Hi everyone! Hope you are enjoying the new year. I am happy to greet you this quarter with the first edition of the Greek Times. The Greek Times is aimed at the Greek community in order to highlight all of our accomplishments, achievements, and events throughout the year. Remember because this is your newsletter, we would love input and feedback, so feel free to write or call (UCSBGreekTimes@yahoo.com or 893-3966). Good luck this quarter!!

Sincerely,
Amy Miller

Meet The Greek Affairs Staff

Many of you do not know who we are or what we do (or can do for you) so we would like to start by introducing ourselves. The Greek Affairs staff is made up of five key figures; Stephan Franklin (Greek Director), Carola Alden (Assistant Director), Miguel Moran (Special Projects), Angie Tozier (Assistant Judicial Affairs Coordinator), Robin McClelland, & Amy Miller (Greek Affairs Interns). Let the introductions begin:

“As the Director of Greek Affairs I am responsible for the day-to-day operation regarding Greek Life. During the course of a given week I can be found meeting with parents, students, staff, national consultants; advising United Fraternity and Sorority Council, Inter-fraternity Council, National Pan-Hellenic, Inter-Greek Council and Collegiate Panhellenic Council meetings; participating on the UCEN governance board, and other committees. I absolutely love working with Greeks! Becoming a member of Alpha Phi Alpha as a collegiate was one of the most important decisions I made as an undergraduate. I did not join my fraternity to be a part of the party scene; I was already there! I needed some direction and structure, due to the fact that my friends were heavily involved in the party scene; some were even not asked to return to school because their grades were not up to par. Based on the fact that my support group was diminishing, I was in definite need of a new support base. The brothers of Alpha Phi Alpha would become instrumental in my development.

I gained my closest brother/friend, Ken Brown. In conclusion, I want to say that I am a member of my organization for life. It is not a temporary commitment, but one for the rest of my life. I hope you believe this as well. The Best Go Greek!

**Stephan**

“Hi my name is Carola Alden, the Assistant Greek Director. I enjoy working with a variety of Greek groups. I meet regularly with chapters’ executive officers, advise Order of Omega – our Greek leadership honor society, supervise our Greek interns, and give chapter presentations on topics ranging from hazing to sexual health. I enjoy working with students in large group settings as well as individually. College is an exciting and unique period in one’s life - a time that is full of challenges and exploration. I look forward to helping students be successful in all their endeavors while they are here at UCSB.

**Carola.Alden@sa.ucsb.edu**

“My name is Robin McClelland and I am the current Internal Greek Affairs Intern, only the best job ever! My main job is to implement the new Greek newsletter (which I hope you enjoy) and new Accreditation program, as well as help plan Greek Scholarship Banquet. I also keep presidents and council representatives up-to-date by leading Inter-Greek Council meeting and President/Advisor meetings. I am basically here as a resource to you by listening to any ideas, projects, questions, concerns, etc that you may have concerning the Greek system.

**Amy.Miller@sa.ucsb.edu**

“Within Greek Affairs I assist the director, Stephan, with the scholarship reporting process, Fraternity and Sorority registration, Greek event administrative coordination & logistics. I serve as a resource to the Greek community when they need to interact with UCSB administration, and assist the director with other Greek-related issues as they arise.

I am also involved in other projects such as Commencement, University Awards, other UCSB Student Organization Registration, Activities Fair, Spring Insight Student Organization Showcase, and a variety of other projects that may come up in the Office of Student Life.

**Robin.mcclelland@sa.ucsb.edu**

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“Hey there. My name is Robin McClelland and I am the current External Greek Affairs Intern. Working at the Greek Affairs office has been an incredible experience so far. My job mainly consists of reaching out to the Greek community, whether it be through e-mail reminders of upcoming events/meetings that chapters need to attend or by simply meeting with officers from various chapters. If any of you would like to contact me with ideas or projects that you may have, I am always up to hear about new ideas.

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**Robin.mcclelland@sa.ucsb.edu**
**Zeus’ Quote of the Quarter**

“Respect the community where you live and the community will respect you.”

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**Name:** Jessika Martinez

**House:** Lambda Sigma Gamma

**Why so Amazing?** Jessica is one of the hardest working women in the Greek system. Her involvement is endless, she is dedicated and committed in many leadership positions such as: president of UFSC, Greek Week Sports Day coordinator, all while being an English major. She also helps care for disabled women in her free time. A sister wrote, “Working with Jessika this year has been an absolute pleasure, I know I can count on her for anything.” Our Greek System has benefited tremendously from all of Jessika’s contributions. Thank you for your dedication and hard work Jess!

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SIGMA NU held their fourth annual Sigma Nu Relay last quarter. The biggest success of the week was Sigmapalooza, a free admission-non profit benefit concert featuring three local bands. This event helped to gather the Greek Community, as well as others in the wider Isla Vista area, to donate items such as canned food, clothing, books and other packaged goods for the victims of Katrina totaling $500.

The overall success of their philanthropy was reflected in proceeds of nearly $4,500.

CHI DELTA THETA participated in the annual Aids Walk where they helped to raise $300 for the cause.

ALPHA KAPPA DELTA PHI raised money for the Susan B. Komen Foundation during Breast Cancer Awareness Month by passing out pamphlets and holding a carnival style event on the Women’s Center lawn. The event consisted of carnival games, prizes, and a sushi sale.

SIGMA ALPHA ZETA held their annual Domestic Violence Awareness Week in October. It included a silent walk, movie, and an open mic presentation for those who struggle to share their stories.

ALPHA PHI & PHI SIGMA KAPPA joined forces and put together a blood drive to get desperately needed blood before the holidays. 70 people gave blood for the cause!

SIGMA KAPPA CHI helped the residents of Friendship Manor enjoy Halloween by carving and donating pumpkins. They also, spent quality time with one another while building their communication skills and trust by participating in a ropes course.

LAMBDA THETA NU held their National Youth Leadership Conference (Tijeras) on November 5th. They also held a community service event with L.A.M.B.D.A.S on November 17th.

LAMBDA SIGMA GAMMA did a lot for the community last quarter. They visited children of the Head Start Program where they helped with arts and crafts and provided Halloween treats for the kids. They also participated in La Escuelita’s “Safe Halloween” where they came together with several organizations to create a safe Halloween environment for children in Isla Vista. Lastly, they hosted the kids for two days in the dorms and organized academic workshops and motivational speakers for them.

KAPPA KAPPA GAMMA held their annual “Kappa Dash” in October to raise money for the Susan G. Komen Breast Cancer Foundation and the Cancer Detection Program of Santa Barbara. They were also featured in the Santa Barbara Independent for their wonderful contribution to the community and beyond.

SIGMA PHI EPSILON volunteered their time to help move-in first years to the residence halls. They contributed “positive energy, leadership, and commitment”, according to Brian MacDonald, the Resident Director of San Nicolas Hall.

GAMMA PHI BETA held their annual pancake breakfast. The event was open to the surrounding community and had a wide showing from both the Greek community as well as the wider Isla Vista/Goleta community. They raised more than $3000 for charities such as IVYP and Campfire USA.

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**Sorority**

1. ΠΦΘ: 3.377
2. ΚΑΘ: 3.319
3. ΑΔΠ: 3.148

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**Fraternity**

1. ΣΧ: 3.160
2. ΣΦΕ: 3.110
3. ΠΚΑ: 3.036

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**Greek of the Quarter!**

**Name:** Jessika Martinez

**House:** Lambda Sigma Gamma

If there is anything that wasn’t included that you would like to see in future issues, please email your entry to UCSBGreekTimes@yahoo.com.
A word from Aphrodite...

Let me introduce myself. I am Aphrodite, yes the Greek Goddess of love, beauty and sexual pleasure. I am loved by many gods and mortals. My gala is the aphrodisiac which is celebrated in many ways as one might already know. My followers are those who worship one another physically, emotionally and spiritually. I am here to give you some perspective on common complaints that I hear from you college gods and goddesses....

Stress impacts sexual pleasure...

College is stressful! Know that experiencing stress is part of the college experience. But, did you know that stress decreases sexual desire for both men and women? If you are not feeling like 'get’n your groove on', check-in with your stress level. What is going on in your life/relationship(s) that could be stressful? The more psychological stress you perceive and endure results in a lesser amount of testosterone flowing through your body. Testosterone is needed during sex to power erection. Insufficient amounts of testosterone will not only deteriorate your sex drive, but will lead to premature ejaculation and can eventually lead to impotence. Anxiety can cause premature ejaculation. So relax...sometimes easier said than done, right? Relaxing during sex will enhance pleasure! The inability to relax (ie chronic stress) will influence orgasm, sex drive, and sexual pleasure, among other health risks.

SO WHAT DO YOU DO? Here are some ways to take care of you during the stressful times – however managing stress varies on an individual basis so take what is helpful and leave the rest:

*Breeeeaaatthhhh...I am serious, this sounds easy but many of you Gods and Goddesses forget how to do this. Your new mantra is BREATH!! Breath from the belly. Inhale through the nose – your stomach should rise more than your chest. Exhale out your mouth. BREATHE!! *Positive Self-talk *Challenge irrational beliefs/thoughts *Laugh *Meditate *Exercise *Sleep *Eat well *Manage Time *Have Fun! *Ask yourself, "Is worrying about this matter benefiting me?” If the answer is no...let it go!

Got a question for Aphrodite? Send an email to UCSBGreekTimes@yahoo.com

Meet Your Council

CPC Executive Board
President...........................................Meri Morris
VP Internal..............................................Ashley Noia
VP External...........................................Aindrea Mahaffey
VP Finance..............................................Amber Irwin
VP Administration................................Vanessa Orman
VP Recruitment..................................Caroline Gillen
Recruitment Counselor Coordinator...Dylan Booth
VP Programming.................................Kristen Hayter
VP Scholarship....................................Taryn Schultz
VP Risk Management..........................Marisela Limon

IFC Executive Board
President...............................Brandon Nash
Internal VP.................................Brian Awe
External VP.................................Zack Bursley
Treasurer...............................Alex Novak
Secretary.............................Neil Vanderwoude
Media Chair...........................Donovan Lopez
Rush Chair..............................Kyle Hillstead
Risk Management.......................Kevin Opos
Activities Chair.........................Steve Zad

NPHC Executive Board
President...............Ajay Relan

Order Of Omega Executive Board
President...............Valerie Zekas
Vice President.........Vanessa Orman
Secretary.................Heather McConnell
Treasurer...............Brett Jordan
Philanthropy Chair......Katherine Harrison
Advisor......................Carola Alden

UFSC Executive Board
President...........................................Jessika Martinez
VP Internal Affairs.............Hector Perez
VP External Affairs.............Jackie Vo
Treasurer...............................Jessica Garcia
Secretary..........................Fina Frausto

UFSC Executive Board (Left to Right): Jackie Vo, Fina Frausto, Hector Perez, Jessica Garcia, and Jessika Martinez.
There are several ways to give back to your community and beyond. Here are a few ideas and some tips on how to make these opportunities open to you and/or your house.

Question: Have these famous people ever been Greek? What do you think?

Brad Pitt: Sigma Chi
Condoleezza Rice: Alpha Chi Omega
Jill Biden: Delta Gamma

Answer: They are all Greek!

Get Involved. Volunteer!

There are several ways to give back to your community and beyond. Here are a few ideas and some tips on how to make these opportunities open to you and/or your house.

◊ The SIOP is looking to reach out to high school students and needs the Greek systems help! The Student-Initiated Outreach Program allocates funds to UCSB student organizations who plan on reaching out to underrepresented, low-income, and first generation students. This program seeks to motivate pre-college students by encouraging academic excellence and introducing them to the university environment. Projects may consist of overnight stays, dinners to discuss the campus and its opportunities, a “shadow” program where the students attend class alongside a college student, a campus tour, and/or many other options to show the many opportunities college can open for them.

For further information please contact Richard Jenkins @ jenkins-r@sa.ucsb.edu.

◊ Other Resources ◊
Isla Vista Parks and Rec: www.ivparks.org
Isla Vista Youth Projects: www.ivyp.com

◊ SAVE THE DATE, Sunday March 5th IV Parks and Recreation will be holding a bike race and “skate” themed street fair to raise money to help build a basketball court, soccer field, and huge skate park for the community of Isla Vista. They are looking to the Greek community for help and participation. The event will consist of a bike race made up of teams dressed as their theme and will take place in Isla Vista. In the center of the race will be a street fair consisting of food, skate sponsored booths, and a half pipe with local skaters showing off their skills. What they need from the Greek community are volunteers to help set up and create the awesome atmosphere, as well as groups for the bike race who are willing to put on their game face and kick some butt.

For more info contact Derek Johnson, General Manager of IV parks and Rec, at (805) 968-2017 Ext:27 or email him at derek@ivparks.org

Volunteer Match: www.dogreatstuff.com