

Channel Islands View

The Voice of the CSUCI Student Body

November 9 - December 13

nwwEiOJEIAI IIN» **What the schools say**

By Amy Mosshart

Last month CSUCI held a "Grad Fair" and invited 19 local schools. Of these, only one was aware that Cal State Channel Islands is not yet fully accredited. None of the students interviewed were aware of our current status either, yet all plan at some point attend a graduate school. So what did the schools have to say about students who will be graduating before CSUCI is fully accredited? The results are varied.

The representative from Pepperdine said she learned of our current status that morning. Unfortunately, she said it is a "big problem" for those who will be graduating before CSUCI is fully accredited in 2007. A possible exception to gain admission into Pepperdine is to take the first year bar exam (in

accordance with ABA guidelines); this is not required for those graduating from an accredited university. Claremont University agreed it is an issue that may prevent admission into their school. However, the representative from Claremont urges those who wish to attend to apply regardless and hope the CSU name will carry some weight. Unfortunately, Southwestern Law School said it can only accept those who graduate after accreditation takes place.

Now for the good news, the representative from Antioch University of Santa Barbara said they have an agreement with new schools, therefore admission shouldn't be a problem. USC and Cal Lutheran's representatives said it shouldn't affect admission.

Students are encouraged to contact their individual school of interest to determine what is required as far as accreditation.



The first Channel Islands Flag Football Super Bowl took place Saturday, October 30. Men's League teams (pictured) Bow Down and Underdogs played at 12:30; Bow Down won with a score of 53-33. Earlier in the day, the Co-Rec teams played; All Stars won with 51 points to Duke's 41. The games were announced by Tammi Gershater and Brendan Mallow. Free hamburgers and Jamba Juice were available to all attendees.

By Kelsey Hollenback

CSUCI is the newest of 23 campuses in the CSU system. It opened its doors in August 2002 and is seeking accreditation. A team from WASC was on campus in October reviewing the school as part of the initial accreditation process.

'Accreditation' is the method by which colleges and universities are evaluated for quality. In the U.S., accreditation is done by nonprofit organizations that are recognized and reviewed by the United States Department of Education and the Council for Higher Education Accreditation. The accrediting body for California, Hawaii and the Pacific Basin is the Western Association of Schools and Colleges, or WASC.

Accreditation qualifies a university to receive federal and state funds. CSUCI is still able to receive government funds because it is associated with CSUN.

"The campus is working very hard on initial accreditation, and it is our intention to gain accreditation as soon as possible," CSUCI economics professor Dennis Muraoka said in an email to the View. He noted that accreditation is a long process that involves students, staff, faculty, and community members. "During the last academic year, the campus WASC Committee had over 50 members."

"Every new campus has to go through a period of review," said CSUCI Provost Ted Lucas. Lucas is also the Vice President for Academic Affairs at CSUCI. Accreditation is an on-going process. "Every ten years, you have to have an update. Cal State Fresno just had their ten-year visit last week."

"Because we're new, we had to apply for eligibility. In the year 2001, we had to apply for eligibility to WASC before we could even begin the whole accreditation process...the following year, we submitted our proposal. They gave us accepted with no problem."

CSUCI submitted its first preparatory review in September 2002. It assessed whether or not the campus had the resources and structures, including faculty, staff, facilities and administration,

to provide students with an education. "This review was important," said Lucas. "It was really the first step to proceed."

A team representing WASC visited CSUCI in February 2003. WASC itself has a small staff, but it is responsible for 151 universities and colleges. Campus visits and assessments are carried out by peer volunteers from other U.S. universities.

This summer, CSUCI submitted its Educational Effectiveness Report. Another WASC team came to campus in October to verify the report. You may have seen them on campus.

WASC's Accrediting Commission for Senior Colleges and Universities will decide if CSUCI is an official Candidate for Accreditation in February 2005. Should CSUCI be approved for candidacy, then the campus would file another preparatory review. WASC would make a campus visit to check CSUCI's progress and growth. Then CSUCI would submit another Educational Effectiveness Report, and WASC would visit to assess that.

"We do not know exactly when we will be accredited...Typically, the earliest date that a new campus can be accredited is following the graduation of its first freshman class," said Muraoka.

"WASC likes to have a complete freshman class go through before accreditation," said Lucas. "Outcomes assessment is very, very important to WASC. They want to see that we have a means of assessing our students, that they indeed met the learning outcomes we say we provide for our students."

This does not mean that CSUCI will be accredited in 2007. Accreditation does not follow a schedule, and some campuses have not been accredited until years after their first freshman classes graduated.

While it is possible that other universities may not accept universities or degrees from CSUCI until it is accredited, Muraoka said, "It is highly unlikely that this will actually happen. We have already had CSUCI graduates accepted to doctoral programs at Stanford and UC Santa Barbara, and all of the other CSU campuses will accept our courses and degree programs."

CSUCI graduates should not have a problem attending graduate school in California, Lucas said. He strongly encourages students who are interested in going to graduate school to apply. He also said that if students do encounter difficulties because of accreditation, they should contact the Office of the Provost and Vice President for Academic Affairs or ask the graduate university to contact the office.

"We're here for the students first," Lucas said. "We really mean it when we say that we are student-centered."

Letter from the Editor

Another month, another issue of the View. The next to the last one of the semester, in fact. After we get our finals week issue out, we're already going to be looking to the future. We're going to spend the months between now and next semester making your campus newspaper better. Among our tasks: A redesign of the paper and its layout, continuing to build a staff, improving

circulation, finally launching our web site, and possibly increasing the frequency of our print publication to bi-weekly (which is twice a month, not twice a week—I checked).

This issue deals largely with the next step in our university's growth: accreditation. This is where our school gains prestige and the respect of our fellow institutions. It's a process through which all

new institutions must go, and it seems to be going smoothly for us so far. Look at our articles for more information.

Good luck in advance on Finals. It's truly been my great pleasure to put this publication out for you. If you want to be a part of it next semester, email me at ciview.editor@csuci.edu

New Dining Hall:

By Shawn Mulchay

EDITOR:
Josh Seale

LAYOUT:
Angie Adams

ADVISORS:
Nick Pencoff
Jack Reilly

PRINTING:
Donated by The Ventura County Star

CONTRIBUTORS TO THIS ISSUE:

Adria C. Bass
Debi Hoffmann
Kelsey Hollenback
Lori MacDonald
Amy Mosshart
Shawn Mulchay
Nikki Parks
Carol Pond
Eddie Solt
Amy Spandrio
Any Zeise

ADVERTISING:
ciview.editor@csuci.edu

SUBMISSIONS:
ciview.editor@csuci.edu

DEADLINE FOR NEXT ISSUE:
Wednesday, Dec 1

©All Content Copyright 2004
All rights retained by contributors

"Where's all the food?" This is a question many students have been asking themselves and the administration, concerning the supposed new dining facilities. Students recall being told that the new dining facilities, 155, The Market, La Cucina Del Leone, and Cafe a la Cart would be open and running by the beginning of the school year, providing students with an array of delicious warm meals, snacks, and drinks. Instead the new dining hall carries only one of the four options, Cafe a la Cart. With the other three restaurants behind schedule, Cafe a la Cart is the only dining service provided at CSU, Channel Islands. Offering quick and small on the go snacks and drinks, many students feel that lack of selection, lacking quality of food, and the expensive price tags deter them from eating there. "It

cost me five bucks just to get a sandwich and a drink" stated freshman student Andrew Brinkman, "I don't think I'll be going there again." Some students even find paying for their meals difficult, as the dining hall currently accepts only cash and the student meal card. Finding that there is a better selection of seating than there is selection of food, many students find the quiet and most common empty dining hall to be a great spot for studying. As the school's administration hastily tries to wrap up contracts and construction of the new dining facilities, much of the campus agrees that the current dining is a bust, even when asking the attendant of the Cafe a la Cart, she promptly agrees, "oh yea, it's a bust!"

A Golf Course Adjacent to CSUCI? Just Say "NO!"

By: Amy Spandrio
Senior, Environmental Science and
Resource Management

Ventura County has been quietly developing plans to build a golf course adjacent to our campus in the area known as Camarillo Regional Park (located immediately to the left as you drive over Calleguas Creek at the entrance to campus from Lewis Road; see map). Consisting mainly of undeveloped land, the park contains a sizable wetland area and other features that are needed by our local wildlife for habitat and as a corridor for traveling between local feeding and watering areas and the Santa Monica Mountains. Some endangered species of plant life and threatened species of wildlife are found in the park.

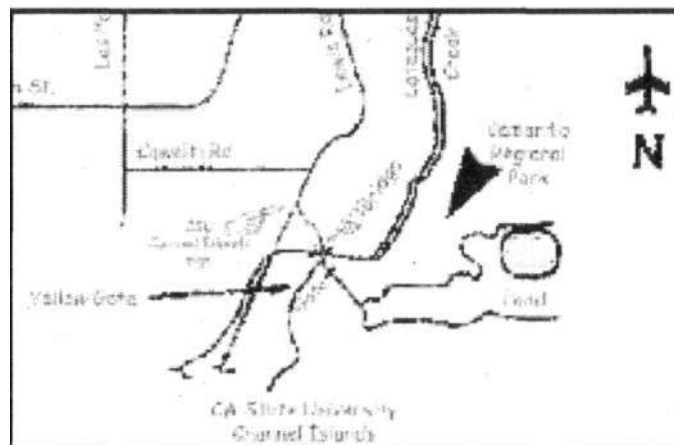
236 of the park's 368 acres were donated to the county, rather the citizens of the county, in 1985 under the Federal Lands to Parks program with the intention of it being enjoyed, protected, and preserved by the public. However, because public access to the park has been restricted since its acquisition, many citizens do not realize that it is actually for their use. A gate blocks the entrance to the park and a sign states that a "special use permit" is required to enter; I question the legality of both impediments. The county's first attempt to develop the area was blocked several years ago when citizens opposed the construction of an amphitheater and golf course. Now the county is at it again, trying its best to sneak this one in under the radar.

The wetlands at the park will be destroyed if the golf course is built, eliminating fragile habitat needed by waterfowl and other plant and animal life (like our deer), which will alter the character of our campus and

the surrounding area forever. A golf course consumes vast quantities of water, which is becoming a rarer commodity by the day, as well as pesticides and fertilizers that will make their way into Calleguas Creek and the surrounding habitat impacting any life therein. There are currently 26 golf courses in Ventura County, 18 of which are public or public-use facilities. One study estimates that this is over twice the current market demand.

For the next several weeks there will be petitions against building this golf course circulating throughout campus. I encourage everyone to sign them. It is our duty to protect and preserve all of the natural features that make our campus and local area special.

For more information, please visit www.savecrp.com. If you are interested in helping gather signatures or attending the next VC Board of Supervisors meeting, please email amy.spandrio@dolphin.csuci.edu.



No longer the best kept secret at CSUCI...

By: Lori MacDonald and Anya Zeise

Do you need volunteer help? Are you working on a community service project and need an extra pair of hands? Then the Gamma Beta Phi Society at CSUCI is your solution. The newest California chapter, the Gamma Beta Phi Society is a national honor society that recognizes collegiate excellence, community service and student leadership throughout the nation's universities.

Volunteering in the community is a requisite, for Gamma Beta Phi members. Last year they gave time to over 15 different service projects, and are off to a great start this year. Members of GBP participated in the American Cancer Society's Relay for Life - a 24 hour walk - on October 9th and 10th. The team also known as the CSUCI Walkin' Dolphins raised more than \$2,500 to help fund cancer research and support services for cancer patients. Current projects include a November food drive helping the Ventura County Rescue Mission stock its shelves for their annual holiday dinners. If you would like to help, bring in canned or dried foods and look for the bins to drop them in located throughout the Bell Tower. Future projects include a Spring Car Show with proceeds benefiting Ventura County Special Olympics and a Job Fair preparation day that will include workshops on resume writing, interview skill building and a clothes closet where professional clothing will be available to members of the community. Look towards the upcoming months to learn more about these events.

If you need volunteers for a project or want to find out more information about Gamma Beta Phi, please contact our chapter's president, Lori Macdonald at lori.macdonald@csuci.edu or (805) 437-8892.

- Advertisement -

TUTORS WANTED

Home tutoring for all subjects K-12.

- Flexible hours
- Part-time
- Car needed
- Long-term position
- Work available in all areas



To apply visit:

www.thetutorsclub.com/jobs

MACBETH WITCHES set the CSUCI treatment



(Left) The Evil Dudes group. It's just water in those bottles. From left to right: Josh Overton, Amanda Bridgets, Elizabeth Austin, Shannon McKay (Right) The French Chef Group, From Left to Right: Chantal Selleslags, Melinda Sapo, Cory Kellner, Lucas Sydlaske, Brian Burnett

By Josh Seale

Who would have thought that a scene from William Shakespeare's Macbeth could be played in so many different ways? Sure, Shakespeare has been set in just about every possible time and place. But what happens when you give the famous "double, double, toil and trouble" scene to a bunch of students, tell them to run with it, and offer prizes? You'll get Shakespeare as it has never been seen before.

Dr. Jacquelyn Kilpatrick's Shakespeare class took on this task. Six groups offered their take on the scene, and they portrayed the witches in a variety of ways. In addition to the more traditional depiction of the witches, there were disco witches, party witches, trailer-trash witches, and, the winners of the competition. French chef witches.

The chefs circled their enchanted stock pot, tossing in beanie baby ingredients and muttering their incantations. Their brew came under the scrutiny of Hecate, who tasted it and gave her approval.

The winning group took home rulers from the Globe Theatre in England.



The Dolphin Discount Program

Student Government has worked closely with the Camarillo Chamber of Commerce to encourage a stronger relationship between our CSU Channel Islands community and the Camarillo business community. The goal of both us and of the Chamber is to provide an incentive for the students, faculty, and staff of CSU Channel Islands to support our local economy. In order to accomplish this, we have created the Dolphin Discount Program (DDP) which provides you 10-15% discounts, two-for-the-price-of-one specials, buy one get the second half off, etc at local business establishments.

Look for informational flyers/booklets about the DDP on the tables around campus or in the Student Government Office (BT1762) and start saving money today!

Keeping your interests at heart,
Your Student Government

Hookah Controversy in the residence halls

By Shawn Mulchay

As the new school year began for students across campus, it came to a dramatic halt for some of those in the new residence halls, as a controversy unfolded between the administration and the students. The object at the center of this debate was not a political issue, nor academic issue, rather the issue of a single object called a hookah, an Eastern tobacco smoking pipe designed with a long tube passing through an urn of water that cools the smoke as it is drawn through. Students thought nothing wrong with using the smoking pipe in designated smoking areas to smoke tobacco, the same used in smoking cigarettes. But when students attempted to use the pipe. Associate Dean for Student Life & Resident Director, Trae Cotton, and Assistant Residence Director, Sarah Hawkins were quick to ban the use of the bong-like object within the resident hall grounds, due to the fact it resembled a bong and could be used to smoke other substances. One student, nicknamed "Nemo," attempted to fight back with a circulating petition to allow the use of hookah within the designated smoking areas. Within weeks he had accumulated the signatures of the majority of the students in the residence halls, yet their plea went unheard by the administration as students failed to overturn the ban. Students now travel off campus or across the street in the fields to smoke their hookah, as most have given up on the fight, few quietly continue to struggle on.



**TUTORING
POSITIONS NOW
AVAILABLE!**

- Great work experience
- Great part-time hours for CSUCI students
- Great pay, \$8 to \$11 per hour
- A fun and rewarding job helping the children of our community
- Come join a staff that is committed to academic excellence and training

QUALIFICATIONS:

- 3.5 high school grade point average
- Completion of high school Algebra 1, Geometry, and Algebra 2 with A's and B's
- Can work afternoons from 3:30 to 6:30

If you have a great attitude and want an awesome part-time job and if you qualify, The Tutoring Center is a great place to work and gain valuable professional experience. If you are interested call our Camarillo location at 805-482-4438 or e-mail us at estphd@earthlink.net

www.tutoringcenter.com

Library News

by Debi Hoffmann

Library Hours for Fall 2004: This semester, the library will be open 6 days a week to serve students, faculty, staff and the community.

It should be noted that while the library is presently closed on Saturdays, it will offer Saturday hours several weeks prior to final exams.

Monthly Update

On October 20th, the library hosted an Information Literacy Summit on campus. The event brought together educators and librarians from area high schools, community colleges and CSUCI to discuss gaps in information literacy at the high school and college levels as well as opportunities for collaboration between the campuses. The event was enthusiastically received by all who attended and promises to encourage similar collaborative events in the future.

Online Database Spotlight: ERIC

This month's database spotlight focuses on an excellent resource for educational research, the ERIC database. Sponsored by the U. S. Department of

Seasonal fun with RLS

By Carol Pond

CSUCI's Recreation and Leisure Services has several events planned for November, according to Nathan Avery, RLS Coordinator.

Pumpkin bowling will take place on Tuesday, November 16, on the South Quad between 12 noon and 2 p.m. Students will have a chance to carve and bowl with pumpkins. The challenge is to hit targets without rolling the pumpkin out of the playing area. Students who wish to bowl but not carve will have a selection of pre-carved pumpkins to choose from.

The Turkey Trot Relay, an event suggested by faculty member Christine Popok and a new tradition at CSUCI, will take place on Thursday, November 18 on the South Quad starting at 4:30 p.m. Teams of five will compete, using turkeys as batons. All participating teams will win turkeys, and the biggest turkey will be awarded to the winners of the relay. Pumpkins and turkeys for these events will be provided by Trader Joe's.

Education, ERIC (Educational Resources Information Center) contains full-text, citations and abstracts of international journal and report literature in the area of education and related fields. Subjects include all aspects of education, including child development, classroom techniques, computer education, counseling and testing, administration, higher education, library science, and vocational and adult education. Sources include more than 980 journals, educational reports, project descriptions, curriculum guides, and dissertations.

ERIC can be accessed from the library home page (<http://www.library.csuci.edu>) by clicking on the Articles & Databases link. Not sure how to get started, or which database is right for you? The library home page offers a link to Resources by Subject & Major, which allows students and faculty to locate databases specific to their majors or fields of interest. Simply roll over the Resources by Subject & Major link on the library home page to access the list. Still not sure how to get started? Stop by the library and meet with a reference librarian who can show you which databases are right for you.

String Quartet to Play at the Library

On Monday, November 15th, the CSUCI String Quartet will perform at the library. The event will run from 12pm- 1pm, and will be held, weather permitting,

THE STRANGER NEXT TO ME

By Nikki Parks

For the past few semesters I've found myself in classrooms filled with intelligent students. My comparative nature led me to feel intimidated by many of them. I felt my academic background wasn't up to par. However, in my years here at CSUCI, I've managed to defuse a few of those feelings. Yet there still remained a few of what I like to call the "Einstein Next Door" students. I have never said anything academically in their presence for fear of making an invalid point that they would no doubt discredit.

It wasn't until a week ago that an "Einstein Next Door" asked ME for my opinion on what we had learned in class earlier that day. I was shocked. What was up her sleeve? Immediately, I thought she just wants my opinion

The Turkey Trot Relay leads into the Student vs. Faculty volleyball game, which is scheduled to start at 6 p.m. in the gym. Last year, the students won the first annual Student vs. Faculty game, which has become a tradition at CSUCI.

Intramural leagues for the fall consisted of flag football, which wrapped up the season on October 30 with the Cal State Channel Islands Super Bowl (results were not available at press time), and volleyball. Spring leagues will include quickball (similar to softball/baseball), soccer, and basketball.

Ongoing events sponsored by RLS include Monday afternoon yoga at the Hub from 1 to 2 p.m., and NFL Pick 'Em, a weekly event which involves picking the winners in the week's football games.

Students interested in signing up for any leagues or teams, or entering NFL Pick 'Em should visit the gym/fitness center.

in the library courtyard. In the event of rain, the concert will be held inside the library.

"Popular Fiction/Non-Fiction Collection" in the Library

Have you browsed through the library's collection of new fiction and non-fiction titles yet? Nicknamed the "Popular Reading" collection, this collection of best-sellers is located on the shelves across from the circulation desk. Why have bestselling fiction and non-fiction works in an academic library? Studies have shown that students who read for pleasure get better grades than students who don't. A dozen or so new titles are rotated into the collection each month-stop by and check one out!

New Signage in the Library

Next time you're in the library, check out the new signage that we've put up to help you locate materials in the library. Based on Library of Congress classification, the signs tell you where to locate books by subject and even include pictures of some of the subjects that you'll find on particular shelves. Additionally, each wing of the library now displays country maps that correspond with the flags of the world that are hanging in that particular area.

so she can tell me how wrong I am and how right she is. Within the first ten minutes of our conversation, I realized that her intentions weren't as conniving as I had thought. She was actually interested.

As our conversation evolved, we started talking about our personal lives and some of our academic goals. What I found out next might not be as shocking to you as it was to me, but she and I actually had quite a bit in common. All this time, I had written her off because I thought I wasn't worthy of her time. Now that I have managed break down one wall I feel more confident in all of my classes. I no longer view the student sitting next to me as a threat, or someone to be intimidated by, but I see them as a student trying to get through this awkward learning stage called college.

FIVE FOR FIVE (OR Le\$\$) By Angie Adams

Ah, weekends. For students at CSUCI, Friday through Sunday comes as both a blessing and a curse. What's not to love about no classes and a little more time to sleep? Despite the blessing, mid-Thursday afternoon, the curse usually rears its ugly head: I'm bored, I'm broke, and I'm in Camarillo. After having faced this dilemma one too many times, I finally set out to see just what this town has to offer. My requirements were simple -I wanted fun, and I wanted it cheap. Here are five things I found to do in Camarillo for five bucks or less.

1. A dose of movie culture. Paseo Camarillo (390 Lantana St.) is the "premier art house in Ventura County." According to one of the managers, Kris Graves, they've shown art and independent films exclusively since 1984. You won't find big budget flicks like *Team America*, *Taxi*, or *Shark Tale*, but you will find some amazing smaller features like *Garden State* and *The Motorcycle Diaries*. The seats aren't as comfortable as higher priced theatres, but with a matinee costing only \$4.25, it's a small sacrifice. They also offer a punch card, see five movies and the sixth is free!

2. A stick-to-your-ribs breakfast. PJ's Boulevard Cafe (2175 Ventura Blvd.) has some of the heartiest morning meals around. Plan to go fairly early; they're only open daily until 1:30. Inside, there are a few booths and tables, but the best seat in the house is on the sidewalk outside. The menu consists of traditional breakfast fare, but if you're watching your wallet (not your waistline) you can't go wrong with the buttermilk hotcake plate or the biscuit and gravy plate for just \$3.95 each.

3. "Funtabulous Friday" and "Martini Madness" Saturday at City Nights (2258 Pickwick Drive). Just \$5.00 gets you in the door of this recently re-opened

nightclub. After a stop at the bar, head past the DJ and onto the dance floor, but don't miss the awesome murals of California landmarks, painted by Thousand Oaks High School students. The club is still expanding, says owner Brian Dolivek, but be on the lookout for a college night with fifty-cent drinks coming soon.

4. Pumpkin Pie, one better. Pumpkin Pancakes. In one bowl, mix 1 cup of flour, 1 tablespoon of sugar, 2 teaspoons of baking soda, and a pinch each of salt and cinnamon. In another bowl mix a half-cup of canned pumpkin, 1 cup of milk, 2 eggs, and 2 tablespoons of vegetable oil. Stir the wet ingredients into the dry, and ladle onto a hot griddle. These are great year round, but really hit the spot at this time of year. A can of solid pumpkin (not the pumpkin pie mix) will set you back \$1.49 at Ralph's - you'll have to borrow the rest of the ingredients from your Mom or your neighbor. At that rate, you can afford some maple syrup to go on top.

5. Get lucky. When all else fails, take whatever money you've got in your pocket and hit up the local mini mart for scratch tickets. Just a buck will get you fifteen seconds of scratching glory, and few hours of daydreaming about what you'd do if you really did strike it rich.



"Skewed View"
by Carol Pond

Halo, I love you, let me jump in your game

By Josh Seale

The day this newspaper is scheduled to come out is also a monumental day in the world of video gamers: The long-awaited release of Halo 2 happens November 9. I'm sure there is a great number of people here who really don't care, so, if that's you, or you're one of my professors, I'll give you a moment to move on to another story, or put the paper down, or whatever.

Are they gone? Good.

This game has been years in the making. It all started with the original Halo, which revolutionized the first-person shooter genre and helped put Microsoft's Xbox on the map. From the day I first played it, I was already thinking about the crazy things Bungie Studios would do in the sequel. Key to the innovation this time around is advanced graphics and online support.

I would love to just go on and on about it, but there's one little problem—I'm not going to get to play it until December. Oh, I'll have it on day one, don't get me wrong. But between work, homework, and classes, I'll

never have the time to actually play it. So, if you don't have much going on yourself and you do get a chance to play it, please don't tease me about how great it is.

Maybe we should declare a campus-wide Halo 2 amnesty day, where all assignments and due dates are forgiven so that we can have some time with the game. I know that will never happen, so in the meantime, my copy of Halo 2 will sit unopened until finals are over. At least, that's my plan. I'm sure I'll sneak in an hour or five here and there. Just don't tell my professors.



Master Chief, hero of Halo, and Cortana, his AI unit.

Thoughts From a Brain Dead Student

By Adria C. Bass

I'm convinced that higher education is killing my brain. Before I began filling my mind with the many ironies of Flaubert's *Madame Bovary*, the significance of Literary Theory, and Lacan's "acquisition of language" I was actually smart. I could remember the names of every person I met and even knew the names of many I didn't meet (not in that stalker I-know-what-you-ate-for-breakfast way, of course). On my first year away at school, I went to a small Bible college in Colorado, which had only 75 students. By the end of the first day, I had mastered over two-thirds of all the student's names, including the differences between the four Sarahs, five Davids, and three Matthews (popular names among those with a biblical background). Now, I meet one new person and suddenly, I'm the one who, upon a second meeting, uses the all-masterful tactic of disguise, "Oh, hey, you!" in place of the name I can't seem to remember.

I've also stood at the counter of the grocery checkout line suffering from a complete lack of intellectual brain waves more times than I'd like to admit. The checker asks me for my phone number, so that I can save all twenty cents with my members' card (which I never seem to have with me), and the only response I have for her is the same look that an armadillo has right before a car's headlights meet up with it's head (I lived in Texas for eight years and you see these sorts of things). I try and make light of the situation, but the cashier still gives me that are-you-sure-you-should-be-let-out-of-your-room appraisal. I'm not sure that she believes me when I tell her it's because of all the studying I've been doing.

Continued on page 8 - "Thoughts "

Are You Single?

Meet up to 15 other single people in one evening! Fastdating is a fun and efficient way for singles to meet!

We are so sure you will meet someone you are interested in, we will let you come again for free if you don't!

Visit www.vcfastdating.com or call 805-630-4050 to RSVP for the next event in your area.

Use the promo code **FDIS** and get \$5.00 off!



The SECRET menu

By Josh Seale

It's a California fixture—In-N-Out Burger started in Baldwin Park, CA in 1948. There are now locations all over California, Nevada, and Arizona. Cruising up and down the 101 through Ventura County, you'll hit one in every city—Thousand Oaks, Camarillo, Oxnard, and Ventura all have their own In-N-Out, and they're all right next to the freeway.

Going into an In-N-Out, you'll notice that the menu is rather sparse. But with a little inside knowledge of the secret language of In-N-Out, you can get much more than what is on the meager menu.

First of all, you can order a burger with any number of meat patties and slices of cheese. The ordering protocol here is to ask for an "m-by-c,*" where "m" is the number of meat patties and "c" is the number of cheese slices. For example, order a "3-by-4" and you'll get a burger with three meat patties and four slices of cheese. Rumor has it that this menu option has been abused to the tune of a 500-by-500.

It doesn't stop there. Here are some of the other off-menu options you have at In-N-Out:

Animal Style - the meat is grilled with mustard, then pickles, extra spread, and chopped grilled onions are added.

You can get your fries this style too, which means that they have melted cheese, spread, and grilled onions on top.

Whole Grilled Onions - The Onions are grilled whole and not chopped like animal style.

Double Meat - Like a Double Double without cheese.

3-by-Meat - Three meat patties and no cheese.

Protein Style - This is a burger with no bun, wrapped in lettuce. Perfect for you low-

Grilled Cheese - No meat, but everything else.

Extra Toast - Have your bun toasted more.

Veggie Burger - A bun, lettuce, tomato, onion. No meat.

On the Sal - This is just lettuce and dressing. Nothing else.

Fries Well-Done - Fries cooked until crispy. Preferable to some over the fairly soggy regular fries.

Fries Light - Fries cooked for a shorter time than normal.

Flying Dutchman - two meat patties, two slices of melted cheese—nothing else. Even stranger than protein style.

Neopolitan Shake - strawberry, vanilla and chocolate shake.

Choco-Vanilla Swirl Shake - chocolate and vanilla shake swirled together.

So, the next time you're at an In-N-Out Burger, be sure to try out one of these options. The staff won't even question it; these options are built right into the computer cash register system.

(Special thanks to <http://www.dailynugget.com/000442.php> for some of this information)

COLLEGE NIGHT
CLUB 2258

HALF OFF COVER CHARGE WITH COLLEGE ID

THURSDAY NOVEMBER 11, 2004
AND EVERY THURSDAY THEREAFTER

- 18 and over
- Featuring D.J. Xstream spinning all the club jams
- Cheap drink specials till midnight
- Doors open at 8:30

Club 2258 is located inside Citynights at 2258 Pickwick Dr. Camarillo (805) 384-9049

Upcoming Events

DATE	EVENT	TIME	LOCATION
11/9	November Promo Day	2:30 - 4:00 pm	In Front of Bell Tower
11/11	Credential Program Info Sessions	2:30 - 4:30 pm	Enrollment Center Room 154
11/11	Credential Program Info Session 2	4:30 - 6:30 pm	Enrollment Center Room 154
11/13	Pizza Tuesday	8 am - 6 pm	Bell Tower
11/18	Movie Screening "Smoke Signals"	3:00 - 5:30 pm	Science Building Auditorium
11/1-12/1	The Giving Tree -sign up to provide holiday gifts to needy children	8 am - 7 pm	Bell Tower Student Lounge
Ongoing - Yoga Mondays at the University Hub; Free for Gym & Fitness Center Members, \$5 for non-members			

SURFING PRINCIPLES

Have you ever surfed a spot and had been hassled by a fellow surfer? Or been given the legendary stink eye, or intimidating stare down glare? If so, you just experienced and participated in a dark tradition of surfing, localism.

Localism is described by www.surfline.com as "surfers in a particular area banded together to discourage "non-local" surfers from visiting".

For me, I grew up around the southern part of the South Bay in the Redondo/Torrance/PV area. Since I was fortunate to experience both sides of the fence, the knowledge of being a local and non-local, has allowed me to create a broader picture and understanding of this controversial topic.

Yes, I agree with localism. It helps weed out potential danger with inexperienced surfers and the problem of crowds. Crowds are a menace to a surf spot as they raise the hostility level (more surfers, fewer waves) and it has a negative effect on the environment (a lot of surf spots are natural reserves). For example, look at places like Malibu, Leo Carrillo, or any well-known break on a good swell. Inexperienced surfers tend to get in the way and actually become a hazard out in the line up. Remember, surfing is dangerous, being hit by a board can severely injure a person, and wiping out onto a rock, reef, or any other obstacle, can be just as deadly.

The catch is that I don't agree with violence toward other surfers. Remember, the ocean is free for all to enjoy. Localism really is about a thing called respect; respect the spot, the ocean, and the local people.' Here are some guidelines on how to surf a new spot, regardless if it is localized or not:

*Before surfing any new spot, research the break on the Internet. Learn about what are the best conditions (tides, season, swell, etc) to surf this new spot. Also, look up the level of local hostility. Two good websites to do research on are [www. Wannasurf.com](http://www.Wannasurf.com), or [www. Surflife.com](http://www.Surflife.com).

*Take your CSUCI sticker off your car, as it is a dead give away that you are non-local. This might just save your car from being vandalized.

*DON'T SHOW UP AT A SURF SPOT WITH MORE THAN TWO OTHER PEOPLE. "Hey this ain't no disco" (talking heads), no party, but a surf spot. It does not matter what spot, this is just a common courtesy. If you were having a guest at your house, would you want your guest to show up with a carload of people? No.

*Change at the beach. Do not drive to a surf spot in your wetsuit: Nothing is kookier than a surfer jumping out of his or her car in their wetsuit. Besides, a surfer can actually check the surf while changing depending on if the location of the parking lot has a vantage point of the lineup. Also, it is disgusting to drive home in a wetsuit. So, if you see a person wearing their wetsuit on campus or at the residence halls, please proceed to laugh at them.

*Take time to watch the surf before paddling out. Look for rocks, currents, exposed reef, depth of water, where the line up is, and for any paddling channels.

*Certain spots call for certain boards. Be sure to learn what type of board a spot calls for. For example, a spot in Oxnard might call for a 6'5" pintail, or a more high performance shortboard, while a spot in Ventura might call for a 5' 10" fish or a log (longboard).

*I also would suggest putting away your fluorescent pink or other bright-colored wetsuits and if you do wear them, well, you had better rip hard.

*For your next board purchase, buy a board from a local shaper. The local shapers tend to have better knowledge on what kind of board works at what spot. Also, if you have the urge to put a million "sponsors" stickers on your board, you had better prove that you can shred.

*HAVE FUN AND SMILE. Having fun, smiling, and enjoying the session responsibly, are the reasons a person surfs. As the legendary Phil Edwards said, "The best surfer is the one having the most fun."

Overall, use your best judgment. Remember, people have been surfing at any surf spot many years before you and deserve respect.

It's obvious that Channel Islands has one of the best locations in the state for surfing except for maybe the campuses of UCSD, CALPOLY San Luis Obispo, or UCSC.

The drawback though is that there are many heavily localized surf spots located near our school. The locals at this respected spots my persecute me, but I recommend that beginning surfers should stick to the more popular known breaks such as "C" Street, or County Line or the bunny slopes of "Mondo's".

Continued on page 8 - "Thoughts"

One of my best friends is studying for her pre-med degree at a university in Texas. Commiserating about our insufferable workloads occupies the majority of our phone conversations these days. "I have to write a ten-page paper on some microbe," she laments (she's a bit more specific but, as an English major, that's the extent of my scientific detail). I counter with, "Well, I have to read George Eliot's *Middlemarch*, which is like 900 pages long." After the appropriate amounts of mutual wow's and I-know-girl's, she always says, "Yeah, but, Adria, when we're all done, it'll be worth it." I tell her, "Sure, and when we're in adjacent cells 'it was all worth it' can become our mantra as we rock back and forth against the padded walls."

I'm really not so sure that education is brightening my future. Now, on top of attending six classes, homework, and work, I have to spend time remembering all the things I used to know! In addition to expanding my intellect, I thought I'd be able to impress people with all the knowledge I'd acquire in my classes, but they tend to question my factual legitimacy when I can't even remember my own zip code (that's another number that often eludes me)! I'd like to say that after the stress of midterms and surviving the unnecessarily lengthy reading assignments, all my mental faculties will return, but at this point there's no way to know. I may be forever touting the contribution of Dostoevsky's work in the naturalist movement, all the while stammering out random numbers in hopes that they somehow arrange themselves into my phone number.

So, if you are in the checkout line at the grocery store and some girl is holding up the line as she stares blankly at the checker—please be kind. It's probably me.

Vaccination is Not the Only Way to Help Prevent the Flu

2006 Vaccination Schedule

You can still protect yourself from the flu even if you are not included in a priority group for the flu. As soon this year, or if no vaccines are available, these simple actions can slow the spread of germs and help protect you from getting sick.

Avoid close contact.
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.
Cover your mouth and nose with a tissue when coughing or sneezing. If they break, throw them away and wash your hands.

Clean your hands.
Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose, or mouth.
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Other good habits, such as **getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating good food**, will help you stay healthy in the winter and all year.

Department of Health
and Human Services
Centers for Disease Control
and Prevention

For more information, ask your healthcare provider or call the CDC Immunization Helpline: 800-232-2522. Fax: 800-232-0233. www.cdc.gov/flu