

The CI View

PRINTED MONTHLY



Students showing the trash left behind after the President's dinner.
Photo courtesy of Cassie Rogers

Appalled students clean up after President's Dinner attendees

ANDREW DORAN

On Oct. 5, President Erika D. Beck held her annual President's Dinner on South Quad. This dinner aims to create and gather funds in order to continue to grow CI through support stipends for students. While the dinner ended up raising over \$70,000 for the University, there was an unfortunate outcome to the dinner.

They ended up leaving a lot of trash.

Cassie Rodgers, the president of the CI Surfrider Foundation Club was one of the first students to see all the trash that was left on South Quad two days after the event had taken place. "I was sitting there setting up a table (for a club event) and I thought, 'this has to be a joke,'" said Rodgers. "I saw this trash everywhere."

And that she did. Rodgers said that there was trash all over the South Quad, ranging from pamphlets with the President's Dinner agenda on them, to plastic cups and utensils, to a script book with the speakers' notes.

"The way it was set up, I thought it had to be a class thing," said Rodgers. But as more students started to join her for a club event, they too were in disbelief. "There was another club member from Green Generation that was there and said, 'Do you see all this trash?' Okay, so I'm not crazy. So, we started to clean it all up, and all these other students started to help out," said Rodgers.

As Rodgers and others started to pick up trash, other students came out of the Islands Café to help out. They put their to-go boxes on the ground and helped clean up South Quad. Some of those students who live on campus told Rodgers that they had seen the trash around since Saturday night, but figured someone would clean it up on Sunday. Obviously, that did not happen.

Multiple clubs also expressed disappointment at the amount of trash that was left by the dinner.

Liz Neumeyer, the secretary of the Green Generation Club said, "I feel like if the President's meeting was all about sustainability, then why weren't sustainable practices, practiced?" In addition, the Senator for Sustainability and Technology of Student Government, Natasha

Saxena, wrote the following to The CI View, "Many of the students are...a part of the generation that will be most impacted by climate change, so it is more personal. Climate change is daunting and terrifying; but when you really look at it, it is a series of events that have added up, similar to this. Right now is the time to take action and not let these situations go unnoticed."

“

I saw this trash everywhere.”

Cassie Rodgers, president of the CI Surfrider Foundation Club

With multiple clubs upset and confused as to why there was so much trash, President Beck emailed a statement agreeing with the outrage. She wrote, "I was also deeply disturbed to learn about the trash left on our campus and am very grateful to the students who brought it to my attention. Action has already been taken to ensure that this never happens again. Our campus is an incredibly beautiful and special place. I am so proud that our students care so deeply about keeping it that way."

In the end, Rodgers did not want to single out President Beck because the blame solely did not rest on her. "My objective was not to target her (President Beck), because every single person that left trash there is at fault. It's (the fault of) the event planners for not planning a clean up after it," said Rodgers. "There are many other people involved that could have stopped this from happening or cleaned it up."

In the future, more and more students will keep an eye on how the University picks up and disposes of their trash, especially with CI creating a goal of getting rid of single-use plastics and decreasing trash levels. Rodgers is still hopeful about the future. "I know (President Beck) cares about this campus. She does a lot of work for sustainability. I'm happy that she acknowledged it, and it seems that she will (hopefully) be doing something about it."

Green Generation strives to make CI more sustainable

MARJORIE HUOT

Sustainability and reducing waste have been topics that have been making waves in the news for the past couple of years. New laws and policies have taken place in order to take care of our planet's resources. We can thank the Green Generation Club for their previous accomplishments on campus such as the plastic straw ban and the battery tube in the library. These projects were led by the club's president, Kyle Ball, a senior environmental science & resource management major.

When Ball joined CI's Green Generation Club, he used it as a resource to make a difference on campus. "I proposed this battery tube and (the school and club) actually listened to me! I had a lot of research done and they put the battery tube in the library for us," said Ball. "I was like, 'Wow, we can make real changes.'"

This influenced Ball to take on the responsibility of becoming the president of Green Generation. Ball spoke about his experience in the military as inspiration for his interest in environmental science. "I had a lot of hazardous waste experience in the Coast Guard, and I was like 'How do I give back to my school?'"

Ball said, "If you can align passion with your resume, you're going to produce your best effort." His initiative for change and his leadership skills have made him interested in becoming an influence and a resource that can help fellow students' goals and ideas gain recognition. "My goal is to grab (the attention of) people on campus (and teach them) how law and policies and sustainability works on campus." He also mentioned that next semester he wants to take these ideas from campus and expand on them off campus into the local communities. "This is the best place to practice and be involved," said Ball.

Green Generation takes pride in providing students with a way of getting their voices and ideas heard. Ball understands that



Members of the Green Generation Club attend the Youth Climate Strike at Ventura City Hall. Photo courtesy of Kyle Ball

anything is possible but executing these ideas can be tricky. "You can have 99 bad ideas, but one will be good," said Ball. "Not every idea will pan out."

In order to get more students to attend and participate in member meetings, Ball decided that he wanted to create an alliance between the other environmental clubs on campus. Green Generation Club meetings are intertwined with CI's Surfrider Foundation Club on Monday

nights at 6 p.m. located on South Quad. Ball understands that since CI is a commuter campus, he wanted to make sure that club meetings lasted about 20 minutes and followed them with fun team building activities. "We try to mix community engagement and fun," said Ball.

The club events include hiking, camping and beach cleanups. More recent club events that occurred included the climate strike and a camping trip to the Point Mugu

U.S. Navy base. Green Generation is also trying to plan an on-campus community garden, as well as, having a way for students to contact the custodians on campus when trash cans are full.

If students want more information on the Green Generation Club, they can follow them on Instagram @greengenerationcsuci for further updates on when and where any upcoming club meetings or events will occur.

Creating change in the Senate at CI

ANNIE KUZMANOVIC

Of all the groups of students dedicating their free time to something beyond just schoolwork, Student Government, an entity of CI's Associated Students Inc. (ASI), is dedicated to serving students by transforming student voices into positive change. According to their website, Student Government strives to "... serve, represent and advocate for the students of CI on the local, state and national levels". Such a feat could not nearly be accomplished without the help of Student Government's senators.

Student Government's vice president, Isaiah Ball, described the senators as "essentially the representative and contact point for the many different student government populations". Each senator is given their own portion of student life to represent, such as social justice or commuter services. "They have the ability to write, draft and pass legislation...through the Senate," said Sara Ruiz, the president of Student Government.

Ball has been able to work closely with the senators from the beginning of the process. "It starts when a senator has an idea for the legislation, which could be related to issues that students have voiced," he said. "Then (the senator) puts in about 5-10 hours of research, then comes to the Senate." Ball helps the senators brainstorm tangible steps towards achieving that change.

Across Student Government's current senators, Ruiz has noticed that they are excited to be working towards solutions for students. "There is a sense of eagerness and readiness to get to work." Ball has also been amazed by the senators' enthusiasm for their roles as student leaders. "Passion is a trait that I see in all our senators across

the board, which is amazing because I believe that one should be passionate about what they do in order to give it their all," said Ball.

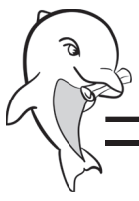
Ruiz has high hopes that the Senate becomes a significant resource on campus. "I want them to be a mouthpiece for their constituent groups on campus so that we are aware of what the student body is feeling throughout the year," said Ruiz. "I want them to create a strong foundation and inspire others to run next year. Leadership is also about bringing in new people to carry on the cause."

Although the Senate is already making progress, they are still in need of two senators in order to complete their panel. One position is the Senator of Alumni, Graduate and Credential students. This senator could potentially work hand in hand with the Advancement Office in order to help engage the alumni of CI. They also have another position, the Senator of Veterans and Non-Traditional students, that has recently become open. "Please reach out to us if you are interested in filling that position!" said Ruiz. She stressed that having a full Student Government staff "...means that students recognize (the entity) as an avenue for change that they can be a part of."

If you wish to apply for either senator positions, you can find their ASI Entity Eligibility Form on their website at studentgov.csuci.edu. Senators are required to have and keep a cumulative and semester GPA of 2.5, while other volunteers must have a 2.0 GPA. Both senators and volunteers must be in good judicial standing. Senators must also spend five hours in the Student Government office weekly.

“Passion is a trait that I see in all our senators across the board...”

Student Government's vice president, Isaiah Ball



SPECIAL EDITION: MENTAL HEALTH



Taking care of you with finals approaching

ELISE BECHTEL

With finals coming up fast, many students begin to feel pressure to get high scores, which in turn causes stress. Dr. Colleen Nevins, a nursing professor, and Dr. Jacqueline Sherman, a psychology professor, agreed that students are facing many internal and external stressors. With so much at stake, it is important to remain healthy both mentally and physically. Nevins and Sherman explained that internal planning and using pleasurable activities as a tool can help people control their stress and enjoy life.

The CI View also had the opportunity to interview Professor Elizabeth Lavin-Hughes of the Liberal Studies program about how we can best take care of our wellbeing as students. “Most of my students found breath practice to be extremely useful in everyday life, especially when

going into an exam,” said Lavin-Hughes. Doing this kind of exercise, even for a few minutes each day, can improve your mood and thus improve your day. While this may work for most people, Lavin-Hughes explained that everyone is different.

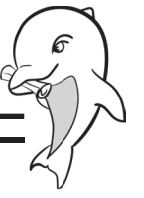
Starting your day positively can be a game-changer when it comes to managing stress. Also, consider using a reward system when working so hard to meet those deadlines. Nevins and Sherman believe that rewarding yourself gives you something to look forward to and can be used as an incentive to get work done.

Planning ahead and practicing solid time management can also be beneficial for students in terms of preventing stress. Lavin-Hughes, Nevins and Sherman agree that the best way to not become overwhelmed is to stay organized and know your limits.

Another way to relieve stress is by exercising. Both Lavin-Hughes and Nevins find yoga and meditation to be very relaxing. Exercise is important because it releases endorphins which allows you to have a more positive mindset.

Campus staff provide a multitude of services to help students daily, especially when preparing for finals. If you are feeling overwhelmed or stressed you can visit the Learning Resource Center which is located on the second floor of the John Spoor Broome Library or visit the STEM Center which is in El Dorado Hall, Room 120 for help with math and science courses.

Remember that while it is important to stay on top of your schoolwork it is also vital to keep healthy habits. Make sure to take some time for yourself and relax.



Asset or addiction: How the internet affects mental health

SERGIO MERCADO

With the large role the internet plays in everyday life, we should take a step back to consider the effect it has on our mental health. Particularly, does the internet have a positive or negative effect on the mental health of those who use it?

The discussion of mental health has grown immensely in recent years, with the internet fostering a large part of the conversation. Awareness of different mental health issues is being spread through online networks and social media platforms. While these networks do function as amazing resources for those affected by mental illness, the internet has its pitfalls and is oftentimes accused of worsening the mental condition of its users. Before we decide to consider the internet overall as an asset or danger to the mental health of society, we must take a closer look at its effects.

Discussions of the internet and its effects on mental health seem to always mention internet addiction. This is for good reason, as the article "Associations between overuse of the internet and mental health in adolescents" by Yang Sook Yoo describes a connection between internet addiction and higher rates of depression, stress and suicidal ideation. It is easy to see why people spend so much time online. The internet gives us access to new and incredible amounts of content; new information is available at the touch of a button. The instant gratification of an updated feed lures many into spending unprecedented hours in front of a screen each day.

Andrea Batoon, a freshman pre-nursing major, shared her experience with internet addiction. "Internet use has affected almost everyone I know. I see it a lot with my younger friends," said Batoon. "A lot of them can't hold a conversation without looking at their phones or just sit quietly without checking it." This dependence on checking their feed is a sign of internet addiction many can relate to. Batoon expressed some sympathy as well. "I can't blame them. The internet is very good to shield yourself with because there's always something to do and something to distract yourself with."

Anna Lim, a sophomore liberal studies major, also shared her sentiment with The CI View. "(The internet) does effect my grades and maybe a little bit of my real-life relationships." Overuse of the internet can impede our lives and relationships, and in turn, worsen our mental condition.

Another argument against the internet is its effect on our self-esteem. A majority of the most-followed people on the social networking site Instagram are celebrities or models. Posts from these accounts often show off lavish lifestyles, thin waists and faces that makes you wonder if they were edited. "I see a lot of young girls, even like myself, follow a lot of Instagram models, or girls that we think are pretty or girls who we aspire to be like," said Batoon. "I think it's fun to see stuff on your timeline that you enjoy looking at, but it definitely makes you feel bad about yourself sometimes." Regarding her self-esteem, Batoon said these accounts have made her think "Why aren't you this pretty", or 'why don't you have this job', or 'why don't you look like that?'"

While these arguments compel the reader to believe the effect of social media on people's mental health is solely negative, they fail to consider the potential positives of

social networking. Social media sites create an environment with a greater openness about topics that were once socially taboo, including people's experiences and struggles with mental health. Many celebrities and online influencers have decided to share their own experiences online and have inspired others to do the same. "In the past few years, there's been a really big surge in people talking about their mental health," Batoon said. "I do see a lot of people talking about their experience with mental health

personally whether that's a caption on an Instagram post or a YouTube video." This new frontier where mental health is considered as important as physical health forces internet users to take an introspective examination of themselves.

In addition to an open conversation, support systems and communities of people who struggle with mental illnesses such as depression, anxiety and bipolar disorder are being formed online. "I think it's healthy to maybe talk about one's mental state via the internet, because they might not have someone to talk to in real

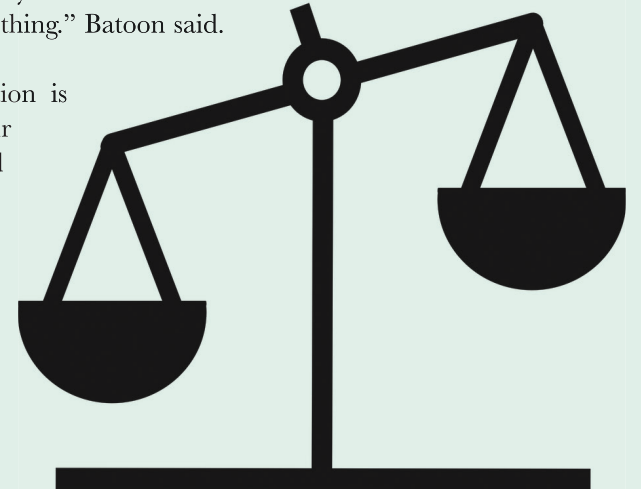
life," said Lim. The internet is inviting for many people who would otherwise have no outlet for how they feel.

While the lack of a definite answer may seem disappointing, it seems the internet's ambivalent nature towards mental illness and its ability to tailor to each individual's taste leads to its effect to be different for each of its users. To deem it completely good or bad for mental health is to turn a blind eye towards its flaws or merits. In reality, the effect the internet has on our mental health is highly dependent on how we choose to use it.

The best way to minimize its negative effects and maximize what you get out of it is to take a conscientious approach as to how you use it. Self-control, a proper perception of what you see online and a selective curation of who you follow and what shows up on your feed are all contributing factors towards a positive internet experience. "You can follow your favorite senator or your favorite activist.

It makes you want to do something," Batoon said. "Who you follow matters."

If internet use and addiction is having a negative effect on your mental health, do not be afraid to reach out for help. CI's Counseling and Psychological Services (CAPS) is a program focused on providing students with short-term mental health services. CAPS can be reached at Bell Tower, Room 1867 or by calling 805-437-2088.



The financial "Sword of Damocles"

ROBERT MCDONALD

The anxiety created by the Great Recession of 2008 looms large in the mental health of students across the United States. Students watched on television, saw it happen to their friends or experienced the trauma of a parent losing their job or having their home foreclosed.

In the spring of 2018 the American College Health Association published an assessment titled the "National College Health Assessment". It found that 35.9% of students had a traumatic or very difficult experience with finances in the previous 12 months, the second largest group after academics.

Brad Wolverton of The New York Times wrote, "Mental health professionals say college students have experienced financial burdens

on a different scale than many of their predecessors...They grew up during the Great Recession and have seen family members lose jobs and homes." Students today experience financial stress differently than previous generations. The trauma of the Great Recession has exacerbated the effects that finances have on the mental health of students.

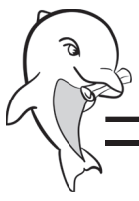
Financial stress impacts students in a manner that is unique to them. In a study published by the Journal of Student Financial Aid, they found that "the existing evidence supports the argument that financial stress can have an adverse impact on student health and outcomes." They then elaborated "that student loans can be a significant contributor to perceived financial stress."

Loans give many students the opportunity to go to school. However, loans are akin to

the "Sword of Damocles" to students, a gift that is waiting to go very bad for many. While the Journal of Family and Economic Issues reported that "higher levels of financial stress were associated with expecting greater student loan debt at graduation and feeling as though one did not have enough money to participate in the same activities as peers." While loans can help pay for college, they can also leave many students feeling socially isolated which can have a detrimental effect on their mental health.

Social isolation resulting from financial stress can lead to an increase in anxiety, depression and suicidal thoughts. It is important for students to be aware of the mental health of their fellow students who are becoming isolated due to their finances. Make it a goal to be there for each other. A small gesture can help someone you never knew needed it.

It is equally useful to know about the resources that are available to you if you are suffering from financial stress. The Financial Aid office and Basic Needs Program are two solid teams that are dedicated to relieving some of the stress that is caused by students' financial insecurities. If you have not already, visit the Financial Aid office in Sage Hall, Room 1020 to see if you qualify for a student grant. To utilize the Basic Needs Program for food, attire, hygiene and temporary home security, or to refer a student to the program, fill out the referral form on their webpage, www.csuci.edu/basicneeds/.



Finding support on campus through CAPS

JAZZMINN MORECRAFT

Counseling and Psychological Services, most commonly known as CAPS, is an area on campus that can provide support for students. “CAPS provides short-term counseling, which is focused on identifying solutions to immediate problems,” said Toni DeBoni, Associate Vice President for Student Affairs and Dean of Students.

CAPS follow the International Accreditation of Counseling Services guidelines when it comes to the ratio of professional staff members to students. On their website the International Accreditation of Counseling Services states, “The staffing necessary for the effective operation of a counseling service depends, to a large degree, on the size and nature of the institution and the extent to which other mental health services are available on and off-campus ... Every effort should be made to maintain minimum staffing ratios in the range of one (full-time equivalent)

professional staff member (excluding trainees) for every 1,000-1,500 students, depending on services offered and other campus mental health agencies.”

With regards to CI, it means that CAPS is staying within the limit of what the International Accreditation of Counseling Services pushes. “When fully staffed, CAPS has six full-time licensed clinicians,” said DeBoni. “Therefore, with our current student body of approximately 7,000, we have a ratio of approximately 1:1,200, clinicians to students.”

Yet, only 11% of the student population at CI take advantage of this resource, which is around 770 students. There are students that end up trying to utilize CAPS, but end up still do not show up for their appointments. “The rate at which students do not attend their scheduled CAPS appointments fluctuates during the year. At a minimum, about 10% of students’ no-show for their appointments, or do not come nor call to cancel the appointments.

However, a no-show rate of 15-20% is not uncommon,” said DeBoni. “The difficulty is, that means unless we are able to connect with students from a wait list, there were 29 missed opportunities for students to meet with a clinician.”

While this is not ideal, CAPS has taken several steps over the past five years to aid in helping students to remember to come to their appointments. They have sent students with appointment cards, sent emails and texted them, hoping that all these reminders would help close the gap of no-shows. While CI currently does not charge students a fee for missing appointments, it does happen at other universities. “CAPS continues to explore strategies and garner student feedback – we want it to be a shared response to the issue,” said DeBoni. “Perhaps the campus community can work together to help students better understand and appreciate the value of the CAPS appointment and the impact

of missed appointments without proper advanced notification.”

Relationship problems, depression and anxiety are the top reasons students nationwide seek counseling. “Many students benefit from the opportunity to speak with a counselor a couple of times about their concerns so they can focus on their academic success. Other times, students are experiencing more severe difficulties and would benefit from longer-term counseling in the community,” said DeBoni. “If students are not sure whether CAPS can help them, we encourage them to meet with a clinician to discuss their concerns. The clinician will work with the student to develop an individualized recommendation for their well-being. Community referrals and options can be explored at that time. Students can also check with their health insurance company regarding community treatment options.”

Understanding mental health

NAOMI SANTANA

According to the National Alliance on Mental Illness (NAMI), there are millions of people affected by mental illness in the United States every year. One in five adults experienced an episode related to mental illness in the U.S. in 2018, which equates to about 47 million people. Whether you or someone you know is affected by mental health illness, mental health is an important issue and there are many things you can do to help.

“It makes sense for individuals to seek assistance as soon as they begin to see themselves struggling with their day-to-day functioning,” said Stacy Udolph, Clinician and Outreach Coordinator for Counseling and Psychological Services (CAPS) here at CI.

There are many symptoms to look out for to determine whether you are experiencing mental health issues. According to Mental Health America, it is important to be attentive about sudden changes in behavior and thoughts. Some symptoms to look out for include excessive fears and anxiety, dramatic changes in eating or sleeping habits, confused thinking, prolonged depression and suicidal thoughts.

Udolph said that some other common signs to watch for are an increase in irritability or arguing with people, an increase in isolation, panic attacks and an increased heart rate. “If any of these symptoms surface please seek help as soon as possible,” said Udolph.

There are also treatments and resources available to you. According to the Substance Abuse and Mental Health Services Administration, some of these resources include group or individual therapy, practicing self-care and reaching out to friends and family.

“Students should consider seeking counseling as a sign of strength knowing that some concerns are bigger than we can handle on our own sometimes. There are multiple ways of obtaining mental health services. Talking about one’s concerns is the first step to getting help,” said Udolph.

It is important to be able to talk to someone you trust to help you find resources that can aid you with mental health. CAPS on campus is a good resource to start with. “If a student is struggling with their mental health, we recommend they contact CAPS at 805-437-2088 for an appointment. We offer same-day appointments for students in crisis. If a student calls after hours, they can push the number 2 and will be redirected to our 24/7 phone counseling service,” said Udolph. There are also many outside resources that can be helpful for anyone struggling with mental health.

“There are often good support groups in the community on various topics. Self-help books, TED Talks and videos are sometimes a great way to learn more about ourselves,” said Udolph. According to Udolph, there are also individuals who seek support through spiritual counseling. Udolph mentioned that there are also great resources available through NAMI, samhsa.gov and psychologytoday.com.

Some of the self-help books that Udolph recommends reading include: “Mindfulness for Beginners” by John Kabat-Zinn, “The Anxiety and Depression Workbook” by Jennifer L. Abel and “The Anxiety and Phobia Workbook” by Edmund J. Bourne. Reading self-help books can be good for someone without a severe mental health issue; “...but if someone needs more support, counseling along with self-help books are a great combination,” said Udolph. These books can be found at the local library, Amazon or Barnes & Noble.

According to psychcentral.com, other helpful books to read on mental health include “The Road Less Traveled” by M. Scott Peck, “Driven to Distraction” by Edward Hallowell and John Ratey and “The Power of Now” by Eckhart Tolle.

While there are many more resources and books available to help individuals with mental health illnesses, these are some ideas to give you a start.



Mental Health AWARENESS WEEK

NOVEMBER 18 - 21

MONDAY 18

RESOURCE FAIR

11am - 1:30pm
Student Union Lawn

Join Student Government for the Mental Health Awareness Resource Fair. There will be therapy dogs, a food truck, and campus partners with various resources in attendance (CAPS, Wellness Education and Promotion, Basic Needs, Facilities Services).

TUESDAY 19
CAPS OPEN HOUSE

11:30am - 1:30pm
CAPS (BTE 1867)

Take advantage of this special event hosted by CAPS. The Open House will provide an opportunity for students to meet the staff and clinicians at CAPS while enjoying snacks and learning about the various resources available to them. Student Government will be tabling outside of CAPS throughout the event with special gifts to share. See you there!

WEDNESDAY 20
ART THERAPY FESTIVAL

11am - 1:30pm
Student Union Lawn

Feeling creative? Come by the Art Therapy Festival hosted by Student Government. There will be multiple stations where you can express yourself through art and DIY projects. Some of these activities include: painting, journaling, and stress ball & friendship bracelet making. This is an opportunity for you to learn various coping mechanisms through creativity.

THURSDAY 21
AWARENESS GALLERY

11:30am - 1:30pm
Student Union Lawn

Student Government will be hosting a "Celebrity Awareness Gallery" which highlights famous people who have found success in life despite living with a mental health issue. The Gallery will be on display throughout the week on the Student Union Lawn. Please join us for a special reception on Thursday from 11:30am - 1:30pm. Snacks will be provided and we encourage you to consider taking a pledge to help eliminate the stigmatization around mental health. Green ribbons will be given out in solidarity to those who take the pledge.



For more information, contact Student Government: (805) 437-2734 | SGASI@csuci.edu located on the 2nd Floor of the Student Union Room #2019.

Different types of mental illnesses

COURTNEY DOUCETTE

Mental health is a discussion that has been heavily acknowledged in recent years. It's easier to figure out a problem that is physically apparent because it is visible, whereas mental health is under the surface and more difficult to see. Regardless, mental stability is just as important as physical stability; in fact, some may argue that it's more important. Along with many physical disorders, there are different types of mental illnesses. According to healthline.com there are ways individuals can recognize mental illnesses.

1.

An eating disorder might be one way that someone can be affected by mental illness. This ranges from either consuming too much food or not enough food. Eating disorders can develop in early childhood or adulthood for differing reasons, which may include being teased for physical appearance or abuse that is either physical or verbal. Symptoms of eating disorders can involve extreme emotions and behaviors surrounding food and body image issues. Although each type of food disorder can be treatable with positive outcomes, it does entail a long process which can include therapy.

2.

Another condition of mental illness that everyone should know about is anxiety. Anxiety is an intense worry or fear about daily activities that has become excessive. Anxiety is the body's natural response to stress, but these feelings are extreme and often interfere with one's life. If left untreated, the short spurts of anxiety can turn into a bigger problem for the individual.

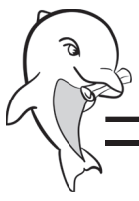
Some anxiety is normal, as in starting a new job or speaking in front of a large crowd, and these normal anxious feelings are felt by almost everyone. In some cases, this can create motivation for one to get something done, like cleaning the house or completing homework. In cases of high or extreme anxiety, this may cause someone to stop doing normal day-to-day things, like crossing the street or walking up a flight of stairs.

There are a few ways in which people are able to treat anxiety. These can include lifestyle changes, like a new diet or using meditation. Natural remedies also include avoiding caffeine and alcohol, sleeping regularly and staying active. If the anxiety has reached a higher level, then either psychotherapy or medication can be used to help the individual.

3.

Depression is yet another form of mental illness and is likely one that a majority of people have heard of. Many people have experienced some level of depression, and many of which, battle it secretly, not getting the professional help they might need. Any type of depression will leave a person feeling hopeless, lacking energy and experiencing a change in appetite, as well as, possibly having feelings of physical aches or pains. Talking about depression in the early stages is better than letting it escalate to the point where you might not want to get out of bed. Treatments are similar to those of anxiety, and include seeking help from counselors, psychologists or any other type of support system.

These mental illnesses are always a cause for concern because no one should go through the battle alone. So many resources are available for people and even just telling a trustworthy adult will be helpful. Here at CI there are plenty of resources available for people seeking help. You are never alone and one option is CAPS, located in Bell Tower, Room 1867.



Volleyball Club takes over the court

STEPHANIE VILLAFUERTE

This upcoming season is turning out to be a memorable one for CI's Volleyball Club as they continue to grow their teams, work together in fundraising and keep their heads held high in tournaments. It was last year that the men's team was forced to cancel one of their games due to a low number of members attendance, and though it was rough on the players who were committed to the game, it didn't stop them from bouncing back.

This semester, the club brought in a large number of interested players to tryout this past October for both the women's and men's teams. It's safe to say, they've never looked better. "We're hoping to have a winning season with the large crowd that tryouts drew in, and keep a consistent group coming," said Christian Sanford, a fourth-year business major and co-vice president of the club.

This positive attitude is not only embraced by the men's team but by the women's team as well. They typically hold a solid number of returning players each season, but the women's team is still observant of new ones. Attendance for open gym practice is particularly vital because it enables a player to display what skills they have prior to tryouts. "This is just how we want it to go," said Isabella Mandon, a third-year environmental science major and treasurer of the club. "We're able to understand 'Yeah, I want to play. I want to participate because I'm here. I'm showing up.'"

Attendance solidifies their traveling team as well, since dedication plays a big role in that category of the club. The teams go all over, whether that's playing against schools in Ventura County or going down to San Diego or even out of state for tournaments.

The team's success all comes down to the help of fundraisers that both teams hold together as one. "We got a good amount back last year, and this season we're hoping to work with businesses like Toppers (Pizza Place) or Nothing Bundt Cakes," said Aubrie Cavallero, a third-year business major and president of the club. "It'll get everything in gear."

But aside from the deeper dynamics of the club, both the men's and women's teams look forward to other things. Specifically, they all just want to enjoy the sport they play. "Being able to be out there and play volleyball with everyone — it's fun, and it's a great way to meet new people," said Christian Bisquera, a third-year political science major and co-vice president of the club. The men and women of the club sometimes even go against each other in mini games at practices, showing

that playing a sport in college is more than all the seriousness that can sometimes go into it. "It's a good experience for...both (teams)," said Bisquera.

That's what makes the Volleyball Club as likable as they are, their commitment as team players and their unified passion for the sport. They recognize their strength in each other too, which gives the players the type of confidence that can be intimidating at tournaments. "We want to build upon (the past)," explained Olivia O'Keefe, a third-year liberal studies major and communication chair of the club. "Make it a winning season." And that's exactly what the teams are going for, setting up a year that's surely going to surprise everyone.

Alien life discovered on Earth!

ROBERT MCDONALD

The raid on Area 51 took a surprising turn last week when the guards, complaining of the sweet-smelling smoke drifting from nearby campgrounds, were overwhelmed by the temptation of the recently returned McRib sandwich. A local camper, lost on what he described as a "Cheetos Run", wandered through the unprotected gate and stumbled upon a UFO containing cryogenic freezing units.

Mistakenly believing he had found a trove of unprotected ice cream, the camper immediately gathered the remaining campers. After several bowls, the campers were chagrined to discover that the freezing units were filled with aliens. One angry camper posted a picture of the alien with a caption stating that he

felt "...triggered, and the government should have at least put some ice cream in the freezer."

When asked about the discovery of alien life, democratic presidential candidates were quick to respond; unfortunately, we cannot report the response of the 600 candidates. Joe Biden in an interview in front of a mirror said, "Barack Obama is my friend." We are still trying to decipher what he meant by this. Bernie Sanders asked why a rich alien was the only one to have a UFO and demanded a revolution.

Elizabeth Warren unveiled a welfare plan she had written in 1973 while living on the Cherokee reservation. In this plan, she is proposing paying for the aliens by taxing the wealthy an additional 0.0001%. This was met with thunderous disapproval from Majority Leader, Mitch McConnell, who emerged from his shell to condemn Warren for attacking job

creators. However, fearing a predator, he returned to his shell to finish his lettuce.

Upon receiving reports of the alien, President Donald J. Trump announced, "In my great and unmatched wisdom, I have asked the emperor of the alien race to investigate Joe Biden and his son." When the alien emperor offered to give humans access to unlimited clean energy, President Trump responded by banning all travel to the aliens' home planet. He then tweeted the construction of a Diphon Circle to keep the aliens from taking American jobs.

When asked about the president's proposal, Senate Minority Leader, Chuck Schumer, stated, "I was concerned that the sphere would wipe out the human race, but I wanted to compromise with the president and build windows into the sphere." When reading about the president's plan on Twitter,

Congresswomen Alexandria Ocasio-Cortez announced a plan that would give free college and healthcare to these aliens, whom she described as "our brothers and sisters". The aliens responded to this statement with a simple, "Why?"

As the debate continues in the United States, Chinese and European leaders demand to know why they were not told of the aliens. In a joint response, Congress and the president responded to their counterparts, saying, "Nobody cares what you think."

Upon this discovery, a new poll was taken from all people in every country, and 99% supported that the alien race should invade Earth and replace all politicians, except the ones they voted for. In response to this request, the alien race built a Death Star.



Purpose

The purpose of The CI View is to provide the student body of CI 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 platform for the student voice. The CI View aims to be student-centered by giving students opportunities to become involved and learn about the dynamic field of journalism.

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Voting is your voice

JESSICA GOOLSBY

Did you know there's an election happening on March 3, 2020? A lot of people either don't vote at all or only see the presidential election as the important one. This is not true. Voting, a fundamental right granted to every American citizen, is so often overlooked despite how monumental it is to society.

Perhaps you take voting for granted, assuming that your vote won't really make a difference; but according to thebestcolleges.org, "(today) the voting population includes almost equal parts millennials and baby boomers. As the boomer electorate decreases in size, experts suggest it is merely a matter of time before millennials become the largest and most powerful group driving future elections in the U.S."

What this means is that the younger generations are holding just as much power as the older generations but choosing not to vote. In the 2016 presidential election only 19% of people ages 18-29 voted. When the youth choose not to show up for elections, they are allowing for someone twice their age to make decisions that will ultimately affect them the most. Issues that are important to you may be determined based on who is elected.

The presence of the Electoral College, in presidential elections, may be what caused this skewed idea of a vote not counting. The Electoral College is made up of electors chosen by a state's party affiliation, oftentimes through a vote by the party's central committee.

After the electors are chosen for the Electoral College, they will then cast the actual vote for the president, usually a month after the general election. The number of electoral votes that each state has are based on the population of that state. California is given 55 electoral votes, which is highest in the nation. California has a winner-takes-all situation, so whoever wins popular vote in our state will get all 55 of our electoral votes.

As of right now there are 18 democrats and four republicans running for president. The primary election on March 3, will narrow that down. The winners of these primaries will then go on to the presidential election in November 2020.

When getting ready to vote, there are a few essential things to know.

- 1.** Make sure you are registered to vote.
- 2.** If you're new to the area or living on campus make sure your address is one you can receive mail to and check frequently. Those that are already registered can edit their addresses online.
- 3.** If you have moved from a different state, you will have to re-register.
- 4.** Receive a sample ballot. According to lavote.net, sample ballots are mailed to registered voters or can be found online.
- 5.** Vote by either polling place or by mail. As long as your mail-in ballot is postmarked by or before Election Day and received within three days, it will be counted.

If you are worried that either you will not know who to vote for or that you will forget your choices, the sample ballots include candidates, their statements, your assigned polling place and a vote-by-mail application.

I want to press how important it is to vote. Voting affects everyone, whether you care about human rights issues or the economy. The process ensures that leaders who pledge to change our nation for the better are elected. It doesn't take long to make your vote, and in taking part, you can change the course of history.

Is President Trump getting impeached?

ANDREW DORAN

There is so much news circulating the airwaves in today's world. Brexit, conflict in Syria and the 2020 presidential election are dominating what news pundits are discussing when it comes to the United States. But there is still one news story that cuts through all of that, and that is the inquiry of President Donald Trump's impeachment.

On Sept. 24, Speaker of the House, Nancy Pelosi, announced that the House of Representatives was going to open an inquiry to see if Trump broke the law with his agreement with Ukraine. It is hard to boil down this news in only so many words, but we are going to try.

According to multiple media outlets, in July, President Trump had a conversation with the President of Ukraine, Volodymyr Zelensky. In this conversation, Trump asked Zelensky to investigate former Vice President Joe Biden and his son, Hunter Biden, for business deals that happened when Joe Biden was in office. Trump insinuated that he would withhold aid and money that was already authorized to go to Ukraine until he obtained confirmation that had Ukraine opened an investigation.

This conversation caused concern for a CIA employee, who ended up whistleblowing the conversation up the ladder. If you are unfamiliar with whistleblowing, it is when someone has heard or learned something that they find illegal, and they tell the proper people to look into the situation. This whistleblower's claim ended up in the press, with the House of Representatives getting involved in September.

While this investigation has taken on many different twists and turns, there are two major points of view; what the Democratic Party thinks and what the Republican Party thinks. In a brief synopsis, here is what the leaders of both parties believe to be true.

The Republican Party feels as if this investigation is just another witch hunt, similar to the one that happened with the special counsel that Robert Muller led with the Russian probe. The republicans in the House claim that the Democratic Party leaders, Speaker Pelosi and Rep. Adam Schiff (Ca.) are hiding documents from the public eye in order to gain an advantage. Rep. Jaime Herrera Beutler (R-Wash.) said with regards to the impeachment inquiry that "this needs to happen out in the open with full transparency, and right now that's not happening."

The democrats in the House are claiming that they have ample evidence to indict President Trump on a few charges of impeachment, but they are trying to figure out which charge to go forward with. The democrats have subpoenaed documents from the White House, but they have been rejected by the Trump Administration, which just adds more fuel to the impeachment fire, according to democrats.

This back-and-forth between the Republican Party and Democratic Party with impeachment will continue to spin its wheels. It is likely that nothing will happen before the next year's presidential election in 2020, but it doesn't mean this story is going away anytime soon. Be ready to hear more and more about this inquiry and possible trial, as the process is going to take a take a long time.