

HOUSING

CHRONICLES

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ISSUE 2

FEBRUARY 2011

LIVE

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Housing Staff 2010-2011



Left to right: Alexis Ireland, Anne Gonzalez-Vazquez, Bruce Erickson, Stephen Fleischer, Donyet King, S. Taylor Mechlinski, Tara Herman, Maria Ruiz, Sharon Wrenn-Carreathers, Mary Campos, Bob Sherwood, Heather Albertson, Rebecca Palmer, Jose Garcia, Michele Jordan, Dennis Sotomayor, Eleazar Mora.

Stephen Fleischer, Director. I like working in Housing because Housing gives students an opportunity to live, learn and hang out with others from all walks of life. Research says students who live in Housing are more likely to graduate. Things that keep me busy on weekends are hiking, reading, fixing my old house and working on my Doctorate.

Michele Jordan, Associate Director. I like working in Housing because I have a great staff. They are the greatest. Things that keep me busy on weekends are sewing, shopping, and spending time with my nephew.

Rebecca Palmer, Assistant Director for Residence Life. I like working in Housing because I enjoy supporting students in their personal development during their college years. It is the most rewarding envi-

ronment I've ever worked in. Everyday brings a new challenge. I also have the most amazing colleagues and when we work together as a team, great things happen! Things that keep me busy on weekends are spending time with my partner Owen and my two little doggies, Karma and Yeshe. I enjoy photography, riding bikes at the beach, reading, and playing outside! I have recently acquired a bug for bowling! I love it!

Heather Albertson, Resident Director. I like working in Housing because it is challenging and rewarding! We have great staff and residents! Things that keep me busy on weekends are my dog, all the things to do in LA and... the residents.

S. Taylor Mechlinski, Resident Director. I like working in Housing because every day

brings something new. The thing that keeps me busy on weekends is my dog.

Donyet King, Resident Director. I like working in Housing because I like making a difference; students learn tons in a classroom setting, but the stuff that they learn outside of the classroom contributes to their overall community citizenship. I hope that my interactions provide moments for students to think, grow and develop. Things that keep me busy on weekends are my dog, the beach when it's sunny, and great friends!

Maria Ruiz, Marketing Coordinator. I like working in Housing because I love meeting people from around the world, I have made great friendships here and because I like the aspects of my job. Things that keep me busy on weekends are hanging out with friends, going

Good luck to everyone who had an interview for the 2011-2012 academic year RA position!

Best wishes to Anne Gonzalez-Vazquez as she leaves for maternity leave.

Want to Upgrade to a single?

If you are living in a double occupancy room and want to secure it as a single? To avoid being consolidated or being assigned a roommate, you may request to upgrade to a conditional single today! Provided you qualify financially and secure a single room for the rest of the academic year.

Housing Staff 2010-2011

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to the movies, bookstores, trying new restaurants, and soon learning to fly a helicopter.

Mary Campos, Assignment Coordinator. I like working in Housing because I like the environment and meeting and assisting students from all over the world. The thing that keep me busy on weekends are family.

Robert Sherwood, Supervising Building Service Engineer. I like working in Housing because of the people. The best people to work with and for. Things that keep me busy on weekends are wild life, my daughter, my dogs.

Sharon Wrenn-Carreathers, Business Manager. I like working in Housing because I enjoy working with students knowing that I play a vital role in their success. Things that keep me busy on weekends are shopping, movies, and surfing the web.

Anne Gonzalez-Vazquez, Assistant to Business Manager. I like working in Housing because the staff is very friendly and also because each year I get to meet new students. Things that keep me busy on weekends are my family, Marco, Frankie, and baby Jessie!

Alexis Denise Ireland (Diva), Assistant Assignments Coordinator. I like working in Housing because I watch the students grow socially and mentally as they transition from

high school to college freshmen, to college seniors and graduates. It's an amazing experience. Things that keep me busy on weekends are beach walks, practicing my wave just in case I'm ever in a parade, playing with my niece and nephew, learning the latest dance moves and singing all the greatest hits at Venice Beach for a lil change.

Tara T. Herman, Assistant to the Business Manager. I like working in Housing because my days are full of surprises and I get to meet new people every quarter. Things that keep me busy on weekends are life, friends and family.

Eleazar M. Mora, Maintenance Mechanic. I like working in Housing because the people of Housing Services are very good people and professional. Also most of the students are very polite and friendly. Things that keep me busy on weekends are spending time at my ranch with my five dogs, and at night time, I spend time watching the sky. I also like the Milky Way and shooting stars in Victorville, California.

Dennis Sotomayor, Facilities Worker. I like working in Housing because it is a challenging and ever changing environment where I am able to make a difference and meet some interesting people along the way. Things that keep me busy on weekends are my wife and daughter, family time, and riding my Harley Davidson (Street Glide) with my buddies.



Stephen Fleishcer, Director

Bruce Erickson, Maintenance Mechanic. I like working in Housing because it's fun, exciting and challenging! Things that keep me busy on weekends are violin lessons, hair-cuts, resting, church, shopping at thrift shops and eating.

Jose C. Garcia, Maintenance Mechanic. I like working in Housing because I like to work with people and because we work on different projects every day. Things that keep me busy on weekends are going to the movies, working on my yard, cars, spending time with my family, going camping and playing baseball and basketball.



Michele Jordan, Associate Director

The Importance of Policing Your Property and Securing Your Apartment



By: Officer Brian Namkoong

The most common thefts on campus and at the dorms occur when the innocent leave their properties unattended. It is understandable that at times, people leave property behind for a quick second or two, but it is imperative to keep watch at all times. When you leave property unattended, you are inviting the bad guy over to steal your stuff. For example, leaving your laptop on the library desk while you use the restroom, or leaving your textbooks inside of your vehicle

sounds harmless, but this is the perfect opportunity for the bad guy to make their move. Get out of your comfort zone and make it a habit to never leave your property unattended. Every time you should leave an area (even for a quick second); make sure you take whatever belongings with you. Make sure that your car doesn't display in clear view any valuable items that may be intriguing to the bad guy. Remember to police your property. Taking a couple of seconds of policing your property will save you hours of grief on dealing with replacing stolen items.

In a perfect world, you can leave your house doors wide open and never have to worry about any cynical criminal coming inside, but this is the real world and unfortunately things don't work out that way. It is

crucial that you lock any windows or doors that may be accessible to the public. Leaving doors ajar, wide open or unlocked will not work. As mentioned in the previous paragraph, you are inviting the bad guy over to steal your belongings. When living with roommates, make sure that they make it a habit to keep windows and doors locked as well.

Most of these theft crimes could have been easily prevented. Take a few seconds of your time to take your belongings with you wherever you go, hide valuable items that are inside your car and lock all windows and doors inside your apartment. You don't have to be the next victim of a theft crime. Break the cycle and start taking account for these measures.

Resident Spotlight Raúl Herrera



By: Victoria Enriquez

Originally from Stockton, California, Raúl is a Master's student in Physics. He completed his undergraduate career at California State University of Sacramento, where he majored in Physics and Astronomy. Raúl is involved in many clubs on and off campus, but during his spare time, he enjoys playing the guitar, basketball, and doing homework. His interests consist of science, music, sports and politics. So if you ever need a little music in your life, a game of ball, or perhaps a study buddy, Raúl is the right person; do not be afraid to stop him and say hello.

Flu Prevention

Flu refers to illnesses caused by a number of different influenza viruses. Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. Flu can cause a range of symptoms and effects, from mild to lethal. All types of flu can cause: fever or feeling feverish/chills, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue. Some people may have vomiting and diarrhea, though this is more common in children than adults. It's important to note that not everyone with the flu will have a fever.

Prevention

- Wash your hands well and often or use an alcohol-based hand cleaner.
- Practice good respiratory etiquette, such as covering your mouth and nose when you sneeze.
- Get vaccinated. Vaccination is the best protection against contracting the flu.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

- Try to avoid close contact with sick people.

Treatment

- If you do contract the flu, talk to your doctor about antivirals or visit the Student Health Center on campus.
- Get plenty of rest.
- Stay home until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).
- Limit contact with others as much as possible to keep from infecting them.
- Clean hands with soap and water or an alcohol-based hand rub often.

(Continued on page 4)

Coming Soon! Dobbs Housing for graduate students

-25 two bedroom
apartments
-Single occupancy
bedrooms
Be on the look out
for more
details!

Grocery Runs

Need a ride to the
market? Take our
Grocery Run
Shuttle
service for free.
You can catch it in
front of the Phase
II Housing Services
Office from
10 am to 2 pm.

February 5, 19
March 5, 19
April 9, 23
May 7, 21
June 4, 18



Flu Prevention

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- Cover coughs and sneezes.
- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages made to prevent becoming dehydrated.
- Get medical attention right away if you:**
 - Have difficulty breathing or shortness of breath
 - Experience pain or pressure in the chest or abdomen
 - Have sudden dizziness
 - Become confused
 - Have severe or persistent vomiting
- Experience flu-like symptoms that improve but then return with fever and worse cough

For details and updates, visit www.cdc.gov/h1n1flu and www.flu.gov. Or visit the Student Health Center for more information. Phone: (323)343-330 | www.calstatela.edu/univ/hlth_ctr

Sherwood's Forest

"GUIDELINES FOR THE GARBAGE DISPOSAL"

Correct operation for the Disposal: Run cold water at full flow into the disposal for 2 seconds. While water is running, turn on the disposal in small amounts. After the waste is ground up, shut off disposal and let water flow for 15 seconds. If the drain becomes clogged, discontinue using and report the problem promptly for repair.

Garbage Disposal Don'ts: Any of the following will result in damage to the disposal or personal injury which may result in assessed charges for repair or damage.

1. Do not put your hand in the garbage disposal.
2. Do not operate without water flowing in disposal.
3. Do not overload disposal, add waste in small amounts.
4. Do not add solid waste such as bones, fruit pits, melon rinds, bottle caps or cigarette butts, etc.
5. Avoid large quantities of starchy materials such as rice, noodles, and potatoes, these will stick together and clog drain.
6. Do not pour oily or greasy substances down the drain.
7. Do not use Drano or similar products which are too harsh for our pipes.

Important Deadlines

- February 1, 2011** - Rent Due
- February 3, 2011** - Deadline to submit "credit by exam" requests for Winter 2011
- February 14, 2011** - Spring Initial Payment Processing begins
- February 15-March 3, 2011** - Graduation application filing period for students graduating summer (September) 2011 with a graduate degree
- February 17, 2011** - Withdrawal period ends
- February 17, 2011** - Last day to drop all classes for prorated refund
- February 17, 2011** - Last day to submit planned student leave petitions for Winter 2011
- February 18, 2011** - Emergency Withdrawal period begins
- March 1, 2011** - Rent Due
- March 2, 2011** - Student Financial Aid State Deadline for FAFSA initial awards
- March 10, 2011** - Emergency Withdrawal period ends
- March 14-19, 2011** - Final Examinations
- March 20, 2011** - ELP Winter Quarter Move-Out by 2pm
- March 20-27, 2011** - 2011 Winter Quarter break

SUBMISSIONS

If you would like to make a submission to the newsletter, please email your article to: rpalmer@cslanet.calstatela.edu.