CSUMB Takes Steps to Eliminate Barriers
By Brian Kees

In the few years that CSUMB has been open there have been many worries and complaints about the campus not complying with the standards of the Americans with Disabilities Act (ADA). There are now visible steps being taken to ensure that in the future CSUMB can accommodate those needs and comply with the law. Sally Swanson Associates (SSA) has been retained as a disability access consultant.

On October 11, 2000 a press release was sent to the campus about SSA and the plans for their work with CSUMB. On Thursday, November 30, 2000 a press conference was held at the University Center to inform the community about SSA, their experience and the plans they have to work with CSUMB.

If problems like these are ignored you [CSUMB] risk the chance of lawsuits, loss of money, and loss of public approval, and we want to thank CSUMB for recognizing the problem and asking us to help in the planning for change.

SALLY SWANSON
PRINCIPAL-IN-CHARGE
SALLY SWANSON ASSOCIATES

Sally Swanson Associates has been open since 1980 and is based in San Francisco. They have done work throughout the state of California, and are experts in the understanding of the ADA. They are also a California State University approved Architectural Firm. Representing SSA at the press conference were Sally Swanson, the Principal-in-Charge, and two Accessibility Specialists Jurgen Dostert the Project Leader, and Syroun Sanosssian a Surveyor.

CSUMB brought in SSA to help conform to Title II under the ADA. Title II requires all public facilities, new and renovated, to be accessible to people with disabilities. Sally Swanson said during the press conference, "If problems like these are ignored you [CSUMB] risk the chance of lawsuits, loss of money, and loss of public approval, and we want to thank CSUMB for recognizing the problem and asking us to help in the planning for change."

Phase 1 of the ADA transition project will include a survey all public areas and facilities for physical access barriers. The survey will include curb ramps, sidewalks, educational buildings including the exterior path of travel, and housing units including the exterior path of travel. Each obstacle will then be recorded into a database in which it will list: the location, severity, and cost of removal of all barriers. Evaluating all programs and services comes second. The evaluation process will review current services, policies and practices at CSUMB. Areas that will be examined include general requirements, grievance procedures, maintenance of accessibility features, special accommodations, academic programs, provision of accessible housing, and the barrier removal plan and schedule. Jurgen Dostert stated, "This is a university-wide program to improve the facilities here on your campus, but in no means will it supersede the needs of individuals and their specific needs."

Phase II includes developing the transition plan. CSUMB will work closely with SSA to develop a transition plan (barrier removal schedule). Relevant data collected during the survey and the self-evaluation process will be used to prioritize the individual barrier removal projects. The data will come from areas such as: the severity of identified barriers, the nature of the associated program or service, the frequency of use, the location within the campus, and future plans for leasing, moving, and/or new construction. The overall accessibility status of a facility and the cost of a planned barrier removal will also be looked at.

After the data is compiled a final transition plan will be written. The plan will include: location and nature of barriers, description of the method to mitigate the barrier, a time schedule, the official responsible for implementation, citations of applicable Federal and State code sections, and a cost estimate for each barrier. According to SSA the transition plan should be completed by the end of February. Once the plan is set it will be

We are excited about helping CSUMB, and we just want to make this campus a more attractive place without barriers...

SALLY SWANSON
PRINCIPAL-IN-CHARGE
SALLY SWANSON ASSOCIATES

Sally Swanson went on to say, "We are excited about helping CSUMB, and we just want to make this campus a more attractive place without barriers, and we are open to all info about specific problems and needs." Starting in January SSA will be holding more meetings with the CSUMB community. The tentative dates are planned to be:

January 23-26
Self-Evaluation Workshop

February 22
Self-Evaluation Workshop for all departments

March 8
Community Planning Forum

March 29
Community Planning Forum

In the meantime, if interested in contacting SSA or if you have any concerns please contact CSUMB's Interim ADA-Coordinator:

Mr. Jurgen Dostert
Access Specialist
Sally Swanson Associates
490 Post street, Suite 830
San Francisco, CA 94102
Tel: (415) 445-3045
Fax: (415) 445-3055
Ssa@sallyswansonassociates.com

Update on Campus assault see page 7

Campus Safety Bulletin

| Date: | 11/6/2000 |
| Case #: | 00-00665 |
| Name: | Unk. Unk. |
| Alias: | Unk. |
| Address: | Unk. Unk. |
| Sex: | M |
| Eyes: | Brown |
| Hair: | Brown |
| Complexion: | Medium |
| Race: | White |

If you have any information please contact Sgt. Jim Procida of the University Police Department at (831) 582-3646

In this Edition: Student Voice-2 | Diary of a Scoundrel-3 | Managing End of Semester Stress-4 | CSUMB Carpooling-4 | UPD & Student Conduct-6 | Combatting Holiday Stress-7
Student Voice BOD Meeting times and locations
Student Voice BOD (Board of Directors) Meetings are held every Monday from 12:15-1:50pm in the University Center room 114. Agendas for every meeting are posted on line one week in advance in the Student Voice FirstClass folder. There is also an opportunity for the public to address the board at every meeting. Feel free to come to Student Voice meetings to give your feedback and to bring up new topics and concerns.

What have we been working on?
• We just passed a resolution asking that our university make priorities for individuals with disabilities.
• Housing Work Group meeting on Wednesday November 29th to discuss rent and other housing concerns.
• Restructuring Student Government so that it better represents students.
• The Winter Semi-Formal "Welcome to the Jungle".
• Getting more recycling bins on campus.
• We just allocated funding to the Otter Realm.
• Assisting in the formation of the Student Union Committee.

Student Voice Position Openings.
Student government wants you!
Apply now to be the next Financial Director or Residential Life Senator. You can pick an application up in the Student Voice Office located in building 14. For more information or an electronic application, please contact Jason_Sanchez@Monterey.Edu via FirstClass. Applications are due by Monday, December 5, 2000 at 5:00pm. Please get your application in ASAP!

Save money and save the environment!
Buy a reusable plastic mug at the DC! Mugs are on sale now in the Dinning Commons for only $3.00! Fifty cent fillers include sodas, Pepsi, Lipton Brisk Tea, lemonade, and coffee, excluding Minute Made juices and soup. The mugs come in blue, black, and green. Check out the poster in the Dinning Commons or contact the Environmental and Campus Planning Senator Claire Porter via FirstClass for more information. "We shall require a substantially new manner of thinking if [human] kind is to survive." - Albert Einstein. The mugs are sponsored by Student Voice and the Dinning Commons.

Financial Director Farah Hussain sets her focus on the Student Union and BBC. Financial Director Farah Hussain announced her decision to resign so that she can spend her time as the Student Union Chair. She will no longer be a voting member of the Student Voice Board but will play a key role in developing our Student Union and getting the Black Box Cabaret opened.

State of Events on Campus...
Are you satisfied with the events that are happening on campus? Do you have any good ideas for events that would benefit students? You can submit a proposal to the Student Voice Events WorkGroup. If your proposal is approved then you can receive funding for the event, coordinate it, and make it happen! Contact Cenan Pirani or attend one of the WorkGroup meetings, which are every Thursday at 6:00 pm in the DC to find out more information.

Want to know more about Student Clubs and Organizations?
Go to the Student Activities and Career Office. The ICC meets on most regular business hours: 6:00 AM-5:00 PM Monday-Friday. The Student Voice Office may be reached at 649-4511 x 138.

Office of Residential Life
RA Selection 2001
COME SPICE UP OUR STAFF!

Want to see your favorite team play?
Now you can see all the NFL, NBA and Collegiate action at Peter's Brewpub. We carry almost all major sporting events. And, besides the great pub grub, signature pizzas and handcrafted brews, we will be awarding prizes every quarter and at half-time. And, if that's not enough, we're offering many special drink and menu items.

State of Events on Campus...
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NFL GAMES  NBA GAMES  PRIZES
COLLEGE GAMES  BEER SPECIALS

So, catch the College or NFL game of your choice on one of our 9 sports TVs while enjoying a cold micro brew for only 10 cents an ounce (served in 16 and 20 ounce glasses) during all weekend Collegiate and all weekend and weekday NFL games. So catch a pass over to Peter's and win one for the Gipper. We also have a heated outdoor patio (smoking permitted).

On the alley behind the DoubleTree Hotel 2 Portola Plaza, Monterey 649-4511 x 138
Pizza has always held a special piece of my heart since I was a little kid. After soccer games we would go out to pizza, birthday parties at the local pizza joint we always a constant and every time the folks went out, you could be sure that a pizza was coming in.

Even now, pizza is always in my life. When I am working on my capstone and do not want to cook, we always order up a pie from the local spots. Many of you may not have had a chance to try out the local pizzerias so I have broken them down for you with a pizza challenge.

The pizza challenge included Roundtable, Dominos, Little Caesar’s, Papa Murphy’s and Mountain Mike’s Pizza. All the pizzas were medium cheese pizzas. They were judged on size, cost, specials for CSUMB students, taste, delivery options and most importantly how good they taste the next morning. The pizzas are written in the order I visited them.

Roundtable makes a visually beautiful and wonderfully tasting pizza. The crust was thin but had a crisp crunch. The pizza sauce was not too acidic and had a nice rounded flavor with a hint of spice. They did not put as much sauce as I would have liked but they certainly did not skimp on the cheese. The cheese was bountiful and tasty. Since the crust was crunchy, the pizza did not droop when you picked it up. The pizza maintained its flavor the next day but you could not taste the sauce as much. The downside in my opinion was the grease factor. Roundtable was the greasiest of all the pizzas I tasted. The price was steeper than most but the pizza tasted better than most.

Q: Why is your pizza great?

Roundtable
Davender Sahota, Manager
“First of all, every thing is fresh. There is nothing frozen! We also have so many kinds of specialty pizzas and every one has a different taste.”

Dominos
Dawn Mead, Manager
“I like mine personally because of the sauce; it’s not too spicy. Our dough is soft, our meats are real meats and we are friendly.”

Little Caesars
Regina Carvalho, Manager
“It’s delicious and a great value to the customer.”

Papa Murphy’s
Kely Hewitt, Supervisor
“Tastes great! Great Price!”

MT. Mikes
Jerry Cose, Cook
“I think it has a lot to do with the dough. We make our dough fresh everyday, we grate fresh cheese everyday and everything we put into our pizza is prepared fresh everyday.”

When the Moon Hits Your Eye
By Robert DelaRosa

Sex, greed, betrayal and comedy—if you missed Diary of a Scoundrel during its week long run, then you missed a great play. On Tuesday, December 5, the World Theater held its final of eight performances. Directed by visiting Fullbright Scholar Alexander Mikhailov, the play was the culmination of the TAT 392: Advanced Theater Production & Acting classes semester of work.

Originally a German play, Diary of a Scoundrel was written in the middle of the eighteenth century. Beginning somewhat slowly, Diary of a Scoundrel quickly became fast-paced and witty, telling the story of Egor Dmitrich Glumov, played deviously by John Bennett Henderson, and his attempt to rise from his status as an impoverished young nobleman to the very highest ranks of society. No deceit is too underhanded for Egor as he juggles multiple lies and manipulates all his new-found friends to achieve his own goals, all the while keeping a diary of every dirty action and conversation along the way. Henderson seemed to relish his role, thoroughly believable as the scoundrel who you can’t help but admire.

Supported by a very talented cast, we follow Egor as he arranges an “accidental” meeting between himself and Nil Fedseshich, a gentleman, and Igor’s rich but distant relative, played by Christopher Nelson. After gaining his trust, Igor allows himself to be seduced by Mamaev’s wife, played by Loryn Hatten, who turns in the most enthusiastic performance of the cast. All the while, Igor is attempting to gain the favor of a rich widowed lady so that he may marry her niece, Mashenka, thereby achieving the wealth he seeks.

Despite the seemingly dark subject matter, the play itself was lighthearted and very often laugh-out-loud funny. Della Brownlow delivered a sidesplitting performance as Mama, the crazy, drunk, fortuneteller, and Jeremy Blaine Smith was hilarious as Krutitsky, the out-of-touch priest. Although Jeremy Smith thinks that the play was, “more for entertainment than for actually addressing social issues,” he also believes that “if one wanted to delve more deeply into the subject...it reveals just how hypocritical some people are and how honesty can be relative.” Although Alexander Ostrovsky originally wrote the play in Germany in 1866, its social implications still holds true. In fact, Director Mikhailov has stated through E-mail, “The main theme of the play—careerism—is one of the most important problems in our time.”

Some might wonder if the play loses anything in its translation to English, any references that the American audience might not pick up on because of cultural differences. “The play was written in the middle of the last century and sure there a few things which are not very common today,” says Mikhailov. “But it’s really a very little part of the play and I think it’s not important a toll. The translation is very close to the original text, though the Russian variant is extremely brilliant and it’s impossible to keep all the nuances.”

Despite the English translation, Mikhailov taught the TAT 392 class using an old form known as the Stanislavsky System of acting, giving the play more of its original feeling. “[The actors] were very flexible, though the method which I use has been very new and unusual for them,” he said. “It has been a wonderful learning experience for me,” Smith offered. “It is my first major stage production...it is definitely challenging playing my character, I have never played anyone like him before. I feel as though I [was still] improving every day in my portrayal of Krutitsky.”

The entire TAT 392 class should be commended for a job well done. “I am very proud of what we have all accomplished,” assures Smith. “In addition to putting on a respectable play, they had a fun time doing it and it shows onstage. “I have NEVER felt so much a part of a group as I do with this cast,” he adds. “I am enjoying every minute of it. I am ready to do another play already!”
Managing End of Semester Stress

By Kevin Brening

That time in the semester has arrived when a gray cloud of stress seems to permeate the air around CSUMB. The unusually high short tempers displayed by students can seem to be operating under the idea that students have only one class on their schedule. Ironically, this is also the precise time when the body decides to become ill, offering an escape from the stress-related aspects of life. Students have only one class on their schedule. The Otter Realm consulted various sources to come up with a bit of advice for the stressed out CSUMB student in the midst of the end of semester crunch. We also spoke to students who offer their own methods for stress relief.

During the weeks leading up to finals, students stress levels skyrocket, and CSUMB students are no exception. According to a study done by Time magazine, high stress levels are tough on both mental and physical performance. The study indicated that when the body is under stress, it produces adrenaline. This flow of adrenaline can disrupt the digestive system and weaken the immune system. Denise Padilla, the University of Washington Health Education Consultant, warns “Short term stress can cause muscle tension, headaches, and upset stomach. Long term stress has been linked to diabetes, cancer, ulcers, and many other life threatening illnesses.”

The Otter Realm surveyed a few CSUMB students to find out how they currently deal with end of semester stress. Marina McEntire, an MIE major, reports, “I clean up and then we voluntarily begin the mad dash to complete the course by the due date. This is not the recommended course order to complete the course by the due date. However, one decides to tackle the stress in the midst of the end of semester crunch, there is peace of mind in the fact that it will all be over soon. Five relaxing weeks off and then we voluntarily begin the madness all over again.

For more information about parental substance abuse, call 1-800-359-COAF or visit the Phoenix Home website at www.coaf.org.

Home for the Holidays...CSUMB Carpooling

If you haven’t yet figured out your holiday transportation, want to save the planet but don’t have enough for a plane ticket, Get the word out and get in touch to ride-share. The Otter Realm is printing free Carpooling messages. Send your requests in to: Otter Realm@monterey.edu to get them printed in the December 11th edition.

Winter Intersession

Rebecca Adams

Beginning January 2nd, CSUMB will be officially starting Winter courses, which end January 23rd. During this time, students who cannot or choose not to leave may reside in the residence halls at a rate of $12 per day. For the apartments, the rate is the nightly nightly payment.

Hours for the Wellness Activity Center (WAC), the library, and the Media Learning Complex (MLC) will change for this winter

The WAC will be closed from December 22nd through January 8th, then resume regular hours on the 9th: Open Monday through Friday from 9am-5pm, Saturday from 9am-5pm, and Sunday from 10am-4pm.

Winter courses being offered are:

- LS: Health Education for Teachers
- LS: Language Acquisition: Teachers
- ED: Understanding Brain Research
- EDX: Independent Study: Curriculum Design
- HCOM: Literature, Film & Culture: Survey of British Literature

Winter classes are being offered at:

- WLC: Intermediate Spanish I
- WLC: Beginning Italian I
- WLC: Beginning Spanish I

WLC: Intermediate Spanish I

STAT: Elementary Statistics

For further information regarding days and times for the courses being offered this winter, log on to www.monterey.edu/academic/science/winter2001.

The Dining Commons will close Friday, December 22nd and reopen January 23rd.

The Otter Bay Cafe will be open January 2nd through January 26th Monday through Friday from 8am-11:30am for continental breakfasts, and from 11:30am-2:00pm for lunch. Enjoy the holidays!

Going home for the holidays?

It’s not only the trip that can make it stressful.

Problems at home, like a parent’s abuse of alcohol or other drugs, may have you worried. But you can cope.

- Recognize that your feelings are normal.
- Plan ahead for your visit.
- Be realistic in your expectations of your family.
- Schedule time with people you like to spend time with.
- Check out community activities.
- Explore options to stay on campus.
- Find healthy ways to relieve stress.
- Exercise, read, listen to music or talk with a friend.
- Don’t abuse alcohol or other drugs.
- Consider seeking help before going home.
- For information and support, contact the CSUMB Personal Growth and Counseling Center at 831-582-3969.

For more information about parental substance abuse, call 1-800-359-COAF or visit the Phoenix Home website at www.coaf.org.

Need Money for School Expenses?

- Financial aid applications (FAFSA) for fall 2001-2002 are now available!
- File the FAFSA starting January 2, 2001. The earlier the better for you!
- Why?
- Better chance for more grant aid
- Get your award letter earlier
- Avoid registration and Meal Card holds, or housing evictions for next year!

- File on-line: www.fafsa.ed.gov or
- Paper applications available in the Student Information Center, Bld. 21 or
- Use Renewal FAFSA sent to you if you are a current FAFSA filer
- Use estimates for taxes and income — Don’t Wait for taxes to be done

What is this all about? Every year there are students who could have received financial aid or could have received more grant funding but they did not file their Free Application for Federal Student Aid (FAFSA) or they filed it late. Many aid programs have limited funding. To give yourself a chance to receive them, you need to file a FAFSA in early January. Use November or December paycheck’s year to date figures and last year’s tax forms to estimate income and taxes for the year 2000. You and your parents (if a dependent student) may make corrections later if needed.

If you have a current 2000-2001 FAFSA on file, you should receive a Renewal FAFSA in December. If you do not receive it by mid to late December, do not wait, file on line or use a regular FAFSA form. It is better to file a FAFSA early. It does not matter which form you use, it is important to simply file one per academic year; filing two forms for the same year will cause problems with your application.

If you have any questions about filing the FAFSA or need assistance in completing one, please contact the Financial Aid Office. The office is located in building 23 on campus, open Monday through Friday, 8am to 5pm, or call 831-582-4074.

Give yourself a better chance for financial aid! Make your life easier! Pick up a FAFSA now and file it in early January 2001.
This past summer, Dr. Colleen Mullery joined the CSUMB faculty as the new Director of the Institute for Management and International Entrepreneurship. Dr. Mullery has taught at the university level for 23 years and comes to CSUMB from Humboldt State University. While most IMIE students are aware of a new director coming aboard, few have had the opportunity to learn much about her. As a course of welcoming Dr. Mullery to CSUMB, The Otter Realm offers insight into the background and character of this new faculty member, as well as providing a preview of what the new director foresees on the horizon for the MIE Department.

Dr. Mullery was the youngest of three children growing up in a southwest suburb of Philadelphia. Considering her mother was the only one of her parents who had finished high school, Colleen never imagined one day becoming a first generation college graduate. Dr. Mullery's father supported the family working in show business as an emcee on the local nightclub circuit. Eventually, as television became more and more popular as an alternative source of entertainment, business at the nightclubs steadily declined. As a result, the family supplemented their income by opening a corner grocery store, which they operated out of their basement. "It was somewhat like the forerunner of today's convenience stores, but much, much smaller, and a lot less lucrative."

In the working class neighborhood where Colleen Mullery was raised, men were generally expected to seek careers in the military while women were meant to become secretaries. After graduating from an all girls catholic high school, Colleen decided to do just that, and began working as a secretary in a bank. It was here that she first gave consideration to college. When the bank offered to send her to St. Joseph's College in Philadelphia to take an accounting course, she accepted. "I was the only female student in the class and scared to death, but I ended up doing well and got the education bug." Upon successful completion of the course, Colleen enrolled full time at a local community college. She attended classes three days per week while working part-time for a temporary agency. When it came time to transfer to a four-year school, Dr. Mullery chose Shippensburg State University, one of 14 universities in the Pennsylvania University system. She went on to complete both her undergraduate and MBA at Shippensburg in 1977. For the next decade, Colleen would focus primarily on work, marriage, and family life.

Dr. Mullery chose her alma mater, Shippensburg State University, as the institution to begin her career as an educator, after which she taught for one year at Gettysburg College, then made the big move to the west coast. Once in California, Dr. Mullery began teaching at California State University, Long Beach, and remained there throughout 1983 and 1984. Finally, she went on to Humboldt State University. Dr. Mullery would teach at HSU until 1987, at which point she made the decision to pursue her Ph.D. at Portland State University. Upon completion of the program in 1991, she returned to HSU, where she would remain for the next nine years until making the recent transition to CSUMB. During her last three years at Humboldt State University, Dr. Mullery served as the Chair of the School of Business and Economics.

Although Dr. Mullery misses many of her long time colleagues and close friends at HSU, she is energized and excited about her new opportunity at CSUMB. "What I like most about CSUMB is the vision. To serve especially the working class and historically undereducated and low-income populations was what first attracted me to CSUMB. I guess it is obvious why, since my background pretty much fits that segment."

Upon visiting the campus and meeting the IMIE faculty, Dr. Mullery became even more interested. "This was a faculty that was excited about building a curriculum and a program; and they were starting with a blank sheet of paper. Their ideas and initiatives excited and stimulated me."

On the whole, MIE students are pleased with the program and where it is going. Dr. Mullery shares a similar view. "The MIE program's unique emphasis on both international and entrepreneurship/intrapreneurship topics sets it apart from all other CSU business administration programs. Further, I know of no other business administration program with a service-learning requirement. This integral component of our curriculum enhances our students' appreciation for social justice and corporate social responsibility."

Dr. Mullery and the faculty of the MIE Department, have several goals for the future. "In the long-term, we would like to achieve AACSB accreditation – this is the primary accrediting body for schools and colleges of business. In the short-term, we hope to initiate a collaborative MBA/MS program with ICST, enhance both the recruitment and retention of MIE students, and part-ner effectively with business and community service agencies in the tri-county area."

Dr. Mullery adds "I am also hopeful that as enrollment grows we will be able to offer classes for both returning as well as traditional students. Currently, because of our numbers, we cannot offer both day and night sections of our required courses. Many of our students need that choice."

Other specific items on the agenda include upgrading the IMIE facilities. Issues such as classrooms being either too hot or too cold, classrooms containing no windows, and poor outside lighting will all be addressed. As an ongoing objective, Dr. Mullery will continue to facilitate the strategic initiatives of the IMIE faculty.

In offering a single piece of advice to MIE majors as well as to all CSUMB students, Dr. Mullery reminds us of the unique and fleeting opportunity we have as college students. "I fear students often stretch themselves too thin, and in the process, miss out on some aspects of a full university life. I expect students need to work – I certainly did all through school – however sometimes it seems that work takes precedence over education. Maybe lifestyles need to be scaled back so that less income is needed."

Dr. Colleen Mullery is a director that MIE students can be proud of. A person who values integrity, respect, and free speech. A professional educator who feels most rewarded when she hears from an alumni who is doing well and remembers something from a class she taught. Employing an effective combination of strong values and broad experience, there is no doubt Dr. Mullery has already become a valuable asset to CSUMB.

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Local.

No other information source covers the Salinas Valley like The Californian.

Printing Compliments of The Californian.
A Beneficial Partnership: UPD and Student Conduct
By Kechia Smith-Gran

Crime and discipline issues on college campuses are a problem for all involved: students, staff, faculty, and administrators. The approach is a layered one, not only involving sometimes dealing with the office of Student and Order:

The CSUMB campus, like many others, has puses are a problem for all involved: students, "breaking the law" according to penal codes, adopted a multifaceted approach to campus offenses which fail to meet the standard of crime and disciplinary issues. For those which must be dealt with.

CSUMB campus, dealing with both the univer­sity's residential populations, those on the campus and those which are somewhat removed in Frederick Park.

While he agrees to the generic statement that there is a perception that college campuses are among the safest places in the commu­nity, McTaggart said that there are "many vari­ables, including the location of the universi­ty, the quality of the police department, and the level of residential housing." McTaggart agreed with the perception of safety because "university students, faculty and staff demand a safe and protected envi­ronment. In my experi­ence, university police departments embody that philosophy by being proactive, investigating even the most minor of incidents and providing a high number of service functions.

University students, fac­ulty and staff demand a safe and protected envi­ronment. In my experi­ence, university police departments embody that philosophy by being proactive, investigating even the most minor of incidents and providing a high number of service functions.

Lt. Jay McTaggart

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</table>

As a student, staff, faculty, spouse or dependent, you have a far better chance of seeing a crime occur than we do.

Lt. Jay McTaggart

Catalog details Sections 41301 through 41304 of Title 5, California Code of Regulations, which lists the punishable offenses. The offenses include plagiarism, theft, vandalism, and physical assault. The penalty for such offenses may include sanctions, suspension, probation or expulsion.

Montgomery says the offenses change quickly, and are different from semester to semester. "This year, so far, the number one issue has been a high incidence of academic dishonesty," he said. One of the more serious offenses as mentioned by Lt. McTaggart earlier in the article deals with the student who was convicted of manufacturing the date rape drug, GHB, in his dorm room. "The individual who was manufacturing GHB in the residence halls is no longer a student of the university and is facing legal issues in the courts and will not be able to enroll at any California State University for a period of time," Montgomery informed the Otter Realm.

California State University, Monterey Bay University Police Department Crime on Campus Report from 1998 to 2000.

Number of Arrests/Referrals for Selected Offenses

<table>
<thead>
<tr>
<th>Year</th>
<th>On Campus</th>
<th>Residential Facilities</th>
<th>Non-Campus Buildings &amp; Property</th>
<th>Public Property</th>
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Liquor Law Violations

Drug Violations

Weapons Violations

Total

The Otter Realm December 6, 2000
Tis the season to be jolly, right? Not for everyone. Many people, college students in particular, get depressed during the holidays. There are many explanations why people suffer from depression at this festive time of year. The holiday season can be a time full of parties and family gatherings, but for many people, it can also be a time of loneliness and reflection on past "failures".

Increased stress and fatigue, unrealistic expectations, over-commercialization, and the inability to be with one's family are some causes for depression. The increased demands of shopping, spending, parties, and family reunions all contribute to feelings of tension.

Mel Mason, a counselor at CSUMB's Personal Growth and Counseling Center, referred to a recent study by the Harvard University Graduate School which pointed out that students are more overwhelmed and more emotionally damaged than students have been in previous decades. The study also showed that undergraduates are using psychological counseling in record numbers and for longer periods of time than in the past. Mason offered his own evidence stating that, "...eating disorders are up, classroom disruption is increasing, and alcohol and other drug abuse continues to rise at an alarming rate, with such acts as binge drinking becoming a socially attractive event. This has led to a number of college student deaths over the past two years or so. Suicide attempts have also begun to rise. According to the studies, conditions are so bad that [it seems like] no one has time to care for others who may be floundering.

There are ways of coping with all of the stress and depression concurrent with the holidays. Experts say that one way to cope is to keep expectations for the holiday season manageable by setting realistic goals. Another way is to remember that it is normal to have some feelings of loneliness unless those feelings become overwhelming. At that point, it's time to get help. Also try to let go of the past and don't be disappointed if holidays are not like they used to be. Also, enjoy holiday activities and try window shopping without purchasing anything. Especially important is to drink only in moderation since any alcohol use may inevitably lead to depression.

Try something new and be sure to spend time with supportive people. Contact CSUMB's Service Learning department to get matched up with a rewarding volunteer opportunity. Call Stewart Jenkins, Service Learning Information Specialist at 831-582-5944.
Otter Happenings
By Jen L. Reeves

If you need disability or interpreter accommodations to attend these events, please promptly contact the event sponsors. If you are planning an event open to the campus community, and would like to announce your event in Otter Happenings, please contact Jen L. Reeves via First Class. Admission to the following events is free unless otherwise noted.

December 6
What: Women’s Problem Solving and Support Group
Where: Personal Growth and Counseling Center
For more information: Please call Sharon Riley at 831-582-3969

December 6
What: Financial Aid Loan Counseling
Where: Personal Growth and Counseling Center
For more information: Please call Sara M. Nelson at 831-582-4104

December 7
What: Personal Growth and Counseling Center Group Meeting
Where: University Center Ballroom
For more information: Please contact Michelle Simon via First Class

December 7
What: Placemakers Quilters Group Meeting
Where: 12:00pm-1:00pm
Where: MLC, room 117
For more information: Please contact Lynda Haddox via First Class

December 7
What: Men’s Basketball vs. California Baptist University
Where: 7:30pm
Where: SACO
For more information: Please call 831-582-3015

December 7
What: Walk the Streets of Bethlehem. A remanentment of the Nativity scene
Where: 4:00-6:00pm in the WAC annex.

December 8
What: CSUMB Outdoor Recreation Event-Kayak Lake San Antonio
Where: Water City Roller Hockey Rink
For more information: Please call 831-384-3409

December 8
What: Return of the Native Fort Ord Planting Day
Where: 10:00am-2:00pm
Where: Personal Growth and Counseling Center (Building 99) Conference Room
For more information: Please contact Mel Hoos at 831-582-4437

December 8
What: CSUMB Roller Hockey Battle
Where: 5:00pm
Where: Water City Roller Hockey Rink
For more information: Please contact Jason Mamsor via First Class

December 8
What: Rolling Skating Holiday Bash
Where: 7:00-10:00pm

Horoscopes

By Karli Aaroe

Sagittarius (November 23 - December 22)
The outgoingness in you makes the most out of every situation. You don't focus on the disappointments, you just keep your eyes towards the future.

Capricorn (December 21 - January 19)
Don't be too shy to ask out that special someone. Your confident self should have no problem getting anyone to notice you.

Aquarius (January 20 - February 18)
The perfectionist in you always has to have everything be perfect. Try not to drive everyone crazy in your quest for perfection.

Arries (February 19 - March 20)
Now is the time to back out of anything. If you want something then go get it! You could charm anyone and you aren't afraid to earn some attention.

Gemini (May 21 - June 20)
You will feel extra stressed about studying. Snag a study buddy and you can quickly work through everything.

Virgo (August 22 - September 22)
Don't just stand there. Go out and have some fun with friends. You've earned it after working so hard.

Libra (September 23 - October 22)
Slow down is not in your vocabulary. You love nonstop activities and fun. But you will soon find yourself with a heavy workload so you better get started.

Scorpio (October 23 - November 21)
Your fearless leadership will attract lots of new opportunities. Watch out for exciting and eventful possibilities.

Epiphany Church Lutheran & Episcopal
425 Carmel Ave.
(corny of Carmel Ave. & California)
Marina
384-6323
Sunday Service 10 am

Job Opportunities!

Contact Christine Dolin, On-Site Staffing Coordinator at CSUMB
Student Activity Center
Bldg 44, Mon-Thurs 1-4pm
Administrative Office
Bldg 80, Mon-Fri 8am-12noon
Phone: (831) 582-4690
Fax: (831) 582-4691
Email: cdolin@nelsonjobs.com
www.nelsonjobs.com

Great Jobs with Great Companies for Great People!