Faculty Rally with Student Support

by Megan Wong

CSUMB's faculty and students rallied together on Wednesday November 18, to voice their discontent with the California State Universities 11% salary lag. Faculty members are upset that their salaries have fallen 11% behind comparable universities in other states, leaving them and students to wonder where the Universities' priorities lie.

The rally consisted of faculty members from all departments in a moving display of collaboration between students and their professors. Students such as Bethina Woodridge are worried how this salary conflict will effect their education.

"It is of high importance to students to have top quality faculty...it reduces the quality of education if they (faculty) have a higher workload and higher class sizes and are not getting paid enough," said Woodridge, a Human Communication student.

Faculty and students alike are worried about the faculty's job security. Nearly half the faculty lecturers have no job security even after many years of service. Ilene Feinman, a graduate of U.C. Santa Cruz and part-time HCOM lecturer, is one of the many faculty members advocating for change.

"About 50 percent of faculty are part time and have no job security, including Academic Advisors. How does this affect the students if their Academic Advisor is the one moment and replaced with a new one the next?" Feinman said.

The issue of tenure was also brought to attention at the rally. Many faculty members are concerned with, as Feinman puts it, "tenure-busting." This idea has been put into motion by Chancellor Charles Reed and has a huge impact on faculty and students. Tenured professors (those who have a position which protects them from dismissal except in cases of serious misconduct or incompetence) are a rare breed at CSUMB and are quite hard to find.

Those that are tenured are primarily the only members of faculty that are full-time, leaving students with mostly part-time professors. This abundance of part-time faculty usually results in limited office hours in which the faculty and students can meet outside of class.

Housing Crunch on CSUMB Campus

It has come to many students' attention that the Frederick Park Housing has become somewhat tight this year and worries have risen about students' future accommodations as they finish their studies here at CSUMB.

Since 66.5% of CSUMB's student body lives on campus, any housing crunch that may occur could directly affect a large portion of people here at CSUMB. Many students in the Residential Halls are wondering if they will be living in the dorms for all four years. Other students living in Frederick Park are worried that they will have to share their room and their house with a stranger.

CSUMB can no longer guarantee housing. They can accept a deposit and perhaps students will get a spot, but nothing is written in stone.

According to Cindy Derrico, the Director of Residential Life, the Res. Halls can accommodate a maximum of 480 students with 2 people per room. Derrico also said that Frederick Park is projected to have maximum student occupancy of 793 for the 460 available apartments. Adding those two figures together, the total number of bed spaces available is 1273. 66.5 percent of students already live on campus and CSUMB's expected enrollment for 1999-2000 is 2204. 66.5 percent would mean 1466 is the total number of students that will need to be housed if the percentage is to remain the same. This means that 393 student will not have housing next year.

66.5% of the student body live on campus

The numbers only increase from here. According to Beth Appenzeller, the Dean of Admissions, there will be approximately 500 new FTE (full time equivalent) students per year. This means that CSUMB brings in approximately 700 new students in the fall, 200-300 in the spring, and will graduate around 100-200 a year. FTE students are classified as those that have 15 units. However, 2 students with 7.5 units can be equivalent to 1 FTE student; meaning that there are more bodies on campus than FTE's.

Derrico, when presented with these figures and asked how her department plans on accommodating these 393 students, replied that this situation would be discussed at the consultants meeting. The consultants meeting, which is planned for November 19, 1998, will consist of CSUMB housing representatives and representatives from the consultant firm Brailsford and Dunlavey. Brailsford and Dunlavey is a facility planning and management firm that CSUMB has hired to fix its housing problem. The consultants meeting will address current and future housing problems and hopefully they will begin to develop a solution.

There has been little or no plans made to rectify this shortage of housing, other than talk of opening up new Residential Halls. One idea was to open up a new kind of upper-graduate Residential Hall behind the building 84. This upper graduate Residential Hall would included single student similar to that of a studio apartment. The size of this mock studio would be the same size as one of the Davarti Hall dorm rooms.

This Res. Hall would house 43 student and cost about 1.5 million dollars to renovate. Unfortunately, this bid to renovate this Residential Hall was too high and the money coming in from the 43 students would not compensate for the amount of money it would cost to renovate the building.

As of now, there are no substantial answers other than opening a new Residential Hall on main campus. However, this dorm would only house about 86 students leaving 307 unaccounted for.
by Mary Patyten

Driving down Imjin Road toward campus last fall, CSUMB students watched the Superfund site cleanup crews in action. Protectively garbed from head to toe in white suits, masks covering their noses and mouths, and goggles over their eyes, workers went about the task of rendering the former Army base less of a threat to the nearby residents and the environment.

More than one student passing these ‘moon men in space suits’ wondered ... what am I being exposed to here? Should I wear protective gear too? Exactly what is going on, and why hasn’t CSUMB informed me about what’s happening?

Were Students Informed?

An informal poll conducted over the university’s FirstClass intranet system asked: Do you recall being told up front (by the university) about the Superfund site? Every one of the forty-eight CSUMB students that responded said “no.”

Fifty-eight percent of the respondents voiced varying degrees of anger about not being informed of CSUMB’s Superfund site status before enrolling and coming to live on campus. “Personally, I cannot believe that the state has been allowed to turn a Superfund site into a state college.” said CSUMB senior, Gina Hamilton. “I really do think it’s outrageous. Reality is that the school should not be here.”

Four percent of respondents replied that they knew about the Superfund status before coming to the university, though this information did not come from the university. Thirteen percent not only replied that they hadn’t been told, they also said they honestly didn’t know what a Superfund site is.

What is a Superfund Site?

According to the United States Environmental Protection Agency (EPA), the Superfund Program was established by Congress in 1980 to clean up abandoned or uncontrolled hazardous waste sites. The EPA administers the Superfund Program, and is responsible for locating, investigating, and cleaning up hazardous waste sites throughout the United States.

When a potential site such as the former Fort Ord is brought to the attention of the EPA, it is screened to determine what remedial actions may be necessary. According to former Garrison Commander and current CSUMB Vice President of Administration, Hank Hendrickson, the Army tried twice, unsuccessfully, to get Fort Ord listed as a Superfund site. On the third try, a combination of unexplained ordnance (UXO), contaminated drinking water wells, and other hazardous areas succeeded in qualifying the Fort Ord property as a Superfund site.

Obtaining funding for a cleanup operation was the motivation for pursuing the Superfund listing, Hendrickson said. He also mentioned that the contaminated wells which helped Fort Ord become a Superfund site have since been filled with cement, and are no longer used or accessible.

The EPA placed the former Fort Ord eighth on the National Priorities List (NPL), which ranks Superfund sites by the relative potential to pose a threat to human health or the environment. According to the EPA, only NPL sites qualify for long-term remedial actions to permanently and significantly reduce dangers associated with the release or threat of release of hazardous substances that are serious, but not life threatening.

The EPA’s goal at Superfund sites is to make sure that the site will be safe for the people living around the site now and in the future, and to restore and protect the environment from hazardous waste.

Why weren’t students informed?

Until last semester, the person in charge of disseminating information to students about the university has been Holly White. CSUMB’s News and Public Information Officer. Her impression, when hired in 1995, was that students ‘just knew’ about the Superfund site status. White felt that “the huge amount of national, state and local media coverage about the new campus opening on the former military base” provided plenty of information about the former Fort Ord’s Superfund status. During her first two years, the confirm, there was no uniform method of informing potential students about the Superfund site.

The university did sponsor brown bag lunches with Gail Youngblood of the Army Environmental Office to give students a forum for discussing Superfund issues. According to White, these brown bag lunches were advertised all over campus, but very few people attended.

Because of low attendance figures, White assumed that students were informed, and didn’t feel the need to attend the brown bag information sessions. As attendance at the brown bag lunches fell to zero, university efforts to distribute information about the former Army base’s Superfund rating dwindled to zero, too.

Holly White said she believes this lack of information ushered in student discontent and alarm over the situation, which was inflamed by what she called “outside activists.” White said that CSUMB was slow to counter what she termed “inaccuracies and damaging statements.”

“People were frightened by misinformation, and became anxious about their health, when there was really no reason to be. My only regret about the current situation is that we didn’t keep offering the open forum discussions, that we didn’t keep the information out there, to keep the rumors from forming”, Hendrickson said.

“Place is no Love Canal!” Hendrickson exclaimed. Hendrickson now believes that not telling prospective students about the property’s Superfund status was an oversight.

“The oversight should not have happened, but it did.” he said.

Factors other than oversights may have influenced the rate of information flowing from the university. According to a 1997 report published by the California Higher Education Policy Center titled “Vision in Progress: Decision to Establish a Public University at Monterey Bay,” the CSU Board of Trustees was placed under tremendous political and financial pressure to “place the (Fort Ord) property into use within 12 months after the date of the deed, or 36 months after construction of the building was substantially completed...” Other CSUMB faculty and staff have said that highlighting the Superfund aspect of CSUMB was and is simply not in the university’s best interests.

Hendrickson and White do not believe there is an inherent ethical dilemma in placing a Superfund site and then failing to tell prospective students about it.

“It’s not an ethical problem,” said White. “We are absolutely safe. The campus is clean. There are no safety issues related to the environmental issues on campus.”

## Sparse Superfund Information Invites Student Unrest

### University to Increase Distribution of Superfund Information to CSUMB Community

by Mary Patyten

The University’s Obligation to Students

Helen Waldorf, an Environmental Manager with the Massachusetts Department of Environmental Protection, is very familiar with the Superfund program. When asked whether CSUMB or the Army had any obligation to inform CSUMB students about the Superfund site status of the campus, she said, “It depends. While there are no explicit notification procedures, the EPA and the Army must prevent the site from posing an imminent and substantial endangerment in the short term, and the remedy for the site in the long term must be protective of public health and the environment. There are some specific risk standards for what this means.

“They are also required to hold public hearings and meetings about any remedial measures proposed for the site. (Students) could also ask the EPA to see the administrative record on the site, as they are required to keep one,” Waldorf said.

Having admitted that the lack of information was unfortunate, both White and Hendrickson said that the university plans to openly provide Superfund cleanup information in the future. The Superfund Forum held last month is one example of how up-to-date information will be made available.

“I think a (informational) flyer should be developed,” said Hendrickson. “Most people don’t know what they can develop something with Diane Ehlers (CSUMB’s Director of Environmental Health & Safety). Then, as students come to campus, they will be informed.”

In fact, an information sheet explaining the Superfund site cleanup, written by university staff, was distributed at the last student orientation in August. The information sheet, entitled “The Establishment of CSU Monterey Bay and the Redevelopment of Fort Ord,” explains how CSUMB, the university’s neighbors, and relevant government agencies are “taking responsibility for the conversion of Fort Ord.”

Landfill remediation, water and air quality, and the transfer of CSUMB property from the U.S. Army are topics covered in the information sheet. This and other information is available through CSUMB’s Office of Environmental Health and Safety (582-3730) and the News and Public Information Office (582-3653).

C S U M B C o m m u n i t y N e e d s to Be Informed

According to White, regular Superfund forums are planned and will be facilitated by CSUMB’s Student Affairs office or Student Voice.

“Students have the right to be, and should...”
Student Voice Doubles Stipends

by Troy Martin

Last week, Student Voice convened in building 18 to vote, after a week of polarized e-mail discussion, on their stipend increase. However, even with some e-mail discussion, students at large were either unaware or simply not responding to the recent motion.

With the convening of that day council, three students in all showed up to lend their support to the proposal or to voice their objections against it.

This increase means that the Board of Directors (BOD) members active on Student Voice will have their stipends doubled. For The President, the current 500 dollars a semester will become 1000 dollars a semester, for the senators, it increased from 400 dollars to 800 dollars. Deductions will be imposed on those members who do not attend Student Voice council meetings. This means that a senator who puts in 20 hours a week will now be making one dollar and eighteen cents per hour.

Danny Belitski, Student Voice Financial Director, showed in his 98-99 budget report that even with only an estimated 20 percent raise in Student Voice personal expense budget (which includes Board of Director (BOD) stipends), the Budget for Total Student Activities increased 106 percent over last year.

The raise is important to the Student Voice Representatives.

As Richard Ingram, Student Voice Technology Senator, explained, 'I work every day and I’m overwhelmed with all that’s involved. I’m rarely on this campus, sometimes out of state, with other universities working for this University. The only thing I have in my office is from 8 to 10 or the morning from 3 to 8, and I have a wife and three kids!'

Such sentiments are echoed by other members. 'All members must take twelve units, we do everything other students do and on top of that work forty hours a week on Student Voice,' President Sarah Lerma stressed.

In fact, paying the Student Voice President 1000 dollars a semester is cheap when compared with other CSU’s. At Fullerston, the president makes 12,000 dollars a year and at Los Angeles 7,360 dollars a year. At San Francisco state, the president makes 1000 dollars a month. It was even hinted that complimentary cell phones are given to some BOD members at other Universities.

But there were objections at the meeting, as Kendra Herrington, Student Voice Environmental and Campus Planning Senator countered, 'These campuses have larger bodies. It’s not fair to compare us with other universities. We’re smaller and we don’t have a Student Union.'

However, for the most part, the controversy doesn’t lie in that fact that their stipends are increased, but by the means in which it was taken place. Junior C7 revealed his objection to the BOD when he stated 'Where’s the money coming from? It comes from student fees. I think it should be a student vote.'

However, even as the body has been educated by its Student Voice senators of their accomplishments, the student body would better be able to make decisions on what kind of pay their representatives should receive,' Griffin suggested.

Sarah Griffin, who encouraged the rise in Student Voice Representative stipends, admonished the senators for not making their activities more noticeable.

"Maybe after the student body has been educated by its Student Voice senators of their accomplishments, the student body would better be able to make decisions on what kind of pay their representatives should receive," Griffin suggested.

Other students had diverse opinions. Jodiah Nelson encouraged the Student Voice Representatives to vote no on the stipend increase, and instead amend the proposal to allow student representatives an hourly wage, the same as any other campus job.

The issue is large, and most senators agree that informing students is a difficulty. The council meetings are always open, but only for those available and active.

The vote was cast for Item IX (stipend increase); five yes, one no, and two abstains, "Motion Passes."

Who Helps When? Clarifying the Housing Mystery

by Troy Martin

If you ask most students when a problem arises with their room, their roommate, or even their room door which one of the University’s services to dial for assistance, most of the time they stumped. Where do you start when you have a housing problem?

Nearly three years ago CSU, Monterey Bay gained the help of Fort Ord Asset Management - Residential Services (FOAM -RS) to take over control of Schoonoover Housing. Almost a year ago, the residential housing in Frederick Park I and II were also turned over to FOAM-RS.

With a rapid drop of employment in Residential Life Services and the mounting difficulty of offering student housing with some students owning up to 7 thousand dollars in late rent's, CSUMB asked FOAM -RS to extend its responsibilities, while Residential Life Services continued to maintain the Residence Halls.

However, even now as Hyin Chu Yi of Residential Life, Mike Hearnly of FOAM -RS and for that matter most students in Housing will tell you, there is still a shadow of overlap. "The exact distinctions between the two aren’t always clear," Hyin Chu explained.

For an example of a recently reconciled overlap, Hyin Chu explained a time when both FOAM -RS and Residential Life sent notifications to students of illegally housed pets. Students were becoming confused on who to contact first, and both services were unaware of the others involvement. It has now been established, however, that Residential Life will deal with Pet Violations.

Moreover, Residential Life will deal with students up to the point of eviction.

Nevertheless, while both FOAM -RS and Residential Life Services deal interactively with the lease, there is a sought division of labor.

As Randy Hanlin, the Apartment Living Coordinator for Frederick's Park I said, "Residential Life takes care of the people issues while FOAM takes care of the property issues."

Randy Hanlin, Apartment Living Coordinator for Frederick’s Park I

"Residential Life takes care of the people issues while FOAM takes care of the property issues."

For returning students, what does that mean?

For Roommate Problems, neighbor problems, or any other conduct problem first dial your Residential Assistants.(RA)

• For Maintenance Orders, problems with Trash Collection, Re-Keying, or Rent, contact FOAM.

• For Lock outs call the Community Service Officer (CSO) program office from 8 a.m. to 5 p.m. Monday through Friday and the RA any other time.

• For overpowering noise disturbances, contact Residential Life services and if their unavailable then contact University Police Department (UPD).

• If ever in doubt call your RA, they can direct you best.

Furthermore Hanlin wants to encourage everyone that "There's always a staff member on duty every night." For returning students, they might notice a small difference this semester with the operation of the primary pager for the Frederick Parks.

Employment Housing Program Needs Student for Board

The California State University Monterey Bay Employee Housing Program (CEHI) Board of Directors is in need of a student member. CEHI would like a student who could sit on the Board for a minimum of a one-year appointment. The Board meets on a monthly basis. Meetings are scheduled the second Wednesday of the month from 3:00 – 5:00 in bldg 84C. If a student is interested please ask them to send a resume and a brief letter of interest addressing how the individual will fulfill the role of student liaison, how this position will fit into the student’s learning path and how this position will benefit the student’s personal development. Below is a brief description of the CEHI program.

Thanks for your help. If you have any questions please call Kevin Saunders at x-3597.
Get Out of the Relationship
Dealing with Domestic Violence

by Tina Wilkinson and Deborah Gadson

Tina Wilkinson from the Monterey County YWCA Domestic Violence Information Line came to the campus of CSU, Monterey Bay on November 4, to speak to the community about domestic violence. The program was sponsored by Residential Life.

Many times, unless the sound of screams are heard or the light from police cars are seen outside the home, people are incognito of domestic violence within their own communities. According to the University Police Department, last semester there were four reports of spousal battery and seven reports of domestic disputes in the CSUMB community. Although this number isn’t very high it indicates that there is a problem with domestic violence among students, staff and faculty.

Wilkinson stated, "If someone is living in this kind of atmosphere, then let them know that there are people who care for them and then refer them to our hotline number: 372-6300." Domestic violence involves the systematic use of force, threats and intimidation by one partner upon the other in order to dominate and have control over them. Contrary to what many have heard, batters are not just the uneducated or poor. Domestic violence crosses all cultures, races, and socioeconomic levels. Abusers and their victims can be gay, straight, young, or old.

Allison Nevel, a crisis counselor for the California Alliance Against Domestic Violence (CAADV) stated, "An abuse can be verbal insults meant to bring down the partner’s self esteem, threats meant to scare the partner into obedience, or even mind games intended to make the victim feel not sure and weak."

Other forms of abuse can be physical, financial, and sexual. Most domestic violence victims are women, but men and children are definitely part of the numbers.

When dealing with domestic violence, Wilkinson stated, "The most important thing to remember is, if anyone tells you they are being abused, believe them and then tell them where to go to get help. How do many fall into the cycle of abuse? Often batterers have low self-esteem and gain a sense of power by humiliating and controlling their partner. Batterers who use physical abuse push, slap, pinch, grab or use other demonstrations of physical strength to show that they have the power in the relationship and to keep the partner from exercising control over their own life. Abusers often show extreme possessiveness of their partner, wanting their partner to account for time spent away from home on the phone. Sexual abuse further serves to weaken the spirit of the victim and to show that the abuser has total authority. Many couples who stay together for the sake of the children may actually be teaching their children that relationships are about power and that violence is normal behavior.

Once a person decides to get away from their abuser, the next thing needed is resources of where help can be found. These resources can come in the form of counseling, group sessions, or even temporary shelters.

Women's Shelters/Domestic Violence Programs

Ombudsman - Elderly Abuse
Services
1281 Broadway
Seaside, CA 93955
(831) 899-4066

Shelter Plus
P.O. Box 3584
Salinas, CA 93912
(831) 422-2201

Sun Rise House
116 Alisal Street
Salinas, CA 93901
(831) 758-3302

Victim/Witness Assistance Center
Monterey County District Attorney's Office
P.O. Box 1305
Salinas, CA 93902
(831) 647-7772

Women's Crisis Center
P.O. Box 1805
Salinas, CA 93901
(831) 757-1001

YWCA of the Monterey Peninsula
150 Marvista Avenue
Monterey, CA 93940
(831) 649-0834

Dealing with Domestic Violence

On the night of November 2, 1998, someone dumped hundreds of crickets in dormitory 205. The little livestock skittered through the dorm.

Dorm 205 resident Greg Lukas noticed some crows quickly avoided humans and more concerned about avoiding humans than anything else.

Having hundreds of bugs crawling about caused some people to evacuate the dorm.

Ammerman reported that, "It took about 4-5 days to get rid of them all. Finally the late night chirping from under the furniture has ceased. There was still had crickets chirping two weeks later.

Jokes about the situation abounded, but not everybody found it amusing.

"I can tell you that it was NOT FUNNY and whoever did it has some sort of severe mental disorder to think that doing something like that would be taken as a joke and that people would appreciate it for its 'comedic value,' as if disturbing peoples homes and lives is funny...I think not!" Ammerman added.

Among other reported incidents, officers had to deal with a prankster getting caught and being made an example of doing something that people would find amusing.

Lukas noticed some crows quickly figured out that when he came out there would be food available. Many crickets lost their soles to the bottom of shoes.

Ammerman said, "It took about 4-5 days to get rid of them all. Finally the late night chirping from under the furniture has ceased. There was still had crickets chirping two weeks later.

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"I can tell you that it was NOT FUNNY and whoever did it has some sort of severe mental disorder to think that doing something like that would be taken as a joke and that people would appreciate it for its "comedic value," as if disturbing peoples homes and lives is funny...I think not!" Ammerman added, "I honestly do not suspect that the police truly care about our cricket situation. There were several officers in our building the first night and all they could do was laugh and crack jokes."

We think if it was serious, would the perpetrators face caught? CSUMB Police Lieutenant Joe Malby said this incident would probably be considered "malicious mischief." He added that this would probably be handled as an administrative versus criminal matter.

"It isn't that we don't believe the people who are responsible for the crime, but this incident does not fit the usual criteria for what we would consider a crime," Malby added.

"This is certainly not acceptable behavior and I would like to meet with the individual responsible if or when a suspect is produced," Montgomery said.

Officer Pfeger expressed the hope that this doesn't result in copycat incidents.

"Incidents like this are a drain on campus resources and will result in some merry prankster getting caught and being made an example of through student discipline.

"Given my limited knowledge of this case, I can not state specifically what the outcome will be, however, I believe as an educational institution, most matters should be handled administratively barring obvious violent or dangerous crimes."

According to Montgomery, "typically, an investigation even disciplinary actions against both the Resident Assistant (RA) who supervised the dorm where the incident occurs, however, there is obviously some overlap in terms of jurisdiction. The office of Student Conduct is governed in the Code of Regulations under Title V of the Education Code. Formally there are three disciplinary actions that can occur as a result of a student being charged with one of the code violations; probation, suspension and expulsion. These are all considered to be civil or administrative sanctions not criminal charges."

Montgomery agreed with Lt. Malby that this incident appears to be one of malicious mischief.

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CSUMB Opinions

EDITORIAL:

As enrollment at CSUMB continues to increase, concern about student housing, or the lack thereof, is becoming one of the major issues confronting the fledgling university.

For the first time since opening its doors to students in 1995, housing in the Frederick Park apartments cannot be guaranteed to new transfer students. This raises many questions for students currently living in the Residence Halls and looking forward to being able to move into an apartment for their junior and senior years. Will they be able to? Does the housing crunch mean they will be stuck in the dorms until graduation? For many of the "dorm dwellers", this is their worst nightmare and it is staring them in the face.

How is the department of Residential Living handling this crisis? There has been a lot of talk about renovating a new Residence Hall, building 206, to alleviate some of the pressure brought on by the huge influx of new freshmen, but that won’t do much to address the issues for older students who need housing. Discussions about opening a new kind of Residence Hall for upper-division students, in one of the structures behind building 44, are interesting but probably won’t go anywhere. At about 1.5 million dollars apiece, the cost to renovate those buildings is too high to be truly feasible right now, and would ultimately result in housing for only 43 more students. This is a classic case of "too little" and, in the time it would take to finish the project, it would also be "too late".

So where does this leave the future of CSUMB housing? At this point in time, it seems pretty apparent that, even taking into account the potential for moving CSUMB students into the Schoonover housing areas, the need for housing is, and will continue to be, greater than the ability of the university to provide. Clearly, it is necessary to start looking into other strategies for assisting students with their housing needs.

Perhaps the university should develop a new department to provide help for students seeking affordable off-campus housing. Maybe CSUMB should even consider entering into a partnership with some local property managers to provide students with a convenient alternative to living on-campus. Students deserve more in the way of options than what they are given by the university now, which is a piece of the classified section. All that says is "Good luck! You’re going to need the last one..."

Write a letter to the Editor!

Have an issue, concern or comment about an article in the Otter Realm?

Have a concern about something on campus or in the community?

Express it in the Otter Realm

Send your letter to the Otter Realm Editors on FirstClass

Please limit letters to 500 words or less

When submitting letter, please include first and last name and a phone number where we can reach you.

DEAR THEA

If you have any questions, personal or of the school, you may send them in confidence to: dear_thea@monterey.edu or through first class by typing "dear thea.

Dear Thea:

My parents are a little bizarre. For my 21st birthday, they gave me a safe deposit box. What exactly do I put in a safe deposit box? Signed: I got a Key

Dear I got a Key:

You could put anything that is valuable, or would be trouble in someone else's hands, or that you can not get copies of without a big hassle.

Some ideas might be valuable jewelry, valuable collectibles such as coins or stamps, personal documents like birth certificates, passports, official transcripts, insurance information, etc. and I suggest putting your credit cards in there and not taking them out unless you really need them.

Dear Thea:

It seems I'm always getting stopped up, you know, constipated. What's up with my stomach? Can you refer me to a good laxative, mine don't seem to be working anymore. Signed: Plugged Puppy

Dear Plugged Puppy:

I am not a medical expert so I think the best thing you should do is speak with your own doctor or you can go to the health center on campus. I spoke with Dr. Robert Farrell, a Gastroenterologist in San Jose, CA and he tells me that many patients suffer from what is called a lazy colon. This occurs when the body becomes dependent on the extra push the laxative gives when they are used too often. He says that adding fiber to your diet will be most effective for your constipation. Dr. Farrell also noted that the use of alcohol, coffee, tea, tobacco and even the lack of adequate sleep can also contribute to bowel irritation.

Notes From the Editor

It's that time of year again—Registration!

As CSUMB students struggle to fit their classes into just the right schedule and then go to register to find the class is full, it can be frustrating and irritating. However, there is another option! In HCOM 386, taught by Raul Reis, there is a light at the end of the tunnel and four units to boot! The Class is News Writing and students will learn journalism skills while participating in the Otter Realm. The class was able to see where their professional careers might lead if they chose to continue in journalism outside of college. Journalism is an exciting part of the CSUMB campus and each semester the Otter Realm invites dedicated, responsible and active students on campus to help get the news out. This last semester held the largest staff yet for the Otter Realm and we were rewarded with more content and a wide range of issues covered. The Otter Realm is the single most important vehicle for news and information on this campus. It is equally important off campus in the surrounding communities.

I encourage anyone interested in joining us to sign up for HCOM 386, and if it does not fit into your schedule, we have a club, too!

Otter Realm Editor
MIRA Student Observatory Hosts First Public Star Party

by James Thomas Green

The Monterey Institute for Research into Astronomy (MIRA) hosted its first public star party at the new Weaver Student Observatory on Sunday evening, November 22 from 5:30 p.m. to 8:30 p.m. The observatory is located at 200 Eighth Street near the intersection of Eighth Street and Second Avenue.

A star party is an event where amateur astronomers go out at night and look at the stars, planets and various faint fuzzy objects in the night sky. Often there will be many telescopes set up with their owners eager to show off and talk about the sky jewels they’ve found. Eventually MIRA wants to have public star parties at the observatory twice a month when weather permits.

The Weaver Student Observatory is the only observatory dedicated to student and public access and hands-on learning. Nearly everything about the observatory is used or donated from the dome to the telescope. The observatory currently holds a 14" diameter Celestron reflector telescope with plans to upgrade to a 20" Meade reflector telescope. The telescope can use either a video camera or an eye-piece. The software controlling the telescope was written by Wayne Rosing, one of the co-authors of the programming language JAVA. The control program itself is written in Visual Basic. There is even handicapped access to the telescope via monitors. Fort Ord might not be as good to be the best place to put an observatory because of all the foggy nights. However, Arthur Babcock, the president of the MIRA amateur astronomy club says, "fall is often the best time of the year to observe at Fort Ord when it’s not raining. When it’s clear, it can be spectacular." An eventual goal is to allow the telescope to be remotely controlled via the Internet. The observatory will automatically take pictures and send them back via the Internet. However at first observing requests will be taken via the Internet and a human will make the observation and send the picture back via the Internet.

Laura Cohan, MIRA Administrator said, "the telescope is meant to be a resource for the whole county." In addition to its educational roll, the Observatory will also serve as a research resource for amateur astronomers. There are opportunities for CSUMB students to get involved with MIRA. "There’s plenty of room to be a docent," Cohen said. "We’ve had CSUMB students in the past who have done their service learning requirements with MIRA." The MIRA web site is www.mira.org.

Reducing Stress Leads to Healthier Living

CSUMB Students Spell Stress S-C-H-O-O-L

by Kirsten Maranda

Stress is known to most people as just a fact of life, but for many college students, it is a way of life. Juggling courses, crazy deadlines and the extensive research papers are going to fall over the edge at any time.

Unfortunately, with the extra pressure of irritability, frustration or anger all caused by excessive stress. Even the littlest usage is having on them until after they are done with school. Many students may be suffering from frequent headaches, lack of sleep, back pain, irritability, frustration, or anger all caused from excessive stress. Even the littlest strain on one’s self can potentially lead to lasting, damaging physical and mental problems. There are many solutions or alternatives to combat the anxieties of everyday life.

Computers are one large factor that contributes to unnecessary physical or mental strains. People who work in front of them for several hours a day, such as college students, may not notice the effects that this usage is having on them until after they are away from the computer, unfortunately when it is too late.

It is estimated that 60 million Americans suffer from eyestrain to regular headaches due to extensive computer use. There are some solutions.

A simple, effective way to prevent stress from building up while you are using a computer or concentrating on one project for a lengthy amount of time is to just step away from it. Even if it is only for a few moments, save your work and walk away. If you are sitting indoors for a while, step outside for a short break. Also, get into the habit of frequently looking away from the computer screen.

Stress is defined in the Leisure and Wellness Guidebook as "a state of tension created when you respond to the demands from self imposed demands, obligations, and self-criticism". Probably the number one problem that so many college students face is time management. Time is a precious resource and is always running out. There are some easy ways to daily manage stress levels and be easier on yourself. Some of these are:

- Exercise 3-4 times per week for 30 minutes
- Expect progress not perfection
- Avoid procrastination
- Contact a good friend
- Take time to be alone everyday
- Learn to say NO
- Permit yourself to feel bad-you’re not always going to feel great

Some other great ways to relax yourself and clear your mind are a hot bath. Try mixing baking soda and sea salt into a tub of warm water. This is known to draw toxins out of your body, feeling and stretching each part as hard as you can. Do this all the way up your body, and repeat throughout the next day.

Try relaxing your entire body by closing your eyes and taking deep breaths. Feel from the tips of your toes and stretch as hard as you can. Do this all the way up your body, feeling and stretching each part as you go. This is a quick meditation exercise ready to fall apart, and you don’t think you can handle one more task, just remember to combat the areas in life that provide the most stress, will help to prevent serious health problems in the future.

When the whole world seems like it’s ready to fall apart and you don’t think you can handle one more task, just remember that tomorrow is another day. Starting now, to combat the areas in life that provide the most stress, will help prevent serious health problems in the future.

It doesn’t require an extensive massage or a weekend trip to rid your mind of it’s worries. All that’s needed is a quiet moment. Remember being happy means being healthy.
Thanksgiving In Otterland

Students Plan For the Return Of Thanksgiving

by Marisa Mercado

Like a blanket of fog that seemed miles away only fifteen minutes ago, the holiday season has again descended with a sniper's grace upon CSUMB. Everywhere there are signs of opening hearts and the stir of winter festivity, from donation bins to tamale away only fifteen minutes ago, the holiday grace upon CSUMB. Every where there are traditional kickoff events, Thanksgiving dinners.

Like many others, freshman Angela Bahr will enjoy a traditional holiday. "If I get home on the day I plan to, I will go to the Thanksgiving Eve service at my church..." Bahr said. "I spend Thursday with my family and close relatives, enjoying a nice turkey dinner and spending time with my cousins while the adults socialize."

Other students have created new traditions, like Telepromptic Arts & Technology junior Monique Gaige, who will remain on the fort. "Since we moved here we've been cooking the bird. Usually, we'd have dinner with Dad's family or my family. Now we've got everyone in all our friends...and have a feast. We started doing this because last year we didn't have a car to go anywhere, so we decided to cook. Next thing we know all our distance friends were asking if they could get in on the action. We ended up with fifteen adults! It was one of the best Thanksgiving celebrations I can remember."

For Frederick Park residents who still haven't made plans, Residential Life will be offering a free Thanksgiving dinner at the Saratoga Annex, according to senior and Residential Advisor Amy Lauder. "It is part of our duties as Resident Advisors for the apartments," Lauder explained. "It will be a semi-traditional Thanksgiving dinner with the four of us involved drawing on our own cultural backgrounds to make the dinner unique. We will be asking people to RSVP just so we can get an idea of how much we need to plan for, but not RSVPing does not exclude anyone from attending.

Dinner will be served from 2 p.m. until 4 p.m. at 2802 Saratoga Court.

Students who are ready to join in the giving spirit of the season have many reasons for volunteering, according to Students Hungry 4 C.H.A.N.G.E. Graduate student Kathryn Angarano feels that, "Every individual has a personal and unique gift to give and we want to encourage everyone in serving others. Everyone is needed and you only have time to lose!" She asks that, "If you choose to give this gift-do not let hesitation stall you & put your fire to share your unique gift with other caring & deserving individuals!"

Human Communications senior Kristian Crump advises, "If students wanted to get involved there is plenty of action to get, such as Dorothy's Kitchen in Salinas, Boys and Girls Club in Seaside." He urges students to contact Michelle Slade, of the Service Learning Institute, who has, "a million and one ideas." Volunteers interested in serving at the popular Dorothy's Kitchen Hospitality Center (on Thanksgiving day or the next day) can ask for Katy, Stacey, or Raben at (831)424-1102.

Some others began celebrations early, with events on Sunday the fifteenth. All Campus Ministries hosted a Thanksgiving dinner, collecting donations for the needy.

Organizer Shannon Halliwell, a Liberal Studies senior said, "We had representatives from different religious backgrounds and attendees from different prayer service and discussion, then went on to a beautifully prepared dinner. There was about 20 people present and everyone really enjoyed themselves. Of course there were left-overs and they went to Dorothy's Kitchen in Salinas. It was a great event because the different religions all came together."

"Some students decided on a healthy prelude to holiday overindulgence. They were among the 118 runners that completed CSUMB's Second Annual Turkey Trot, a 4.8 miles cross-country race that started and finished at the campus Main Quad. Senior Sunshine Marden was one of the winning participants, taking home a turkey prize."

This four day weekend is also an opportunity for students to take a much-needed break from routine.

Sophomore Kathy Phillips will be having a novel experience this year. "I'm going to eat a real turkey. None of this junk from the market, nothing processed. Normally I don't eat meat all that much, but this turkey was raised especially for Thanksgiving. Afterward I'm going to take a relaxing vacation wherever I want with my dog and my bus to release the stress of Thanksgiving dinner with family (which I can already predict)."

Of course, not everyone is swayed by the holiday spirit. Senior Sean De Haven notes (with undertones of Scrooge), "Everybody gets turkey and gets sleepy and that's it. And watches football. It's the only day of the year where people eat cranberry sauce."

With an impish smile he relates his own plans. "I'll be volunteering my time at work for money."

The beaches are here, right in front of us. Whether it's taking in a foggy morning with the surfers at Marina Beach on Reservation Road or exploring the tide pools at Asilomar Beach in Pacific Grove, it's wonderful, it's free, and it's yours to enjoy and appreciate.
Dive into the captivating story of Kate's adventure in Alaska, as she explores the fascinating world of sea otters. This exclusive feature offers an intimate glimpse into her research and observations, weaving together the rich tapestry of marine life and the natural beauty of the region. From the author's personal experiences to the scientific insights, this narrative is a testament to the wonders of marine ecosystems and the dedication of those who strive to understand and preserve them. Whether you're a marine biologist, a nature enthusiast, or simply someone curious about the natural world, this feature will transport you to the heart of Alaska's marine life, where the majestic sea otters reign supreme.
OTTERS WRAP UP SEASON
by, Brian Rutherford
The Otters gave third place Dominican College a run for their money on October 28th. It was, by all definitions of sport, an epic battle. Dominican scored first, but Alex Zamora evened the score with a goal midway through the first half. However constant offensive pressure yielded two more goals for Dominican. Zamora then once again brought the team back into the game once and for all that afternoon with their heads high. Coaches Hector Uribe and Felipe Estrepo, as well as all the returning players, anxiously await next fall to improve on this year's league winners. The season ended on Halloween day with a 3-0 loss to first place Hayward State. The Otters left the field once and for all that afternoon with their heads high. Coaches Hector Uribe and Felipe Estrepo, as well as all the returning players, anxiously await next fall to improve on this year's forth place finish. Graduating seniors Andy Slater and Paul Gamble will be missed.

One day, all children in this nation will have the opportunity to attain an excellent education.

Lead us there... Now.

First Deadline is January 11, 1999.

Don't miss your chance to become part of the national corps of outstanding and diverse recent college graduates of all academic majors who commit two years to teach in under-resourced rural and urban public schools. Our first deadline is approaching. For more information or an application, call us at the number listed below, visit our website, or stop by your career service office.

TEACH FOR AMERICA
1-800-832-1230 www.teachforamerica.org

"I love this game."
Hector Uribe
Otter Soccer Coach

"We get better every year and we're finally becoming competitive," said Morfin.

Even though it's not baseball season yet, don't expect to see the CSUMB Baseball team lounging around in right field...probably because they don't have a field to lounge on yet. As well as practicing for the upcoming season, the team has been working with community partners to build a regulation baseball field.

The sod was laid down for the infield this month, and the field should be ready for play in the spring. After playing against Gavilan and Monterey Peninsula College, the team should be ready too. New players Paul Harke, Chris Schenk, Jesse Obas, Jeff Jornadal, Jon Martinez, Ben Rutherford, Luis Sandoval, Richard Santillan, and Calvin Addison will add some much needed depth to the returning veterans Wright Cole, Patrick Kelly, Chris Hall, Jack Marciel and pioneer players Chris Wong, Tim O'Hagan, Mike Hall, David Bourke, Bob Benaderet and Art Morfin.

"Our paperwork is in order, now we just need to wait," said Morfin.

Volunteer coaches Rich Aldrete and Vince Herring from the Aldrete Baseball Academy have had tremendous impact on the team.

"The Academy has been there for us since day one. They've guided our team along and helped us focus," said Morfin.

With new players and a new field, Otter baseball has a lot to look forward to during next semester.
Buy a Ticket for the OTTER REALM opportunity
drawing today!
You can purchase them from any Otter Realm staff member.
You could win a Trip to
Lake Tahoe!

Outdoor Recreation
242-5506/6133
Bldg. 228, Lewis Hall, Presidio of Monterey

Rugby Season Begins
CSUMB Fields
by, Brian Rutherford and Jennifer Powell

The game is different, the rules are strange, who knew what a try was? Introducing Otter Rugby. Bodies fly, teeth get knocked out, people bleed, this sport is downright dangerous, but awesome to watch.

The Otters took the field for the first time in a scrimmage against Stanford's B-team last Saturday. For those that were there it was an experience to say the least. The vicious hits sent tangles down any spectator's spine.

The Otters men took a 10-0 lead in the first quarter on Reid Harrell's penalty kick and a try (like a touchdown in Football only the ball must be controlled touch to the ground) by Song Chin. That score stood until the middle of the third quarter when Stanford answered with a try of their own to pull within 5 points.

However, the Otters were far too strong for Stanford down the stretch. The game was put away in the forth with two tries by the Otters. The second on a nice run by freshman Andy Pugno right down the middle of the field. Reid Harrell added the kick to put the Otters up 22-5.

After the game, Harrell, who scored 7 points, said his team was "a bit unorganized" and that "it's gonna take some time to get to where we want to be."

Head Coach Rick Humm said, "It's always good to score more points than the other team, but we have a lot to work on before we start league. I want to get us to the Level I know we are capable of playing at. We can contend this year, but it will be a battle every time." The Otters don't begin league play until mid January, so time is on their side.

The women's team had their first match as well, against Stanford. Although they were very close to making a try, the score didn't end up in their favor, yet the experience was gladly welcomed.

With the exception of Kerri Conger, Kalah Larison, Nicole Mendoza, Jennifer Powell and Joy Wittath who are last year's returning and pioneer players, many of the women on the team have very little, if any rugby experience. The new women's Otter rugby players include Helena Mungo and freshmen Devon Brown, Jaime Burns, Carolyn Drouin and Jennifer Golomb.

Other Classes: Mountaineering, Backpacking, Sailboarding, Kayaking, Hang Gliding, Sky Diving and Orientering

Discount Tickets
California Ski Resorts
Local Movie Theaters
Monterey Bay Aquarium
Disneyland
Great America & Much More!

Speciality Programs
Charter Bus Service
Hotel Bookings, RV Storage, Unit or Group Tours

POM Ski Club
Meets on the 2nd Tuesday of each month.

ODR Satellite Office
Stilwell Community Center
Bldg. 4260, POM Annex, 242-6155

Trips & Tours
NFL - Oakland Raiders vs. Miami Dolphins, Dec. 6, $75
San Francisco - Christmas Shopping Bizarre, Dec. 12, $20
San Jose - "Nutcracker", Cleveland Ballet, Dec. 19, TBA
San Francisco - Get Acquainted Tour, Jan. 9, $20
LA - Express Tour, Getty Museum/Universal/Disney, Jan. 16-17, $189
Año Nuevo - California National Park, Elephant Seal Tour, Jan. 23, $20
Solvang - Danish Village, Sight-seeing/Shopping, Jan. 30, $30

South Lake Tahoe Lodging
Discount hotel/motel lodging, two bedroom suites condo and cabin rentals are available through Outdoor Recreation. Ask about holiday special rates.

Rental Equipment
Water Sports, Boats (Ocean & Lake), Camping, Vans, Skiing (Alpine, Cross Country, and Snowboards), Fishing, SCUBA, Rollerblades, Bikes, Camping Trailers, and Buses Power boats and Kayaks available on the water at the Coast Guard Pier.

Holiday Ski Trips
Dec. 21-23
Adult $179/Teen $164/Child $155
Dec. 24-27
Adult $239/Teen $219/Child $199
Dec. 28 - Jan. 1
Adult $179/Teen $164/Child $155
Dec. 29 - Jan. 1
Adult $265/Teen $246/Child $235
Dec. 30 - Jan. 1
Adult $199/Teen $179/Child $169
Jan. 15-18 & Feb. 12-15
Adult $239/Teen $219/Child $199

Holiday Weekends
Adult $179/Teen $165
Child $155
Dec. 25-27
Jan. 1-3
Jan. 15-17
Feb. 12-14

Squaw Valley
Mar. 5-7
Adult $185/Teen $175/Child $165
All trips include round trip transportation, hotel lodging (double occupancy), lift tickets and ski rental package. Snowboards, skischool and family packages are also available.

Exclusive Heavenly Valley Lodging & Lift Packages
Prices based on double or quad occupancy.

Classes
SCUBA - O.W.I Certification
Classes meet on 1st Saturday and Sunday of every month for 3 weeks. Class fee is $230. There may be an additional charge for pool fees. Mid week, advanced, specialty and condensed courses during holiday weekends are also offered.

Kelp Klimbers Dive Club: Meets on the last Thursday of every month
Surfing
Classes meet on the 2nd Sunday of every month. Class fee is $40.
Power Boat Orientation
Classes meet on the second and fourth Wednesday of every month at 6:30 p.m.
You must attend this class prior to renting ODR boats. Class fee is $20.

Trips & Tours
Holiday Ski Trips
Holiday Weekends
Squaw Valley
Discount Tickets
Classes
CSUMB

We Want Your Help
By TAPS

Transportation & Parking Services (TAPS) desires to improve the Campus Shuttle Service. Our goal is to better serve the students, faculty and staff. To accomplish this goal, TAPS needs you to tell us what shuttle services you USE, or would USE, if they were offered. WHAT CAN WE DO TO GET YOU TO RIDE THE SHUTTLE REGULARLY?

If sufficient response is received to this request, we will prepare a more formal survey to gather specific information. Please forward any comments and/or suggestions to Debra Barbe. Transportation Services Assistant, at 582-3548 or send her an e-mail at: debra_barbe@monterey.edu

Superfund:

cont. from page 2

be, informed," White said. "People should get informed and stay as informed as possible. Dispel rumor, think logically, and ask those who know, until your questions have been satisfactorily answered."

Hendrickson said it would be a good thing for the CSUMB community to know as much as possible about the Superfund site cleanup, and would like to see more open discussions, and more environmental data made available to the public.

"It is a shame that there is not one student representative on the Fort Ord Restoration Advisory Board (RAB)" said Curt Gandy of Fort Ord Toxics Project (FOTP), a watchdog group which recently won a legal victory over the Army regarding its UXO cleanup procedures and allow public review of the cleanup plans. The Army capitulated with FOTP's demands, and the lawsuit was dismissed.

Gandy said that a student RAB representative would have easy access to a wide array of data on Superfund cleanup activities, and would be able to get answers to any questions that students might have. (Information about becoming a Student RAB representative is available from Gail Youngblood, 242-8017).

Holly White regularly places RAB meeting times and information on the FirstClass system, in the Environmental Cleanup Information folder on General News. Future Superfund Forums will also be advertised over the FirstClass system, and would have easy access to a wide array of data on Superfund cleanup activities, and would be able to get answers to any questions that students might have. (Information about becoming a Student RAB representative is available from Gail Youngblood, 242-8017).

WHALE WATCHING TRIPS!

December-January-February-March

Daily Two Hour Cruises - Fully Narrated

Adults $12.00  Children $8.00

Enjoy the Magnificent California Gray Whale on the Monterey Bay

Weekend Departures
9:30 - 10:30 - 11:30
12:30 - 1:30 - 2:30

Weekday Departures
10:30
12:30
2:30

Narrated by Marine Biologists
Narrated by Boat Skippers

For Reservations call Outdoor Recreation at 242-5506

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Del Monte Center - Across from See's Candy
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The LUTHERAN Churches Invite You!

Carmel Valley: St. Philip's Lutheran Church
8065 Carmel Valley Rd (4 m. east of Hwy 1) The Rev. Roy Blumbhorst
9:00 - Family Education Hour 10:00 - Worship

Salinas: St. Ansgar's Lutheran Church
72 E. San Joaquin (1 block east of S. Main)Pastor John Anderson
8:30 - Contemporary Worship 10:30 - Traditional Worship 11:00 - Worship

Monterey: Bethlehem Lutheran Church
806 Carmel Valley Rd (4 m. east of Hwy 1) The Rev. James Sorenson
9:00 - Family Education Hour 9:45 - Sunday School

Salinas: Lutheran Church of Our Savior
1300 Luther Way (at Blanco Rd) The Rev. James Sorenson
8:30 - Informal 10:30 - Traditional Worship 9:45 - Sunday School

Salinas: Lutheran Church of the Good Shepherd
1290 Luther Way (at Blanco Rd) The Rev. James Sorenson
8:30 - Informal 10:30 - Traditional Worship

Salinas: Faith Lutheran Church
2140 Hilby Ave. 9:15 - Sunday School and Bible Classes

Seaside: Faith Lutheran Church
1460 Hilby Ave. Anton Prange, Pastor and Campus Contact

CSUMB Newsletter November 1998

ON THE BEACH SNOWZONE

Snowboard/Ski Swap/Sale

SUNDAY NOVEMBER 7TH
SATURDAY NOVEMBER 8TH

SELL YOUR OLD GEAR TO BUY NEW OR JUST COME IN FOR THE KILLER DEALS!

SNOW TRIPS BEGIN IN DECEMBER!!

WeWantYourHdp

OTTERTHEME

SNOWZONE MONTEREY

646-9283

Otter Realm November 1998
Introducing:

The Otter Realm
Coloring Contest!

Anyone is welcome but Children are encouraged. Just color this picture as well as you can and turn it in to the Otter Realm office or the BBC. Then come to the Freedom of Speech party hosted by the Otter Realm on December 11th at the BBC. The winner will be announced and award the prize then! GOOD LUCK!
**REMINDER** – The Campus Health Center Hours of Operation are:

8:00 a.m. to 5:00 p.m., Monday through Friday (Closed during the lunch hour)

CLOSED for the HOLIDAYS on November 26th, 27th and December 25th through January 1st 1999

WHEN THE CAMPUS HEALTH CENTER IS CLOSED, YOU MAY GO TO THE FOLLOWING DOCTORS ON DUTY (DOD) CLINICS

(STUDENTS, bring your current CSUMB ID):

1. **DOD, MARINA**
   - Monday through Friday
   - Saturday
   - 3130 Del Monte Avenue
   - 8:00 a.m. to 6:00 p.m.
   - 10:00 a.m. to 3:00 p.m.
   - 883-3330

2. **DOD, MONTEREY**
   - OPEN 365 DAYS
   - 2260 N. Fremont Street
   - 8:00 a.m. to 9:00 p.m.
   - 372-6700

3. **DOD, MONTEREY**
   - OPEN 365 DAYS
   - 389 Lighthouse Avenue
   - 8:00 a.m. to 9:00 p.m.
   - 649-0770

The Campus Health Center (CHC) at CSUMB
Building #99, West wing of the VA Clinic corner First Street and Engineering Lane – 831/582-3965
Cricket Capers
Cont. from page 4

"Chocolate Chirpie Chip Cookies
(If you can't beat 'em, eat 'em)

Ingredients:
2 1/4 cup flour
1 tsp. baking soda
1 tsp. salt
1 cup butter, softened
3/4 cup sugar
3/4 cup brown sugar
1 tsp. vanilla
2 eggs
1 12-ounce bag chocolate chips
1 cup chopped nuts
1/2 cup dry-roasted crickets

Directions:
Starve the crickets at least 24 hours to clear their guts, then place them in a refrigerator for several hours to slow them down. Wash them, a few at a time, in cold water. If they become active before washing is complete put them back in the refrigerator.

Prepare the crickets for dry roasting by pulling the heads straight out, thus pulling out the attached guts. Then pull off the legs and wings. Spread them out on a paper-towel covered baking sheet. Bake at 200 degrees Fahrenheit for 1-2 hours, until the insects can be easily crushed with a spoon.

In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture and crickets, mix well. Stir in chocolate chips. Preheat oven to 375°F. Drop rounded teaspoonfuls onto an ungreased cookie sheet. Bake for 8-10 minutes.

While it might seem gross to eat insects, in many parts of the world, insects are a part of people's everyday diet. For example, many insect species have been used since ancient times in the traditional cuisines of most of the world. They are an excellent source of protein, easy to find, and are more nutritionally efficient to raise than cows. Their nutritional value is equal to if not better than most of the mammals, birds or fish we eat routinely. As the Earth's population explodes, it's likely we'll all be eating insects for nutrition one day.
CSUMB's acappella Group, Monterey, music movement? during Hunger Awareness Week

Classified Ad

Oral History/Capstone students: Monterey Bay StenoWrite Transcription Service. Audio tapes, $30, per 15 min; written reports, $4 per page. Hard copy/WordPerfect diskette. 883-8469

Main Lines: 582-4347, 582-4348Fax: 582-4349 Circulation: 3,000

Photographers Needed!
Contact
Photo Editor
Jen Coppens

Sports Writers Needed!
Contact
Sports Editor
Kerri Conger

on FirstClass

Photographers: Kerri Conger, Lake Sachtleben
Cartoonist- Steven Russell
Coppens Productions - Graphics, Production
Holly White - Advisor

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