

# wavelength

October 15, 2009

## *President's Dinner celebrated under the stars*



*President Richard R. Rush, shown with student leaders and volunteers, celebrated the tenth-annual President's Dinner outdoors in the North Quad on October 3. See more photos in the 'Around Campus' section of this week's wavelength.*

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## Get Your Flu Vaccine

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Student Health Services will be offering seasonal flu vaccines on the following dates in the Bell Tower East/Mission Lounge.

### Vaccine Dates

#### **Students Only:**

12 – 4 p.m., Wednesday, Oct. 21

#### **Students, Faculty, and Staff:**

10 a.m. to 2 p.m., Thursday, Oct. 22

10 a.m. to 2 p.m., Wednesday, Oct. 28

10 a.m. to 2 p.m., Thursday, Oct. 29

### Vaccine Cost

Students: Free

Faculty and Staff: \$2.00 (exact change needed)

### Who Should Not be Vaccinated:

Some people should not be vaccinated without first consulting a physician. These people include:

- Those who have a severe allergy to chicken eggs.
- Those who have had a severe reaction to an influenza vaccination in the past.
- Those who developed [Guillain-Barré syndrome](#) (GBS) within six weeks of getting an influenza vaccine previously.
- Children less than six months of age (the influenza vaccine is not approved for use in this age group).
- Those who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

The flu can spread easily from person to person and the campus is taking steps to help prevent the spread of the seasonal flu and H1N1 virus by offering these seasonal flu vaccines and reminding everyone to follow these simple steps:

### **Protect Yourself Against the Flu**

- Cover your nose and mouth with a tissue when you sneeze or cough, and throw the tissue in the trash after using it.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth.
- Try to avoid close contact with sick people.
- If you are being treated for a chronic disease or are currently pregnant, you should discuss preventative measures with your personal physician.

*For further information about the flu and H1N1 and what you can do to protect yourself, visit the campus Web page at: <http://www.csuci.edu/fighttheflu>, contact Student Health Services at ext. 8828, or email [student.health@csuci.edu](mailto:student.health@csuci.edu).*

## Are You Ready to Shake Out?

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Are you really prepared? What you do now, before a big earthquake, will determine what your life will be like afterwards. You only have seconds. Do you know exactly what to do the moment the ground starts shaking? If it involves a doorway, a triangle, or running – these are not quake-safe actions. The correct response is to “drop, cover and hold-on.” Learn more at: <http://www.ShakeOut.org>.

On Thursday, Oct. 15 at 10:15 a.m., our campus will participate in the largest earthquake drill ever. The purpose of the “ShakeOut” is to practice how to protect ourselves during earthquakes. When you hear the emergency announcement please take a moment to “drop, cover and hold-on.” Everyone can participate!

*For more information on the campus’ emergency preparedness efforts please contact Sgt. Jeff Cowgill at ext. 8444 or [jeff.cowgill@csuci.edu](mailto:jeff.cowgill@csuci.edu).*

## New Hours for Police & Parking Services

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Beginning Oct. 19, the campus’ Police & Parking Services Customer Service hours of operation will be changed to 8 a.m. to 3 p.m., Monday through Friday. The hours of operation are being reduced in an effort to conserve limited staff resources and create better efficiency while continuing to provide the best possible service to customers. As with most offices throughout campus, the Customer Service office will also be closed on campus holidays and campus closure days due to furloughs.

This reduction will not impact the Police Department hours which remain as 24 hours a day, seven days a week.

*Questions can be directed to Deanne Ellison, Police & Parking Services Customer Service Manager, at ext. 3151 or email [deanne.ellison@csuci.edu](mailto:deanne.ellison@csuci.edu).*

## CI Spirit Wednesdays!

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Show your campus pride by wearing any University logo attire on Wednesdays and you may be rewarded with a \$5 coupon towards a meal at Islands Café on campus, or Tortillas or Subway located at the University Town Center!

Communication & Marketing staff will visit various areas on campus every Wednesday and randomly award coupons to students, faculty, and staff showing their *CI Spirit*.

*For additional information contact Nancy Gill, Director of Communication & Marketing at ext. 8456 or [nancy.gill@csuci.edu](mailto:nancy.gill@csuci.edu).*



## New Entry Road and Sustainability

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The University is currently designing an attractive new entry road that will extend from Lewis Road to Santa Barbara Avenue. It will be a resource for recreation and environmental education, as well as feature a variety of sustainable elements.

For example, the road will be lit with high-efficiency, low cut-off, dark-night-sky fixtures, and will be paved with rubberized asphalt, which reduces the necessity for repairs and tire noise.

The landscaping adjacent to the road will be planted with native plant materials, reproducing the oak forest and savannah that was once prevalent to this region prior to intensive farming.

Grassy bio-swales will clean and filter storm water, carrying it from the paved areas to a new nearby wetland detention area, which will also serve as a habitat for all sorts of birds, fish, mammals, and reptiles.

Finally, the existing riparian habitat and nesting area of the endangered Least Bell's Vireo will be improved and expanded. This is located in the bed of Long Grade Canyon Creek near the University Drive bridge.

Consulting biologists and ornithologists will monitor and report on the progress and success of the environmental efforts, both during construction and until it is firmly established.

*For further information contact Deborah Wylie, Associate Vice President, Operations, Planning & Construction at ext. 8461 or [deborah.wylie@csuci.edu](mailto:deborah.wylie@csuci.edu).*

## Town Hall Meeting scheduled for Tuesday, Oct. 27

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The Center for Community Engagement in collaboration with the Martin V. Smith School of Business and Economics, Political Science, Student Government, and Ventura County Together (a community collaborative) will be hosting a town hall meeting, Tuesday, Oct. 27 from 4:30-6:00 p.m. The Town Hall Meeting will take place on campus at Malibu Hall, Room 100.

The Town Hall Meeting will bring together the campus and community at-large to engage in conversations about the needs and assets as a result of the current economic crisis. This is an active, problem-solving session inviting all interested campus and community participants to take part in the conversation, learn about local issues, share their concerns, vision, and ideas.

After an overview of the United Way's recent survey of Ventura County's needs, Economics professor and Dean of Faculty, Dr. Ashish Vaidya, will speak about the likely impacts of the budget crisis on Ventura County's future.

Attendees will then engage in facilitated discussions, with the goal of an agenda for action. The event is free and open to the public.

*Please RSVP your interest in attending this event by contacting Pilar Pacheco, Assistant Director, Center for Community Engagement at ext. 8851 or [pilar.pacheco@csuci.edu](mailto:pilar.pacheco@csuci.edu).*

## Celebration and Book Signing on Oct. 28

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The campus community is invited to attend a celebration and book signing for Assistant Professor of Special Education, Jill Leafstedt's, new book, *Early Reading Intervention: Strategies and Methods for Struggling Readers* (co-authored with Catherine Richards). The event will take place on Wednesday, Oct. 28 at 4 p.m. in the Bell Tower Conference Room 2810. Books will be available for purchase and signing by Dr. Leafstedt. Refreshments will be served.

*Please RSVP to Joan Karp at ext. 8871, [joan.karp@csuci.edu](mailto:joan.karp@csuci.edu) or Mary Adler at ext. 8486, [mary.adler@csuci.edu](mailto:mary.adler@csuci.edu).*

## Lacrosse Sports Club is officially recognized

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On October 1 the CI Lacrosse team became officially recognized in the Southwestern Lacrosse Conference (SLC)/ Division II. The team has been busy preparing for the upcoming season. Below is the Lacrosse Division II schedule:

- Marymount Junior College- Saturday, Oct. 24 @ 2:00 p.m./Home Exhibition
- Concordia University- Saturday, Jan. 30 @ 2:00 p.m./Home League
- CSU Long Beach- Saturday, Feb. 6 @ 2:00 p.m./Home League
- Pepperdine University- Saturday, Feb. 13 @ 2:00 p.m./Away League
- Marymount Junior College- Saturday, Feb. 20 @ 2:00 p.m./Away Exhibition
- CSU Fullerton- Friday, Feb. 26 @ 7:00 p.m./Away League
- UC Irvine- Saturday, March 6 @ 2:00 p.m./Home League
- Biola University - Saturday, March 13 @ 7:00 p.m./Away League

*For more information contact Nathan Avery, Recreation Sports Coordinator, at ext. 3266 or email [nathan.avery@csuci.edu](mailto:nathan.avery@csuci.edu).*

## Islands Café part of California Green Restaurants Program

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Islands Café supports the campus' *Going Green* initiative by a number of sustainability-related activities including the recycling of all cooking oils used in the Café.

Biodiesel Industries has teamed with Sodexo, Islands Café, and the University as part of the California Green Restaurants program. All of the used cooking oil generated by at Islands Café is being recycled to make biodiesel fuel locally through a Cooperative Research and Development Agreement with Naval Base Ventura County.

Biodiesel is a clean-burning renewable fuel that can be produced from vegetable oils, animal fats, and used cooking oils. It can be run in any diesel engine with minimal or no modifications and easily interchanged or blended with petroleum diesel. In addition, it reduces harmful emissions by an average of about 80%. The waste cooking oil generated by Islands Café will be used to mitigate an annual average of:

- 2,500 gallons of imported petroleum
- 8 lbs of carbon dioxide emissions
- 3 lbs of particulate matter emissions
- 3 lbs of volatile organic compounds

By allowing their waste to be recycled into a clean burning local fuel Sodexo, Islands Café, and the University are helping to clean the air, create local jobs, reduce our dependence on foreign oil, and foster sustainability in our community.

*For more information on this and other Islands Café green initiatives contact Paul Boulger, General Manager for Sodexo at ext. 8917 or [paul.boulger@sodexo.com](mailto:paul.boulger@sodexo.com).*

## Cove Bookstore's Faculty and Staff Appreciation Day on Nov. 3

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Special thanks to faculty for their timely submission of textbook orders. As a result of their efforts, students saved more than \$573,000 last year! Your timely adoptions enables the Bookstore to pay more for books that we need at the buyback and will make more used copies available next term for students. The next adoption deadline is October 30, 2009.

**Fleece Sweatshirts Available for \$19.95** – Fleece sweatshirts are now available for \$19.95. They make great holiday gifts for under \$20. The fleece sweatshirts are available in four colors: fuchsia, black, charcoal, and red, and are now available for purchase.

**Faculty and Staff Appreciation Day Nov. 3** – ‘Faculty and Staff Appreciation Day’ will be held on Nov. 3 from 11:30 a.m. to 3:30 p.m. Lunch and refreshments will be served and the Cove Bookstore will also be giving away many door prizes. The store offers great gift items to purchase or to place an order for holiday delivery.

**Crew Neck Sweatshirts Sale starts on November 5.**

*For more information contact The Cove Bookstore at 482-5456.*

## 'Bash at the Beach' hosts over 100 students

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More than 100 students participated in the ‘Bash at the Beach’ hosted by Housing & Residential Education and Campus Recreation on Saturday, Oct. 3, which made for quite a commotion at Zuma Beach! The inaugural event featured a surf competition for men and women, sand castle building, and a multi-team volleyball tournament.



**Next up:** Friday, Oct. 23 – ‘The Housing Hoedown’ featuring the return of the mechanical bull!

In other Housing & Residential news, 157 returning residents were recognized for their academic achievement at HRE's biannual ‘Pi Party’ held on Sept. 24. Of the group, 42 received the recognition for the second time. A tradition started last year and open to all Housing residents and their guests, this event serves as a platform to engage students and provide strategies and encouragement for continued academic success.

*If you would like to learn more about either of the events or upcoming HRE events and programs, please contact Lisa Racine, Coordinator of Student Housing Conferences & Marketing, at [lisa.racine@csuci.edu](mailto:lisa.racine@csuci.edu).*

## CI Represented at Alumni Dodger Day

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Over 150 students, alumni, faculty, staff, and community friends joined the Alumni & Friends Association for their 6th Annual Alumni Dodger Day held on Saturday, Sept. 19.

The Dodgers blew away the San Francisco Giants with a 12-1 win and the crowd enjoyed an amazing grand slam! CI attendees were transported by bus, provided by A&FA, and were provided red t-shirts to wear with the new CI Spirit logo. Special thanks to Conejo Awards and the ASI for their support of this wonderful annual event.



For more information contact Tania Garcia, Associate Director of Alumni Relations at ext. 8952 or email [tania.garcia@csuci.edu](mailto:tania.garcia@csuci.edu).

## PacifiCare Behavioral Health Wellness Monthly

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### *Prescription Drug Addiction - Hitting Close to Home*

It may not be as talked about as illegal drug abuse. And, it may not be as well-publicized. But, prescription drug addiction can be just as destructive — taking a toll on your health and your relationships. People who abuse medication may hide the addiction or take desperate measures to get a drug. But, there is hope. Knowing the signs of abuse and taking action is an important first step.

Did you know that an estimated 20 percent of Americans have taken medication for reasons different than why it's prescribed? There are several possible explanations, including:

- Medications are legal and prescribed by doctors. As a result, people may be more likely to think it's OK to take the drugs longer or differently than directed.
- They may be easier to get. Some people may lie to a doctor about symptoms to get a prescription. Friends and family may not think twice about sharing pills. And, disreputable Web sites may sell drugs without a prescription.
- Certain medications can have side effects that are considered desirable. For example, Adderall®, which is used to treat attention-deficit/hyperactivity disorder (ADHD), can decrease appetite. So, people who feel pressure to stay thin may use the drug to lose weight.

Taking any medication without a doctor's supervision is dangerous. Some medications may cause dependence and possibly addiction. If you take a physically addictive medication for a long period of time, your body may *continued on next page*

build up a tolerance. As a result, you may start to take more pills. This is because you may need more to feel the drug's effects. Then, if you try and stop taking the medication, you may experience withdrawal symptoms. You may need the drug in order to feel "normal." View the October article "Prescription Drug Addiction" at: [http://www.csuci.edu/news/healthcare/Pacificare\\_Oct09.pdf](http://www.csuci.edu/news/healthcare/Pacificare_Oct09.pdf)

*For more information contact Diana Enos, Benefits Coordinator at ext. 8426 or e-mail [diana.enos@csuci.edu](mailto:diana.enos@csuci.edu).*

2009 President's Dinner 50's Style



Dr. Sung Won Sohn discusses the state of the economy on October 9



*Share your news – wavelength the campus communication vehicle*

*wavelength* is an electronic, internal newsletter that helps strengthen internal communication and participation across the University through timely updates on campus developments and activities.

This publication is sent out via e-mail every other Thursday.

If you have information you would like shared throughout the campus email it to [wavelength@csuci.edu](mailto:wavelength@csuci.edu). Items should be submitted by 5 p.m. Monday prior to the Thursday publication date. We encourage your participation, input, and suggestions as we consider this your newsletter and invite you to share with your campus colleagues.