs can decrease stress and reduce anxiety. Photo credit to Michael.

dogs. Students that don't have cars or the money to go to animal shelters would be more willing to go as well, as there would be no cost with a dog room on campus.

Stress is a real problem — for some students it can become a lifestyle — which can be very damaging to the mind. It is very important that we find ways to help solve this problem, and a dog room on campus can do just that. In distressing times, especially for the students of CI, a companion is always needed. 🐾

## Tips and tricks for students moving out of housing

BY CATHERINE NINTEMAN

It's that wonderful time of year again, time to leave the island and venture into civilization. But before beginning the acclamation process back into society, those of us who live on campus have to pack up our lives in the dorms, load up the car, pray that all our things are together and hope that the Resident Advisors don't fine us for damages. But where to start?

Move out day for CI students is May 18, no later than 7 p.m., which means “pre-spring break cleaning” is a must, according to Jackie Burrell from thespruce.com. Burrell states that “doing a trash purge just before spring break means that much less garbage to deal with on the last day of school.”

This means that the more that can be thrown out or

sent back home that's not important for the remaining time at school, including clothes for colder weather that may not be needed, the less there'll be to load up in the car.

“I was one of the first to finish my finals so I was the only one leaving my room that day,” Kristianne Guevara, a biology major, said when recounting a previous experience during move out time. “(My roommates and I) already had this agreement beforehand to start packing just so that things wouldn't be super hectic the last day.” This year, she plans to “start packing at least two weeks in advance” before finals.

Amy from St. Lawrence University wrote on collegefashion.net about the importance of having a plan for move out day: “I made the mistake of trying to pack everything at once, which didn't make the process any

easier (and created a horribly messy room!).”

Amy brings up many helpful tips in her post, such as packing small items first, what to do with textbooks and how to handle the closet of clothes — from donating to separating them into their respective labeled boxes.

Finally, the last sweep of the room should be very light: vacuum the room and pack your bedding, immediate electronics that aren't needed, clean dishes and any leftover food that are non-perishables. After loading the car, return the dorm key to the appropriate personnel. Then, pile into the car and drive off into the sunset and enjoy the break. 🌅

## No rest for students during summer break as they forge ahead

BY SARINA GALINDO

For many, summer break is a time to kick back and relax from all the studying, homework and stress of preparing for our next steps. The CI View asked what students would be doing over the summer — and we weren't surprised by their answers.

Many students will be working to help their families to plan trips while preparing for the next steps in their lives. Even during break they still find themselves working on their college plans to ensure a stronger future.

David Medina, an English major, stated that he would be working and “focusing on getting (his) RA job.” He wants to work to not only help with college, but to be able to spend money without worrying too much.

Yessica Giles, a nursing major, and Gabi Reyes, a sociology major, both mentioned they will be doing the same. Besides work, Giles and Jennie Abarca, an early childhood studies major, will be adding summer classes to their break.

Giles is planning on what is to come for next year, and mentioned that “(I'll) probably take a summer class, possibly microbiology.” She wants to get ahead in her classes and also relieve some of the stress of next year's class load.

While Abarca was talking about taking a communication and English class at Mission College, she was so excited that she was smiling from ear to ear. These summer plans are a heavy load, but she's proud of herself for thinking ahead.

While many students are on the track of preparing for what is to come, others are taking advantage of traveling and relaxing as much as possible before they return to CI. As a matter of fact, Reyes and liberal studies major Maricela Torres will both be heading to Mexico to visit family and friends and see new places.

These girls worked long, complicated hours, but they said it was worth it in the end to travel to Mexico and hang with their friends and family. Reyes and Torres were excited to visit new places and catch their breath before they both have to dive back into their next semester.

Have a relaxing summer break! 🌞

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## “Tomorrowland” A vision of the future

BY ALEX GUERRA



The official movie poster for “Tomorrowland.” “Tomorrowland” was released in 2015 by Walt Disney Studios. Photo credit to CinemasComics.com.

offers a few similarities to the idea behind the land itself, allowing the audience to take away a message we can all relate to.

“Tomorrowland” starts off with a young boy named Frank, who is attending the 1964 New York World’s Fair. While trying to get one of the top inventors to like his prototype jet pack, he meets a young girl named Athena, who proceeds to give him a T-shaped pin.

With this pin, young Frank is whisked to Tomorrowland — a world crafted by artists and dreamers alike where anything is possible. It’s a world that resembles the retro sci-fi of the 80s, yet has the tall glass buildings, trams that hover above the tracks, spaceships and jetpacks. It’s a world of endless wonder. However, this wonder is about to end.

The movie then shifts to present day, where the pin comes into the hands of a teenage girl named Casey Newton, the daughter of a NASA scientist and a believer in a brighter future. Once she finds the pin, she is recruited by Athena, and later meets up with Frank, on a mission to save Tomorrowland. I will spare the fine details on what this mission is, but the movie itself resembles a wonderful tale of creativity and hope.

From the start we are witness to the character Casey, who is surrounded by people that only talk about chaos and destruction in our future. There is a scene when she is in school and her teachers keep talking about all the negative and terrible aspects that are in our future. Casey raises her hand and asks, “How can we fix it?” This scene, and Casey herself, offer an interesting parallel to our world today.

In a world where it can be so easy to look at the negative, Casey’s character reminds others of how she believes things will get better. In another scene, Frank asks her if she wants to know exactly when she dies. To this, she simply replies that she doesn’t want to — that she believes in creating her own destiny. It’s important to note that the overall theme may sound cheesy or cliché, but it’s a theme that can be relevant to today.

Tomorrowland is a world of endless potential, a world that was designed to be away from the political and any negative aspect of reality. Instead, it is fueled by artists, inventors and dreamers whose only limit is their imagination.

However, as we learn further into the movie’s plot, the people of Tomorrowland become greedy with their desire for inventions and create something that they shouldn’t. It’s this aspect of the movie that serves as an interesting plot point: in the process of trying to create a world of hope and a better future, they end up creating something that becomes their downfall.

Despite being an action packed sci-fi film, “Tomorrowland” also portrays the idea that Walt Disney envisioned when he created the Tomorrowland addition to the Disneyland Park. With the cool retro space guns and feel of Atomic Age style sci-fi world, “Tomorrowland” is a great movie filled with not just action, but a message about striving to create a better world and a better tomorrow. 🍌

“A vista into a world of wondrous ideas, signifying man’s achievements ... a step into the future, with predictions of constructive things to come. Tomorrow offers new frontiers in science, adventure and ideals: the Atomic Age, the challenge of outer space and the hope for a peaceful, unified world.”

This is the dedication Walt Disney gave on July 17, 1955, when a new land opened in the Disneyland Park.

It would not only bring families to a faraway world and explore new regions, but also witness the technology and achievements mankind can attain.

This new land is called Tomorrowland, and it’s only fitting that many years later Disney would release a sci-fi film by the same name.

The movie, released in 2015,

## “Love, Simon”

BY NOAH SCHIMNOWSKI

“Love, Simon” is a coming-of-age story about a young man dealing with the pressures of accepting himself and embracing his sexuality. Young love is difficult to navigate, especially as a teenager, but being gay and in the closet puts another obstacle in Simon’s path.

He spends the duration of the movie trying to figure out the identity of an anonymous young man, who calls himself Blue, that he’s been sending emails to and gradually falling in love with — all while avoiding being found out by his peers.

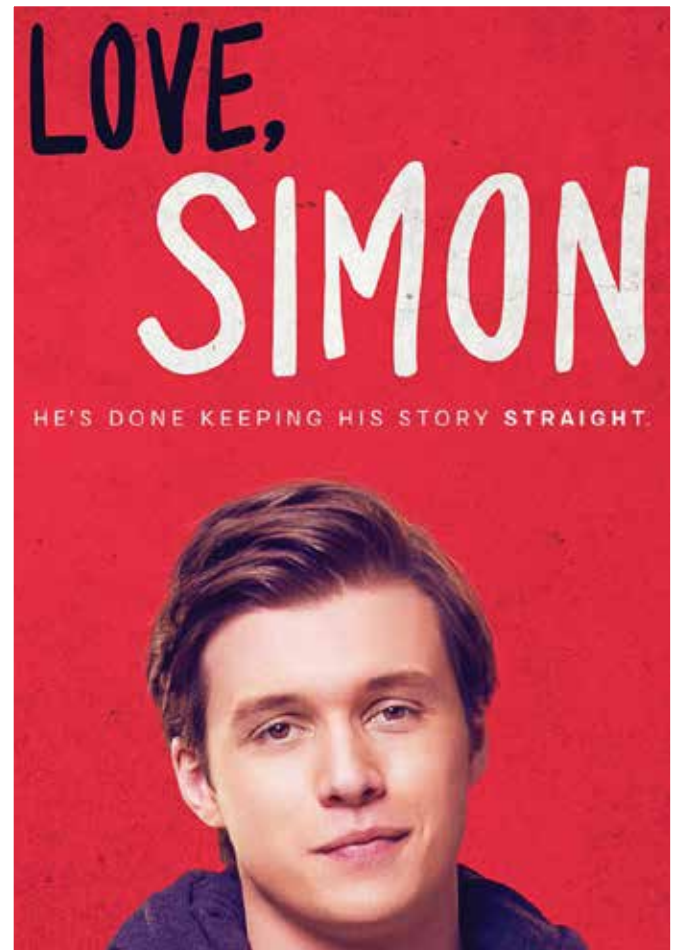
Watching the movie in the theater was an experience in and of itself. I was happy to see diversity in the other moviegoers: there was a small group of older women in the back, some young girls with their parents and, naturally, a handful of same-sex couples.

Being in the LGBT community myself, I found

so many things Simon went through to be wonderfully relatable. It was refreshing to watch him navigate his school’s halls, desperately scanning for anyone who was like him and meeting less-than-friendly glances in the process as well as straight people that wanted to be supportive but didn’t quite know how.

Although my identity differs from Simon’s, it was a fantastic experience to watch someone within my community go through the struggles that all LGBT kids go through — the feelings of terror, shame and rejection, but also of elation, acceptance and most importantly, love.

Overall, “Love, Simon” is a beautiful movie that brought tears to my eyes. If you enjoy movies about reckless high school students trying to find one another only to find themselves in the process, this is the film for you. 🍌



The official movie poster for “Love, Simon.” “Love, Simon” was released on March 16, 2018. Photo credit to 20th Century Fox.

## “Silicon Valley”

BY ALEX DUENEZ

Ahoy, readers!

Well, the semester as we know it is almost at an end and summer looms its glorious head in the distance. It’s almost time for reuniting with family and friends, venturing off to distant lands, fun in the sun and of course, binge-watching those awesome shows.

Speaking of shows, over spring break I was introduced to HBO’s TV show “Silicon Valley” and I must say I was pleasantly surprised by how hilarious, well-crafted and well directed it was.

Created by Mike Judge, John Altschuler and Dave Krinsky, “Silicon Valley” is a comedy television series that premiered on April 6, 2014. Now in its fifth season, “Silicon Valley” follows a group of young

entrepreneurs such as college dropout Richard Hendricks (Thomas Middleditch), Erlich Bachman (T.J. Miller), Jared Dunn (Zach Woods), Dinesh Chughai (Kumail Nanjiani) and Bertram Gilfoyle (Martin Starr), as they try to jump start their careers in an ever-growing tech industry by getting their product, “Piped Piper,” launched and on the market.

However, in doing so, multiple adversaries — such as the main antagonist, Hooli CEO Gavin Belson (Matt Ross) — rise to undermine Piped Piper’s success by any means necessary. Talk about taking out the competition!

After binge-watching “Silicon Valley” for about 48 hours straight, one aspect of the show that captured my attention was how sophisticated the terminology was when

characters interacted with one another. With that said, “Silicon Valley” is witty, smart and filled with backstabbing and scheming in order to make it to the top. Remember: fake it ’til you make it, no matter the cost! Surely the characters of “Silicon Valley” live up to those standards.

All in all, “Silicon Valley” is one of the funniest sitcoms that I have seen in a great while, and that is saying a lot. I am sure there are more great shows out there — and by all means go explore them — but if I may, I’d like to recommend “Silicon Valley.” Hell, if Rotten Tomatoes scored it at a whopping 98 percent then it should be good, right?

Until next time, readers!

Cheers! 🍌



April 24, 2018

## Jericho: “What’s the opposite of a green thumb?”

ORIGINAL ARTWORK  
BY MARIA GROTH



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## Draw Ekho Contest winner!

BY THE CIVIEW EXECUTIVE TEAM

In response to the prompt, "What do you think Ekho is doing over summer break?" students submitted their artwork for our Draw Ekho Contest. The winner of the contest is Ana Hugues with the below artwork, which is a combination of drawing and watercolor. Running-up submissions will be given a shout out on our social media pages. Thank you to all students who submitted! 🐬

ORIGINAL ARTWORK BY ANA HUGUES



## The CI View May edition will be online!

BY THE CIVIEW EXECUTIVE TEAM

Hello Dolphins! This year, the May Graduation edition of The CI View will be online only. This issue will focus primarily on the 2018 graduates, as well as the commencement ceremonies on Saturday, May 19. Be sure to check out the issue to read more about:

- The times of the ceremonies
- How to pay off loans after graduation
- Capstone presentations
- Farewells from graduating seniors themselves
- And so much more!

Go to [civiewnews.com](http://civiewnews.com) to view the May edition when it comes out on Friday, May 4. 🐬

# 12 DOLPHINPALOOZA



April 24, 2018

BY NAOMI SANTANA

Dolphinpalooza is an annual event hosted by the Student Programming Board that is free for students with live music, inflatables, food trucks and fireworks. The event took place on Saturday, April 21 at the John Spoor Broome Library Plaza from 5-10 p.m.

This year's theme for Dolphinpalooza was neon. There were neon signs, neon lights and neon colors on the stage. The event also had live bands, such as the Road Brothers and Whesli.

There were many attendees at Dolphinpalooza, including students, staff and faculty, as well as family of many CI community members. Many were enjoying the games, the

activities, the music and the food. The activities included sumo wrestling, a rock-climbing wall, a laser tag dome and many others.

The food trucks that were available were Dreamy Creations, Cowboy Johns, Maria's Kitchen and Kona Ice. Additionally, University Auxiliary Services was available with vegetarian and vegan options.

For students who arrived early there were free food coupons, and others who came later could buy from any of the vendors. There was a drink table available to all and Kona Ice was free and unlimited to everyone.

The CI View was able to interview a few students on their thoughts and feelings on the event.

"I think it's a great event," said James Felix, a biology major.

"I am enjoying the activities and the music," said Luke Padilla, a biology major.

"The activities are fun and the artists are great," said Corinne Amador, a psychology major.

Joel Naranjo, a health science major, and Stefan Popelka, an undeclared major, also added, "The food is good and the activities are fun. Dolphinpalooza is fun and the music is great."

Maggie Bueno, a psychology major, Amber Trejo, a business major, and Alex Maldonado, a history major, all mentioned that the activities were fun and that the music and the artists were great.

"I love the free snow cones and the activities," Trejo said, and Maldonado added that "the artists are really good."

Dolphinpalooza concluded the night with fireworks over Central Mall for everyone to enjoy. 🌈



A child uses one of the trampoline jumps at Dolphinpalooza. Photo credit to Sarina Galindo.



Students learn how to perform CPR at the American Medical Student Association's booth. Photo credit to Sarina Galindo.



Five students take a break from the festivities and pose for a group photo. Photo credit to Sarina Galindo.



Two students pose for a photo together showing they are having a good time. Photo credit to Sarina Galindo.



Two students pose for a photo together in front of an inflatable. Photo credit to Sarina Galindo.



The band Whesli performs on the Dolphinpalooza stage. Photo credit to Sarina Galindo.