Campus deals with heavy issues: suicide, sickness and eating disorders.
Personal Growth & Counseling Center
582-3969
Peer Counselors are available to meet one-on-one with students in our office, located at 3001 Antietam Court, or can be reached by phone at (831)582-4850
24-hour crisis line for the Community Hospital of the Monterey Peninsula at (831) 625-4623
The National Suicide Prevention Lifeline-24 hours / 7 days
1-800-273-TALK (8255)
Suicide Prevention Service of the Central Coast
24 hours / 7 days 649-8008
1-877-ONE-LIFE
If you need immediate help or if you are having thoughts of death or suicide, call
1-800-273-TALK (8255)
Depression and Bipolar Support Alliance
Online Depression Screening Test from the National Mental Health Association
http://www.depression-screening.org

"Scribble Hill," a popular place to arrange messages and shoutouts, had a message inscribed from MJ's roommates when she first went missing.

Campus rallies together after a student's death

Kate Kiechle, Staff Reporter
KATE_KIECHLE@CSUMB.EDU

Marie-Julie Brissette, a 24-year-old exchange student from Quebec, Canada known to most as "MJ," went to the gym at 4:30 p.m. on Saturday Feb. 18, and was never seen again.

On Sunday local law enforcement agencies, including the UPD, Coast Guard, the California Highway Patrol along with a helicopter and airplane, the Monterey County Sheriff's Search and Rescue Team with two canine units, state park rangers, Monterey, Carmel and Presidio of Monterey police departments, and the Bureau of Land Management began searching for the CSUMB student.

A large heart with "MJ" inscribed in the middle was constructed on "scribble hill" in Sand City by MJ's roommates hoping that she would see the message and come home.

But on Tuesday, Feb 21, Brissette's lifeless body was found in the vicinity of West 2nd and 5th Streets in Marina, according to Lt. Rick Janicki of the Marina Police Department.

Lt. Earl Lawson of the UPD said that according to the coroner's report, "It was 'asphyxiation by hanging' and determined it was a suicide."

Lt. Janicki said the death is considered to be an "unattended death," so the investigation is following the guidelines of a homicide investigation, although it has been determined that her death was a suicide and that there was no foul play.

Further information on MJ's psychological state and her death will not be released until the case is closed.

"MJ's death is one that I will not be able to forget," Lt. Janicki said.
Info on college suicide

Summer Snell, Staff Reporter
SUMMER_SNELL@CSUMB.EDU

Depression, anxiety, stress and self-loathing; these are all things at one point that plague the majority of college students. If not caught in time, these feelings can potentially lead to suicide.

According to the Center for Disease Control (CDC), suicide is the third leading cause of death among college students. In 2001, the CDC reported, 11.97 per 10,000 of young adults between the ages of 20 and 24 commit suicide. More specifically, 1,100 college students take their lives each year says the Jed Foundation, a nonprofit organization aimed at reducing suicide rates. The majority of these students do not have access to proper suicide prevention avenues.

CSUMB has many suicide prevention tools for students. The Personal Growth and Counseling Center (PGCC) have several programs designed to help. Each semester PGCC hosts a speaker for suicide prevention and have various peer groups, which meet once a week.

In looking at CSUMB’s suicide statistics, there have only been “three suicides on campus grounds in 12 years,” said Lt. Lawson, of the UPD.

Words from some of those touched by MJ

An anonymous source who MJ babysat for: “MJ was a great girl; she was always willing to help people. She was starting to take care of my baby for about three weeks. She was teaching my baby how to say papa, eat, and water. MJ had a great smile in her face. My house was like her house for her. I always wanted to make MJ safe in my house and help her with anything that she needed. My baby learned how to say MJ, now you can actually hear from her mouth MJ, MJ, MJ.”

Dr. Marcia R. Karwas of HPWE: “Every time [MJ] walked into a room, the room lit up. Students fed off of her contagious personal.”

Bobbi Bonace, chair of HPWE, was MJ’s sports ethics professor, explained how MJ was “almost perfect. She engaged people and was very easy to get to know and be around. MJ was very excited and looking forward to an upcoming leadership conference for the department.”

A student wishing to remain anonymous, who lived across the hall from MJ: “I saw her just in passing. She was always friendly, always happy. When MJ went missing, the second floor of building 303 went quiet except for the continuous in and out of the counselors.”

Thor Anderson of the Watershed Institute: “I knew MJ for just a few hours however, those few hours I felt like I got to know her a quite a bit. MJ was full of good energy and enthusiasm. No way would I have guessed she was suffering emotionally. In fact I thought just the opposite. She was very athletic. She ran and swam a lot. She did a 10K run a couple of weeks ago in Pacific Grove. She was very competitive. She liked working with children. In her home town she had a job working with disabled children. She was definitely a giving type of person. She is greatly missed.”
Many parents, students, and faculty members have been fighting for CSUMB’s Child Development Center to reopen since it first closed on Aug 22, 2006.

A task force, with no official title created by university president Dianne Harrison, has been diligently working towards creating an effective environment for students, their children and sustainable, active childcare services on campus.

In response to the CDC’s sudden closure, many parents have retaliated, questioning CSUMB’s morals and its attachment to its original vision statement, which claims to “serve the working class.”

Henry Simpson, a concerned student and parent said the CDC was “a part of who we are and essential to the survival of the institution.”

The task force is working to create a voice for concerned students and is beginning to meet monthly to help create a sustainable system. Education as well as income has been challenged due to the closure. Different funding options, childcare services, and stable solutions have begun to be discussed and formulated.

A petition has also been created online to help dissenter voice their opinions and join forces to show support for the availability of a child development center to students and faculty on campus. Presently, there are over 140 signatures.

Abigail Williams, a continuing student expressed a distaste towards CSUMB’s overemphasis on funding and the lack of reflection on the vision statement “that promote[s] diversity, acceptance, and help,” causing her to feel her chances of returning to CSUMB are “almost non-existent.”

“Students have actually been given help for the last two semesters in the amount of $2200 per semester for onsite childcare services” to help them complete their education without worrying about fees,” said Sue Borrego, the head of the task force.

Borrego was appointed the head of the task force by the President Harrison who considers the CDC closure to be a big issue and stresses its importance.

The main issue with students is the partnership with the Head Start Program and the strict requirements to join.

Head Start is a national program that works with communities to help children prepare for educational experiences beyond preschool. They provide grants to families considered to qualify as disadvantaged.

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The petition for saving CSUMB's Child Development Center is available online at http://www.ipetitions.com/petition/cd/.
remains closed without a reopening in sight

In order to work through the restrictions the task force hopes to facilitate conversation supporting sustainable childcare, "projecting budget numbers, childcare provision, outsourcing, as well as the question of providing childcare or development," said Borrego.

Only two other CSU campuses are without a childcare program and the majority of the other CSUs receive funding from their Associated Student governments. CSUMB has a small budget for AS due to the low student fees compared to other CSUs and the small student body, limiting overall revenue, which decreases the availability for childcare even further.

Students, such as Karen Lara and John Molina, have experienced the repercussions of the lack of funding.

"[The CDC] is a vital component of our campus community, which fosters healthy cognitive, physical and behavioral development. The closure violated the character of CSUMB," said Molina.

"It is very difficult to continue my education as a parent with the knowledge that [I] may not continue [my] education due to the lack of childcare," added Lara.

At this point in time the task force is finding models "that provide services to a wider range of students, faculty and staff, and are economically feasible," said Borrego. They are questioning the required institutional subsidy and the needed expenses.

The task force hopes to have sustainable targets planned by the end of March that will appeal to the president's cabinet which consists of academic deans among other university administration. They also want to conduct a vast exploration of different childcare opportunities and a "series of options" that will consider different circumstances the university and students may face.

"[The task force] is reviewing expenses for about four different options, including providing childcare scholarships or vouchers to offset costs at facilities in the area," said Borrego.

Another option being reviewed is "utilizing Monterey subsidized reimbursement, which has an income ceiling of $2,200 per month."

Borrego said that there are "really no easy answers," but they are hoping this will serve students and some staff.

The task force will be meeting this month to discuss the pros and cons of their current models and hope to have a decision from the cabinet in the next few months and a solution for sustainable and accessible childcare for CSUMB students and staff.

"[The CDC] is a vital component of our campus community, which fosters healthy cognitive, physical and behavioral development. The closure violated the character of CSUMB"

JOHN MOLINA

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From http://child.csumb.edu/site/x3762.xml
NATIONAL EATING DISORDER AWARENESS WEEK

Renee Delgadoillo, Staff Reporter
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CSUMB is hosting National Eating Disorder Awareness Week from Feb. 25 thru March 3.

For the third year in a row, CSUMB has committed to promoting awareness about eating disorders and body image to students.

The campus personal growth and counseling center (Bldg. 80) will host screenings and workshops that relate to body image intending to help young men and women feel comfortable with their appearances.

The counseling center will bring awareness to the students by going to classes and discussing eating disorders.

Nicole Wallace and Christiane Dettinger, both clinical interns at CSUMB, are putting together the screenings at the counseling center to educate the students on body image and healthy nutrition.

Dettinger hopes to raise awareness and to “promote [the counseling center’s] services to students during the workshops and presentations and offer follow-up appointments for the confidential screenings.”

The screenings offered are geared to help both men and women. Wallace hopes to “deconstruct any sort of norm, social or cultural.”

Along with the events hosted by the counseling center, the VPA Department is sponsoring “Artwork for Change: Turn Your Denim Jeans into a Work of Art,” which will be held Friday March 2, 11-2 p.m. in the VPA building.

Old denim jeans will be turned into works of art to help motivate positive body image.

“Participants should bring in an old pair of jeans that they will alter with ‘body positive’ messages. There will be materials on hand to paint, sew, embroider, print, etc., to make each pair of jeans a new work of art. [The VPA department’s] goal is to exhibit the jeans somewhere on campus or in the community so we can share the creations with the public,” said lecturer Siobhan Arnold. All events are free for students, faculty and staff. For more information contact the personal growth and counseling center at 582-3969.

A TRUE ACCOUNT OF BULIMIA

Miriam Olivares, Staff Reporter
Miriam_Olivares@csumb.edu

Bulimia nervosa is a psychiatric eating disorder characterized by low body weight, body image distortion, and binging and purging. Sounds too serious for a “normal” girl like me to have, but unfortunately that wasn’t the case.

How did I know I had bulimia? I didn’t. It took an outsider’s observation for me to realize that I was on a one way path to self-destruction.

I grew up in a strict household, never allowed to go anywhere with my friends. Going to the movies, sleepovers, even play dates were out of the question. As a result, my best friend was the television. My favorite programs to watch were soap operas; English and Spanish.

The more I watched the more I wanted a body of a goddess. I wanted to be tall and have curves in all the right places. When I looked in the mirror I saw a pig, the most unattractive girl in the world. I looked nothing like my idol at the time, Maribel Guardia, a Mexican actress, singer, and entertainer. I didn’t have the toned arms, legs and abs of steel that she did; I wasn’t satisfied with the way I looked.

In actuality there was nothing wrong with my body. It was all in my mind. It doesn’t sound that serious but my mind played tricks on me to the point of believing that I looked like a pig.

Those with eating disorders often control their body weight by voluntary starvation, purging, vomiting, and excessive exercise. Others control weight with diet pills or diuretic drugs.

With me it all started by skipping meals claiming not to be hungry. I figured if food was what was contributing to my unattractive body I was going to eat as little as I possibly could. I only survived a couple weeks with this tactic. I became hungrier the more that I would put off eating.

I didn’t have the toned arms, legs and abs of steel that she did; I wasn’t satisfied with the way I looked.

I decided to eat just once a day, but that lasted only for a couple of days. I stuffed my face eating everything in sight. It felt as if I were eating for hours. Once I finished eating or as doctors call it “binging,” I felt sick to my stomach but mostly ashamed that I had broken my diet. I decided to stick my finger down my throat and let it all out. The first time I did this I was petrified, I knew inside that once I started I probably wouldn’t be able to stop. I told myself that “I would only do it that one time” but that one time turned into many.

It was horrible, I couldn’t stop. I was beginning to scare myself especially because I was able to keep it a secret. I couldn’t go to my family for help so I went to one of my teachers that I trusted. He helped me, I went to sessions during school, and I was pulled out of classes to learn about what it is that I was doing to my body. Don’t get me wrong I was scared, more scared because I couldn’t stop.

Treatment works; it takes self determination and the heart to want to get better. I was lucky to have made it.

Anorexia and bulimia affect young adolescent girls as well as adolescent boys. They have one of the highest mortality rates of any psychiatric condition, with approximately 10 percent of those people diagnosed with either condition eventually dying due to health related factors. Both bulimia and anorexia nervosa are difficult psychological, neurobiological and sociological conditions that continue to run rampant in America.
Searching for

Kristina Kendrick, Staff Reporter
KENDRICK@CSUMB.EDU

Students interested in performing arts at CSU Monterey Bay brace your props and scripts because theater on campus is finally receiving the support it deserves.

Theater will move to the Musical and Performing Arts Department from its original home in the Teledramatic Arts and Technology Department.

With plays like “Oliver,” “Robin Hood” and “Guys and Dolls” at other local college campuses, long running theater is happening all over Monterey County, except at CSUMB.

Founding faculty and the first director of TAT, Luis Valdez envisioned a department that would combine theater, film, television, radio and new media. As years past, the theater curriculum suffered and the loss of the World Theater as a stage venue and rehearsal space added to the university’s absence of live theatrical productions.

An emphasis on film, television, and new media grew and theater courses became “generalized” according to TAT professor and thespian William Shephard.

“Théatre’s considerable depth and breadth of educational resources is being neglected in TAT,” Shephard said.

Over 30 years of experience under his belt, Shephard had worked diligently for the revival of theater on campus. The move to MPA will offer students new courses and the opportunity to be involved in every aspect of live performance.

Faculty member Shannon Edwards thinks the shift to MPA will bring a supportive administration but she knows the work is far from over.

“We need to find a way to get more funding for theatre classes,” said Edwards.

A sense of dissatisfaction has been left with many students in past semesters interested in the live performance theater aspect of TAT.

Lillie Morrisson, TAT senior finishing up her last semester has seen the change in theater over the years.

“I’d have to say my theater experience at CSUMB was disappointing. We were under funded, under attended, and definitely mishandled,” said Morrisson Morrisson’s capstone is a one-woman show about Henry VIII’s second wife Anne Boleyn and is the only theater capstone this year.

With plays like “Oliver,” “Robin Hood” and “Guys and Dolls” at other local college campuses,

long running theater is happening all over Monterey County, except at CSUMB.

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Arranged marriage is a matrimonial success

Jennifer Vares, Staff Reporter
Jennifer_vares@csUMB.edu

The American tradition of dating before marriage is not synonymous in every situation. Snehal Naik, head of Student Activities, met his wife only a few weeks before their Dec. 8, 2005 marriage.

Arranged marriage is rarely seen in the United States compared to underdeveloped countries such as India, Iraq and Iran.

“Arranged marriage “isn’t really a bad thing,” Naik said. It is not something that is looked down upon in certain cultures and countries.

Naik, a Hindu, said “Arranged marriages are represented more in traditional cultures. Everyone has their own way of doing things. For some people it may work and for others it doesn’t.”

Today, arranged marriages are not always entered into blindly. “It is more liberal now,” Naik added.

He knew that [his wife] was the one that he would marry after only seeing her for a couple weeks. “People will just know when they find the person they will want to be with for the rest of their life,” Naik said.

Naik’s wife Hemali, explained, “In my family, everybody has an arranged marriage; it’s a good thing for me.”

Hemail comes from Navsari, Gujarat, India and is currently a student at Monterey Adult School studying English as a Second Language.

Business frat

Elliott Singer, Staff Reporter
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Some fraternities focus on Greek life while others focus on networking and professional opportunities. The fraternity that business majors Kelssey Panno and Wyatt Meiggs want would be the latter.

The idea of a business fraternity came when the two former business club leaders decided that if they created a dedicated fraternity, they would then be able to retain members.

“The club was really more work than it was worth.” said Panno.

“We kind of get over it,” affirmed Meiggs.

The fraternity is envisioned as being a way for students to network and to receive a professional edge. Alpha Kappa Psi is one of the organizations that they are considering, which has chapters at schools across the country.

Panno said that she was willing to go through the effort of starting the fraternity if she knew that enough students would be interested. “...[it would] help students, impress people,” as well as be something for students to do that was not academic but still useful in career planning.

She added that the “only way this place is going to be interesting is if we make it interesting.”

Not all students are looking forward to the idea of a new fraternity. Senior business major Alex McInturff feels that “CSU Monterey Bay would most likely force the fraternity to include the multi-cultural insularity that would most likely exclude me because I’m white.”

SENIOR ALEX MCINTURFF, BUSINESS MAJOR

Illness plagues campus

Tristan Mason-Perone, Staff Reporter
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CSU Monterey Bay students have been plagued by sickness over the past couple years. The flu, strep throat, and stomach infections have been consistent and prevalent all over campus.

Solutions do exist however, to keep sickness from ruining students’ social and academic lives.

“Strep throat probably comes from kissing,” joked freshmen Molly Wakefield as she talked about her recent run-in with the infection. “I’m not usually sick. My mother has a personal trainer and nutritionist, so I’m generally very healthy.”

Flo Miller, Administrator and Privacy Officer at the Campus Health Center (CHC) said, “We were told as children to wash our hands and cough into our arms. As adults we tend to ignore those things.”

Stress is a major contributor to sickness. When the body becomes weak it is susceptible to more serious diseases that could be deadly.

To avoid the flu, the CHC provides $23 vaccinations shots, best taken in October or the end of flu season. Unless someone is naturally immune to infections it’s not worth taking the chance and skipping the vaccination. The flu has no cure which makes prevention that much more important.

Sore throat can also be nasty, so it’s important to get rest and drink plenty of fluids, especially because it’s highly contagious.

Toothbrushes should be thrown away as soon as an illness comes on, the bristles collect bacteria and can cause re-infection and repetitive sickness.

The stomach flu is also highly contagious, so good hygiene when infected is imperative. While students may deny that sharing utensils or water bottles will get them sick, they are taking a risk nonetheless.

Sophomore Pamela Kline, an SBS major said, “Some people feel like bad asses ignoring sickness. But that’s stupid because you miss out on things like the beach and not having energy to even get out of bed. Being sick in college is different too because there’s no parent to nurture you and feed you chicken soup. It sucks feeling like crap.”

It’s not always possible avoiding sickness but prevention will lower the chances substantially.

The flu, strep throat, and stomach infections have been consistent and prevalent all over campus.
Workability program to be cut

As of June 30, 2007, the Workability IV (WA-IV) program will no longer be part of the services that are offered at CSU-Monterey Bay to students with disabilities.

"This program will be very sorely missed," said the Workability IV Program Coordinator, Susan Sanford. "I am very let down from Student Disability Resources (SDR) and Career Development Office (CDO)."

The WA-IV program, which provides employment services for students with disabilities who are registered clients of the California Department of Rehabilitation (DOR), also works with SDR and CDO for support and services. WA-IV specializes in career development with an emphasis on accommodating students with disabilities in job readiness and placement.

The program is 75 percent funded by DOR, where 25 percent of the funding relies on a time match system with the SDR and CDO. The DOR requires that both SDR and CDO spend the total of 25 percent of their time, beyond their responsibilities to their own department, dedicated to the WA-IV program. This works out to be a few hours a week from each entity.

"We have a very full set of responsibilities already," said Coordinator of Student Disability Resources, Margaret Keith. "I believe in what Workability IV can provide and it's difficult to conclude that in July we need to redirect focus."

The CSU Chancellors office has new initiatives about disability issues and is now requiring more focus from SDR. "These issues have campus wide effects," continued Keith.

With the loss of the WA-IV program, CSU-Monterey Bay students with disabilities will turn to the CDO for work related assistance. There is a concern that the CDO is not equipped or has the experience necessary to provide adequate assistance and accommodations.

"When you work with people who have various disabilities you have to find out how they learn best," said Sanford. "It's a specialized way of working with people."

Right now the CDO is fully staffed and taking steps in preparing for the WA-IV program closure. They have installed close circuit television for the vision impaired and added disability assistive software into two of the CDO labs. "We want to offer more workshops and we are part of some professional associations that will help with disabilities," said Coordinator of the Career Development Office, Amber Perez.

There are 250 SDR students and 50 of those use the WA-IV program. Keith believes that programs like WA-IV are "great while they last and can be very effective for students," but that "due to difficult realities" CSU-Monterey Bay must find alternative ways to continue to help these 50 students. There were many attempts to contact participating WA-IV students, but they declined to comment on the situation.

The students have the opportunity to work with the program through June 30, and will also be sent a letter by US mail to remind them of the program closure.
FASHION DO'S

This is for learning purposes only. Not to hurt anyone’s ego. DO learn from these.

DO follow trends like skinny jeans if they agree with your figure.

DO look cute while reading the Otter Realm.

DO match warmth and cute while studying.

DO look professional, even on your days off.

DO wear a fun festive jacket... but you might want to pull up your pants.

DO dress for the weather in a cute flannel.

DO pair a colorful cap with a punchy sweater.

DO follow trends like skinny jeans if they agree with your figure.

DO look cute while reading the Otter Realm.

DO match warmth and cute while studying.

DO wear a fun festive jacket... but you might want to pull up your pants.

DO dress for the weather in a cute flannel.

DO pair a colorful cap with a punchy sweater.
Don't show up to the library with swass (sweaty ass) and bra straps.

Don't go frumpy on such a nice day.

Don't wear frayed capris...ever.

Don't over expose yourself in class, i.e. bare back.

Don't wear layers. Don't forget to pull them down.

Don't rock a ponytail in 2007 please.

Don't forget you're in class, not the club.
International Women's Day

National Women's Day was the result of a 1908 march through New York City in which 15,000 woman demanded better work conditions including better pay and better hours. The first NWD was on Feb 28, 1909 later expanding to Austria, Denmark, Germany and Switzerland becoming International Women's Day in 1911.

IWD's later moved to be celebrated on March 8 to honor the Russian women who went on strike in 1918 in response to the two million soldiers killed in war.

The United Nations recognized 1975 as International Women's Year and continues to hold a yearly IWD conference to improve women's rights worldwide.

Over the recent years the overall attitude of IWD has changed from being a reminder of all the hardships women have endured to a celebration of all that women have overcome and their positive contributions to the world.

Visit www.internationalwomensday.com for more info on IWD.

Local International Women's Day celebrations

San Francisco NOW: International Women's Day Event
The San Francisco Chapter of NOW commemorates International Women's Day for all women in every nation and of every ethnic, linguistic, cultural, economic and political difference together to achieve equality, justice, peace and development.

6:00 p.m. – 8:00 p.m.
Lovejoy's Tea Room, San Francisco, CA, 94131

Speaking Fierce: Celebrate International Women's Day!
An evening of art, poetry, music and dance sponsored by the Women of Color Resource Center.
6:30 p.m. – 9:00 p.m.
First Congregational Church 2501 Harrison Street, Oakland, 94612
Call 510-444-2700 x305

Motel puberty

A soiled rubber and cigarette butts treading toilet water, an "Oriental porno" magazine, and a half-eaten bucket of fried chicken; a recently used motel room has never been so poetic.

Growing up in a seamy, hourly-rate motel somewhere in the backwoods of an upstate New York town isn't easy for a boy embarking on his first years of puberty.

It's even more difficult for 13-year old Ernest Chins (Jeffrey Chyau) to embrace his adolescence having a traditional Chinese mother whose values remain old school.

The chubby bifocused boy learns the wonders of sex as he cleans the rooms of one, two and three hour guests who leave behind cigarette ash, empty bottles of Kessler, and the smell of fresh carnal acts.

Within this surreal limbo where Ernest strives towards manhood, he is regarded as an argumentative troublemaker.

Like Truffaut's Antoine in "The 400 Blows," Ernest is also surrounded by people who misunderstand him. He finds refuge in writing stories about his motel home life. But his mother frowns upon his writing insisting that he is wasting his time. Any waking moment that school is not in session, Ernest tends to the motel.

Ernest's only friend, Christine (Samantha Futerman), a Chinese girl who works at her family's Chinese restaurant close by, becomes the object of Ernest's desire.

Michael Kang, who wrote and directed this film masterfully, captures the frustrations of the misunderstood boy to the extent that we cannot wait until he rebels. I began to think, if this kid doesn't 'stick it to the man' soon, I may end up kicking a hole in a wall.

It's not until Sam (Sung Kang) arrives that Ernest finds that father-figure he needs in his life. The manic and eccentric motel guest arrives complete with hooker and whisky in hand. It is implied that Sam's wife had recently kicked him out. Sam finds refuge in Ernest's youth and Ernest finds a rebellious muse in Sam.

"The Motel" is a simple, short (only about 75 minutes) and an honest portrait. Chins' performance as Ernest is lyrical. He balances a constant sensibility of naivety, hormones, rage and sadness. Even when he's quiet, his rosy cheeks and beady eyes underneath his glasses continue to tell the story.
Nai-Ni Chen visits World Theater

The spirit of the diverse people of China is expressed through art and dance. The Nai-Ni Chen Dance Company will share traditional and modern dances that celebrate the rich Chinese culture at the World Theater in March.

The Dragon’s Tale performance displays dances from well-known festivals in China as well as modern dances. Nai-Ni Chen is the choreographer and founder of her dance company. Chen was a renowned Chinese Classical dancer in the Republic of China. She toured sixteen countries for Chinese culture ambassadorial missions before coming to the U.S. to study choreography and modern dance.

The company’s routines are “Unique because they are blending east and west,” explained Chen.

The blending of east and west, and traditional and modern are the reasons this company was invited to the World Theater. Operations Manager of the World Theater, Phil Esparza said, “You guys got a lot of fusing going on,” referring to the diverse campus community.

Ten dancers with traditional Chinese music and costuming present the Dragon’s Tale. The traditional Fan Dance comes from Southern China and is a joyful dance, creating the images of flowers and butterflies.

The modern dance Raindrops is a “very charming piece,” described Chen. The performance is joyful and sentimental. “It draws on my childhood memory,” she explained, recalling the rainy town she grew up in.

“It should be fun, I actually kinda want to go,” expressed ESSP freshman Amy Balazs.

Downtown Dixieland

Celebrating 27 years in existence, Dixieland Monterey has scheduled a musical lineup full of swing and jazz over the weekend of March 2-4.

Four youth bands and 20 feature guests and bands will take over the Portola Plaza Hotel, Monterey Conference Center, Fisherman’s Wharf and the Golden State Theatre in downtown Monterey.

Jazz speaks especially rich to the Music and Performing Arts department at CSU Monterey Bay.

Chair of MPA, Richard Bains is involved with linking students with local festivals in the area.

“We do encourage our students to see live music,” said Bains.

All-Event badges run $90 and daily passes run between $40 and $55. Besty Shea, advertising and media representative for this year’s festival, urges students to check out the contemporary jazz within the lineup.

Student rates are half price available with a current ID card. All Event badges for students are $45 and day passes start at $20. For more information regarding venues, tickets, or acts call 633-5053.
He also was nominated for the W.C. Handy Award for best new artist. He won best album of the year at the California Music Awards and the Bay Area Blues Society named him “Comeback Artist of the Year”.

Fans of the blues and John Lee Hooker Sr. will be able to see the legacy live on at Monterey Live on Alvarado Street, March 3 at 7:30. Tickets are $15 and can be purchased online at www.montereylive.com, or at the door. Please be advised to buy tickets early. Monterey Live is a small venue limited seating is available.

“Comeback Artist of the Year”

BBC: FIVE YEARS AND STILL STANDING

February not only marked the five year anniversary of the Black Box Cabaret it is also marked the BBC’s acquisition of a new sound system.

In 1996 the BBC was nothing more than a temporary military building until, guided by a student made business plan, it became what it is today. The project brought in help from all over campus turning the building into what official CSU Monterey Bay history calls, “the creative hub of a fledgling campus.”

In 2000, members of the campus community were told they would have to close the BBC due to building code violations. This started a rally of over 350 people. According to official CSUMB history, the rally “marched across campus, drums pounding and voices singing, ‘Our box! Our choice!’”

Soon a vote to increase student fees by $40 per year received 90 percent approval. The approved funding won the BBC an opportunity for renovation. During the summer of 2001 and into fall, the renovations took place.

In February 2002, the BBC had its grand re-opening. Unfortunately, it closed for about a week the day after due to a plumbing backup. But ever since, the BBC has remained open.

Now after five years, the BBC has received one more renovation. In response to receiving the needed funding, Associated Students have taken action to get the BBC a new sound system. BBC sound technician, Vito Triglia said, “...the BBC can now meet the technical requirements of any musical act that would play the venue.” The system's installer, IAMP Professional Audio, claimed that the new sound system is better than most of the systems used on Alvarado Street.

After building, renovating, improving and staying open, the BBC has come a long way in five years.
A typewriter, washboard, air vent, gasoline can, tricycle and plastic lobsters accompanied by acoustic guitar, classical piano and accordion, filled the air with retro neo-folk music that pulsed to a burlesque beat on Feb. 19 at Monterey Live on Alvarado Street.

The musical duo, Vermillion Lies set the quaint stage with the theme, "awkward," declared before they began their interactive vaudevillian-esque showcase of lyrical odysseys, folk ballads and circus odes.

The crowd was energetic, partaking in hand clapping and feet stomping as the girls jokingly played a Casio-tone keyboard with a volunteer from the audience playing a bicycle horn.

"They always put on a good show," said senior TAT major, Michelle Vallentyne. "They rock so hard I can feel it in my heart."

Sisters Kim and Zoe Boekbinder formed the twosome band in 2004 after years of separation. When they began the musical group they played acoustic guitars mainly.

"I knew something was missing from our music," said Kim. "I didn't have a drum set, so I started playing an old typewriter."

Much of their musical style relies on found objects converted into musical instruments. On stage the girls continuously open a large black trunk that holds all their objects; the crowd yells, "What's in the box?" every time it is opened.

Their eclectic sound is influenced by Tom Waits, Billy Holiday, and the playfulness of The Muppets.

Mid performance the girls dropped trough exposing fish net stockings and frilly-laced panties (burlesque dancers in similar outfits accompany the duo during some of their shows, dressed in similar attire).

The dramatic vocals and sexy parlor attire add to the mood of songs like "Plant Porn" in which Kim sings "your milky way is all over me," in the chorus.

"I find them very uniquely entertaining," said CSU-Monterey Bay World Theater box office manager, Chas Croslin.

The performance ended with the crowd demanding an encore in which the duo happily obliged with the witty farce, "La Llorona."

"We want people to be inspired to look at music and performance and everything in a new way," Kim added.
WHERE HAVE ALL THE FANS GONE?

Evan FitzGerald, Staff Reporter
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There is nothing like watching a home game. Unfortunately, this has not been the case for the athletic teams of CSU Monterey Bay. Since its inception into NCAA Division II, the numbers of students attending home games has plummeted. On top of that, there is the fact that nearly all the athletic teams have a losing record, which has been an issue where attendance is concerned.

“There is no draw,” said Lee Wolkowitz, an HCOM senior. “There is no school spirit anywhere, so why bother being one of the maybe 200 students watching the Otters lose.”

The largest crowd at any home game this season was when the men’s basketball team played against UC San Diego at the Kelp Bed on Jan. 27 with 700 in attendance. However, considering the size of CSU Monterey Bay, this good turnout, which included opposing players’ families as well the families of the Otters, does not bode well.

While the average attendance for a men’s basketball game is around 500 people, it is the Women’s Soccer team that is doing the worst with an average of 50 people a game.

“I think that more publicity would help our teams win,” said Jennifer Lopez, a TAT senior. “The guys get a good turnout. It’s the girls that don’t get any and it sucks.”

“Maybe if they scheduled some tougher opponents, some Division I teams,” said Alex Hawes, an HCOM junior. “That should get people to come.”

“There is no school spirit anywhere, so why bother being one of the maybe 200 students watching the Otters lose.”

LEE WOLKOWITZ, HCOM SENIOR

A shot of the crowd before the start of a CSU Monterey Bay women’s basketball game at the Kelp Bed.
**Soccer teams to hold open tryouts**

_Evan FitzGerald, Staff Reporter_  
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Though the soccer season officially ends in October the spirit of the game continues thru March 3. It is on this day that both men’s and women’s soccer teams hold open tryouts for all those students who want to make the team.

“We began the tryouts three years ago to keep compliant with NCAA rules on players trying out,” men’s soccer head coach Artie Cairol said. “They are held at the soccer complex and last for two hours.”

Due to the time constraints, the participants will play in small games as well as games against team players and other possible recruits. Since NCAA Division II is the hardest conference in the country, the competition will be fierce for the six to ten spots that Cairol is looking to fill.

In the three years that open tryouts have been held, the number of students coming out has increased from 17 in the first year to 40 last year.

“Players must be technically sound and possess a level of athleticism that will compete against our competitors,” said Cairol. “Tactically, they must have a good understanding of the game and understand systems of play and operate within an organized structure.”

Though the tryouts are open to all students, many of them have been put off by the poor performances that both squads exhibited last season.

“I could handle it, I could do it in my sleep,” said WLC senior Mark Peña. “They need a couple of stars to bring more attention to the game.”

Giovanni Calegari, a Liberal Studies senior and indoor soccer player has just started playing outdoor soccer.

“I wouldn’t try out because at the collegiate level, you need some past experience with good coaches and need time to develop.”

The tryouts for the men’s team are from 9:30 a.m. until noon and the women’s is from noon until 2:30, both held at the Soccer Complex.

**Bringing rugby back to CSU Monterey Bay**

_Laura Newell, Staff Reporter_  
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Tim Payne, a third year HPWE student and rugby player, wants to start a rugby club on campus for CSU Monterey Bay students. Payne currently practices with the Monterey Rugby Football Club (MRFC) off campus but wants to make rugby more available on camps. “It’s a fun game to play and watch...and it costs less than football because all you need are cleats and a ball,” said Payne.

Since, the 1980’s, rugby has been a long time tradition in Monterey County. However, due to the low number of steady players and willingness to pay to the $100 dues for certification, the sport has diminished in Monterey.

Currently, the MRFC holds Saturday practices to keep up skills and social recognition. The MRFC encourages CSU Monterey Bay students to come practice and are willing to play and train with any level player. “We want new college guys and gals to come play with us,” said MRFC coach Josh Stratton.

“A rugby team needs numbers [players] and organization...so far we have the organization but need the numbers,” said MRFC treasurer Peter Hyllekue.

Payne, who wants the rugby club to become a school sponsored program and receive more facilities and access to fields, stated that more recognition and sponsorship would lead to games against other college teams in the Division II levels. Hyllekue said that currently, there are no CSU Monterey Bay fields available due to high insurance costs.

Payne will be posting flyers around campus in order to recruit players. “I encourage everyone to come out and play with the MRFC to have fun and learn the game,” said Payne. “Our next step can be to meet and watch national games and from there, we will see where we can go with the club.”

**Women’s basketball Moore breaks school scoring record**

Junior Britne Moore became the all time leading scorer in CSU Monterey Bay women’s basketball history by scoring her 658th point, passing Lisa Mispley by two points, in an 80-68 victory over Cal State Stanislaus on Feb. 24 at the Kelp Bed. Moore had a game high 12 points for the Otters, who led by as many as 31 points in the game. Junior Sabrina Jenkins scored 11 and junior Krist Herr added 10 and pulled down nine rebounds for the Otters, who improved to 7-18 overall and 6-14 in CCAA play.

**Men’s basketball split final home stand of season**

In the first game of the final home stand of the season, the CSU Monterey Bay men’s basketball team defeated Chico State, 99-86, on Feb. 23. Sophomore Auggie Johnston went 7-for-7 from three point land, tying the school record for most three’s in a game, and 9-of-10 overall from the field to score 25 points. Sophomore D’Shon Cannon led all scorers with 26 points and seniors Richard Jenkins and Aesh Dabbas added 19 and 11 respectively.

The following night, the Otters were defeated 96-89 by Cal State Stanislaus, spoiling Senior Night. Jenkins made the most of his final game at the Kelp Bed, scoring 26 points and pulling down 16 rebounds. Cannon added 16 points and 3 assists for the Otters, who fell to 12-13 overall and 9-11 in CCAA play.

**Water polo wins three-of-four at SeaWolf Invitational**

The CSU Monterey Bay women’s water polo team (6-4) won three-of-four games, defeating the University of LaVerne, Cal State East Bay and the University of the Pacific at the SeaWolf Slash Invitational at Rohnert Park on the weekend of Feb. 24.

In the Laverne game, junior Chelsea Lanning scored four goals to lead the otters to a 9-6 victory. In a rematch with Cal State East Bay, the Otters rallied with a five-goal fourth quarter and freshmen Jenn Grutz and junior Stephanie Salvi each had two goals to lead the Otters to a 9-7 victory over their WWPA rivals. In the Pacific game, Lanning scored a team-high four goals and junior goalie Jenna Beer had nine saves. The Otters only loss was to Cal Lutheran, 14-12.

**Softball avoids sweep with win over San Bernardino**

The CSU Monterey Bay softball team (7-12, 2-6 CCAA) avoided a sweep at the hands of Cal State San Bernardino with a 4-3 win in the final game of a four-game weekend series at the Salinas Sports Complex.

After dropping both games of the Feb. 24 double header by a score of 2-0 and the first game of the Feb. 25 double header 8-0, the Otters bats woke up in the second game, scoring their first run of the series to take an early 1-0 lead. After CSUSB took a 3-1 lead the following inning, the Otters rallied by scoring runs in the third and fourth innings. In the final inning, sophomore Megan Russo hit a triple to right field and scored the winning run on an RBI single by sophomore Ashlee Trotter.

**Baseball wins first ever CCAA series**

The CSU Monterey Bay baseball team (6-11, 3-5 CCAA) won its first ever CCAA series, taking three-of-four games of the Feb. 23 weekend series from Cal State Dominguez Hills, including a thrilling 18-17 victory in the series finale which saw the Otters set school records for most runs in a game, biggest deficit overcome (six runs) and most runs in one inning (eight). The game had 14 pitchers, produced 37 hits and lasted three hours and 47 minutes.

After being up 5-1 and 6-3, the Otters allowed seven runs in the sixth inning and five in the seventh to find themselves trailing 15-9. That set the stage for a wild ninth inning as the Otters sent 12 batters to the plate and chased off three Toro pitchers in producing eight runs. The Otters had five hits, including a three-run home run by senior Brian Trump and a two-run home run by fellow senior Budd Glock. The Toros would respond in the bottom of the ninth, scoring two runs before senior Troy Sanchez caught the game winning pop out with the bases loaded for the win.
Walton and Lamont continue to hoop

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Just two seasons ago, Devoughn "Trinity" Lamont and Demar Walton were teammates on the CSU Monterey Bay men's basketball team. Now, they find themselves as teammates again, this time for the Tri Valley Titans of the IBL (International Basketball League) as both look to continue their basketball careers and take their games to the next level.

Lamont, the school's third all-time leading scorer (1004 points), is entering his second season in the IBL and said that the IBL is a good experience as he gets a chance to learn from the older guys who have played basketball overseas and receives advice on how to be a smarter and better player.

Walton, the school's tenth all-time leading scorer (474 points) is entering his third season in the IBL and recently tried out for the Bakersfield Jam of the NBA Developmental league. Out of 70 players who showed-up for the two day tryout, Walton was one of three players selected to be put in the NBA Development Draft but due to paperwork issues, his name wasn't entered.

The biggest challenge for both has been adjusting to the business side of the game. "There is a lot of politics," said Lamont. "You realize it's a job and need to have a certain amount of professionalism. You realize your playing to get to the next level and don't want to be stuck in the IBL." Added Walton, "The game becomes cut-throat when you get out of college and money is involved."

Sports supplements prevalent on campus

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These days, there always seems to be a professional athlete under scrutiny with performance enhancing supplements. The NCAA has taken heed of these signs and in the past few years, has begun tightening their policy regarding performance enhancing substances that athletes are permitted to use.

As of 2004, the NCAA requires that all student athletes be given a handout or web address clearly specifying all substances banned for use by the NCAA. These substances range from caffeine to guarana (a source of caffeine most commonly found in energy drinks) and testing for these substances has also been stepped up.

NCAA testing includes urinalysis for these banned drug classes; stimulants (cocaïne, amphetamines), anabolic agents (steroids), street drugs (marijuana, heroin), peptide hormones and urine manipulators.

Since 2004, the NCAA has increased the amount of athletes tested annually and have made provisions in their bylaws to allow for testing to take place at any time during the season for all NCAA collegiate sports.

However, the use of legal supplements on the CSU Monterey Bay campus does not seem to mirror the recent explosion in the consumer market. Out of twenty physically active students polled, only eight said they used any type of supplement in their work-out regimen.

CSU Monterey Bay women's basketball seniors Natalie Franka and Annie Hanshaw said that “the only supplement they have used is maybe a protein shot from Jamba Juice.” Male athletes seemed to be a little more familiar with the use of supplements to aid their performance.

Evan Jachno, a junior infielder for the CSU Monterey Bay baseball team, admitted to using creatine every two months as well as various protein formulas both post and pre workout. When asked about his position on steroids, Jachno's response was "that steroids are bad for your brain and sex drive."

The NCAA has restricted universities from providing muscle-building or performance enhancing drugs to their athletes directly but has not put restrictions on the use of the outlined acceptable substances.

Student-athletes should ask their athletic trainer or team physician about any supplements they plan to take to determine if it is banned. If the athletic trainers are unsure if a substance is banned they should contact the National Center for Drug Free Sport at www.drugfreesport.com.

My regular home visit turned out to be a whole lot more. Recently my parents decided to ditch the city for the countryside and are currently in the process of creating a farm.

They bought eight acres in the middle of nowhere and quickly purchased goats, chickens, a pig and a few horses.

It was the first time I had been home since the big move. The drive down the long, windy road reminded me of a scene from a horror movie. Some houses were run down and metal slaughtering devices hanged from their patios. I imagined them luring in children and stray animals to feed upon.

I pulled up to my house, a lonely little house on a hill surrounded by nothingness.

I entered the house and was greeted by the ten dogs they had acquired since moving, adopting any pet, because “we have the space”.

My farming experience began the moment I woke up the next morning. I jumped in the shower and was just beginning to relax under the hot water when my mom barged on the door and reminded me to be frugal with running water. "I shave one day and wash my hair the next," she said. The water is shipped in and therefore, it might run out at any moment. I noticed that she was serious when I went to use the bathroom and realized that if a flush "wasn't necessary" then they would just leave it in there.

The chickens, the pig and the goat had to be fed next. I fed and collected eggs from the chickens. I strolled over to the pig pen. That was the fattest, ugliest pig I had ever seen. I expected Wilbur and got the puffed up, hairy, smelly version. The pig wouldn't move it just lay there and grunted every time I attempted to touch it. I wondered why they opted for this thing. Apparently it was free, that would explain it.

I spent the rest of the day trying to convince the dogs not to eat the chickens and pulling the goats head out of the tiny hole in the fence. Goats are not the smartest of animals. I brought home clothes but wore nothing but an old sweatshirt and jeans the entire trip, and only showered once. The farm was entertaining, and country life is nice and slow. Yet, I still couldn't wait to get back to the city and take a long warm shower and wash the pungent smell of animal off.
What is your favorite "V" and why?

Jasmin Guerrero
Freshman, SBS
"Vazquez because it's my second last name and it totally means a lot because it represents my mom's family."

Jose A. Vasquez
Junior, BUS
"Vida because I love life above all things."

Jean Paul Bessou
Senior, TMAC
"Valentines, I met my wife on Valentines Day!"

Brenna Wheelis
Junior, SBS
"Botticelli's 'Venus' because she's a DIVA!"

Erik Stewart
Sophomore, SBS
"Vagina, because the monologues were great... go cheese!"

Andrew Milios
Senior, HCOM
"Vulva because it sounds funny, I like to shout it in crowded places and I think I know what it means."
Diversity Days 2007
Brought to you by Student Activities

A World of Peace

Schedule of Events

Sunday, March 4
Open Mic and BBQ
3-6 PM @ North Quad
Sponsored by Residential Life
Contact Shannon Walsh on First Class for more information

Monday, March 5
Darfur Diaries
7 PM @ UC Ballroom
Includes Presentation, Screening, Q&A, and Book Signing with Director Jen Marlowe

Wednesday, March 7
Nai Ni Chen Dance Company
7:30 PM @ World Theater
Sponsored by World Theater

Thursday, March 8
Invisible Children
9:30 PM @ BBC
Sponsored by Residential Life
Contact Nicole Saad on First Class for more information

Friday, March 9
National Coalition Building Institute
9AM-4PM @ PGCC Bldg. 80, Rm 90
Sponsored by Personal Growth and Counseling Center and NCBI

Saturday, March 10
Dustin Kensrue
8 PM @ BBC
Member of the band THRICE
Donators to Invisible Children
Sponsored by Otter Student Union

Wednesday, March 14
Crossing Arizona
7 PM @ UC Ballroom
Includes Presentation, Screening, and Q&A with Director Dan DeVivo and guest Mike Wilson

Monday, March 26
Cindy Sheehan
8 PM @ UC Ballroom
Includes Presentation, Q&A and Book Signing of "Peace Mom, A Mother's Journey through Heartache to Activism"

For more information and disability accommodations e-mail Snehal_Naik@csumb.edu or call (831) 582-3329