MEET TONY FRIAS
NEW RESIDENTIAL DINING MANAGER

I have been working in the Hospitality industry for the past twenty three years at various Universities. I really enjoy the cultural diversity within the University setting and working with students and employees from around the world. I am especially pleased to be the Residential Dining Manager at the Dining Commons in its early stages because this is a golden opportunity to grow from the ground up. If you are a student with special dietary needs; we have been addressing these concerns as quickly as possible. Recently, we expanded our salad bar with over twenty vegetarian items. We also added oatmeal to our menu in addition to the abundance of fresh fruit we offer throughout the day. Our latest breakfast addition is a build-your-own waffle with all the toppings. We are currently looking into dairy less cheese and gluten free pizza crust. Our current brand of soft serve ice cream is gluten free and lactose free and we will also be bringing in gluten free cereal. So we are trying to meet all the dietary needs. I really would like to encourage the students to come and talk to me if they have any concerns or ideas about the food that we serve or just to stop by and say hello. My door is always open and located near the back of the Dining Commons.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”
KEYS & LOCKOUTS

As a courtesy, the Housing Services Office provides access to residents locked out of their apartment or bedroom. Residents may borrow key(s) at the Phase II Housing Services Office Monday-Friday, 9am-5pm. After hours (Monday through Friday, after 5:00 pm) and weekends, the RA On-Duty can assist with lockouts. You can go to the Community Information Center (CIC) in Phase I or call the RA On-Duty at (323) 343-4807. Courtesy keys are provided for residents in GEA for a short period (20 minutes only). Please note that this is a courtesy service. Responsibility for carrying your keys rests with you and after three (3) lockouts, charges and disciplinary action will result (see Housing policies in the Student Guide). Non-return of key(s) may result in a lock change and fees billed to your student account.

Lost Keys: If you lose your apartment or bedroom key, you must report this to the Housing Services Office within 24 hours. This is a security issue for you and your housemates. Please help us keep you and your belongings safe. Lost keys will result in a lock change and fees will be assessed.

Under no circumstances should keys be duplicated or lent to another individual or possess a key to room or building controlled by the State without proper authorization. This is a serious infraction of policy and is considered a misdemeanor (Section 496 of the California Penal Code).

WIRELESS LAUNDRY

You can check the status of your laundry from the comfort of your own apartment! All you have to do is log in to https://www.mywavevision.com and set up an account. You will start to receive texts or email notifications when your laundry is complete. This feature will also notify you how many machines are available, the status of your laundry and the remaining minutes of your load.

All washers and dryers operate on debit or credit cards. The system pre-authorizes your credit/debit card for $8 of laundry. The $8 is placed as a hold on your credit/debit card and is set for only three hours. All transactions done during the three hours will be added up. After the three hours expire, the $8 hold will be released and you will only be charged the exact amount you spent during that time frame.

Laundry Rooms are available in Phase I and II, and the Golden Eagle Apartments (GEA). The Phase I Laundry Room is located in the Community Information Center (CIC). The Phase II Laundry Rooms are located on the first floor of Buildings 1-5. The GEA Laundry Room is located in the Community Center.

Please visit: http://web.calstatela.edu/univ/housing/services.php for laundry instructions or more information.

WATER CONSERVATION

Let dishes, pots and pans soak in water to loosen up the dirt/residue instead of letting the water run.

Turn water faucets off tightly. Make sure to wait a few seconds to ensure there is no drip. If you see a pipe, faucet, showerhead or sprinkler leaking, fill out a work order <https://housing.calstatela.edu/>.

Do full loads of laundry and fill the dishwasher to capacity. Don’t waste water and energy on half-loads!

Turn off water when brushing your teeth, shaving, and washing your hands. Letting the water run consumes more than 3 gallons per minute!
Information Technology Services (ITS) provides access to just-in-time learning systems that deliver training to Cal State L.A. students, when and where they need it. Below you will find a few of the learning resources available to students.

**Moodle Courses**
The Moodle Courses page includes a list of courses provided by the ITS training program. You can self-enroll in these courses to use the video tutorials, handouts, sample data files, slide shows and assessments. A certificate of completion is also available for these courses.

**Microsoft Office Training**
The Microsoft Office Training page provides you with one central location for all Microsoft Office training resources. This page includes links to video tutorials, workbooks, handouts and workshops.

**Microsoft Outlook Training**
The Microsoft Outlook Training page provides users with one central location for all Outlook and Outlook Web App (OWA) training resources.

**IT Security Training**
The IT Security Training page provides links to Family Educational Rights and Privacy Act (FERPA) training and other online courses/handouts.

Please visit the Just-in-time learning home page for other available training: [http://www.calstatela.edu/its/training/online](http://www.calstatela.edu/its/training/online)

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Do not thaw frozen foods with running water. Instead, put your frozen food in the refrigerator overnight.

If you have plants, use left-over water you didn’t drink or water your plants using dropped ice cubes.

Do not use the toilet as a trash can. Throwing away and flushing miscellaneous items in a toilet takes up about 5-6 gallons of water per flush.

Take a ten-minute shower instead of a bath! If you plan on working out, schedule your shower after you exercise!

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**INFORMATION TECHNOLOGY SERVICES**

The ITS Training Program provides computer workshops that are offered by request. Cal State L.A. student clubs and organizations, faculty and staff can request to have these workshops conducted for their members, classes or departments.

You may request to schedule from the following available workshops:

- Adobe Illustrator CS5
- Adobe Photoshop CS6
- Cal State L.A. Web Platform
- HTML5 and CSS3
- IBM SPSS Statistics 22
- Microsoft Access 2013
- Microsoft Excel 2013
- Microsoft Outlook 2013
- Microsoft PowerPoint 2013
- Microsoft Project 2013
- Microsoft Visio 2013
- Microsoft Word 2013
- Web Accessibility

You can check out the Workshop Calendar for a full list of upcoming events! To schedule a workshop, visit the [ITS Workshop page](http://www.calstatela.edu/its/training/online) and get more information. Remember, knowledge is power!
The RA On-Duty can assist you after the Housing Services Office closes and weekends. This individual monitors noise levels, lockouts and any potentially hazardous or dangerous condition. To reach the RA On-Duty call (323) 343-4807 or they can be found at the CIC during the following times:

**MONDAY-FRIDAY**
5:00PM-10:00PM

**SATURDAY-SUNDAY**
1:00PM-10:00PM

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**RA PROGRAMS**

Take a break from studying and come out to enjoy these upcoming programs. Have fun and meet new people. Remember to bring your roommates with you!

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**ULTIMATE GAME NIGHT**
Phase II Lounge, 6:00pm-10:00pm
Opportunity for residents to have fun playing board games, enter a video game tournament and have playful competition with fellow residents. Residents will have a chance to win gift cards and learn how to play fun games that they can play with friends at home with minimal supplies.

**PROJECT CHOICE**
Phase II Conference Room, 6:00 pm
Residents will have a chance to learn about risky behavior and how to protect themselves from HIV/AIDS and STIs, by playing some fun games and walking away with prizes!

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**ARE YOU A GOOD DRIVER**
Phase II Lounge, 6:00 pm
Students will participate in a racing game while wearing beer goggles. Residents will each get a turn and switch off when they lose until there is one champion.
**IMPORTANT DATES**


November 17, 2015—RA Event: Project Choice


December 7-12, 2015—Final examinations.

December 13 – January 3, 2016—Student recess.

January 4, 2016 - First day of Winter quarter classes.

January 4, 2016 - First day of Winter quarter Meal Plan.

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**TOILET PAPER FLUSHING**

Be conscious of how much toilet paper you drop down the toilet. Too much toilet paper results in clogging or overflowing. Avoid the nuisance by flushing minimal toilet paper.

**HAIR IN DRAINS**

Please remove hair from sinks and showers. Try brushing hair before entering shower to avoid loose hair from falling into the drain.

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**A MESSAGE FROM FACILITIES**

Sunday - Thursday
10:00 pm - 9:00 am

Friday & Saturday
12:00 am - 9:00 am

**KEEP CALM AND RESPECT QUIET HOURS**

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**GRADUATION INITIATIVE**

Arwen Jordan-Zimmerman
Major: Sociology
Current year: 1st Year Graduate student
Year expected to graduate: 2017

If you live on campus, what positive experience have you had living on campus?

I have been fortunate to have made many good friends while living in GEA, people I almost certainly would not have met otherwise. However I am particularly happy with how safe our campus housing is. I am never worried about having to walk home alone after my night classes.

What has motivated you to pursue a college degree?

My family has been my biggest influence to go to college. My parents have always been strong advocates of lifelong learning, and learning purely to better yourself. I think learning for its own sake as well as for the betterment of the community and the world is of supreme importance.

Have you had any obstacles get in your way of your education?

I have been very lucky to have such a great support system of family and friends. The biggest obstacles I have faced at Cal State LA came from the school itself. I was in an impacted program here as a Criminal Justice undergraduate, and had a great deal of difficulty getting the classes I needed in time to graduate in two years. I ended up joining the honors college partly because it allowed me to register early.

Are you involved in any extra-curricular activities? If so, what?

I am a member of Phi Kappa Phi and Golden Key honor societies, and I am a founding member of the criminal justice honor society Alpha Phi Sigma. I also am involved with the criminal justice club, and am looking forward to getting involved with the sociology club starting this quarter.

What do you plan to do after you graduate?

I would like to conduct deviant and liberation sociology research either at a university or with a private organization. Immediately after graduation, I am entertaining the idea of teaching sociology at a community college while I work on my PhD. But eventually I would like to research full time. I am particularly interested in researching more effective methods of crime control, policing and criminal rehabilitation.

**FOLLOW US**

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Happy Thanksgiving

Campus will be closed November 26-29 for the Thanksgiving holiday. If there is an emergency and you need to reach the RA on-Duty, please call (323) 343-4807.