

Channel Islands View

Volume 1 Number 7

The Voice of the CSUCI Student Body

March 31 to April 7 2003

CSU Faces 10% in Proposed Cuts for Next Years Budget

The state's ongoing budget crisis means that the California State University must absorb a \$260.7 million or 10 percent, net reduction in its 2003-04 budget, according to the proposal presented by the governor.

The cuts will affect every aspect of the university system, according to CSU administrators.

"If the CSU does not receive the Governor's proposed increases in enrollment funding and student fees, the CSU will be unable to provide the classes or services that students need to make steady progress towards graduation," said Chancellor Charles B. Reed.

California faces a current deficit of nearly \$35 billion, according to Gov. Davis. The governor's budget proposal anticipates that the CSU's Board of Trustees will increase student fees in 2003/04 to compensate for the General Fund reductions. If approved by the trustees, that would equate to a 25 percent undergraduate fee increase, boosting fees by \$396 for a total annual undergraduate State University Fee of \$1,968. The governor has proposed an accompanying increase in financial aid for eligible students.

The governor's budget originally called for a reduction

of \$326 million. However, the Governor also added funds for enrollment growth and a proposed fee increase. The net decrease is \$260.7 million.

In his original proposal the governor announced the following \$326 million in specific cuts.

On top of these specific cuts, the CSU must accept an

additional \$78.6 million in unfund-

ed mandatory cost increases. These increases include unfunded

employee salary increases of \$32.8 million, of which nearly

\$30 million is for the faculty; higher health care costs of \$32.2 million; insurance premium increases, including

worker's compensation, of \$7.2 million; and \$6.3 million in costs to open new classrooms, laboratories and offices. Furthermore, the CSU had to absorb a \$43 million reduction in the long-term

needs, which became permanent. These reductions amount to a total budget cut of \$447.7 million.

One bright spot in CSU's proposed budget, according to Patrick Lenz, CSU assistant vice chancellor for budget development, is an increase of \$105.8 million to support 5 percent enrollment growth for the coming year, or roughly 17,000 additional students. The governor's proposal also adds \$45 million to partially cover the cost of 8,000 additional students in 2002/03, for which no funding had been previously provided.

In May, the governor will submit a revised budget request based on the forecast of state revenues at that time (known as the "May Revise"). Following completion of hearings, the legislature will then pass a budget bill for the governor's signature. The governor is supposed to approve the budget by July 1, the first day of the new fiscal year, but that deadline has been routinely missed in difficult budget years. Representatives of the CSU have begun and will continue presenting their case for increased funding during the

CSU Taps Federal Program to Aid Communities, Support Students

(March 3, 2002) While the California State University provides affordable access to a high quality education, students continually need money to support their goal of completing their college degrees. Instead of working at the local retail store, however, millions of students from around the country are receiving financial support while serving their communities through the Federal Work-Study Program (FWS).

In 2001-02, the California State University devoted more than \$4.5 million from the federal program to support thousands of qualified students by providing them with community service opportunities for part-time work connected to their career interests.

For example, Leticia Uphoff, a student at Fresno State, spends up to 10 hours a week helping needy preschool children get ready for kindergarten. As an AmeriCorps member with the Jumpstart for Young Children Inc., she believes that her job serving low-income parents adds an engaging dimension to her academic experience. Leticia says, "I want every child I work with to feel special at least once a day, every day."

Leticia's experience illustrates a typical community service placement supported by the FWS. The program started in 1965 to provide financially needy students with part-time

work that connects with their career interests. The community-service portion of the program seeks, in the words of the 1992 Higher Education Amendment, to "benefit the nation and engender in the students a sense of social responsibility and commitment to the community."

"Work study has proven to be invaluable for my situation," Leticia Uphoff added. "I can work part-time and go to school full-time while being able to fulfill my family responsibilities. Without work study, I probably wouldn't be in school right now."

The legislation also called for each campus to allocate a minimum 7 percent of the federal funds to providing students with community service opportunities. These placements are designed to meet the needs of the local community and include the work of nonprofit organizations, government entities, and tutoring programs. Leaders in Washington, including President Bush, have called for increasing the minimum percentage requirement for community service placements.

The FWS program is one way the CSU is helping students find a way to serve. The CSU places, on average, 22 percent of its FWS program students in community service, well above the national average of 14 percent and triple the min-

imum requirement. Some campuses do even better.

For example, CSU Sacramento devotes 48.5 percent of its FWS yearly allocation to community service; much of that supports the tutoring program, America Reads. Other CSU campuses with noteworthy community service numbers include Fresno State (40.9 percent), CSU Monterey Bay (35.9 percent), Cal Poly San Luis Obispo (28.2 percent), and CSU San Bernardino (27.9 percent).

These high percentages demonstrate the commitment of CSU campuses to serve local communities while enriching their students' college experience. In tight budget times, the CSU will be looking for programs that can financially support affordable access for students. If the 2001 budget is any indication, the FWS program continues to be a viable resource. In 2001, its budget was \$1.011 billion, which represents a 100 percent increase over the past four years.

"At a time of fiscal challenges for both higher education and for communities throughout the country, using federal work study to support students who are doing community service is a smart approach for students, local campuses, and their home communities," said CSU Chancellor Charles B. Reed

CSU Prepares Top-Quality Teachers

Eighty-three percent of the graduates of California State University teaching credential programs received high marks from their supervisors for their level of preparation to teach reading and math skills in elementary schools, according to an evaluation to be reported to the CSU Board of Trustees on March 12.

This level of CSU effectiveness improved from one year earlier, when 81 percent were evaluated favorably for their preparation in reading and 80 percent in math, according to their experienced supervisors.

"Our reforms in teacher preparation are producing dividends," said CSU Chancellor Charles B. Reed, "and the children in California's public schools are the beneficiaries. We intend to keep the focus on preparing outstanding teachers. Our goal is for every graduate of our credential programs to be a top-quality teacher."

CSU realized even greater improvements in preparing high school teachers. Ninety percent of CSU graduates teaching in grades 9-12 received high "preparation grades" from their supervisors, up from 86 percent one year earlier. In high schools, CSU graduates teach all subjects ranging from English and math to science, history and the arts.

"School principals and other site-supervisors assess our graduates very thoroughly, and are telling us that CSU teacher education is very effective," said Executive Vice Chancellor and Chief Academic Officer David S. Spence. "This is especially reassuring when you consider that 95 percent of the supervisors have worked with many first-year teachers during their careers as school administrators."

A similar evaluation by the National Center for Education Statistics, a federal agency, showed that first-year teachers

throughout the country were less prepared than CSU graduates - as much as 17 percent less prepared in the case of high school teachers.

In 2000-01, almost 10,500 teachers graduated from 21 CSU campuses located throughout California from Humboldt to San Diego.

Other results of the CSU evaluation:

- * 89 percent of CSU teaching graduates know and understand the subjects of the curriculum, according to their supervisors, up from 87 percent one year ago.

- * 85 percent communicate effectively with parents, up from 84 percent the year before.

- * 82 percent manage their classes effectively for instruction, up from 81 percent earlier.

- * 89 percent prepared good lesson plans and 83 percent used a good "mix" of teaching strategies - two important aspects of teaching that were evaluated for the first time this year.

The evaluation also showed that 95 percent of CSU students who earned state teaching credentials in 2000-01 served as full-time teachers in California public schools one year later. More than three-quarters taught in urban, metropolitan and rural schools. At the same time, more than half worked in low-income communities. According to the experienced supervisors, CSU preparation was as effective in low-income schools as it was in schools serving higher-income families.

The new teachers rated the value of distinct courses and fieldwork activities in their CSU preparation programs, which they completed one year before

There was never a good war or a bad peace,

« Benjamin Franklin

Continued on page 7

CSUCI Community Achievements

Now that you are midway through your second semester at CSU CHANNEL ISLANDS, it is time to review all yours as well as your university's accomplishment thus far this academic year. As you may be aware, the Western Accreditation of Schools and Colleges (WASC) made their first site visit to the CSUCI campus this semester. During their three days on campus the accrediting

team visited classrooms, talked with students, and met with a variety of faculty and staff. They reviewed publications, class syllabi, and evaluation and assessment procedures. We will let you know how we did once we receive their report. One thing is for sure, the TEAM received the CHANNEL ISLANDS family treatment (thanks for all of your smiles, warm greetings and just being the student body that you are)! Without a doubt, we have one of the most beautiful campuses not only in the state of California but also the country!

The ongoing campus

building projects are quite going well. The Gym and Fitness area should be completed by May 1, the Science Building will be up and running this fall, and the Board of Trustees approved the student housing for fall 2004. The new complex will include 344 beds and seven resident assistants apartments.

Students are also participating more and more in student life and our very own CHANNEL ISLANDS VIEW newspaper is living proof! I would also like to give kudos to our outstanding newspaper staff. Several student clubs and organizations are up and running and active-

ly planning programs and activities for this spring as well as the upcoming year. I should also mention that student government elections will also be this spring semester so keep your eyes and ears open.

Finally, I should mention that over half of our students are not only taking full loads but they also have outstanding GPAs. These efforts will be celebrated at CSUCI's first Honors Convocation on May 8. In addition, the University is proud to announce that it is launching its first student Honor Society, Gamma Beta Phi.

Student retention from fall

to the spring semester at CSUCI was an amazing 92%! This has to be the best, if not one of the best, in the CSU. With so much to be proud of, we at CSUCI need to take time to celebrate our achievements. So...Felicidades! I hope that you, our current students, will invite your friends and families to visit us during our Spring Open House Saturday, April 26 from 9 a.m. - 12:30 p.m. I hope to see you all there. Once again, CONGRATULATIONS for all that you have achieved this year!

Dr. Wm. Gregory Sawyer
Vice President
Division of Student Affairs

Never think that war, no matter how necessary nor how justified, is not a crime.

Cal State San Marcos President Named New President of CSU Sacramento

Alexander Gonzalez, president of California State University, San Marcos, was named the new president of California State University, Sacramento by the CSU Board of Trustees on March 13, 2003. Gonzalez, who has been president at San Marcos since 1997, succeeds retiring CSU Sacramento President Don Gerth, who is leaving this summer after 19 years at the campus and 45 with the CSU system. Gonzalez will be Sacramento's 11th president.

"It is a distinct honor to be selected to lead such a significant campus — significant because of its size and accomplishments, but also because of its location at the seat of state government," Gonzalez said. "I

look forward to building on the great foundation provided by President Gerth. While at San Marcos, I have been fortunate to lead the campus through an important part of its development. I leave the campus knowing that its plan for the future is in place and that the momentum will continue. Gloria and I will greatly miss all the wonderful people of the area, especially those close friends we have made in the community."

Board of Trustees member and search committee chair Bill Hauck said that Gonzalez "has a proven record in the CSU. Alex will be an outstanding president for Sacramento, and he is the right choice to lead the campus in the near future as it deals with

growth and community involvement, including forging connections with business leaders and relationships in the state capital."

Gonzalez, 57, was the second president of San Marcos. He was appointed as interim in 1997, and was made permanent in 1998 by CSU Chancellor Charles B. Reed. Prior to San Marcos, Gonzalez, a professor of psychology, spent 18 years at California State University, Fresno, beginning as an assistant professor. He served as the provost and vice president for academic affairs for six years at Fresno.

He received his Ph.D. and master's degree in psychology from the University of California, Santa Cruz, and his

bachelor's degree in history from Pomona College. Gonzalez did postgraduate work at Stanford University as a post-doctoral fellow of the Ford Foundation and National Research Council. He also attended Harvard Law School. The CSU Board of Trustees will set Gonzalez' salary at its May meeting.

California State University, Sacramento is the sixth largest university in the 23-campus CSU system, enrolling a multicultural student body of nearly 29,000 while keeping a commitment to small classes. It is California's Capital University. Students enjoy extensive research and internship opportunities in Sacramento, the heart of

California government.

The California State University is the largest system of senior higher education in the country, with 23 campuses, nearly 407,000 students and 44,000 faculty and staff. Since the system was created in 1961, it has awarded about 2 million degrees. The CSU is renowned for the quality of its teaching and for the job-ready graduates it produces. Its mission is to provide high-quality, affordable education to meet the ever-changing needs of the people of California. With its commitment to excellence, diversity and innovation, the CSU is the university system that is working for California.

Date Rape Drug Education

GHB (gamma hydroxybutyric) use is a growing problem among young adults on college campuses throughout the country. GHB is used for a variety of reasons: Partying. Raves. Date or acquaintance rape. As a sleep aid. Muscle enhancement. Many people in the Sports Medicine field erroneously believe GHB products are very safe!

The majority of college students using it have no knowledge that they are putting their lives in danger. I have looked at many web sites, which falsely claim that GHB is a safe supplement. Many male students are attracted to its use for its reputed reputation as a muscle enhancer, while other students may find themselves using it as a sleep aid

I offer you the following factual information about GHB (gamma hydroxybutyric acid) Street Names: Liquid Ecstasy, Scoop, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Liquid X, and Goop What are the different forms of GHB?

* An odorless, colorless liquid form

* White powder material

How is GHB used?

* Usually ingested in a liquid mixture; most commonly mixed with alcohol

Who uses GHB?

* GHB has become popular among teens and young adults at dance clubs and "raves."

* Body builders sometimes use GHB for its alleged anabolic effects.

How does GHB get to the United States?

* Because the drug is easy to synthesize and manufacture, local operators usually handle distribution.

How much does GHB cost?

* GHB is usually sold by the capful, and sells for \$5 to \$25 per cap.

What are some consequences of GHB use?

* In lower doses, GHB causes drowsiness, dizziness, nausea, and visual disturbances.

* At higher dosages, uncon-

sciousness, seizures, severe respiratory depression, and coma can occur.

* Overdoses usually require emergency room treatment, including intensive care for respiratory depression and coma. As of November 2000, DEA documented 71 GHB-related deaths.

* GHB has been used in the commission of sexual assaults because it renders the victim incapable of resisting, and may cause memory problems that could complicate case prosecution.

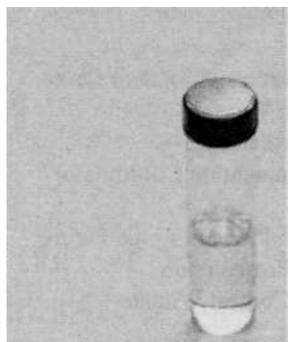
The Drug Enforcement Administration has classified GHB as a Schedule 1 drug. This classification means that no medical use is allowed and cannot be prescribed by a physician. Possession of GHB is a serious criminal offense in California. Possession and distribution are felonies. Being under the influence of GHB is also a crime that generally carries a jail sentence for first time offenders.

These are the facts about GHB. If you have any questions or comments about GHB please feel free to contact me.

Jeffrey D. Cowgill CPP

Jeff has over 25 years public safety and campus security experience. Jeff is a certified protection professional by the American Society for Industrial Security, and police officer at CSUCI. Jeff may be reached at jeff.cowgill@csuci.edu, or by contacting the police station at 805.437.8444

If you have any questions please contact the police department for additional resources.



Student Profile: Joe Peeples

1. What have you liked most about going to school here?

I like the friendly and personal atmosphere. When I went to orientation, they began by saying "Welcome to the CSUCI family." And it's really true! Everyone is nice and helpful as can be. When I was at Moorpark, you only got to know the people for a few months that you had a class with, then you never saw them again. Now, there are many people who are not just in multiple classes with me, but also they're the same people I were in classes with last semester.

2. What would you like to do when you graduate?

I would like to continue my education as far as I can...starting off with getting a Masters from somewhere...I honestly haven't really looked yet. Then, I'll serve a 2 year mission for my church, The Church of Jesus Christ of Latter-Day Saints. When I come back, I'd like to go to UCLA or USC Film School, and study to be a director.

3. What was your piece for the digital media festival about?

It was entitled "Sphere", and is a completely abstract piece. It doesn't tell a story, and it can't be explained.... it just is there...ready to be experienced. Although it is abstract, it carries a sort of light-hearted

mood...it's "playful" and I find it entertaining.

4. How long have you been doing graphics for?

I haven't done a lot of the stuff I've been doing here ever before. When I came here, I had some knowledge with Photoshop, but as far as Premiere, Illustrator, and others, no prior experience.

5. Will you be entering next year as well?

Of course.

6. What would your ideal job be if you could have any job you want?

I'd like to be a director, as I said above. Since I was eleven, I had always been interested in film, and loved watching the behind the scenes documentaries. I knew I would be in the entertainment industry one day. I had always wanted to do computer animation for Industrial Light and Magic, and even though that would still be fun, I think it would be more fun directing. I love interacting with and getting to know people, and that would be a great place to do it. It will be quite a challenge to attain my goal...because anyone can pick up a camera these days, edit the film and put it on DVD, but it takes someone really great to make a GOOD film. I hope that I can fulfill that

Events Q

March Events

Tuesday 18/25 Tournament Tuesdays at The University HUB from 12-2pm

Wednesday 19 Spoken Word Soul by Ryan Gill at The University HUB from 6-8pm

Friday 21 Orientation Leader Packets 5pm to The Office of Student Development on the 2nd floor of the Bell Tower, Room 2310 Student Essays due for the Women Pioneering the Future Essay Contest by 5pm to The Office of Student Development on the 2nd floor of the Bell Tower, Room 2310.

Wednesday 26 Open Mic at The University HUB at 6pm. The Band "Quinta Escencia" will be performing.

Thursday 27 Women's History Month Luncheon at The University HUB. Open to everyone. We will be announcing the winner of the Student Essay Contest.

April Events Tuesdays 1/8 Tournament Tuesdays at The University HUB from 12-2pm April 21-25 Dolphin Days

Associated Students of CSUN @ Channel Islands

Attention all CSUNCI students! from 2:00 p.m. to 7:00 p.m. in the Front Entrance of the Bell Tower. Make sure you bring your Student ID, and SHOW UP TO VOTE! For more information call Associated Students at 437-8820.

***ELECTIONS!! BE A MEMBER OF THE ASSOCIATED STUDENTS of CSUN @ CI for the 2003/2004 school year!** The Associated Students is a great way to meet new people- students, faculty AND staff. Being a member will enhance your university experience AND your resume. The Associated Students NEEDS YOU to help represent ALL of our diverse student population. You CAN make a difference on this campus. YOU can see events and programs materialize that are of interest to you and your fellows. YOU can make CSUCI more fun and more rewarding for yourself and others. What are you waiting for? ELECTIONS ARE COMING UP! How do you run? Get an Application Packet from The Office of Student Development, the University Hub, or the Associated Students office.

There will also be tabling in the Front Entrance of the Bell Tower Monday, March 17th and Wednesday, March 19th from 1:00 p.m. to 3:00 p.m. and again the following week, same days and times. Stop by to pick up an application at the A.S. table. The deadline to submit all applications is MARCH 27. Elections will be held on April 8th and 9th

•Poll Workers Needed!! OPEN TO ALL STUDENTS, the Associated Students of CSUN @ CI needs poll workers for Elections on April 8 (Tuesday) -and April 9 (Wednesday), for shifts from 1:30 to 7:00 p.m. A minimum of 4 hours is required and you get \$7.00 an hour! This is a great way to get involved in campus life and meet new students! Call 437-8820 for an application and more information.

***Office Assistant Needed!** The A.S. of CSUN@ CI is looking for an assistant to work in the A.S. office located in the Conference Hall Building on campus. This position is open only to CSUN students that plan attending Channel Islands through 2003 and through spring 2004. Office hours are flexible! Please contact us at 437-8820 if you are interested.

•CSUCI NEEDS YOU!! The Office of Student Development is looking for STUDENT VOLUNTEERS to help out with campus events. This is the perfect way to meet new students, get involved on campus and enhance your resume. Don't Be Shy and Give It A Try!! Contact Keion or Adam at 437-8932.

Resume Tips For Upcoming Grads

Graduating Soon? Here are some great resume Tips to help you find that Dream Job!

Tip #1: Keep it brief. Your letter should not go over one page. Use short paragraphs and bullet points whenever possible. Avoid flowery or excessive words when fewer words will get your point across equally well.

Tip #2: Be assertive and proactive.

Explain what special skills and qualities you can bring to the job. Don't explain what the job will do for you. Avoid empty cliches, such as "I am a self-starter" or "I'm a people person." Use active words and phrases. Avoid "are" and "is."

Tip #3: Tailor the cover letter to the specific company.

Don't write generic praise about the company. Be as specific as you can and demonstrate your knowledge of the company. Research the company using its own website, as well as business information sites such as www.hoovers.com, www.corporateinformation.com and www.fastcompany.com/search/

index.html. Check news sources for recent company events that you can reference in your letter.

Tip #4: Revise your cover letter for each application.

Different aspects of your background will fit different jobs. Focus on relevant job experiences and skills. For instance, an employer for a research position probably wouldn't be interested in your creative writing skills.

Tip #5: When writing about non-professional experiences, translate them into "business-speak."

Explain how your class-related, extracurricular or volunteer activities have prepared you for other kinds of work.

Tip #6: Address your letter to an individual rather than a department.

Call the company directly to identify the proper addressee. Use formal language (Mr., Ms., Dr.) when addressing them, and never just their first name-even if you know them personally.

Tip #7: Appearances count.

Use high-quality white paper; it's thicker than typewriter or

printer paper. Avoid elaborate or colored stationery. Print a clean final copy to send, not a photocopy.

Tip #8: Let the employer be the judge of your skills.

State your skills and qualifications, but don't tell the employer that you are the best person for the job. It can appear arrogant and presumptuous. Impress the employer with your skills, and let them conclude you are the best person for the job.

Tip #9: Proofread!

Typos will land your letter in the trash. Check grammar and the spellings of names. Have somebody else read your letter-they can pick up on things missing from your letter. Before mailing, make sure you've included your resume and any other requested items.

Tip #10: Follow up with a thank-you note.

A thank-you note demonstrates your interest in the job and will help them keep you in mind for the position.

An eye for an eye only makes the whole world blind.

Gandhi

Women's History Lunch

Thursday, March 27, 2003
12:00-2:00pm
The University HUB

SCHEDULE of EVENTS

Welcome and Opening Remarks
Erika Butler
Student

Some of the Best Things to Happen
to Women in the Last 100
Years...

Dr. Renny Christopher
English Professor

Results of Student Display Cast
Becca Glazier
Student

Presentation of Student Essay
Contest Winners
Jane Sweetland
Communication Coordinator

Women Pioneering the Future
Essay Presentation
Essay Contest Winner
Student

Women Pioneers in Our

Community
Lisette M. Rodriguez
Public Relations Coordinator

(The Coalition to End Domestic
and Sexual Violence)

Closing Remarks
Trae Cotton
Director, Student Development

Light refreshments will be
served.

Anxious Americans

"In times of war, we often find ourselves having real difficulty concentrating on the day-to-day life we have to lead, on family and work responsibilities," says Joseph Himle, PhD, associate director, Anxiety Disorders Program, Department of Psychiatry at UMHS. "We might find our sleep is impaired, and the general sorts of worry that we're relatively accustomed to, such as health or financial concerns,

are elevated even further."

Himle says these worries can be manifested in physical symptoms such as a rapid heart beat, shakiness, shortness of breath or sweatiness. He recommends calling upon methods of stress

management that have worked for an individual in the past; exercise, social activities, family support and hobbies all offer ways to temper fear and anxiety.

While many Americans are trying to come to grips with the "new normal" - living in a world that's not as safe as we once thought, Himle says it is possible to feel some sense of control.

"In our day-to-day life, there are typically pockets of safety - safety within your family, safety in your home, safely in your community. Paying attention to the many aspects of daily life that are really quite safe helps us buffer the belief that there's just no safety left anymore," he continues.

Alternatively, paying too much attention to the flood of war coverage can be counterproductive. "I think it makes sense for us to be informed, but it's not useful to monitor the television, radio or internet all day long.

Observe good faith and justice toward all nations.
Cultivate peace and harmony with all,

• George Washington

It's safe to say that we can count on our friends or typical exposure to media to let us know when something really important has happened," Himle says.

Another way to help yourself is to help others. History tells us that it's very therapeutic to contribute time or resources to help those who are active in the war effort or those who have been impacted by it. "We saw it after 9/11, we've seen it in previous wars; sending a note or volunteering some extra time can often be very helpful to both the giver and the recipient in these challenging times," says Himle.

For those who are feeling anxious because they oppose the war with Iraq, Himle suggests seeking social support from those who have similar beliefs.

Individuals with loved ones serving in the military are particularly impacted by war. Worries over their safety can be all-consuming. Himle suggests some time-honored ways of keeping their anxiety in check, including letter writing and a strong support system. "Talking about your fears with others experiencing the same thing is an invaluable way to keep some of that natural stress under control," Himle says.

He also advises that, while hate toward our enemies is a normal human emotion, we should not let it consume us. "Hate can really interfere with the sorts of things that we all need to do to support those who are putting their lives on the line for us," explains Himle. Spiritual outlets are often helpful in dealing with these very powerful emotions, he says.

Tips for dealing with war anxiety:

* Make time for tried-and-true stress management techniques such as regular exercise, social outings, family support, favorite pastimes or spiritual services, to name a few.

* Control what you can • take steps to make sure you feel safe in your home and community.

* Stay informed, but tune out the constant news coverage.

* Contribute your time and resources as you feel is appropriate.

* Deal with strong emotions, such as hate or fear, before they become crippling.

What Is Stress?

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or

'negative' stress, and some common facts about how stress affects people today.

What Causes Stress?

Many different things can cause stress — from physical (such as fear of something dangerous) to emotional (such as worry over your family or job.) Identifying what may be causing you stress is often the first step in learning how to better deal with your stress. Some of the most common sources of stress are:

Survival Stress - You may have heard the phrase "fight or flight" before. This is a common response to danger in all people and animals.

When you are afraid that someone or something may physically hurt you, your body naturally responds with a burst of energy so that you will be better able to survive the dangerous situation (fight) or escape it all together (flight). This is survival stress.

Internal Stress - Have you ever caught yourself worrying about things you can do nothing about or worrying for no reason at all? This is internal stress and it is one of the most important kinds of stress to understand and manage. Internal stress is when people make themselves stressed. This often happens when we worry

about things we can't control or put ourselves in situations we know will cause us stress. Some people become addicted to the kind of hurried, tense, lifestyle that results from being under stress. They even look for stressful situations and feel stress about things that aren't stressful.

Environmental Stress - This is a response to things around you that cause stress, such as noise, crowding, and pressure from work or family. Identifying these environmental stresses and learning to avoid them or deal with them will help lower your stress level.

Fatigue and Overwork - This kind of stress builds up over a long time and can take a hard toll on your body. It can be caused by working too

much or too hard at your job(s), school, or home. It can also be caused by not knowing how to manage your time well or how to take time out for rest and relaxation. This can be one of the hardest kinds of stress to avoid because many people feel this is out of their control. Later in this course we will show you that you DO have options and offer some useful tips for dealing with fatigue.

How Does Stress Affect You?

Stress can affect both your body and your mind. People under large amounts of stress can become tired, sick, and unable to concentrate or think clearly. Sometimes, they even suffer mental breakdowns.

The best way to destroy an enemy is to make him a friend.

Abraham Lincoln

Peace is a daily, a weekly, a monthly process, gradually
changing opinions, slowly eroding old barriers, quietly
building new structures, John F. Kennedy

This weeks view brought to you by

Editor In Chief

Erika Butler

Assistant Editor

Martin Ronchletto

with graphics by

John Stewart & Eric Anthony

Want to contact the Islands View Staff?

We want to hear from you! If you have any ideas or questions for the paper please e-mail your suggestions or questions to: emagik5@aol.com. We are committed to expressing the views of the students so let us know how

you feel. Letters to the editor as well as articles can also be submitted at this e-mail. We look forward to hearing from you soon!

Next month is national poetry month and we want student poetry or short stories. Please e-mail your writing to emagik5@aol.com, by Friday of this week!

W E?VE GOT YOU COVERED!

Most CSU students don't think about health Insurance until *it's* too late. Many believe they are covered under their parents' plan or that their University's Health Services can handle all medical needs.

Unfortunately this is not always the case.. Many parents⁸ plans do not cover dependents under certain circumstances *and* CSU Health Services can not **accommodate** every situation,

CSUHEALTH *Qualit*
inst
Link



CSUCI Student Health Center

(805) 437-8828

2 to 6pm Monday through Thursday

1 to 5pm Friday

Drop in basis, No Appointment Necessary

CAMARILLO

Camarillo

Room for Rent
Very large room (approx. 19'x14') for rent in a house. This room is furnished
Location very close to CSUCI (off Lewis Rd.)
Kitchen privileges
Driveway parking
Utilities included
Laundry privileges
Half an acre of land for backyard
No pets please
Deposit required \$650.00 per month
Please call and leave a message at

(805) 482-8699
Ask for Emily

Camarillo

\$750 mo + \$400 deposit + utilities
Single Parent w/ Teenager looking for a roommate
Female, quiet, non-smoker
To share family home in Camarillo
Private Bath, Kitchen Privileges
Washer & Dryer, Large Yard, (2 dogs live here)
Parking
Near Shopping, 10 minutes from campus.
Beverly: 805-890-0510, 805-445-1030

Camarillo

Females to share house, Non-smokers
1 - \$400 - single room, shared bath
2 - \$500 - single room, shared bath
3 - \$600 - master room w/ private bath
Will be sharing this house with the owner.
Teresa Griffin
805-482-1402

Camarillo

Guest House For Rent in Golf Course Residence
First time renting a Studio guesthouse (living room/bedroom) with full bath, kitchen & new appliances, dinette with very nice view located over-

looking the 6th green of Sterling Hills Golf Course, mountain and trees. Very quiet, peaceful, resort-living in a gated community. Prefer a single, responsible, non-smoker, female (Some restrictions apply). NO PETS. Also include utilities, cable, garage parking, 2x/month housekeeping for \$900 a month. Please call (805) 604-1553.

Camarillo

Room For Rent in a Golf Course Residence
First time to rent an upstairs room with NEW furniture (bedroom suite furniture, desk & chair, cherry elegant chair), cable, TV, bathroom having two sinks overlooking Spanish Hills and Sterling Hills Golf course gated, resort-living community. Home is located overlooking the 6th green, mountain and some trees. This is a very quiet and peaceful home in a quiet and peaceful community, perfect for studying and relaxing. Prefer a single, responsible, non-smoker, female (Some restrictions apply). NO PETS. Also include utilities, cable, 2x/month housekeeping, and kitchen access for \$600 a month. Please call (805) 604-1553.

Camarillo

Large 1 bedroom with private bath & kitchen privileges for rent to nonsmoker female. \$550.00 a month
Call (805) 482-2262 and leave message.

Camarillo

2 Unfurnished rooms for rent
No pets/illegal drugs/smoking
Full Bath/\$600 mo, includes utilities (\$350 deposit)
Avail November 15th, 2002
Call evenings after 6:00 pm.
805-987-8922

Camarillo

Room for rent
\$550 mo, \$550 deposit, \$100 phone deposit
Quiet, female preferred. No Smoking/Drugs/Pets
Furnished or not, private bath.
Mrs. Poloak (805) 987-9017

Camarillo

1+1 Camarillo Flat
Quiet Neighborhood
No smoking/no pets/ no exceptions
\$900 a month with \$1000 deposit
Call 805-671-9434, Leave Message

Camarillo

Home to share
Private room & bath, creek adjacent
Many extras
Jack (805) 388-0773

Camarillo

\$400 mo/+dep, + 1/4 utilities, shared bath, walk in closet
Share Kitchen/Laundry privileges, street parking, 5-10 min from campus
Female preferred, no smoking/drugs/alcohol
(805)-444-2131

Camarillo

\$550 mo/+dep +1/4 utilities, Studio size, shared bath
Pinewood paneling, street parking, 5-10 min from campus
Share Kitchen/Laundry privileges
Female preferred, no smoking/drugs/alcohol
(805)-444-2131

Camarillo

2 br to rent/Spanish Hills at the Golf Course (BRs shares 1 bath)
\$500 per room (includes utilities) + security deposit
Female preferred,
Rita (805) 484-4565

Camarillo

2 Rooms for rent
One room share bath in home
(805) 482-7732

Camarillo

2 Rooms, share bath
In home - phone/cable hook-ups
(805) 482-7732

Camarillo

Mission Oaks: 3 rooms for rent, share bath. Nice house & view. No smoking, no drugs. Suitable for good students with references
\$650/mo including reasonable

utilities, privileges. 1st month rent + deposit due at move-in
Quiet area, about 6 miles to CSUCI. 405-1685

Camarillo

3 Br/3 Ba Condo, Camino Cortena, Brand New
2 car garage, 1/2 Olympic pool, huge clubhouse, library, weight room
Details call: Brian (818) 338-6313

Camarillo

Br/private bath in home
No pets/smoking/fem preferred
\$600 mp + dep
Some furniture provided, if needed
Deborah (805) 484-0456

Camarillo

\$145/week, includes utilities except phone
Single professional female looking for roommate to share single story
2 BR/2 Bath house in newer subdivision
Must like animals, non-smoker, furnished or unfurnished
10 minutes from campus, located within walking distance of shopping plaza
Driveway parking available
Students or Faculty
Karen 805-482-0415

Camarillo

Studio for Rent
\$995/mo. + \$995/Sec. Dep.
Bright, spacious, new bath, upgraded kitchen
Washer/Dryer, Stove, Fridge
Enclosed garage w/private entry
Lg/gated backyard, gardener provided
Pets ok w/ deposit
Contact: Stephanie Brennan
805/469-0999

Camarillo

Room for rent, \$485/month with shared utilities and cable TV
Shared kitchen, living room and family room
Large backyard, excellent neighborhood
Walking distance to stores, bus stop, Picnic Park, tennis, school baseball field
8 min. drive to CSU Channel Islands

Female preferred, tenet has 3 yr. old daughter
Please call: Remil 805-987-0548

Camarillo

Studio Apartment for Rent at the Beach includes utilities
Contact Scott
Phone 805-901-8618
20 min. from campus
\$600/month

BEACHES

Dos Vientos Ranch
Private entrance, Private bath
No Smoking
Female preferred/no kitchen
\$700 mo, futon & tv included
Susan (805) 480-4980

Oxnard - The Shores

House to share
1 BR, private bathroom, share the rest of the home
(Includes garage)
\$750 mo, \$750 deposit, + utilities
2nd phone line already in the room
1/2 block from beach
Glenn: 805-382-0657

Port Hueneme

\$650/month, utilities included
200 sq. foot room, quiet neighborhood
Kitchen privileges, private bath, unfurnished
Live with adult and child
Close to campus shuttle bus stop
NO smoking/ drugs/ alcohol/pets
Contact: Marina 805-984-5988

Silver Strand Beach

3 Bedroom, 2 bath,
\$475/month, plus utilities
\$200 sec. Deposit required
Jacuzzi and tanning bed, Full house privileges.
One block from Silver Strand Beach.
Female preferred. Available immediately
Please call Ron 805-388-1869

Port Hueneme

Condo for rent on Port Hueneme Beach, Surfside 3-
\$1250/month
Minimum 6-month lease, \$1400

security deposit
2BR/2BATH, Gated
Community
Clubhouse with gym, pool
table, pool, Jacuzzi, dry sauna
carwash, BBQ
Washer/Dryer, Dishwasher,
New carpet, No refrigerator
4 years references
For pictures of condo;
see website:
www.surfsideIII.com
Contact Lauri Robinson 805-
340-6924

FILLMORE

Fillmore

New home in Hometown hous-
ing tract
\$500 mo + 1/3 utilities, \$500
dep.
No pets/smoking/drugs/alcohol
Responsible
Mark/Mika 805-524-5426

NEWBURY PARK

Newbury Park

Fem Prefred/1Br/1Ba \$550 mo
+ dep, 1/2 utilities
Laundry/own refrigerator
No-Smoking/drugs/alcohol
Helen (805) 498-4083

Newbury Park

Room for rent in large town
home
\$625 per month & 1/3 of the
Utilities
Private bathroom and full privi-
leges to the entire house
805-573-2653 and my e-mail is
stevemcco@hotmail.com.

OXNARD

Oxnard

Room in Oxnard for rent
\$400.00 a month \$200.00 dep.
no s/d
E-mail
Vstephen42@hotmail.com

Luxury Town home in Tierra
Vista (2br/2baths)
1BR with private bath for rent
\$600 mo, \$450 deposit, + utili-
ties
Shared kitchen & laundry with
garage parking.
New gated-community with
Business Center, conference
room with a fireplace, pools,
hot tubs, etc.

Female preferred, with refer-
ences.
Call or email Mark: 310-567-
6161 ormagnahog@aol.com

Oxnard

2 rooms available, next to Hwy
1 (10 min from campus)
Females preferred
\$475 & \$500 a mo, + \$200
deposit
All utilities included, unfur-
nished, share bath, cable, patio,
2 pools, clubhouse, full kitchen
privileges
No Smoking/Pets/Drugs
Call Debbie (805)-383-5554

Oxnard

Home for rent in December -
renting by room
California Street
3 BD, Living Room, Kitchen, 1
BA
Close to campus, WILL House
6 students
Huge garage & yard
Eva Goodrich (818) 340-2923

Oxnard

3+2 Furnished incl. washer
dryer.
Gated, Pool, Sauna. No pets!
Call: (805) 983-2347.

Oxnard

2 Rooms available in 3 BR
Condo shared with 1 adult
\$500/month each room,
includes utilities
Furnished, small backyard,
pool, Jacuzzi
Quiet, safe neighborhood
Staff/Students/Male/Female
No pets- already one dog living
there, available ASAP
Call Karen 805-701-3538 or
278-6174

SIMI VALLEY

Simi Valley

Room for rent
Quiet, Serene, Simi Valley
Equestrian Home, in Beautiful
Bridlepath
CSUCI student seeking fellow
female roommate
non-smoker, non-alcohol, non-
drug student.
Mother with young child con-
sidered. Pet or horse also con-
sidered.
Very Private, large & sunny

Bedroom fits double or queen
bed, nightstands, and dresser
and computer desk.
Private DSL ready phone line &
cable modem ready line.
Kitchen, laundry, parking &
bathroom cleaning included.
\$600 mo, call (805) 581-1928

Simi Valley

3 huge rooms (up to 12 x 18)
available to share with two
renters + landlord
\$500-600/month (depending on
room size) Deposit Equal to
Rent
Free cable TV and high speed
Internet connection in every
room
Separate, private telephone con-
nections in each room
Utilities split
Washer/Dryer privileges
Nice neighborhood w/ quick
access to freeway and stores
NO drugs/smoking/parties/pets
Call James Lindeen 805-526-
3751

THOUSAND OAKS

Thousand Oaks

\$880/month for three rooms
plus bath, partly furnished, in
two story home in a quiet
neighborhood
A/C, cable, (Internet cable
modem or DSL not included
but available), use of laundry
and of large kitchen. No smok-
ing, no pets.
One available inside parking
space
Contact Bill Pardee 805 492
3810

Thousand Oaks

BR suite, private entrance &
bath/Walk-in closet & sitting
area
Kitchen & Laundry privileges
\$900 mo + dep, utilities includ-
ed except phone & cable
(805) 492-7808 or (805) 338-
7364

Thousand Oaks

House to share
\$560 mp + dep, \$ 100 dep for
small pet
Utilities included
Chole (805) 497-1611

Thousand Oaks

Seeking Trustworthy female to
share...

2 BR/1BA House with yard &
fruit trees
(805) 988-9460

VENTURA

Ventura

1 room in 2BR/2B A Apartment
\$500 mo + dep/ Utilities includ-
ed
No pets/smoking
(805)658-7121 or (805) 794-
1799

Ventura

Room for rent in quiet 2+1
duplex, \$400/mo, \$200 deposit,
+ 1/2 utilities
Share w/1 professional female
and 2 cats
Laundry & kitchen privileges
No smoking/drugs/pets. Close
to freeways & shopping. Avail-
10/1/02.,
Jami @ 658-7837 - leave a
message

Ventura

Room for Rent
\$550 mo, 2 BR/1 BA apt to
share, about 20 minutes from
campus, Female only
Call Jennifer (805) 648-2554

Ventura

1 room in 2 Bdr. Apartment,
Downtown Ventura with ocean
view.
Great deal \$497 per month,
includes utilities
A few blocks to downtown, and
a short walk to the beach
Need a mellow, reliable room-
mate ASAP
Call Keith (805) 653-0666

Ventura Keyes

1 BR/Shared bath
Avail 11/2
Female, Possible childcare
exchange for rent
No smoking/pets/drugs/alcohol
Serious IQ's only
805-642-2378
805-654-3865

Ventura

Male to share nice East-Ventura
2-story home
\$325 mo + utilities, \$352.00
deposit
Full house privileges and laun-
dry facility.
Looking for Non-smoker, quite,
neat & clean person.
Home: 805-659-3314

Ventura

1 BR shared in 2
BR/2Bath house
with young, pro-
fessional couple.
\$550/utilities incl.
+ Deposit, tele-
phone not incl.
Private bath, very
clean, quiet neigh-
borhood, close to
shopping and bus
Off street parking,
washer & dryer
NO
pets/drugs/smok-
ing
Female preferred,
international stu-
dents welcome
Contact: Izumi or
Jack Kiesel 805-
642-7708 / izu-
mikiesel@hotmail.com
Available ASAP

WESTLAKE VILLAGE

Westlake Village

Quiet-on the lake—1 Rm/ \$550
mo+ dep, included utilities
Male Preferred
No Smoking
Laundry/private entrance
Share bath
Dee (805) 495-5273

Westlake Village

Village Homes
2 ROOMS FOR RENT
\$500/\$550 Utilities included
No pets/smoking/alcohol.
Access to pool and tennis court
Call (805) 495-2220.
Rooms For Rent

Division of Student Affairs

Printed 3/18/2003

Office of Student Development
805-437-8998

Student.development@csuci.edu

CALIFORNIA STATE UNIVERSITY
CHANNEL ISLANDS

AN EXHIBITION OF STUDENT ARTWORK
MARCH 10 - APRIL 11, 2003

CSUCI Library

California State University Channel Islands
One University Drive, Camarillo, CA 93012



RECEPTION FOR THE ARTISTS
THURSDAY, MARCH 20 6-8 PM