

## ASI Election Results: The Ballots Have Been Counted

This year represents a landmark for Cal State Channel Islands Associated Students Incorporated annual elections. For those of you who are not aware, ASI is comprised of four entities: Student Government, Student Programming Board, The Nautical Yearbook and The CI View Newspaper.

This year the competition was tight and there were quite a few students who campaigned throughout the first two weeks of March as part of their strategy to connect and communicate to the student body at CI. It was clear that all students who ran showed immense school spirit and love for CI with hopes that in being elected, they would be able to serve the University and its students to the fullest of their abilities.

Elections took place in the Bell Tower on March 17<sup>th</sup> and 18<sup>th</sup> followed by ballot counting immediately after the polls closed on the 18<sup>th</sup>. Candidates were called on the night of the 18<sup>th</sup> and were notified of the results.

Above you will find the results of the elections and brief biographies of some of the students who won. We look forward to seeing them progress through their educational experience in these roles, and serve the student body at CI.



Pictured above: Kevin Schallert: Student Government President

Prior to being elected student government president, Kevin has served at a student government senator and vice president of CSUCI's sailing team and international relations club. During his tenure in office, Kevin pledges to aggressively advocate a student centered agenda at every opportunity in a professional and dignified manner. Aspects of this agenda include compliance with state open meeting laws and all around greater transparency within student government, attempting to leverage stimulus funds to improve our campus and best prepare our graduates for success in the future economy, working with the new athletics director to keep the athletics development on target and being accessible to students, staff and stakeholders and ready to react to any circumstances that may arise over the next year.



Pictured above: Lauren Pollak, Student Government Vice President

I'm Lauren and I am a junior English major communication minor. I have served as a senator on Student Government for two years and will now be your 2009-2010 Student Body Vice President. I have also been involved with different areas on campus by helping with orientation and being a Peer Mentor in the New Student Center for two years and serving on the ASI Board for one year. I am here to help and serve the students to make CSUCI their home.



Pictured above: Dana Lockwood: Student Programming Board President

I'm very excited to be your Student Programming Board president for the 2009-2010 school year. I am going to be a junior and have been in SPB this past year putting together events such as Rocky Horror, The Luau, and the infamous Condoms and Candy. I look forward to the upcoming great year of programming!

Thank you so much for taking the time out to go vote.



### *Election Winners*

#### **Student Government President**

Kevin Schallert

#### **Student Government Vice President**

Lauren Pollack

#### **Associated Students, Inc. Board—2 Year Position**

Amanda Van Noy

#### **Associated Students, Inc. Board—1 Year Position**

Korri Faria  
Eva Klein

#### **Student Government Senate**

Elizabeth Bingham

Brandon Dowling

Jennifer Mota

Jonathan Neira

Jennifer O'Neal

Pedro Sanchez

Rebecca Torres

Christine Wamba

Douglas Whitesell

#### **Student Programming Board President**

Dana Lockwood

#### **Student Programming Board Director of Finance**

Elizabeth Quigley

#### **Student Programming Board Director of Marketing**

Dulce Carolina Lopez

## THE CHANNEL ISLANDS VIEW

The Voice of the Student Body

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ciview.editor@csuci.edu  
or call 805.437.2753Ventura County  
Humane Society

By: VANESSA KEAST

Are you passionate about animals? Or maybe you miss your old pets that were left at home when you went off to college here at CSUCI? I know that I am very passionate about animals, and when I moved to Ventura for school I tried to find a way to help out in my community. My name is Vanessa Keast and I am a graduating senior this May. Not only have I found an organization which enables me assist with animals but I am applying my Capstone Project to it as well.

The Ventura County Humane Society is a great place for students who want to lend a hand and volunteer. The shelter is located right off Highway 33 and is nestled in the center of Ojai. The Humane Society began operations in 1932 and has been helping an array of animals ever since. Not only do they take in dogs and cats, but they also care for horses and other small animals as well. It acts as a no-kill shelter, which means that they do not euthanize animals to make room for others at the kennel. The Ventura County Humane Society is a non-profit group and relies on volunteers and donations to remain in business.

Volunteers are always needed and the hours are very flexible too. Orientations are held four times a month, and after you complete the training you are able to start right away. Most of the jobs require socializing with the animals and helping to make them great candidates for adoption. Not only do you get to play with the dogs and cats, but there are opportunities to help out at events as well. Early next month for example, they will be in Ventura at the Earth Day Festival, to try and find homes for some shelter animals.

So if you think that volunteering would be something you'd be interested in, I highly recommend the Ventura County Humane Society in Ojai. It gives people an opportunity to lend their time to a worthy cause. I know that I look forward to my visits, and really feel like I'm helping out my community. Students would be a great addition to their team and knowing where to find more information is key. Visit their website today at [www.vchumanesociety.org](http://www.vchumanesociety.org) to find out more.

World Class  
Brazilian  
Jiu Jitsu in  
Ventura

By: KEVIN MCKEMY

It's no secret that the world of Mix Martial Arts, or MMA, has gained massive popularity in the past five years. Shows like *The Ultimate Fighter* and highly publicized monthly events put on by the UFC have made the sport virtually accessible to anyone. However, MMA is no longer just popular to watch, it is now becoming popular to do as well.

During this recent boom many of MMA's top athletes have decided to open the doors to the public by offering classes and opening training facilities nationwide. Ventura has even gotten in the mix and become the new home of world class Brazilian Jiu Jitsu master, Fabio Leopoldo, and his newest project Gracie Barra Ventura, a facility that offers training six days a week.

"I have never had another job," said Leopoldo, a 2<sup>nd</sup> degree black belt and 3-time World Champ. "Ever since I started training and received my black belt I have been instructing, opening a school in Brazil in 1999. My MMA career came later. Training in the gym and instructing others is what I love and enjoy most."

Leopoldo has been training directly with the Gracie family, pioneers of Gracie, or Brazilian,

Jiu Jitsu, for over 14 years now and has truly become a master of the art. Alongside Leopoldo at Gracie Barra Ventura is fellow instructor, and highly decorated and experienced martial artist, Erik Klinger.

When asked why, out of all the other martial art forms, one should choose Brazilian Jiu Jitsu, Klinger replied, "You never see a 90 year old boxer in the ring."

According to Klinger, unlike most other forms of martial arts, Brazilian Jiu Jitsu is relatively non violent and does not involve punching or kicking. Based off the principles of balance and leverage, Jiu Jitsu takes strength out of the equation as it mainly involves grappling, tosses, and submissions.

Klinger also believes the art form to be a great outlet from the stress of everyday life, while helping to maintain a healthy and fit lifestyle. "Martial arts are ideal for students who are looking for a fun, physical way to relieve stress during the school week, I know this from my previous experiences as a student," he stated. In fact, a couple CSUCI students have already attended classes at the facility.

Gracie Barra Ventura offers a wide variety of classes and levels ranging from the basic fundamentals of Brazilian Jiu Jitsu, to a black-belt program, and several other types of fitness classes. For beginners a free introductory course is offered which gives you the basic principles and philosophy behind the art, followed by hands on instruction with one of the two instructors.

Once hooked, rates are anywhere between \$80 to \$150 a month depending on your skill level and dedication to training. If you have any interest in MMA, self defense, or even just fitness, Gracie Barra Ventura is for you. There is no excuse, a free introductory class, two world class trainers, stress relief, fitness, and an escape from school, all reasons why you should head down today.

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THE STUDENT VOICE

# Kings College Night

By: KEVIN MCKEMY

Thursday night is usually better known as, "college night." This night, for so many of us, marks the beginning of the weekend and a temporary end to studying. Thus, it comes as no surprise that Thursday, March 5<sup>th</sup>, a group of 80 CSUCI students and friends drove down to Staples Center to take advantage of a special "college night" put on by the Los Angeles Kings, in association with the Student Programming Board.

During this season the popular sports arena and local Los Angeles Hockey team have reserved six Thursday night home games for college students, offering seats for only \$10. Students were able to purchase the tickets through the Hub for the game that was held on Thursday March 5<sup>th</sup>, which turned out to be the final game.

The game proved to be an amazing one as the Kings beat the Stars 5-4, in a thrilling overtime victory. The environment could not have been better as the screaming fans witnessed all the elements that make hockey what it is, including a fight, numerous checks, 9 absolutely spectacular goals, and the home team coming back from a difficult deficit to win it in overtime. The game winning goal was scored by Michal Handzus, which ended up being his third of the night, solidifying his Hat-Trick, and prompting the fans to toss their hats on the ice in the traditional fashion, truly ending the game on a memorable note. Senior Josh Dennis, stated, "Overall it was a lot of fun. The seats were great and the school made buying the tickets much easier and more affordable. I would have never gone to a King's game if the tickets were not this cheap. Next season I hope more students are able to take advantage of this opportunity."

Melody Mattingly, President of SPB, said, "We purchased 80 tickets for the game and sold all of them to students here on campus". When asked if the school would participate in this event again next season she replied, "Certainly, and all though it is not for sure, we are looking into renting a bus for next season's game, hopefully adding to the fun."

All in all, King's College Night was a success and we have next season to look forward to. Every student who made the trip down to Staple Center enjoyed a great atmosphere and an amazing game. I mean, where else could you go to enjoy all of this for just ten bucks?

# Diner at 9 a.m.

By: NICK RESTER

The stool squeaks as his leg jumps up and down. A leather shoe rests on the metal bar beneath the counter which is sprawled with used creamers and an untouched cup of coffee. His shirt is plantain yellow and dotted with the rotting stains of his ripeness. The salt and pepper of his thinning scalp tells me that he's in his late 40's, early 50's. I start taking bets with myself as to what he's going to order. The strawberry muffin? Maybe the Greek olive omelet with tiny chives catering to his vegetarianism? Perhaps something more filling, the Lumberjack Special with a side salad, no tomatoes, fat-free sugar-free dressing for his diabetes? The waiter stops and all the man asks for is the check. Just coffee. He puts down a crumpled five and leaves with that same look of disheartened oblivion.

I cringe, taking in the caffeine of instant coffee from my giant Bedrock mug. Its handle is elongated and connects the top of the mug to the bottom. Ideal for shaky old men with Alzheimer's and loud coughing women who laugh hard, clutching smoke stained hands on thick mugs that won't break.

At the end of the diner counter I spot a fellow writer. He looks Pakistani. His glasses rest at the end of his Santa Claus nose, bright red from thinking so hard. Deep in thought, his pen hovers just above the paper. The writer concentrates trying to think of that word. His hand hasn't moved an inch in minutes. Meticulous and precise, so into his craft, only to write the perfect word for his masterpiece. The strain in his eyes tells me that he is channeling the muse of diner inspiration. The very one I have been trying to channel all morning. The waiter walks to the end of the counter and asks if he can refill his coffee. The writer raises a thick finger as if to say wait, not now,

# Creative Writing

come back after my first publishing.

Behind me sit a table of old men talking way too loud because of hearing aids that have gone out. Hearing aids that ring pitifully, silent to their owners, begging the world around them for a battery. I can hear one of them telling a story about a girl from way back when. A girl with blond hair a red dress, green eyes. A girl that took a night club's breath away. He calls her a "bombshell" and his voice starts to shake.

"C- San Lucas Me-co" and a Gecko draped in a towel with sunglasses struggle to breathe. Letters wedged between skin folds on the back of a large white-haired man who clutches the plastic booth opposite me to keep balance as he clunks past like an old Jalopy. As the Jalopy walks he mumbles loudly to himself about "finding that damn receipt for the trash compactor in the Sears' catalog". He finds his way to the table and sinks into the seat.

The radio comes on through the ceiling, the music tunes out the old mumbling Jalopy, the crashing of dishes in the kitchen, the sounds of old men telling stories about things that never happened to them. The Pakistani writer stops writing, the waiter stops walking. My pen stops. And everyone just listens.

"If I fell in love with you, would you promise to be true and help me understand..."

I see a smile come over the red face of the writer. The old Jalopy taps his foot. The waiter hums along. We're all far away lost in memories trying to remember when we first heard this song. The people it reminds us of. Old men think of girls from their pasts, lovers, fiancées, women in red dresses. I think about my girl. Widows wipe away black mascara tears. The writer finds his word and attacks the page with ink.

I put down my crumpled dollars and leave with a smile.

# The Penny

## Arcade

By: GUY MACLAURY

In the Penny Arcade it only costs a penny for a memory.

It's a place where your youth asks 'remember me,' where the old and unsteady learn to play.

In the Penny Arcade the old come for history

while the young come to be exploratory,

where all can come to visit the observatory into things once past.

In the Penny Arcade the marionettes dance in rows while the fortune teller says she knows why we come to see the past.

In the Penny Arcade there are barber shop quartettes and opium den cigarettes that smoke and puff but are never what they seem to be.

In the Penny Arcade, where all things are illusory,

where all you need is an exaggeratory pair of eyes,

it only costs a penny for an old forgotten memory.



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# HaHa Terrorists: Blowing Your Face Up With Smiles!

## Two CI students get creative with hopes to make it big

BY: ERICA ROUNDY

### Why did ZackandBen.com come to an end?

**Zack:** Because we decided we were destined for bigger and better things... Actually, I don't really know why.

**Ben:** Here's why: there was a limit to our potential. The saleability of a site like that is slimmer than a more generic website like FunnyOrDie.com or CollegeHumor.com. But when you put a name to a URL, if you ever want to sell it further on down the line, it becomes harder to transfer ownership.

**Zack:** Also, I felt uncomfortable having my name first (laughter). I just felt self-conscious, I had to live up to it and it was too much pressure. It was getting to me; the limelight got to me... it was too much.

### How did you come up with the name for the new website?

**Ben:** During summer, I was on the phone with Mike (our new partner) and we were tossing up names... We had "Dance Underpants" as an option and we just had all of these funny names and then Mike said, "What if we made a joke on terrorism?" and I said that no, that wouldn't be funny, but then he said "HaHa Terrorists." And I said that it sounded horrible and how could terrorism be funny? But then he said, "No no, like this: we blow your face up with smiles. The HaHa Terrorists are the people who will terrorize the unhappy... who will make fun of the people who aren't willing to let go." So we are here to bring smiles to peoples faces and let them have fun, and we terrorize people with laughter, which isn't that bad of a thing.

**Zack:** I actually wanted the SuperFriends Club, but that was already taken.

**Ben:** We actually don't listen to anything that Zack says, he is just a pretty face to look at. Maybe that could be your next article...

**Zack:** When do we get paid?

### What is the main purpose or goal of this website? What do you hope to gain out of it?

**Zack:** It started as fun. And then it became something like a pastime, and then we realized that the potential for it was pretty good. And we hate working, and the economy sucks, so we're like, "Why not?" People have always said that they wanted to film us because we're funny, and that's how it started and then it just kind of took off from there. So basically it's just for fun and money. What more could you want?

**Ben:** Yeah, we've both got girls, so we decided to go for fun and money (laughter). But basically, to go off what Zack said, it really did start as a fun project with a minimal investment. But then things just started getting more exciting and people starting following us and our videos and we became excited to be a marketable commodity. Who would have thought that being funny could be a business endeavor? So we went ahead and we made a website.

### How will the new website be similar or different to ZackandBen.com?

**Zack:** It's still based on our personality, but we wanted to add more aspects. So instead of just having a couple of videos, we wanted it to be a place that you could go for more entertainment. So we branched off and have funny news stories, funny pictures, the videos, etc....

**Ben:** It started as having a funny skit every two weeks, to having a funny skit every week, to having short films every day, to having news stories and new content that would encourage our viewers to not just come back once a day or once a week, but to have them come back multiple times a day. It's going to be a place where people can enjoy themselves all throughout the day. Our Twitter is hilarious—we tweet all day long with random crap that other people just love to see and we're getting followed like crazy. It's really cool to see people getting excited about this.

**Zack:** We kinda look at it like ZackandBen.com was a demo or practice, and this is more like the real thing. We're finally really happy with what we're doing.

**Ben:** Yeah, this morning was the first day that I actually woke up at 7am because I was really excited to work on the webpage since this semester started. It's really fun to get up and work on something that you know is special.

### How many hours a week do you guys spend on the website and/or preparing items for it?

**Ben:** It's going to be embarrassing because I spend about 60 hours a week working on it.

**Zack:** Do you really spend that much time on it?

**Ben:** I've never told anyone this... I actually do a lot of the tedious background work. I'm not as creative as these guys—Zack, Mike, and Katy, they're all really creative—so I do the other stuff that's just busy work. And they just write the funny content. I spend a lot of time trying to build our fanbase on social networking sites like YouTube, Twitter, etc. And when you're trying to build your fanbase, it's a lot of hours spent building relationships on these

On March 17, I sat down with two CSUCI students, Zack Matsuk and Ben Pace, to discuss their latest entrepreneurial project. The two previously had a video blog website called ZackandBen.com, and have expanded the project into a comedy blog called hahaterrorists.com. Here is the transcript of the funny interview. Be sure to check out Zack and Ben's latest antics on their new website: <http://hahaterrorists.com/>



Photo by: Mel Pace

sites. Down the line, it's the most important thing that you can do.

**Zack:** Speaking of building our fanbase, we kinda realized that ZackandBen.com was localized to CSUCI kids and it was great, but it was such a small group that we couldn't reach the amount of people that we wanted to. It was really cool being known around campus, and people would come up to us to ask us when our next video would be, but we're trying to make it more commercial. But it all started here.

### People really loved the crazy videos of you two, will those still be a regular feature?

**Zack:** It's the same thing, but now we have more actors. We learned from before, and have made these ones better. We have some 15 second videos, where it's just a quick 15 seconds of funny. We wanted to be quick and punchy.

### Who is helping with this new project?

**Ben:** Our friend Mike, who's a great deal funnier than I am (laughter). The great thing about him is that he brought stuff to the table that we didn't have yet. He's really funny, a really unique guy who's actually done stand-up comedy before. So, we gave him full partnership because we thought this was a time to create a new endeavor. We also brought on my girlfriend, Katy, because she is really creative.

### How smooth was the launch process? How long did it take?

**Zack:** Horrible.

**Ben:** To be honest, it was painful. Absolutely painful. I've run my own business before, and that one was worse than this one, so I guess it's progressively getting less worse every time I start a business. But at the same time, we're all young and we're all

learning about ourselves and how to manage our time so it's really more of a learning process and a fun learning process. What better way to learn than to start your own website? Starting your own project? But yeah, it was totally painful.

**Zack:** It was supposed to start last year. A couple years ago... but now it's finally ready.

**Ben:** In all seriousness, it's taken a long time to get it ready. You know, you say it's going to come out in one week but generally it'll come out in four weeks, and so that's how we worked. We worked around our inability to get things done. We all have school, we all have jobs—REAL jobs—and we all have other things that we are doing, and this is our outlet.

**Zack:** So you can take 'school' plus 'website' equals 'negative 1.5 grade average.' Seriously, I probably go to half of my classes now but it's worth it. Totally worth it.

**Ben:** It's totally a painful starting process but we're where we want to be now. It took longer than expected, but we're ready now to show everyone some funny stuff. We're totally ready to have people come up and tell us that they loved our videos and to give us ideas. We would love it if the students here gave us ideas on what to put on the website.

**Zack:** Yeah we're only going to be here 3 more months or so, so let us know your ideas or else never talk to us again.

### You both are graduating soon. How will the website carry on?

**Zack:** Like we said, we want it to be bigger than that so yeah.

Definitely. We kinda do email correspondence right now: Mike

**Ben:** Absolutely. We are going to take this on as far as we can take this and as far as it will let us go. When you look at other video blogs, our competitors, our inspiration, like The Lonely Island who does digital shorts for SNL... they're just a huge inspiration for us. And when you see others they're incredible. So the potential is there.

**Zack:** It's also inspiring because the other comedians that you see, they started with a video blog. They really took it somewhere and became successful. You see it on SNL and on a couple of MTV shows where funny people had a video blog and then made it big.

**Ben:** I'm not as money-driven as other people necessarily are, but it is a huge benefit. A HUGE benefit, it absolutely is because it allows us to provide more content to our viewers. The more successful we are, the more we can show to people, the more that we can do, the more props that we can buy, and the more funnier that we can be. As soon as we graduate, this is still going to go on, we'll probably actually have more time because we won't have to go to classes. With my degree, I'm really hoping to take this as much as I can to the next level.

**Zack:** We have to live in basically the same area in order to get this done.

### Any advice for students trying to start up their own website?

**Ben:** Absolutely, yeah. Don't let anyone tell you that you can't do it.

**Zack:** Pay for your own website. Don't just try and do it yourself.

**Ben:** Yeah, utilize all of your resources basically. If you've got a friend that you can trust, that is awesome, invite him/her to join you on your journey. The more people you have that have different traits, grab them and take them with you because you want people that can do something that you can't do. There's no way that everyone is good at everything. I suck at creating webpages and writing humor, but I'm awesome at managing.

And Zack is hilarious and is great at being funny... and so is Mike. So all of these parts fit into the puzzle of success. So when you really think about it you really can't do it by yourself. You hear those success stories about one guy who did something creative in his garage, but those are the exceptions. Find people and utilize your resources.

**Zack:** Be yourself and don't emulate someone else. If something's already been done, then it's already been done and doesn't need to be done over again. We realized that we were unique and had something new to offer. You know, just be really stupid. That's the key.

**Ben:** Just be yourself.  
**Zack:** We're hoping to sell our realness... ourselves. I'm not that cool, I've heard that I am but..... Can you write in the article that I hope this website allows me to get a boat as big as P. Diddy's? Or at least half as big...

**Ben:** Please don't write that in the article...

**Zack:** You know that's where his riches are! Hey, just make us

look good.

**Ben:** Yeah, just make us look good, that's all that matters.



# Music Review: Hello From Reno

By: SELENA K MONE

Are you tired of listening to the same old tunes and wonder when an awesome new band is going to storm onto the scene? Well, wonder no more, because the up-and-coming alternative/pop-rock sounds of Hello From Reno have come to save the day. The boys of Hello From Reno (no, they're not actually from Reno...you'll have to ask them about the name yourself) hail from Highland Park and after a recent tour up the coast, have come back to play gigs at various cozy venues in and around southern California.

Lead singer Jerry Streeter was born to be a frontman; not only does he melt the hearts of all the girls (and probably some of the boys) when he runs his hand through those wavy locks, but he can legitimately sing (and play guitar), too. Bassist Todd O'Keefe lends his vocal talents to many of the songs as well, adding variety and depth and is forever the charmer of the crowd (watch out for him sneaking into the background of any pictures you may take of yourself and your friends). Matt Roveto looks like the 'too cool for school' guitarist who is actually very gracious of the opportunity to play and put on a good show (and has a knack for tuning his guitar during the middle of a number).

Speaking of The Knack, drummer David Jones Henderson used to play for the group (remember "My Sharona?") and his expertise comes across immediately, supplying a vibe of credibility and a passion for the music itself.

All four members collaborate on songwriting and as Jerry describes the process, "it all just happens however, you know?" And you do know, you get it as soon as you hear it. The songs have an organic quality to them, without feeling contrived or forced. The harmonies flow, the melodies are simple in a complex way and the lyrics just make sense. A couple common influences among the band are The Smiths and The Clash, though I'd peg their sound as more of a mix between the punk-ish, rhythmic guitar riffs of The Strokes, with the mellow crooning of John Mayer and the upbeat tempos of Weezer, with the striking harmonies of Blink-182. But in essence, their sound is entirely their own, they can really wail, and that's what makes them so good.

Their self-titled CD *Hello From Reno: On Location* (which you can purchase at any of their shows) features my personal favorite, "Good Thing Coming," with its haunting, electric-rock instrumentation and one of their newest, "The Art of Screaming at a Crowd," with its vocal-centric qualities, is quickly gaining popularity among fans. So, if you're looking to shake up your music world a bit, be sure to check out the tunes of Hello From Reno and let their infectious sound be that thing that's stuck in your head all day long.

# Fields of Expression, 2009 Annual Student Art Show

By ELISE STRINGHAM

Camarillo, Calif., March 23, 2009—CSUCI's art department has announced its annual student show entitled "Fields of Expression". The exhibit will take place at the John Spoor Broome Library. The opening reception will be held on Saturday April 11, 2009 from 2 to 4 p.m. The reception is open to the public. The show will continue through May 15, 2009. Regular library hours are Monday through Thursday 7:30 a.m. to 10:00 p.m., Friday 7:30 a.m. to 5:00 p.m., Saturday 9:00 a.m. to 5:00 p.m., and Sunday 1 to 10 p.m.

The show will feature student artworks in various media. Three outside jurors have been invited to judge the student pieces. The best of show will be honored at the opening reception, Saturday April 11, 2009.

John Spoor Broome Library is located on the CSUCI campus at One University Drive, Camarillo, California 93012.

For additional information, contact the CSUCI Art Program, 805-437-8570, Email [art@csuci.edu](mailto:art@csuci.edu), or visit the Web site <http://art.csuci.edu/gallery>.

# Take Back The Night

As you may or may not know, CSUCI's Multicultural and Women's & Gender Center (MWGSC) will once again host Take Back the Night during Sexual Assault Awareness Week. Throughout its history, Take Back the Night has inspired both women and men to confront a myriad of social ills, including rape, sexual violence, domestic violence, violence against children, and violence against women. According to [takebackthenight.org](http://takebackthenight.org), the unifying theme throughout these diverse topics is the assertion that all human beings have the right to be free from violence, the right to be heard, and the right to reclaim those rights if they are violated.

Take Back the Night is an empowering event in which survivors of assault are offered the opportunity to share their story and speak out against these issues. It also provides a venue where students can be made aware of the resources available to them both on campus and in the community to help themselves or someone they may know with the healing process of overcoming the effects of assault. It is the second year CSUCI will host the event, and without a doubt, it has already become a tradition. TBTN consist of candlelight vigils, empowerment marches and survivor testimonials. This year's TBTN will be on April 7<sup>th</sup> and begin at 7pm in front of the Broome Library. It is sure to be empowering and serve the needs of the campus community.

# 2009 Spring STARTING & MANAGING YOUR OWN SMALL BUSINESS

## Workshop 1 - Feb 21

### STARTING A NEW BUSINESS

We will show you how to get to get started; permits and licensing from DBA's to EIN's; business structure and planning; and help you research your options and your personality to find the right business for you...a must workshop for anyone going into business today.

## Workshop 2 - Mar 7

### MARKETING, THE HEART OF ALL BUSINESS (NO CUSTOMERS = NO BUSINESS)

Marketing is the heart of any business. Gain the skills to acquire & retain customers. Proven research techniques and resources. A "how to" approach no matter what kind of business you have or are going into. Our work book session will get your marketing plan started.

## Workshop 3 - Mar 21

### FINANCIAL MANAGEMENT (SHOW ME THE MONEY)

Financial management has key tools to keep your business & profits growing. Learn about cash flow, how to read financial statements and use information to manage your money. Our work book session will actually have you preparing a P&L statement and do a cash flow analysis.

## Workshop 4 - Apr 4

### MANAGING YOUR BUSINESS FOR FUN & PROFIT

Business management and administration is another of those skills that spells the difference between successful business and just a job. We will cover building your team, obtaining professional help and purchasing insurance; finding and working with suppliers; contingency planning and more.

## Workshop 5 - Apr 18

### PREPARING A WINNING BUSINESS PLAN

Business planning is a must to succeed in a small business and if you're seeking financing. This class will show you how to develop a powerful business plan to guide your team and secure financial backing. You will actually start your business plan at this workshop.

## Workshop 6 - May 2

### WEBSITE DEVELOPMENT AND HOW TO MARKET YOUR INTERNET BUSINESS

Starting your own internet business or maximizing your existing site; The ins and outs of a successful site; What to do and not to-do; SEO, SEM and all the techniques and marketing tools to help you succeed.

## Workshop 7 - May 16

### HOW TO START AND MANAGE A CONSULTING BUSINESS/BUY OR SELL A BUSINESS

Everything you ever wanted to know about a consulting business; start-up; business opportunities; how to market and price your services; where to get leads; how to grow profitably and more. Learn how to buy or sell a business; how to determine the value of a business and more.

Each workshop: \$30.  
Complete series: \$100 / \$110  
(in-class) or \$60 / \$70 (in-class)  
for current full-time community  
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To register or get more  
information:  
(805) 986-5896 or  
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<http://citd.org/>

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Counselors to America's Small Business

Feb 21 - May 15, 2009  
(Alternate Saturdays)  
9:00 AM - 3:00 PM  
Oxnard College  
4000 South Rose Ave,  
Oxnard, CA 93033  
Room JCC-3B

2009 Spring

# GOING, GOING, GLOBAL INTERNATIONAL TRADE CERTIFICATE

Feb 28, 2009 - May 9, 2009 (Alternate Saturdays) / 9:00 AM - 1:30 PM  
Oxnard College (4000 South Rose Ave, Oxnard, CA 93033) Room JCC-3B

## Workshop 1 - Feb 28

### INTRO TO INTERNATIONAL BUSINESS STRUCTURES, & ADAPTATIONS, DOCUMENTATION AND COMPLIANCE

Market research and internet resources; counterparts; qualifications of counterparts; US import process; export licensing; 7501 & SED; documentation.

## Workshop 2 - Mar 14

### IMPORT/EXPORT MATH

Incoterms; components of a landed cost; percentage and fixed cost; cost of money; weight or measure; pricing negotiations.

## Workshop 3 - Mar 28

### CONTRACTS & BASIC ORDERING AGREEMENTS; FINANCE & PAYMENT TERMS

Open accounts; advance payments; documentary collection; letters of credit; foreign exchange; purchasing agreements; sales agreements; clauses of an international sales agreement.

## \*Skipped\* Apr 11

### HOLIDAY WEEKEND

## Workshop 4 - Apr 25

### LOGISTICS AND SUPPLY CHAIN

Freight forwarders; customs brokers; carriers; terminal operations; warehouses and 3PLs (third-party logistics providers); risk management.

## Workshop 5 - May 9

### STEPS OF AN INTERNATIONAL TRADE TRANSACTION

C-TPAT & Homeland Security; organizing your trade transactions; best practices in international trade; components of an international business plan; your logistics program.



Each workshop: \$50. Complete series: \$150 / \$160 (in-class) or \$100 / \$110 (in-class) for current full-time community college students. Limited free consulting included after each class. Certificate provided for complete series. To register or get more information: (805) 986-5896 or [citd@vcccd.edu](mailto:citd@vcccd.edu) <http://citd.org/>



# To Surf or Not to Surf? That is the Question.

By: GISSELLE GUTIERREZ

As the weather warms up and we approach the summer months, people of all ages flock to our beautiful coasts to gaze upon the waves, feel the sand between their toes and catch some of those California rays. Some may even attempt to lie on a surfboard and feel the water dance underneath them. One of the most well known beaches is San Onofre State Beach Park, located in Orange County. A crowd can be seen for miles as the locals and visitors eagerly anticipate their next wave. One of the downfalls of this beach is how early one must arrive to avoid the crowds.

Local legislatures, navy officials and our governor have been working on a way to relieve that bumper to bumper traffic and get surfing faster with a master plan of Arterial Highway since 1981, known as 241 Foothill Toll Rd. South. While alleviating the congestion on I-5, the plan will cause irreparable damage to the coastal watershed that is critical for the survival of at least seven endangered species, including the Southern Steelhead Trout.

Not only would the natural sediment flow be altered, which supplies sand to the surf breaks, but according to a recent scientific report the water quality and ecosystems would suffer significant impacts when over 10 percent of a watershed is paved. The plan is to pave over 60% of this watershed. The Toll Road, according to the governor, would speed up traffic so cars could emit less greenhouse gases and when asked why he would approve paving over one of the last large coastal open spaces in Southern California, the San Mateo Creek Watershed, he answered, "It has to always go through somewhere."

With that said, enjoy the waves these swells bring us and get ready for what's to come. Below you can find a chart highlighting the tides of Ventura County from April 5<sup>th</sup> to the 18<sup>th</sup>.

## Tides for Ventura County April 5-18, 2009.

Day	High/Low	Tide Time	Height Feet	Sunrise/Sunset
April 5th	Low	1:12AM	1.6	6:38AM/7:21PM
	High	6:57AM	5	
	Low	1:47PM	-0.5	
	High	8:08PM	4.7	
April 6th	Low	2:02AM	0.9	6:37AM/7:22PM
	High	7:52AM	5	
	Low	2:23PM	-0.3	
	High	8:36PM	5.1	
April 7th	Low	2:47AM	0.3	6:36AM/7:23PM
	High	8:41AM	4.9	
	Low	2:55PM	-0.1	
	High	9:04PM	5.4	
April 8th	Low	3:29AM	-0.2	6:34AM/7:23PM
	High	9:26AM	4.7	
	Low	3:25PM	0.3	
	High	9:32PM	5.7	
April 9th	Low	4:10AM	-0.5	6:33AM/7:24PM
	High	10:10AM	4.4	
	Low	3:53PM	0.7	
	High	9:59PM	5.8	
April 10th	Low	4:49AM	-0.6	6:32AM/7:25PM
	High	10:53AM	4	
	Low	4:20PM	1.2	
	High	10:27PM	5.7	
April 11th	Low	5:29AM	-0.5	6:30AM/7:26PM
	High	11:37AM	3.6	
	Low	4:45PM	1.6	
	High	10:55PM	5.5	
April 12th	Low	6:11AM	-0.3	6:29AM/7:27PM
	High	12:26PM	3.2	
	Low	5:08PM	2	
	High	11:24PM	5.2	
April 13th	Low	6:58AM	0	6:28AM/7:27PM
	High	1:27PM	2.9	
	Low	5:28PM	2.4	
	High	11:56PM	4.9	
April 14th	Low	7:54AM	0.3	6:27AM/7:28PM
	High	3:02PM	2.7	
	Low	5:41PM	2.7	
	High	12:36AM	4.5	6:25AM/7:29PM
April 15th	Low	9:06AM	0.6	
	High	1:36AM	4.1	6:24AM/7:30PM
	Low	10:28AM	0.6	
	High	7:03PM	3.1	
April 16th	Low	9:23PM	3.1	
	High	3:15AM	3.8	6:23AM/7:30PM
	Low	11:35AM	0.6	
	High	7:03PM	3.4	
April 17th	Low	11:42PM	2.9	

# Sleeping: It is Vital To Your College Success

By: SHIRA MOSKOWITZ

Everyone knows that college students are famous for pulling "all-nighters" and getting very little sleep. Between college students trying to balance out school and work, along with trying to maintain an active social life, it feels like sleep does not make the list of priorities. CI freshman Karina Cruz states that she only gets around 5 hours of sleep due to the fact that she enjoys having fun with her friends all night, while she tries to study during the day. For most students, compared to getting good grades and having as much fun as possible, getting a good night's sleep does not seem like it really matters in the long run. The American Academy of Sleep Medicine claims that less than 9 hours of sleep per night results in less academic success amongst college students than those who do receive a full 9 hours of sleep per night. They also claim that students with symptoms of sleeping disorders are more likely to receive poor grades in classes such as math, reading, and writing compared to peers who do not have sleeping disorders. AASM also finds that college students who pull "all-

nighters" are more likely to have a lower GPA.

Students who stay up late on school nights try to make up for it by sleeping late on weekends. But little do they know, by doing so, they are more likely to perform poorly in class. This is because on weekends they are waking up at a time that is later than their body is used to. The fact that their body must get used to a new routine can affect their ability to be awake early for school at the beginning of the week once the weekend ends.

So, here are a few ways that college students here at CI can get the most out of their sleep:

- 1.) Go to bed early so you have the opportunity to have a full night's rest. If you cannot sleep, get out of bed and do a chore such as dishes or sweeping the floor, until you feel sleepy.
- 2.) Do not study or watch T.V. during the day in bed. Only use your bed for sleeping.
- 3.) AVOID CAFFEINE! Caffeine can stay in your system for hours and can prevent you from sleeping.
- 4.) Wind down. Take some time to relax before going to bed by turning off your cell phone and computer, and just take 15-20 minutes to relax quietly.

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# Every 15 Minutes



Photo by Chelsea Archer

By: EVA KLEIN

On Tuesday, March 10<sup>th</sup> at approximately 1:15pm, the campus community witnessed Every 15 Minutes, an event aimed at bringing real life, in your face awareness to spectators to relay the consequences of drinking and driving. The program features a staged traffic collision complete with emergency response and student participation.

Throughout the day, students who participated in the event walked around campus with their faces grimly painted to help represent the event and the overall message that it hopes to convey: don't drink and drive. These students who volunteer in the program are meant to represent the "living dead." Through the duration of the day, in addition to the staged automobile accident, the symbolic "Grim Reaper" traveled around campus and placed tombstones in the South Quad forming a mock cemetery. Each tombstone represented an individual killed in an alcohol related vehicle accident. The idea behind this part of the program is to show a physical representation of the fact that every 15 minutes, someone dies of an alcohol induced automobile accident.

This year the crash was set up in between the on campus housing structures, Anacapa Village and Santa Cruz Village and attracted a high audience turnout. For students living on campus, it was almost impossible

to not know that the event was taking place what with the loud sirens and dramatic public display. Students parking near the hub may have seen the Ventura County Fire Department trucks waiting to begin the real life simulation as they helped to simulate the emergency response that would typically take place in a real situation. Witnesses even got to see this real response crew use the Jaws of Life in order to save the life of the victim in this staged scenario.

The educational event was originally brought to our campus through the vision of Dr. Alan Pasternak and his Peer Education class in 2007, and has been very successful in accomplishing its educational goals. The program even received a grant from the Office of Traffic Safety through the assistance of the Division of Student Affairs to help make this dream a reality for our campus.

The last Every 15 Minutes simulation took place about a year ago in March 2008, and this year only added to the impact that it made on our campus. The emotions brought out by this program are unlike any other, and remind everyone, not just students, to think twice before making the choice to drink and drive. Hopefully this event will continue on in future years and add to the educational experience of the students here at CSUCI. For more information about the Every 15 Minutes program, visit the website: [www.every15minutes.com](http://www.every15minutes.com).

## Why Study Abroad?

By: KATHERINE BRODERICK

Foreign study is finally being recognized as an essential part of the college experience. One of the most important skills you will develop from your university education is the ability to consider things from more than one perspective.

Studying abroad enhances the ability and helps you develop your analytical and critical thinking skills. This campus is devoted to giving its students a multicultural and international perspective on learning, and studying abroad is a perfect avenue for experiencing life in a different way.

Reasons why you should study abroad:

- Understand another culture
- Develop self-awareness
- Enhance your education
- Build your resume
- It is the adventure of a lifetime
- Coursework available for ALL majors
- Most programs DO NOT require prior language study
- Students earn RESIDENT CREDIT while studying abroad
- FINANCIAL AID (except for work study) applies

- IP programs are one year in length
- Students receive assistance from a Resident Director or local staff once overseas
- Learn Language Programs (China, France, Germany, Mexico) for sophomores and up.

The idea of studying abroad appeals to many CSU Channel Islands students. However, if you are interested in striking out on your own, finding out what options and possibilities are available requires some research. CSUCI has established a resource center for this purpose.

If you are interested in study abroad you should visit the Center for International Affairs (Sage Hall second floor 2117) to utilize the resource materials and to attend one of the upcoming Information Meetings.

The schedule of meeting times is as follows:

Mondays/Wednesdays 1:30pm-2:30pm

Tuesdays/Thursdays 9:00am-10:00am

If you cannot make these times, you can email the Alumni Assistant to schedule a meeting. Email [katherine.broderick@csuci.edu](mailto:katherine.broderick@csuci.edu) or call us at (805) 437-3107.

**THE FALL 2009 STUDY ABROAD DEADLINE** for Australia, New Zealand and South Africa is May 1st, 2009

For more information about the system wide study abroad programs of the CSU, please visit their website at <http://www.calstate.edu/ip>



### THREE VENTURA COUNTY LOCATIONS

<b>Golden State Storage</b> <b>2100 Auto Center Drive</b> <b>Oxnard, CA 93036</b> <b>805-983-1978</b>		<b>Golden State Storage</b> <b>300 W. Ventura Blvd</b> <b>Camarillo, CA 93010</b> <b>805-388-7926</b>
		
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