Champagne wishes, breadstick dreams

By Rachel Kane, Staff Reporter
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CSUMB’s Otter Bay Café scores high with students on ambience, location and convenience, but not so well with service and prices.

“I haven’t been there in two years,” said Alexis Sturgeon, senior and SBSC major. “They upped their prices incredibly and their food didn’t change.”

Food Service Director Daniel Kaupie says that’s not so. As far as food costs are concerned, “Everything has increased in the past year and a half. We keep [our] price the same.” To compensate for increasing food costs however, the Otter Bay Café has been consistently giving the students less fare for their money.

Where there used to be five chicken fingers, there are now but three, along with the virtual disappearance of the beloved breadsticks in their warm, wicker baskets that used to accompany water and silverware at every OBC meal.

“Each breadstick is very costly,” said Kaupie. Now, the familiar breadstick has been replaced with the more cost effective, but regrettably, less appealing, tortilla chip. Apparently, the breadsticks cost about 41 cents a piece, while the tortilla chips amount to a few pennies.

Melody Rico, sophomore and ESSP major, doesn’t think the tortilla chips belong in the OBC. “The OBC is not a Mexican restaurant.”

HCOM sophomore Gerardo Gaytan agrees. “I’m upset about the nachos. It’s ridiculous that they did that.”

OBC continued on page 2

Spring Formal Brief

Colleen Bormann, Staff Reporter
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The annual spring formal will be held May 8 by the Events Workgroup. Last year’s formal was a huge success with 1,100 students in attendance. This year’s goal is 1,500 attendees.

The spring formal is an annual event open to all CSUMB students and community and takes place at the Monterey Conference Center. They are hoping to provide a free shuttle from Frederick Park and main campus to the event all night long.

The spring formal committee is always looking for ways to improve the formal. Some changes may include a more efficient shuttle service, a lounge with chairs, and a coat/hat check.

Entertainment and decorations are still in the planning process. The time and ticket prices will be announced as more information is available.

Corey Edmonds, Staff Reporter
Corey_Edmonds@csumb.edu

Did you know that CSUMB has a women’s rugby club? The club was established in 1997 and has been active since. Rugby is a game full of brute and force. It’s played without pads and is full contact.

The Otters’ season divisional opener was in Santa Cruz against UC Santa Cruz. The game was full of pure hitting. “We hit harder than any other team in our division,” said head coach Andy Brumm.

The UCSC Banana Slugs scored the first offensive goal and did not stop their momentum until the end. In the first half of the match, the referee had to stop the game and asked rookie Melissa Fehn of the Otters to not hit so hard.

Hard hittin’ women

The Otters were down 0-31 at the end of the first half, but their determination was not extinguished. In the first eight minutes of the second half the Otters held their ground and played solid rugby, but the Banana Slugs didn’t give up dominating 69-0.

“We were not as physically fit as UCSC,” Brumm said. “We need to work on passing the ball more and spreading the field so there aren’t as many holes in our defense.”

The Otters second divisional game was a home game of pure hitting love against Saint Mary’s on Valentine’s Day. The Gaels scored first leading to a quick 5-0 lead. Shortly after, the Otters stomped down the field and scored their first goal of the season, bringing the score to 5-5.
OBC: the price of convenience

...from page 1

The breadsticks are now available for purchase at lunch time and are supposed to be given out with all dinner meals. However, most patrons of the OBC do not know the breadsticks are supposed to be included with dinner, and are given the tortilla chips instead.

Along with the change from breadsticks to chips, students are upset about the prices at the OBC not matching the quality of the meals.

"It's not that good and it's really expensive," said Stergeon while eating in the Dining Commons.

"And it sits like a rock in your stomach when you’re finished eating it."

Kaupie said, "You can go to any restaurant in town and they won't be as cheap as this. This place doesn’t make money, we’re losing money here."

Mandy Hanks, undeclared sophomore, wants to know where the variety is and what options are available for a vegetarian. "They don’t really accommodate sometimes," she said.

"Almost all of our options you can make vegetarian. Most of the vegetarians get the pasta dishes," said Kaupie. As far as Otters with Vegan appetites are concerned, "There is not enough business for these specialty items. Capitalizing on no animal byproducts is tough."

Janie Sanden, senior and Liberal Studies major, believes the students are seduced by the convenience of the OBC. "Since it’s a convenience factor, yes I go there."

Hanks agrees with this logic. "The only reason I eat here is because I have the card," she said.

Regarding customer service at the OBC, Sanden recalled that a waiter on the dinner shift once asked her and her eating companion if they were stoned. "Definitely inconsistent service. We had to flag down our waiter a lot and the restaurant was not super busy," Sanden said.

"The mice will play when the cat’s away. I would love to know that they do everything they’re supposed to do all the time," Kaupie remarked of the OBC employees.

"I always want to know how we’re doing."

Kaupie suggests "a regular flow of communication" between himself and the patrons of the Otter Bay Café, to insure the highest quality of service.

He holds meetings every other week at the Dining Commons that are open to anyone who would like to attend and offer some insight or ideas about how to improve the OBC.

E-mail Dan Kaupie via FirstClass to be put on the mailing list for dates and times of the Otter Bay Café meetings.

No Wires Attached

By Brian Chapman, Staff Reporter

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Technology on CSUMB's campus is making new advances every year, and is a step ahead of nearly every other university across the country.

Since the year 2000, Arlene Krebs, director of technology development and four-time national award winner, has achieved many grants to start groundbreaking projects in wireless technology. Recently, Congressman Sam Farr approved a grant for CSUMB in the amount of $422,238 to start a Wireless Education and Technology Center (WETeC).

This grant will help the quickly advancing program improve the campus's wireless technology further. CSUMB will continue to get grants as long as the teachers can integrate the technology into classes, which hasn’t been a problem thus far.

"We are doing things that no other university has tried or done with wireless technology," said Krebs. "This is a result of the imagination of our faculty."

The WETeC is trying to connect with the community around us, and has linked up with Seaside Middle School. The goal of the program is to link everyone to one server—not just schools but homes as well. CSUMB's vision statement allows a program like this to succeed, since it is the university's goal to include the surrounding community in any possible aspect.

Integrating wireless technology into classrooms and class work has students using laptops, iPQs, tablet PCs, digital cameras, GPS and GIS systems to advance their studies, and is transforming the way teachers can actively educate students on their topics.

"Every subject has different needs," said Gilbert Gonzales, the chief information officer at CSUMB, "so we let faculty tell us where the technology will fit and try to accommodate them the best we can."

Students have utilized the wireless technology in many settings. Elkhorn Slough has been taking advantage of the new gadgets mapping the ecology of that area. There has been a solar-powered wireless transmitter installed to track the explorations of birds and aquatic life. The information that is been derived from the research has been made accessible to middle schools, teachers, and other partners of the programs.

"The goal is to gain one central cohesive technology base," said Krebs.

Students have been sent to Antarctica to map Ross Sea's floor in an opportunity to get some experience in the field. Some of the instruments that they have been supplied with are from the grants, and can be immediately utilized as the iPQ's and laptops can send the information to the server.

Students studying archeology now have satellite dishes in place at San Juan Bautista and Carmel missions. Through the technology the students can get real time data collection to aid them in their studies as they dig deeper.

Students have been using tablet PCs to aid them in their studies of Japanese writings and reading documents.

"The technology has helped students in all aspects," said Japanese professor Yoshiko Saito-Abbott. "The students felt that their skills have improved faster and could read, listen, comprehend, and write better."

The program is so groundbreaking it is going to be featured in the new edition of the Hewlett Packard philanthropy and education report. HP has also granted CSUMB money and equipment to use for technological advances on campus.

One of the many new projects for the program is to put proximity-based communication into the Monterey Bay Aquarium. This means when you stand in front of the otter exhibit, your handheld guide will tell you exactly what you're looking at and facts about the animals.
Why February?
By Brian Chapman
brian Chapman@csUMB.edu

Some have questioned Black History Month falling on the shortest month of the year. Some people felt that it is a conspiracy of racism towards the African-American community once again.

This is just a myth that is easily answered by what February means to the African-American community and the events that have occurred during this month.

Misty Tyson, President of Black Students United (BSU) said, “I think that people fail to realize that Black History Month should become more than just a month it should be about educating the world about the struggles and accomplishments African Americans went through.”

The man who decided that February would be the month to commemorate African-American culture was Professor Carter G. Woodson, who was African himself. Although the 13th Amendment (prohibiting slavery) was signed in January, word didn’t reach the slaves until February, which is the main reason why Black History Month takes place in February.

Over time, assumedly people have created more questions about why this month was chosen, including the myth of giving African Americans the shortest month of the year.

Many believed the month was chosen for the birth of Abraham Lincoln and Fredrick Douglas. The death of Malcolm X and the passage of the 15th amendment (giving African-Americans the right to vote), are among the most known events.

“I think that people need to stop focusing on the length of the month and focus more on the context of what it means,” said Tyson.

There have been many historical events in February for the African-American community that encourage reflection about those important occurrences and everything that has been accomplished in U.S. history.

How do you feel about Black History Month? Let us know in the comments below.

African-Americans celebrate pride in heritage
By M. Cristina Medina
Martha Medina@csUMB.edu

The month of February is more than just a month of friendship and love; it is the month of historical significance and cultural recognition, especially for African-Americans.

Black Students United (BSU) has been busy planning since October for Black History Month and the events that will take place throughout the month.

Black History Month didn’t become stabilized until 40 years after its initiation.

This celebration started with Carter G. Woodson, a professor and author who was upset that schools did not teach anything related to African-Americans and their influence in the country. It was soon proposed to have a period of time to celebrate and recognize the trials and struggles of African-Americans.

In 1937, Woodson developed Negro History Week and published the first issue of “The Negro History Bulletin.” In 1976 it was established that February would be a month for celebrating Black history and Woodson was recognized as the “Father of Black History.”

Now 28 years later, schools across the country, including CSUMB, recognize this month and its heroes.

BSU planned for the month of February despite the budget cuts and stressful schedule conflicts. With the help of Resident Hall Association, Intercollegiate Club Council, Student Activities, Outer Student Union, Events Work Group and donations of the community, BSU has been able to put on events that would educate, entertain, and express the pride of African-Americans.

Although some events were easier to put together than others, it was “very hard to find funding for the whole month,” said Marian Muhammad, treasurer of BSU.

For BSU, this is the month where members of the club are able to express themselves and the pride of being part of the African-American heritage. They also want to keep alive the memory of African-Americans who have helped build this country.

“Black History Month is a celebration as well as an experience,” Muhammad said.

Some of the activities for this February have included the “daily doses” of information sent through FirstClass Open Forum acknowledging the struggles and triumphs of African-Americans, as well as serving “Soul Food” every Wednesday in the Dining Commons.

One of the guest speakers for the month was Ben Jealous, a former Black Panther who spoke at the University Center about the achievements as well as the struggles of African-Americans through the era of the 1960s.

“Black history is American history,” said Ashanti Thompson, a member of BSU.

As at any university, it was hard to get students to show up for events because of schedule conflicts. However, many professors took the opportunity to bring their classes to the presentations so that their students could learn about the historical issues.

Due to leap year, this February will be one day longer than usual, but BSU members stated that the extra day would be used to unwind from the month’s activities.

For more information contact BSU via FirstClass or attend the Wednesday meetings in library conference room 110 from 12 – 1 p.m.

For more information on Black History month visit: http://www.chipublib.org/002branches/woodson/woodsonbib.html or http://www.departments.berkeley.edu/multicultural/months.html#black


Abib (R), one of the Fagaalia dancers who performed at CSUMB during Black History Month, teaches Misty Tyson, BSU president, some words and expressions in his native language.
**John Kerry**

John Kerry’s future goal is winning the peace in Iraq. To do this he believes that we must return to the International Community and offer a real partnership to rebuild Iraq and protect its people. This includes a reasonable exit plan and data.

<table>
<thead>
<tr>
<th>IRAQ</th>
<th>HEALTH CARE</th>
<th>AFFORDABLE EDUCATION</th>
<th>TAXES &amp; THE ECONOMY</th>
<th>CIVIL RIGHTS</th>
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<tr>
<td>John Kerry’s future goal is winning the peace in Iraq. To do this he believes that we must return to the International Community and offer a real partnership to rebuild Iraq and protect its people. This includes a reasonable exit plan and data.</td>
<td>Plans to make health care more affordable and to provide health care for 98% of Americans, including nearly all children. In his first 100 days of presidency John Kerry pledges to propose a bill that keeps Medicare strong instead of privatization.</td>
<td>Says he understands students are the engine for the future. Believes that attending a university should be as universal as high school. Plans for “College Opportunity Tax Credit” providing a credit for the first $4,000 spent every year.</td>
<td>Priority would be to provide tax relief for middle class families who need to cover expenses paid on mortgages, high care and tuition. Wants to roll back tax cuts for the wealthiest Americans and crack down on corporate corruption. Plans to replace jobs lost by Bush.</td>
<td>Supports extended benefits for gay couples, and supports adoption by gay couples. Opposes the Patriot Act.</td>
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**John Edwards**

John Edwards supported Iraq invasion because of WMD threat. Believes that the United states needs to enlist allies internationally and seek help through the U.N.

Proposition Rundown

By Louise Vicuna, Staff Reporter

Included on the March 2 primary ballot is a variety of propositions, including Proposition 55, which will, if passed, mean big bucks for CSUMB.

In 2002 California voters passed Proposition 47, the first half of Proposition 55, which allocated $13 billion for repairs to schools and classrooms. If the measure passes $12.3 billion of construction bonds would be sold to renovate and repair California’s run down classrooms from kindergarten all the way up to the CSU system.

During the “State of the University Address,” President Peter Smith advocated the passage of Proposition 55. He stated that the passage of the bill would give CSUMB $18.5 million to replace undersized and decaying gay and electrical lines throughout the campus making the buildings safer and more reliable.

**Proposition 56**

Prop. 56 would revise the State Constitution to lower the vote required to pass the state budget and budget-related tax increases from 2/3 majority to 55 percent. It also makes legislators work without pay if the final budget is late and requires that 25 percent of any extra state income goes into a reserve.

**Proposition 57**

Prop. 57 would allow the state to sell $15 billion in bonds to help balance the state budget. It will take between 9 and 14 years to pay off the bonds. Prop. 58 needs to be approved for Prop. 57 to go into effect.

**Proposition 58**

Prop. 58 would change the State Constitution so that a balanced budget must be passed each and every year. If the governor sees the budget beginning to fall out of balance during the year, the legislature is required to take action.

Sparse showing at political forum

By Louise Vicuna, Staff Reporter

On March 2, the young people of America will have the chance to choose a candidate for our next president. Time will tell is CSUMB students will turn out for the polls or if the current trend of young voter indifference will continue.

On Feb. 19, a forum for the democratic presidential candidates was held at the Black Box Cabaret (BBC), organized by Lutheran Ministry. Students were invited to come and listen to representatives of the candidates in presidential primaries, but few actually showed up.

"People care about what’s going on in politics but I don’t know if they care to show up and talk about it," said Lutheran Ministry Representative Melissa Harper. "But I’m hoping they care to show up when it counts."

The speakers explained what their candidate’s platform was and how they stood on the issues. Representing Dennis Kucinich was local physical therapist Timothy Doyle. Speaking for John Kerry was Monterey Democratic Central Committee member Kris Edmonds and sharing the views from the platform of Howard Dean was campaign volunteer Olivia Lopez.

Even though turnout at the forum was low, this did not dampen the spirits or enthusiasm of the participants. There was also the lunch with President Peter Smith going on at the same time, which may have attracted some attention away from the BBC.

"It’s generally hard to get students to come out to political events," said Luther Ministry Pastor Anton Paige. "Hopefully when we get to the primary and general election people will show up to the ballots." Paige mentioned the possibility of holding another forum closer to the general election.

"I see passion among the students about what's going on in politics," Harper said. "It's just that they're not hanging out together for big rallies, but it's there."

Issues students are affected by these days range from health care, the environment, to affordable education. "The most crucial issue is the economy. The current deficit is growing to determine how we live the next few years," Lopez said. "We are going to go bankrupt if we don't do something about the deficit."

Student Joey Devine said, "Education is an important issue especially with tuition being raised and the recent tax cuts. It's important to look at education because teachers don't get paid enough and education as a whole is not doing as well as it should be."

"The three most important issues to me are the environmental issues, specifically Alaskan oil drilling; immigration issues are also important and of course everybody’s favorite, the war in Iraq," said freshman Matt Roberts.

According to a poll taken by youthvote.org, 17 percent of 18-24 year-olds are most concerned about terrorism. Second on the list were jobs and economy with 15 percent. Of the people polled, 45 percent said that the economy is the most important factor to consider while deciding which candidate to vote for.

"First and foremost it is important to turn over the rule of Iraq to the U.N., and the United States should contribute financially and they should support the U.N. but they certainly shouldn’t be overseeing what’s done in Iraq," said Vito Trigilia, the Events WorkGroup chairperson.

"They have to have a good outlook on women’s rights. Employment and health care are important to me also," said HCOM freshman Amber Freitas.

Informing students of the candidates’ platforms is just half the battle of campaigning. Getting students to the polls is another issue altogether. "I haven’t actually registered yet but I do think that I am going to vote," said Freitas. "I haven’t decided yet. I don’t really follow the Primaries right now but I do usually go towards the democratic candidates."

"The only real reason I would vote for John Kerry is because I want a democratic president and I think he has the best chance to win," said Devine. "It’s not really about getting Bush out of the White House it’s just that I am a democrat and this is how I feel."
Bonfire boosts spirits before big game

By Daniel Burr, Staff Reporter
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The first ever campus bonfire rally was held this past Saturday night, prior to the men's final home basketball game of the season. The purpose of the bonfire was to celebrate school spirit in a way that has never been done before on campus.

Numerous people were gathered around the large fire that was set up next to the campus gymnasium. On hand were the local fire department, faculty members, and of course students showing their support for the men's basketball team.

During the fire people were able to socialize and take in the unusual warmth. There were several people that spoke, including Head Coach Bill Trumbo, who introduced all the members of the men's basketball team for the crowd. The night was special for senior players, because it was their last home game of their CSUMB careers.

Elephants on parade: Republican Club arrives

By Rachel Kane, Staff Reporter
rachel.kane@csuemb.edu

Republican students of CSUMB emerge from the conservative wings of classrooms to form a new Republican Club, but not without bureaucratic struggles.

Summer Snell, Republican Club president, said that finding an advisor for the club on CSUMB’s faculty was “extremely hard.” The Republican Club was finally recognized in December of 2003 after trying to find an advisor since the preceding September. “It seemed as if the faculty almost showed that they didn’t want this club to exist,” said Snell.

“I only asked teachers I thought would say yes. A couple smirked and said they had too little time. A couple chuckled and said it probably wouldn’t work out because they were Democrats. All were very surprised that we were starting this club,” said Daniel Ahiers, founding member of the Republican Club.

After much persuasion, Dr. Robert Weisskirch, an assistant professor in Liberal Studies, agreed to take on the task that the rest of the faculty who had been approached would not, and become the advisor to the Republican Club.

Weisskirch initially tried to find a Republican member of the faculty to be the advisor for the club, but came up with little suggestion. “Every time I asked people, the only person they pointed to was Peter Smith.”

“I am not a Republican,” said Weisskirch, but “I felt that it was important to support students.” Weisskirch said he did not think that the largely Democratic faculty was against the insurgence of a Republican Club at CSUMB, but he agreed that “students who want to be part of a Republican Club have to face a challenge.”

Snell said that the Republican Club was created out of a necessity for Republican students to feel secure. “It gives us an opportunity to voice our opinions. We have felt marginalized,” she said. “We don’t want to be persecuted.”

The members of the Republican Club feel that the faculty at CSUMB has a chiefly liberal pedagogy in which they attempt to indoctrinate their students. “I just want to learn the material, not the teacher’s political beliefs,” said Brittany Sweeney, a member of the club.

Brian Farrell, assistant ICC representative for the Republican Club, said that one of their main concerns is having a balanced political presentation in classrooms. “If there are any conservatives on campus, they’re too afraid to come out,” Farrell said, calling these students “ closet republicans.”

Farrell goes onto to admit that “there have been times that I’ve wanted to leave the class.”

Weisskirch said he believes it is “important to invite dissent,” and that having a Republican Club and the presence of a conservative viewpoint in classrooms is a learning opportunity for everyone involved.

The Republican Club, whose motto is “The Other Half of your Balanced Education,” is now looking for new members to add to their 25 to 30 semi-active constituents. “We don’t discriminate,” said Snell.

Weisskirch also urges any Republican faculty members who are passionate about students and Republican viewpoints to come forward in support of the Republican Club.

Robert McFadden, representative of the College Branch of the Republican Party, said, “I think every college campus needs a Republican Club to balance out the debate.” Republican Club member and Democrat, Anika Hein, will be trying to establish a Democratic Club with in the next few months so the two sides may engage in proper deliberation.

Campus Events

To post an event, contact Colleen Cooney via FirstClass.

Thursday, Feb. 26
Third Annual Black History Banquet.
University Center Ballroom.
7 p.m. $10. RSVP appreciated.
Call 884-9938.

Grant Writing (session 2), Building 10.
4 p.m. – 5:30 p.m. Free.
Contact Annette March at 582-4539.

Monday, March 1
Information Technology and Communication Design Spring Lecture Series, MLC Building 18, room 118.
6 p.m. – 7:30 p.m. Free.
Contact Valerie Landau at 582-4409 or via FirstClass.

Tuesday, March 2
Teaching and Learning with Wireless Technology Webcast Online.
11 a.m. Free. Registration required at www.macromedia.com/v1/company/events/onlineevents/edu_convofm.
Contact Karen Letendre at 582-5384 or via FirstClass.

Thursday, March 4
Lunch with President Smith. Drop by to meet with President Peter Smith during your lunch hour. Dining Commons.
12 p.m. – 1:30 p.m. Free.
Contact the Associated Students via FirstClass.

Monday, March 8
University Center.
6 p.m. – 10 p.m. Free.

Every Wednesday through March 17
Understanding Self Through Art workshop, Building 80.
3 p.m. – 4 p.m. Free.
Contact Sharon Riley at 582-3969 or via FirstClass.

Every Wednesday through March 17
Rhythm and Blues – managing your depression. Building 60.
4:30 p.m. – 5:30 p.m. Free.
Contact Mel Mason via FirstClass.
CSUMB comes out swinging

By Darrell Hirashima, Staff Reporter

If you think Happy Gilmore vs. Shooter McGavin is golf’s most storied rivalry, there’s a distinct possibility you haven’t heard of a quiet group of Otter athletes building CSUMB’s reputation on the national stage all the while remaining humble outside the spotlight on their own campus.

CSUMB students have picked up most of their golfing knowledge from “Caddyshack” or PlayStation 2 games, but you don’t have to be Vijay Singh to see that our men’s and women’s golf teams have done more than stay a winning tradition in the NAIA. They intend to finish it.

This is CSUMB’s last year competing in NAIA Division III before moving up to CCAA NCAA Division II. The Otter golf teams intend to leave a legacy of winning in their wake, and in the process make a statement: they will be coming to compete next year.

While both the men and women are riding the momentum of their highest national rankings ever, the men in particular have put themselves in position to compete for the NAIA National Championship in May.

“All we want is for us to get to Nationals,” said Men’s Coach Bill Paulson, who took over as head coach in 2000. He has been with the program since it began in 1998 and has seen his players “hit the links” (golf lingo for going out to play for a round) in three national tournaments.

The men achieved their highest national ranking ever on Golfstat.com in Nov. 2003 when they were ranked second in the country. With five conference titles already in the bag, a sixth seems to be a forgone conclusion for the reigning champs.

“It’s going to be fun. I can’t wait to get started,” said Paulson of the upcoming tournament schedule.

The team is striving to maintain their enthusiasm and put the uncertainty of the preseason behind them. The men’s golf team was dealt an unexpected blow when Andrew Streafield, CSUMB’s first All-American in any sport, was declared ineligible for the spring season.

The NAIA requires intercollegiate athletes to be within their first 10 semesters of attendance as a regularly enrolled student in order to be eligible for competition. The official website of the NAIA defines a term of enrollment as “any semester... in which you were enrolled for nine or more institutional credit hours and attended any class.”

Paulson said Streafield used up his eligibility bouncing around schools from Australia to Tennessee. The decision, handed down with foreign international involvement, came as a surprise to players and coaches alike. They believed Streafield had satisfied the requirements to play this semester, and many anticipated he would be a major contributor in their bid for a national championship.

“Even though it’s an individual sport, we play as a team,” says Ryan Bohning, a junior transfer representing CSUMB on the golf team. Bohning, along with Jonah Carlson, will be just two of the many capable players filling the void left by Streafield.

“I’ve experienced before that if you lose one guy, someone else will step up,” asserted Carlsson, a 24-year-old business major who hails from the Swedish town of Sodertalje, just outside of Stockholm.

“This is kind of journey for me. I wanted to experience ‘Northern Cal,’ as you say,” said Carlsson of his choice to transfer to CSUMB from Saddleback, a junior college in Southern California.

Even though Streafield was the first All-American athlete at CSUMB, he assuredly will not be the last due to the recruiting edge of CSUMB golf.

“Because of the reputation of golf in the Monterey Peninsula area, even without scholarships we can attract players,” said Paulson.

The AT&T Pebble Beach National Pro-Am Tournament that wrapped up on Feb. 8, with champion Vijay Singh taking home $954,000 of the $5.3 million purse, is only part of the reputation Paulson is referring to.

The Pro-Am was an energizing event for the whole area, but especially for some of the aspiring young golf talents from CSUMB.

“They [the players] thoroughly enjoy when the events come. It gives them an opportunity to see what the next level is like,” said Head Women’s Coach, Marcia Juergens.

The women’s team has seen a rise in recruitment over the years as the school has become better known. “There’s been a lot of interest exhibited from girls throughout the state,” says Juergens.

Women from as far as Montana are beginning to show interest in CSUMB’s program, even though Juergens suggested they wouldn’t likely end up here. “At least the program is getting known enough that these Montana players are putting out feelers. It shows that our program is being recognized around the country,” said Juergens.

The Otter women are coming off the highest national ranking in the team’s short history when Golfstat.com ranked them 11th in the country. Players indicated that the guidance of Coach Juergens has been a key ingredient to the team’s success.

“Shel’s really supportive of the team and the girls, and she treats us like we’re family. It’s a real close-knit group,” said Alison Sahli, a sophomore on the team.

Katie Murphy, Faren Lauer and Jessica Prather return to the “family” from last year to combine their talents with freshman Mariko Miranda, who, according to Juergens, “comes with high credentials.”

In 2003 the women’s golf team finished the highest of any CSUMB sports team in NAIA competition when they drove and chipped their way to placing 12th in the National Championships.

Both Otter teams have several straight weeks of tournament play ahead, and they both have the confidence and skill needed to continue the winning tradition already established.

In the process they might also change the way people talk at CSUMB.

When students say, “We have a golf team,” they say it in question form, “We have a golf team?” As the reputation of the Otter golfers grows, students might begin to say, “We have a golf team,” as a statement. They might even say, “In fact, we have two great golf teams.”
Seniors ring the “Ole Bell” again

By Darrell Hirashima, Staff Reporter
Darrell_Hirashima@csumb.edu

The “Ole Mariner’s Bell,” salvaged from a sunken pirate ship off California’s coast, now resides in the CSUMB basketball office, mounted on a plaque with an inscription that reads, “The Scourge of the Barbary Coast.”

The Bell represents a coastal hoops rivalry between the men of CSU Monterey Bay and CSU Maritime Academy and goes home with the winner when the two teams meet. Last Saturday the meeting took place on the night of another tradition, as CSUMB seniors were honored in their last home game.

“Senior Night” was exactly what the name promised. Coach Bill Trumbo started his five seniors and they responded by scoring the first 30 points of the 71-57 victory. Mike Miller finished with five points, Colin Pfaff had four, Brimah Vonjo and Josh Warren scored nine and six respectively, but Nick Johnson led the seniors with 12 points.

Maritime led once when two free throws put them up 40-39 with 12:11 left in the game. Miller quickly responded with a 3-pointer that sparked a 17-3 Otter run over the next six minutes, forcing Maritime to call timeout down 43-56.

CSUMB enters the Conference Tournament Feb. 26 as the fifth seed with a conference record of 11-7.

Game Wrap
Information gathered from sports.csumb.edu

Tuesday, Feb. 10
Women’s basketball: After a close loss to Menlo College, the Otters were determined to gain another conference win against the Pacific Union College Pioneers. CSUMB dominated the entire game finally taking the win 89-27. Virginia Meyers and Erin O’Hare each produced 18 points. O’Hare completed her double double with 12 boards.

Tuesday, Feb. 17
Men’s basketball: The Otters were determined to make it to playoffs to cap their last season as part of the Cal Pac. Coming off a one-point loss to Holy Names College on Valentine’s Day, CSUMB rolled over Bethany College 89-33. Will Brown dominated offensively contributing 15 points. Mike Miller, Jay Demaestri and Kenny Rnfro each chipped in 11. Brown also pulled down nine defensive rebounds for the Otters.

CSUMB Men’s basketball finished 14-19 overall.

CSUMB Women’s basketball finished their season 10-19 overall.

Women's b-ball victory guarantees playoff position

By Darrell Hirashima, Staff Reporter
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Johanna Mahoney had yet another double-double in her final home game at CSUMB, propelling the Otters to a 75-62 victory over Bethany College.

The win on Feb. 17 assured CSUMB the sixth seed in the conference tournament and marks the first time the women’s basketball team will participate in the postseason. The game also marked the last time Otter fans would see the six seniors who were honored for Senior Night perform on their home floor.

Shauna Flores, Lisa Mispley, Virginia Meyers, Vanessa Fowlkes, Erin O’Hare and Mahoney were honored in a pre-game ceremony that recognized their achievements at CSUMB.

Mahoney, a 6’2” center, shot 10 of 15 from the field and led the seniors with 22 points, 10 rebounds and three blocks. Flores, a senior guard, made a substantial impact, dishing out 12 assists to go with her seven points. The seniors combined for 42 of CSUMB’s 72 points. Mispley, another senior guard, added nine points, only missing one shot from the field.

The Otter women have a big challenge ahead of them as they head to the Cal Pac Conference Tournament in San Rafael with their best conference record in history, 6-10.

Colin’s Column

By Colin Pfaff
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• Otter Hoops playoff bound. For the first time in CSUMB history, both men and women’s basketball teams have advanced to postseason play.
• 11th, ranking of the Women CSUMB golf team in the nation by Golfstat.
• 2nd, ranking of the Men CSUMB golf team in the nation.

In other college sport news...
• Apparently, there is something in air in Colorado...Kobe Bryant should have played football at Colorado University.
• Note to high school football recruits, don’t play football at Colorado. Unless adult entertainment is a career interest.
• As much as some fans hate Stanford, it’s getting harder and harder to root for these guys to lose. One of the few programs, which win, graduates players, and just seem to do things the right way.
• For you gambling Otters, since 1989, at least one 12th seed has beaten a fifth seed in the first round of NCAA basketball tourney.
• The countdown begins, and it couldn’t land better on the schedule, Mar. 18, first day of basketball action, and for those who don’t have Friday class, first day of spring break.

And now for pro-sports...
• A-Rod and Jeter. Although they sound like a couple of foreign car parts, they are actually the engine that will drive the Yankees to World Series Title and help make up the best infield in MLB.
• “I would like to join a team and help dethrone the Yankees; they’ve won too much already,” stated A-Rod in 2000. Uhhhh… Alex? Do you have A-Clog in your head?
• John Daly surprised fans last weekend by winning the Buick Invitational. His first PGA win in nine years.
• Greg Anderson, trainer of Giant All-Star, Barry Bonds, may need ol’ Barry to bail him out. The juice just ain’t the same in jail Greg.
Rugby

...from page 1

It was a tough battle all the way to the goal line, but it was a joyous celebration in the end zone.

By the end of the first half it was 24-5 Saint Mary's lead. The Otters continued to hit hard through the second half, but it was to no avail. They ended up losing their Division II game 5-43.

The Otters' rugby team has overcome several difficulties this season. "The team needs more players," third year player Emmy Hannan said. "There are not enough girls to play rugby.

Being a club team, the women's rugby team isn't funded by the university like the men's and women's basketball teams and soccer teams. They must partake in regular fundraising events to earn enough money to participate.

"We had a magazine fundraiser and a car wash," Hannan said. "The Inter Club Council helps with some of our funds as well. The University should recognize us as a team sport, because then we can get the necessary funding that our team needs."

One of the biggest problems with being a club sport is the lack of funding. There are many expenses that are necessary to be a successful team.

There is a possibility the women's rugby team will eventually become an intercollegiate sport, but CSUMB needs to increase enrollment and its athletic bank account before that happens.

"We don't have enough money, and we have zero access to the soccer field for our practices," said Hannan. "We also don't have any access to the gym and the university's sports trainer."

Not everything that has to do with rugby is frustrating; these women love playing this game. "It's so much fun to play rugby whether winning or losing," Hannan said. "We hit harder so the other team feels like they got worked. People who play rugby love to play no matter how bad they do."

The Otter Rugby team is a dedicated group of women who pride themselves in standing out, win or lose.

Got Stress? Try Yoga

By Colleen Bormann, Staff Reporter

College students are always searching for healthier lifestyles. Demands of a new semester bring new levels of stress. Many students are finding their stress relief in yoga.

Developed in India 5,000 years ago, yoga is becoming more mainstream as college students seek to find new ways to relax. It is designed to release stress while improving health and well-being, flexibility, concentration, and strength. Yoga is a technique that is performed through relaxing and deep breathing, which connects the mind, body, and spirit.

CSUMB students are learning of this exercise and are taking advantage of the classes. For some students, yoga is a lifestyle. Ryan Trodson, a senior, is one of these students. He is benefiting from the classes offered at CSUMB.

"I needed something to wake me up. I also hoped yoga would help my lower back pain," Trodson said. Not only does yoga relieve stress, but it also helps relieve tension and pain in the body.

Some students enroll in yoga simply to improve their outlook on life. Mindy Bacola, a freshman, needed something different and challenging in her life.

"I needed something that was a physical challenge, but helps my overall well-being at the same time," said Bacola. "Yoga is a peace of mind. Students need somewhere they can go to forget about all of the negatives brought by college life."

With the help of great leadership, yoga can be brought to the classroom. Christine Derr, a CSUMB professor, has been doing yoga for three years and is sharing her knowledge with her students. She believes students mainly enroll in the class to reduce stress, but it tends to do more than that.

"Every class, stress hormones go down. Yoga, as a whole, helps students become more in touch with their bodies," said Derr. "Yoga is great. It can change your life."

For others, yoga is not as appealing. "I have never found it interesting. I just picture people bending their bodies in pretzel-like shapes," said student Kristin Seifert. "I rely on aerobics or other cardio exercises to relieve stress. Plus, I am not very flexible and would probably not be able to keep up with the class."

Although yoga involves a lot of stretching, it is designed to fit everyone's body. There are many different forms of yoga, it is a matter of finding out what works for each individual. Everyone has a different style and can work at his or her own pace. No one style is better than the other; it is a matter of personal preference.

With students' busy schedules, stress is inevitable. Yoga has been around for a long time, but is now becoming a new fad. People are always looking for ways to improve their life. Yoga can fulfill that goal for many. With classes available all over, it is a matter of finding the time in this busy world. Grab a mat, loose clothes, and a quiet place. It is time to focus on one thing: yourself.

Yoga Classes

Otter Sports Center
Ashnta Yoga:
Tuesday-6:30
Thursday-6:30
Cost:
Free for CSUMB students and OSC members
$5 for CSUMB staff and faculty
Each class is about one hour long.
Meet in Bldg. 84F Dance Studio
Bring your own mat.

Monterey Sports Center
Yoga:
Monday-7:15 am, 6:45 pm
Tuesday-8:00 pm
Thursday-6:45 pm
Friday-7:15 am
Sunday-11 am
Power Yoga:
Wednesday-12:15 pm
Friday-5:30 pm
Cost
$7 per class, Monterey residents
$8 per class, non-residents
Each class is approximately one hour long.

Say Om: CSUMB students experience Ashtanga yoga.

PHOTO BY JOHN SMITH
PHOTO BY COREY EDMONDS
SoCal trio defines surf rock

By Carmina Martinez, Staff Reporter
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Agent Orange is a surf rock group named after the toxic chemical defoliant used by American military in Vietnam to deprive the enemy of food and of hiding places in the jungles by killing all vegetation.

This California trio came out of the Fullerton area and became a classic for a generation of skateboarders.

The band was formed in the early 1980s, with vocalist/guitarist Mike Palm, bassist James Levesque and drummer Scott Miller. Their music combines the California Sunshine with the dark shadowy side of the American Lifestyle.

Most campus skateboarders are familiar with the group and the type of music. “For sure I’ve heard of their stuff, and yeah I’ll check them out,” said skateboarder Justin Richardson.

Other campus skateboarders attribute surf rock for helping them to be totally consumed and caught up in the moment, which helps their jumps and skateboard hopping.

Agent Orange’s best work came in the early 1980s. With songs like “Too Young to Die” and “No Such Thing,” the band was said to be way ahead of their time, their music prefiguring lots of inferior US punk/rap music produced by Nirvana, Green Day, Limp Biscuit and others whose music reflected the emptiness of American society. To this day their early 80s music is still very much in demand by American teenage skateboarders.

Agent Orange is said to sound like a combination of the Sex Pistols, the Ventures and early Blue Oyster Cult with their “hybridized surf-twang sounds, smart-metal chops and punky drive.” One of the group’s ventures was a remake of Jefferson Airplane’s “Somebody to Love.”

Orange removed the psychedelic elements, and successfully gave the song a ripping punk/surf rock/power pop makeover.

The 80s were a very active time for the group. They produced “Living in Darkness” in 1981, “Bitchin’ Summer EP” in 1982, “When You Least Expect It EP” in 1984, “This Is the Voice,” for Restless/Enigma 1986. This last album was a less vigorous LP with brighter melodies, with an emphasis on vocals. It was also Agent Orange’s last for a long time, except for the live record, “Real Live Sound” in 1990.

The group later re-emerged in 1996, touring the world and recording the LP, “Virtually Indestructible.” They also made “Greatest and Latest: That N-Thing” in 2000.

Listeners favorites include tracks like “Too Young to Die,” “Bloodstains,” “Last Goodbye,” and “No Such Thing” as well as exciting covers of everything from The Who’s “Shakin’ All Over” and the 1960s surf instrumental “Pipeline to the Dead Kennedys’ Police Truck.”

This SoCal trio has made a name for themselves with their unique blend of punk, surf rock, and power pop. For those who don’t own any Agent Orange CDs, the Rhino collection “Living in Darkness” would be the best place to start, but “Real Live Sound” is also highly recommended.

The group will be appearing at the BBC Feb. 28.

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The Big O

Metrosexual:
Straight up with a twist

I once had a crush on a metrosexual. We met cycling and, for a short while, I fantasized about taking him for a long, hard ride sans vélô.

He (let’s call him Armstrong) is tall, debatably cute, a passionate kisser, and once jokingly referred to himself as a metrosexual.

Armstrong, who grew up in the notoriously gay district of a city not far from here, must have noticed the look of confusion on my face, because he informed me that a metrosexual is merely a straight guy who is tolerant of, acknowledges and embraces some of the finer aspects of gay culture.

The prefix, metro- (city), refers to the urban lifestyle embraced by this male anomaly, while the suffix -sexual is a connotation of homosexual, of which the metrosexual is not, but whose behavior may encompass that of the stereotypical gay man. The metrosexual man is stylish, sensitive, knows what pomade is and how to use it and isn’t afraid of watching male slabs vamped into metrosexuals by gaggle of homosexuals, a la Queer Eye for the Straight Guy.

The site UrbanDictionary.com defines a metrosexual as an “urban male who is eager to embrace and even show off his feminine side,” particularly when it comes to his love of extravagant material pleasures — such as designer digs, facials and fine interior decorating — things we usually associate with feminine or “gay” tastes.

But before I got too excited by the thought of having my gay best friend infused with just enough testosterone to satisfy my libido, I had to ask: Does a metrosexual’s desire for perfection also apply to pleasing his lover? Or is he too worried about getting bedhead — without actually using piecing paste and a blow-dryer — he forgets his lover is not only the reflection he sees in the mirror?

While I found Armstrong — and his endurance — incredibly sexy, I never saw his sensitive or “metrosexual” side. But the nice view of his backside pumping up a hill wasn’t so bad, while it lasted.

Take it slow and easy,
Jo

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Next time:
First time folly: When bad sex cools off a hot night
Juarez’s unsolved mystery
RUAP invites women from community to view documentary

By Carmina Martinez, Staff Reporter
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Several teenage mothers from Watsonville make a trip out to CSUMB every Wednesday to work on their digital autobiographies, a current project that the Reciprocal University for the Arts Project (RUAP) is working on.

RUAP is a CSUMB project that works with the Music and Performing Arts Institute and Visual and Public Arts Institute. It’s a program that teaches students and the surrounding communities how art and artists can play an important role in their lives.

“The program is designed to work towards getting these girls to finish high school, and expose them to a university, so that they can see what it’s like, and maybe that will also encourage them to go to college,” said Lori Grantham, instructor for the program.

The girls range from the eighth grade through the twelfth and are pregnant or have children. One of the girls has been out of school since the seventh grade, but is back and trying to finish high school. The program is teaching the girls autobiographical writing, story telling, journal, and mini-autobiographical writing, and is working towards a digital autobiography.

Watsonville does not have all the technology needed for this project, so CSUMB’s RUAP program allows these girls to each have a computer and gives them the opportunity to use the digital media equipment to create their digital autobiographies. The program is possible due to a grant from the County Office of Education.

In connection with this program, the girls are encouraged to attend CSUMB’s free lecture and showing of RUAP’s visiting artist, Lourdes Portillo a Mexican-born woman that identifies herself as a Chicana in search of Latino identity. She is known for her outstanding documentaries.

Portillo will give a lecture and show of her most recent film “Senorita Extraviada,” (Missing young women) the story about the kidnapping, rapes and murders of young women of Juarez, Mexico, one of the world’s largest border cities.

There have been over 270 murders in Juarez since first discovered in 1993 and they still continue to this day. The documentary is set as an unsolved mystery; the filmmaker investigates the terrible murders, the fear in which the people of Juarez live in, and interviews from the brave families whose loved ones have been brutally torn from their homes.

The authorities have not been very supportive. They blame the women, saying they must be prostitutes, even though some were students or held regular jobs. The families of the women are demanding justice, but the most disturbing thing is that the complicity of the police in these murders continues to be uninvestigated.

Portillo is known for her outstanding documentaries, like “Corpus,” a home movie for Selena, for which she won the Golden Spire San Francisco International Film Festival 1999.

Women give CSUMB a reason to celebrate

By Diana Layous, Staff Reporter
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On International Women’s Day a global celebration will honor women’s contributions to history. The MultiCultural Feminists Club of CSUMB will be hosting an event on March 8 to celebrate.

Students and members of the community are invited to help commemorate women around the world during the event held from 6 to 10 p.m. in the University Ballroom.

The festivities will begin with a welcoming speech by Shaylla Chess, president of the MultiCultural Feminists Club. Chess will introduce Michele Serros, who will be the evening’s guest speaker.

Serros is a poet, performer, and comedian who is an activist for women and for the Latina community.

The theme for the International Women’s Day celebration this year is “Identity.” To address the issues of women’s identities, the celebration will include what Chess calls a “semi-open mic.”

Anyone who would like to read a poem relating to women and their identity can submit a copy to Chess up until a week before the event.

Artwork by students Alexis Sturgeon and Carrie Alexandra will be showcased throughout the night.

The event is free of charge and open to anyone who would like to join in the celebration. The crowd usually includes “students, faculty, and also men, women and children from the community,” said Chess.

International Women’s day is a tradition that began right here in California. In 1978, an educational task force in Sonoma, California wanted to raise awareness about women’s contributions to history and to society. They declared that the week of March 8, 1978 would be Women’s History Week, and that March 8 would be International Women’s Day.

People in California spread the news to women in other parts of the country, and they began lobbying for an official Congressional Resolution to make Women’s History Week a national celebration.

By 1980, President Jimmy Carter sent a presidential declaration urging the people to honor and recognize women’s accomplishments during the week of March 8. Soon after, Congress officially declared this week in 1981 as National Women’s History Week.

In 1987, the National Women’s History Project, an organization based out of Santa Rosa, California, petitioned Congress to expand National Women’s Week into National Women’s Month. As a result we now celebrate National Women’s Month in March every year.

In the tradition of Maya Angelou’s poem, “Phenomenal Woman,” the MultiCultural Feminists Club will be collecting nominations for outstanding women in the community. Be on the lookout for boxes placed around campus to collect nominations for women you would like to recognize.

The boxes will be placed outside the library, the Media Learning Center, the bookstore, and building 47. Nominations may also be submitted electronically to Shaylla_Chees@csumb.edu.

Following a reading of “Phenomenal Woman,” all nominees will receive a flower and a certificate of recognition.
Dread at the Controls, once again

By Matt Fox, Staff reporter
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Mikey Dread, one of the world's most influential reggae artists, recalled the struggle of his early years as the premier reggae DJ in Port Antonio, Jamaica.

"I called the show 'Dread at the Controls,' because it was controversial. Nobody at that time was thinking a Rasta had anything important to say. But we know that you can be whatever you want to be if you believe in yourself and what you're doing."

At first the show was not well received. In Jamaica, a radio DJs at the time had never played only reggae music, and the idea of a "Rasta" was rebellious and dangerous to the Jamaican upper class.

As the show took hold, many people, rich and poor, began to see the show's positive effect.

"Most of the police detectives who would patrol used to end up in the studio with me at night because they used to say, 'Why, Mikey ya' know, what I mean there is nothing out there tonight because the crime rate fall, because all the bad boys have gone home to listen to the show.'"

Mikey Dread's reggae band will be performing at CSUMB Feb. 27 in the Black Box Cabaret. Doors open at 9 p.m., and tickets can be purchased at the door. Tickets are $6 for students ($12 for visitors). They are limited so arrive on time.

Dread is recognized and respected around the world for his musical achievements and as a radio personality. But it is his work with 80s punk rock band The Clash that has given him his highest degree of renown.

Dread has also performed live with many famous musicians such as Bob Dylan, Bob Marley, UB40, Carlos Santana, Jimmy Cliff, Third World and Inner Circle. Many of these concerts were held in sold out stadium theaters with up to 30,000 to 50,000 fans.

Dread's most recent accomplishment is a song he and R&B artist Seal collaborated on together. The song will be on the soundtrack to the new film "50 First Dates." Adam Sandler and Drew Barrymore star in the film, and it airs in theaters on Feb. 13.

The eventual success of Dread's radio show yielded him an award for Top Radio Personality in Jamaican Radio. Hundreds of reggae artists were able to express their style and message. "Dread at the Controls" is a key contributor to reggae's current exposure and popularity.

Mikey Dread was available for an interview by telephone before the show.

Matthew Fox: Have you been playing gigs with your current band for long?
Mikey Dread: Yea mon' I try to keep the same band, because if I trade bands they won't know the music like my band do. I try to always step out there with my band because we like a family. We neva' quarrel we neva' fight we just have a good time and we play.

Matthew Fox: What would you say the main message is you try to put out in your music?
Mikey Dread: There are several messages, but one of the messages is, I believe in unity regardless of Black, White, Indian, Asian, mixture, black and white, and other derivatives. I believe we still one people and if we share the planet and we share the resources which we need to start, and we learn to live together in unity and harmony regardless of our social or racial status things will be a more positive vibe. We need to try and live with each other in a positive way. It's like how Dr. Martin Luther King tried to bring this message across to America; I'm trying to bring this same message to the world through music.

Matthew Fox: Are there any other prominent themes?
Mikey Dread: Some of my songs are about love because love is an integral part of my personal life. Also another thing about my music is I always try to maintain something Jamaican in my music. Over the years I have had many opportunities to sell out and do something commercial, but I am not sold out to any major company that does phony, commercial, reggae music. I like the heavy stuff the real roots, I'm not going to water it down, or tailor it down. I'm gonna' give it to you just like we do it in Jamaica.


Free movies!

By Diana Layous, Staff reporter
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Not much about going to college is free. At CSUMB, the Residence Hall Association (RHA) and the World Theatre have decided to give students a break.

This semester RHA is hosting ten movie nights at CSUMB's World Theatre. The movies, said Patricia Wadleigh, RHA's social programming chair, "are a fun and safe alternative for students on Thursday nights."

The World Theatre can hold 427 people, and so far the turnout for movie nights has been about 400. One of the reasons these movies remain so popular is "because students can't see most of them anywhere else. "We try to get movies that haven't come out to rent yet," said Wadleigh.

Look for announcements from RHA regarding upcoming prizes, which may include a TV and DVD player. The Spring 2004 movie schedule is available at http://worldtheater.csUMB.edu/calendar.html.

Spring 2004 RHA Movie Schedule

All movies are Thursday at 10 p.m. unless noted otherwise.

February 26
Scary Movie
March 4
Gothika
Saturday, March 6 @ 1:30 p.m.
Brother Bear
March 11
Matrix Revolutions
March 18
Haunted Mansion
Wednesday, May 5 @ 10 p.m.
The Last Samurai
May 6
Paycheck

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**Astro 101: Your February Forecast**

By Pandora

**Aquarius:** January 20-February 17
Get ready for some shocking events at the end of the month, Aquarius! Whether it’s a surprise twist in a relationship you thought you understood, or being blindsided by a situation you hadn’t prepared for, you’re in for a hectic couple of weeks. Keep in mind you don’t always have to be in control. Let your hair down and see where life takes you.

**Pisces:** February 18-March 19
You’ve been having trouble expressing some of your more hidden emotions lately, little fish. Use the end of the month to make time to confront the fears and insecurities you’ve been keeping deep inside. You’ll find the world is much easier to bear once you’ve made peace with the worst of yourself.

**Aries:** March 20-April 19
Try to curb impulsivity this month, little ram. Holding your tongue does not mean you are repressing your true feelings. Right now, thinking things through may just save an important relationship. If you feel you can’t hold it in, write it out and burn it up.

**Taurus:** April 20-May 19
You are faced with many decisions as the month comes to a close. You may think, stubborn as you Bulls are, that you know right from wrong. Take time to consider different options and question your initial conclusions. Stretching your mind like this will lead you to accept a more lucrative, if somewhat unstable, situation that will prove rewarding.

**Gemini:** May 20-June 20
You’ve always strived for the truth in life, whether digging to the foundation of philosophical arguments or working to unveil the masks of those around you. This month is testing your preconception that there is a deeper meaning to it all. Is there really order in all this chaos? Use the end of this month to put aside the cerebral contemplations. What does your heart say?

**Cancer:** June 21-July 21
Your confidence has been high these past couple of weeks. And I don’t mean off in a daze, little crabs. You’ve been assertive and sticking to your guns. This is quite the departure from your usual preoccupation of trying to please. By regularly checking up on your feelings, you are feeling more secure on acting on them. Keep it up!

**Leo:** July 22-August 22
This month has not been the best for you little lions, has it Leo? You don’t feel you’re getting the attention you deserve and are taking it out on others. Use the end of the month to cultivate a sense of serenity about your actions. Focus on what you do and how you do it. Others will notice in due time and give you the recognition you deserve.

**Virgo:** August 23-September 21
Frustration is not the logical outcome of failure. Take the next couple of weeks to meditate on what failure can offer. Does it give you a chance to change courses? Does it allow your creativity to grow in order to overcome your obstacles? Does it teach humility? Treat setbacks as opportunities and see what doors open for you.

**Libra:** September 22-October 22
Don’t worry about upsetting anyone by making an important decision. Think of what you need in your life and make your decision accordingly. Living life for others naturally to you, Libra, but take time out to discover your needs and desires. You’ll find yourself feeling more fulfilled and happy than ever before.

**Scorpio:** October 23-November 21
Passion has you in its grip, little Scorpion, and it’s not letting you loose. You are not usually on the receiving end of such strong designs, but go with it. Bask in the limelight and revel in the feelings of security. Your usual inclination towards possessiveness is no longer at the forefront of your feelings.

**Sagittarius:** November 22-December 21
Skip the Botux party. Nix the idea of dying your hair fuchsia, à la Brittany, Christina, Pink, Gwen. In short, don’t go out on a limb this month. Keeping a low profile doesn’t equal drab, it just means you’re taking a rest for a bit. You don’t have to be in the spotlight all the time. Give people time to look away so that when you do do something exciting, you can see all their heads turn in unison.

**Capricorn:** December 22-January 19
Your smile will make someone’s day this month, Capricorn! Can anyone ask for something better? Take the next couple of weeks to focus on simple pleasures and how you can incorporate them into your day. Once you’ve got that down, how can you incorporate it into someone else’s day? Try putting change into someone’s expired parking meter. Leave a flower on someone’s bike. Write an anonymous love letter and leave it in a library book.
The not-so-skinny on eating disorders

By Laura Ramos, Staff Reporter

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"I can’t imagine doing it again, I just can’t believe it!" These are the words of Sarah*, a CSUMB student as she reflects on her past relapses of bulimia.

That anorexia and bulimia stem from insecurities about body image is a very common misconception. Sharon Riley, a counselor at the Personal Growth and Counseling Center, confirmed that these disorders derive from much deeper and serious causes. "This behavior becomes a way for the individual to cope with personal problems, such as stress, pressure and other emotional issues."

It is assumed that people with either of these disorders are merely preoccupied with their appearance. However, the root of the problem is much more complex.

In an effort to better understand the illness, Sarah shared her experience.

During childhood, she recalls being mistreated, both physically and verbally, by her father because of her poor grades. She had many differences with one of her sisters, and had a crisis of faith in the years that would follow. More recently, she had just moved from her country of origin to the U.S. and felt alienated in a new place.

It was difficult to socialize and she missed her friends and her previous, much more tranquil lifestyle. She looked for control over her life, so she began purging, which is either self-induced vomiting, misuse of laxatives, diuretics and/or enemas. It is also accompanied with excessive exercising without a specific goal.

When asked if friends had come to her aid, she remembers turning them away. "You don’t listen to other people. When people began to ask too many questions, they put a lot of pressure on you and they only make the problem worse."

The repeated questioning set in motion the process of isolation for Sarah.

The triggers that lead to eating disorders depend on the person. But more often, eating disorders are associated with low self-esteem, major family and relationship problems, history of substance abuse, physical, emotional and sexual abuse, emphasis on body size, and careers that require a certain look, i.e., gymnasts, models, dancers, runners and wrestlers.

The effects of eating disorders are very harmful to the body. With anorexia nervosa, the person loses weight very rapidly as it changes the metabolism, making it more difficult to maintain a healthy weight. The person suffering with anorexia can also be ill, fatigued and more prone to infections because the body lacks nutrients vital for a strong immune system.

With bulimia, the effects are a bit more serious because the damage to the body becomes evident over time. Bulimia leads to fatigue, fainting spells, skin rashes and hair loss, osteoporosis (loss of calcium to the bones), and loss of concentration.

Eating disorders are not just a female issue, either. Although statistics are relatively low among men when compared to women, men also have the same fears, preoccupations, and pressures. Men abuse supplements that are intended for, oftentimes, abnormal muscle growth. The abuse of supplements is a serious problem as well, since they cause irreparable damage to the muscle tissue.

The effects of vomiting are more severe. There can be irritation of the esophagus, tooth damage caused by stomach acid, swelling on the abdomen, seizures, muscle cramps, and damage to the heart muscles. Laxative abuse causes constipation, diarrhea and cramping, allergic reactions caused by the ingredients found in the laxative, and it decreases the absorption of nutrients and medication (among them, birth control pills). In females, there is the absence of a menstrual cycle that is caused by both anorexia and bulimia.

It is difficult to confront a friend and ask about the possibility of suffering from an eating disorder, as was the situation with Sarah because she “didn’t think I needed help.”

Sarah is now on the road to recovery, very aware that she can relapse anytime due to the stress associated with beginning her major and the workload that will follow. She has already noticed the effects of bulimia in herself, some of which are irreversible. However, she has now mended her relationship with her family, and is surrounded by friends that are willing to help.

The best thing to do when seeking help is to take the risk and ask. Do not pester the person with questions and comments, because, as Sarah explained, asking, “Why do you do it?” is the worst kind of question to ask.

To make an appointment with a counselor, call 582-3969, or stop by the Personal Growth and Counseling Center located in Building 80. Office hours are 8:30 a.m. to 5 p.m., Monday through Friday.

The Counseling Center does not accept appointments via email.

*Name was changed to conceal identity.

How can I help a friend?

- **Be positive:** Compliment about their talents and point out their strengths.
- **Be there** for that person by being a good listener.
- **Avoid conversations** that pertain in any way to someone’s body size, or that place too much emphasis on food.
- **Show that you care** about this person as a whole; show you care about their health and their general well-being.
- **Do not give advice.** Sometimes telling a person what to do can isolate the person from you and make them do opposite of what you recommend.
- **Remind** this person that they are important for who they are and not what they look like or what they do.
- **If all else fails** set up an appointment with the Counseling Center for further assistance. Most importantly, never let a friend deal with this serious problem alone. When the stress gets to be too much to cope with, get help for yourself as well. Counselors understand that it is a trying experience and can help you.
Editorial: Whatever it takes to beat Bush

The Otter Realm has watched the presidential primary race with one motive in mind: which one of these dems can overthrow the Republican control of the White House?

The Realm was anxious to see Vermont Governor Howard Dean step into the forefront, for his views were in sharp contrast to Bush’s and he had enough huevos to express them.

And let’s not over look Kucinich, either. Sure, his views seem extreme compared to the other candidates, but upon closer look, Kucinich actually embodies the ideals we at the Realm believe in most: tuition-free higher education, a women’s absolute right to choose and Kucinich has always been adamant about his disgust of the war in Iraq.

But California is casting its vote after several other state’s primaries have already named the frontrunners. As things stand, it looks like we now have to pick between two “John millionaires”, Massachusetts Senator John Kerry and North Carolina Senator John Edwards.

As with any candidate choice, there is give and take. Kerry, with the vast majority of states already under his belt, rings the magic bell of electability, while Edwards supposedly has a better chance of beating Bush because he can win the southern states. But when it comes down to issues, the Realm backs Kerry.

Another Iraq?
Both candidates supported the war on Iraq, but at least Kerry has criticized the way the Bush administration has handled it. But what scares us are theRealmers is that according to CNN.com, Edwards thinks the “U.S. must help Middle East nations move toward democracy.” We think there’s been enough democratic bombs dropped in the Middle East.

Tax the rich
Kerry seems adamant about rolling back Bush’s tax cuts for the wealthiest Americans while Edwards is content about collecting his tax break (this guy’s rich) and having a tax cut for the middle class. We think Edwards should give up his slice of the pie.

 Enough patriotism
Edwards wants to leave gay marriage up to the states, but he supports the Patriot Act. Kerry opposes homosexual unions and the detainment of suspected terrorists and federal file snooping that is allowed under the act.

The Realm hopes that Kerry will change his mind about gay marriage because we aren’t patriotic enough for civil liberty violations across the board.

Prioritizing College
Both candidates have some sort of a No College Student Left Behind act for us university students. For Kerry it’s a college tax credit and Edwards wants to provide one free year of college for everyone. Neither candidate has suggested huge cuts to the military budget to pay for it so I guess we’ll keep having bake sales until they figure out how to fund it.

Kerry for President
Yes, yes. The Otter Realm endorses John Kerry for president, not because he is that great of a candidate but because Kucinich doesn’t have a chance in hell of winning. And without Dean on the ticket, Kerry is the next best thing.

The Otter Realm is changing its name!
We are looking for people to submit both a new name and a new logo for our front page. You can help by submitting your ideas to or@csumb.edu

Don’t tell me, it’s all about the view, right?

Tharee Davis, SBS Senior

Power of the students: 1 (CSUMB Tenants Union)—this CSU administration: 0.

Can we students sit back and enjoy our victories? At the cost of a student losing his job for exercising his right to free speech? At the cost of prized faculty walking? At the cost of removing Equal Opportunity Programs? At the cost of living in a lie: i.e. The Vision Statement? No way.

The problems with this administration are vast and daunting (some of the worst cases of discrimination have occurred on this particular CSU campus: $2.5 million worth) But notice, every time students stand together. Shit hits the fan. Recall the last two Presidential Addresses when students stood their ground to speak out. The media comes, parents are notified and lawyers begin to smell the scent of money.

Now is the time to stand and fight again. Which round will this be? The new library—our future crown jewel of this campus. Basically, Peter Smith and Co. want to park their offices right smack on top of our library. Not surprising. Sure, they say that they can raise their own money for their expensive executive suites on our roof top—does that justify the action? If you can buy it, does that make it right? It’s not the point that Smith and Co. can raise their own $$ for their fancy offices—those offices steamroll the point of a library—and the point of this school.

Let me explain: a library is for...studying, research, and expanding your mind—things like that...don’t you agree? What business do top execs have heaving their offices right on top of students who need all the quiet they can get? What the hell are we in school for? Talk about power trip! This administration has a serious power trip going on. They have no right to make our library their bling bling. Hey admin—how about raising cash for the programs about to be cut, like the Equal Opportunity Programs? Or how about helping students out with the fee hikes that will hit us hard next year?

We are the reason ‘they’ are here. How many times must it be said? It is not about business contracts—although the admin and all those political peeps up in congress think this campus is. It’s time to get the justice back into education and the business out of it!

Students have won battles before—ask Mecha when they confronted the administration for racist practices that caused some of our most visionary professors to leave—or when Mecha formed a union for our janitorial staff. We will be heard again and again until justice is done. We have our own acronyms to hit them with like, “FYI you’re SOL cause your VIP stat is flying!”
Now Who’s Silencing Free Speech?

by Mark Weirick

Many of the students I’ve talked to regarding the last Otter Realm’s article entitled, “He said, she said: University, students pointing fingers at what prompted student firing,” have not only been disappointed, but outraged at what would have been a rather straight forward article about free speech on this campus. Although this article covered in great depth the particulars of Aaron Sass’ police record, it does little to focus on the real issue: the freedom of speech and the right to criticize the University without fear of retaliation.

Writing an article about the issue of free speech would normally be considered a journalist’s wet dream. This article, however, seems rather embarrassed by it, and would rather focus on whose right or wrong about an employee’s application.

This issue is larger than that. Regardless of who’s right or wrong, both the University, and Aaron Sass can agree that he was fired while he was involved in a silent walk out protest. A message has been sent to the campus, whether the University meant to send this or not, and that message is, “if you speak out or criticize us, we will retaliate.” Denying that that was the reason they fired Aaron does nothing to lessen the climate of fear that this action has created. If Aaron Sass was fired for merely silently leaving during the President’s speech, which anyone should have the right to do, how can we expect other students or members of our campus community, to be able to feel free to speak their mind? Actions speak louder than words, and that action was: a student was fired while protesting. Nothing can dispute that.

This is a big deal. Faculty, staff, and students are enraged and concerned about this attack on free speech, and so should have been the journalist who wrote this article. Instead, readers of the Otter Realm are informed about some student’s police record, instead of the implications of what the silencing of free speech could mean on this campus. The Associated Students are planning on passing a resolution that reaffirms the students’ right to free speech and the right to protest, and both the faculty and staff have been vocal about similar actions to reaffirm this campus’ right to free speech.

Let’s not forget that the Otter Realm is a paper by and for the students. I am tired of seeing mediocre aspiring journalists sell out their constituency by continuing to promote the administration’s viewpoints over the students. This article should have been reporting about free speech; instead, it rambled on about some student’s job record. When the Otter Realm has an opportunity to talk about an issue involving the silencing of free speech, and it fails to talk about it, it is contributing to this silence. I’ve heard someone say before, “there’s no better way to kill a story than to place it in the Otter Realm.” This article does nothing to oppose that assumption.

Otter Oops

In the story “He said, she said” in the Feb. 12 edition of the Otter Realm, we incorrectly stated that Aaron Sass had been convicted of a felony when he was only charged with petty theft. The Otter Realm apologizes for this mistake.
Life's sweet journey

By Giovanni Di Giorgio

Originally from Burlingame, right near the San Francisco Airport, Norman Haughey worked as a photographer at his studio. While in college, he studied electronics. His roommate in college worked in the film industry. Jumping on that opportunity, Haughey helped out his roommate, which eventually got him into photography. "I started working in low budget movies, assisting film editors, doing sound recording, and teamed up with a photographer. It went from there," said Haughey.

He had an opportunity to work with a magazine in Reno, Nevada but that fizzled out. "When that failed I went with another partner and started another business in Burlingame. He turned out to be not so good. It left me there and I decided to keep the business going," Haughey said. He originally was doing commercial photography, but had found that his niche was in portraits. Plus, in photography, the money is in weddings and portraits.

After a long absence in photography due to an incorrect diagnosis that Haughey had a life-threatening illness, he has started back up again. This past summer he started working at Chris Gauge Photography in Monterey. He is currently doing weddings and loves every minute of not having to deal with the business aspect of photography.

Since September, Haughey has headed up the Design Digirati club on campus as its president. He is working towards his TMAC major with hopes to someday be a web designer.

What is the worst experience with vandalism you have had on campus?

Theresa Adamo
FRESHMAN, HCOM

Nothing has really happened to me, but my friends had their underwear stolen while they were washing their clothes.

William Workman
SOPHOMORE, INTEGRATED STUDIES

A disgruntled Costco employee... took my scattered newspapers on my floor and redistributed them in my bed.

Rampaul Silbey
SOPHOMORE, TAT

The worst thing I've seen is a Honda Accord up on blocks with no rims, no seats, pretty much nothing left but the body.

MaryAlison Hagi
FRESHMAN, ESSP

Someone onetime threw a rock through the back windshield of my car. It pissed me off.