Laura the Explorer

A New Year a New Me

Laura Newell, Arts Editor
LAURA_NEWELL@CSUMB.EDU

These last few weeks of school are always hard on students; it seems that everywhere I go on campus students are wide eyed and swinging from mood to mood. With finals ending and a new semester beginning students are trying to look past their unfinished classes into the new semester that will come all too soon.

As I worked on completing my many portfolios and finishing those last minute essays, I had begun wondering if my past problems from this semester would end once those portfolios were turned in or if all my issues and stresses would just follow me into the spring semester.

Still delaying my last minute work sitting in front of me, my mind ventured into a question about past stresses and future outlooks. I wondered, can we ever get a fresh start in life?

Days later I spent a night with Deb and Sue in a cramped Jetta on a comedy filled road trip discussing the new guys, new jobs and new classes we had going on in our lives. I listened to how excitement and issues came from each new venture.

While new classes, for example, were exciting and eliminated this semester’s stresses, worries of class work and life beyond graduation arrived. It seemed that while new finds accomplished past goals and new adventures, they revealed future resentment and concern for us all.

Still sitting at my computer, I thought to myself, people will always look to their past for what will come into their future because that’s how we learn. But is our past always the best teacher?

Trying to get myself a stress-free fresh start for the upcoming holiday season, I scheduled a facial for myself during yet another homework break. Being my first spa facial, I had only heard only great things. But, I felt that attempting to eliminate the unwanted oils, dead skin and red blemishes and providing a softer, cleaner and smoother face was a good start to this fresh new semester of mine.

Who really knows what will come of our futures? All I know is that right now, I want to try and accomplish all my goals and stay with those I love. While this semester will bring new ventures into my life, I don’t know if a fresh start will come of it.

I guess all we can do is try to bring our future goals and past accomplishments into a middle ground for our current life, right?

Dear Otter Nation,

The Otter Realm has enjoyed writing and reporting for you this past semester.

We all look forward to winter-break and this will be the last issue we have before the break begins. Remember to pick up an issue of the Otter Realm before heading off campus!

This is also the last issue that Editor-In-Chief Lindsay Cesmat will be with us. Cesmat is graduating this year, along with a few others from our staff. Next semester, Laura Newell will be the Otter Realm’s newest editor-in-chief.

Look for new faces and new additions to our staff next semester. We anticipate seeing a larger increase of freshman to our staff as we are now accepting freshman.

If you feel that you can make a great contribution to the newspaper you can register for the class, HCOM 389, or you can join our club. If neither of these options work for you, and you still feel the need to write, the Otter Realm welcomes freelance work.

We here at the Otter Realm hope that all of you have a fun and relaxing break this winter and for those of you graduating this semester, congratulations.

Sincerely, Mary Freeman
Assistant News Editor, Staff Reporter

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Page 6: HCOM senior refers to Dale Fisher.
Page 15: Photos provided by Kathi Kammerdiener not Suzanne Connelly.
Page 16: University Village is actually Dunes Shopping Center.
Page 18: CSUMB film students should be film students.

Back Page: Josh Groban should be spelled Josh Groban.

Editorial Policy:

The Otter Realm is a bi-monthly student publication produced by the Otter Realm club and HCOM 389. Opinions expressed herein do not necessarily reflect the views of the Otter Realm, CSUMB administration, faculty, staff or college policy.

The Otter Realm serves two purposes: it is a training lab for students who wish to learn journalism skills, and it is a forum of free expression of campus issues and news. The Otter Realm Editorial Board will determine what to print on these pages. The Editorial Board reserves the right to edit for libel, space or clarity.
Yes, I’m a Mystery Shopper

Jenna McKay, Staff Reporter
JENNA.MCKAY@CSUMB.EDU

I’ve had a lot of odd jobs while I’ve been in college. I worked for a candy company, picked daffodils, raised money for a “non-profit,” stuffed envelopes, you name it. It’s the plight of the college student to make a few extra bucks to help offset our ever-dwindling bank account balance. Either that, or we’re looking for a handout—the only way to get people to participate in an activity in the res halls is to offer free pizza.

However, my favorite has been mystery shopping. It gave me those coveted handouts and often funded a tank of gas (or half a tank, with current prices). Mystery Shopping allowed me to go into a store, movie theatre or restaurant and go about my business, ordering what I’d order, buying what I’d buy, pay for it, and submit a report when I got home. A month or so later, money would pop up in my PayPal account. It was a pretty sweet deal.

There are several companies who employ mystery shoppers, anonymous auditors, ghost shoppers, secret sleuths, or secret clients. All of them should be free. If you have to pay to sign up with a company, it’s a scam. Often, the ghost will need to front a small amount of money, but will be reimbursed. Applications generally ask for a name, address and social security number. Some require writing tests.

Mystery shopping has been around for quite some time, and it is a great way for companies to keep tabs on their employees and the appearances of their locations. After a visit or two, the employees know managers. They know corporate head-honchos. But they see hundreds, if not thousands of customers a day, most of whom they won’t remember or recognize from a repeat visit. Mystery shopping gives bosses a great idea of how their employees treat the consumer, as well as areas the employee needs to improve. At one of my non-odd jobs, I was actually shopped by a sleuth. Her scenario was to ask about a product, see if I could name several key qualities of it, try to stray from what I was suggesting and see if I could get her back on track. I failed.

Props to the shopper, she reported everything as it was. When we received the report, her description of the clerk who helped fit me exactly. She explained everything in an objective way, lacking bias. She didn’t care if I was a great person, I was unable to answer her questions and give her the information she needed as a customer.

I am quite the fan of mystery shopping. It’s a great time filler for a Saturday afternoon and allows for some free stuff. And everyone could use a little more pocket money!
The Capstone Presentation Festivals are opportunities for all graduating seniors, master's students, and credential candidates to showcase their thesis projects. Capstone events are scheduled at semesters end and allow family, friends, and peers to celebrate the culmination of a student's collegiate work.

Presentations are facilitated by each academic department and are held at various locations on campus. The presentations are an assortment of audio, video, and visual displays which can include oral presentations, tri-board displays, art, film, multimedia and PowerPoint presentation. Each Capstone provides students an opportunity to share their inspiration, creativity, and knowledge of topic and major.

Creative Capstone presentations by Teledramatic Arts and Technology (TAT) majors were shown at the World Theater on Wednesday Dec. 12. The presentation showcased student work in the forms of documentary film, experimental film, narrative film, multimedia pieces, music videos and radio plays. For more information on what was missed send emails to tat@csumb.edu or call 831-582-3750.

A presentation titled The Hollywood Western: A Reflection of Cold War Politics in the United States analyzes the film industry's use of Western movies in the 1950's. This Capstone, written by Human Communications Major Jennifer Lockhart, analyzes the history of the West, myths, and cultural influences of the Cold War era. "Since my concentration merges history with modern media, my topic connects wonderfully," said Lockhart. "By using historical knowledge, I was able to see the writer's and directors' interpretations about Cold War politics; I could then show how this was reflected in Western films."

Capstone projects can be presented individually or jointly. A group of four graduating business students combined their efforts to create a project titled Strategic Competitive Analysis of the Donna Fuji Institute. Group member Elyssa Galicia said they chose this topic because of the Institute's vision to provide services to multi-ethnic consumers. "We all hope to have the level of passion and dedication in our future careers that Ms. Fuji has for her business" said Galicia.

Business Major Marc Giannetto said that his group's capstone project is a strategic analysis of the Pebble Beach Golf Shop. "This company was chosen based on the size of the company and access to top management by the group," said Giannetto.

Capstone projects span a multitude of categories such as human relationships, the environment, art, music, anthropology, business, teaching pedagogies, health issues, and virtually any idea you can imagine.

Individual topics from past Capstones included topics such as Coral Reef Conservation, Celebrity Obsession, China's Implementation of the Kyoto Protocol, Invasive Green Crabs, Geomorphology, HIV/AIDS Education, Identity Education in Conflict Resolution, Smoke-Free Entryways, Media Violence, Fort Ord Dune Restoration, Backyard Wildlife and Rabies, NAFTA, Organic Farming, Peer Guide Website for New CSUMB Students,

The library's website contains 278 Capstones and 101 Master's Thesis presentations. You can browse this archive at http://capstone.csumb.edu/Browse.html.

The graduating students of California State University, Monterey Bay invite you to the capstone festivals for the Fall 2007 class.

Wednesday, December 12
Teledramatic Arts and Technology (TAT) at the World Theater from 6 p.m. until 10 p.m.

Friday, December 14
Kinesiology at the Music Hall from 1 p.m. until 5 p.m.

Saturday, December 15
Collaborative Health and Human Services in Building 86D from 12 p.m. until 4 p.m.

Monday, December 17
Single Subject Credential Program in Building 47, Room H104 from 4 p.m. until 8 p.m.

Tuesday, December 18
Integrated Studies Special Major at the Building 98 Meeting House 3 p.m. until 8 p.m.

Wednesday, December 19
Multiple Subject Credential Program at the Building 98 Meeting House 3 p.m. until 8 p.m.

Thursday, December 20
Division of Social, Behavioral and Global Studies at the University Center, Ballroom from 9 a.m. until 5 p.m.

Friday, December 21
Telecommunications, Multimedia and Applied Communication at the Media Learning Center, Building 18, Room 118 from 5:30 p.m. until 8:30 p.m.

Master of Science in Management and Information Technology and Master of Instructional Science and Technology Media at the Media Learning Center, Building 18, Room 118 from 5:30 p.m. until 8:30 p.m.

Master of Instructional Science and Technology Media Learning Center, Building 18, Room 118 from 5:30 p.m. until 8:30 p.m.

Friday, December 21
Telecommunications, Multimedia and Applied Communication at the Media Learning Center, Building 18, Room 118 from 5:30 p.m. until 8:30 p.m.

Monday, December 17
Single Subject Credential Program in Building 47, Room H104 from 4 p.m. until 8 p.m.

Tuesday, December 18
Integrated Studies Special Major at the Building 98 Meeting House 3 p.m. until 8 p.m.

Wednesday, December 19
Multiple Subject Credential Program at the Building 98 Meeting House 3 p.m. until 8 p.m.
As CSU Monterey Bay students gear up for finals, Associated Students (AS) are going through finals of their own.

For the first year ever AS has reviewed all members. For the most part, the development of the process in which AS members are reviewed has taken place during the reviews themselves. The document outlining the process was officially adopted this semester immediately before the reviewing process began. The process, conducted by the Internal Affairs Committee (IAC), is closely modeled after the IAC’s misconduct review process. It allows for the members being reviewed to inform the committee about their performance thus far, in their own words, and is immediately followed by a committee discussion of the information presented.

The AS mid-year review process begins with the member under review stating their goals, how they have met them, how they are revising them, what obstacles they have seen and areas they can improve in. The members goals were developed over the summer at an AS retreat and can be found online at the AS website. Then, the member reports on all of the committees that they sit and/or chair. Following this, the IAC committee then asks the member questions about what they have just reported and comments on the information at hand. Finally, the committee decides what report to give to the academic senate. These reports include a general performance analysis and recommendations. For example, for AS Public Relations Director Sean Swing the committee found that he had assisted with AS accounting and was seen as the “go-to person” for most issues. AS members have refused to comment on Ruteledge’s present status within AS. According to Weirick, certain reviews did not take place before the end of the semester due to members not signing up. Technology Senator Kevan Mah and Multicultural Senator Matthew Flores missed their Dec. 3 reviews. The reviews that have yet to be done will take place over winter-break at an AS retreat. The Otter Realm has submitted various emails received from AS members Justin Stie and Delante Johnson for use in the reviews at the request of Weirick and AS President Robert Graham. You can find these emails and the full text of this article online, including the final outcome of the last reviews of the semester, at www.otterrealm.net.

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Buying Books and Saving Bucks

Elvia Silva, Staff Reporter
ELVIA_SILVA@CSUMB.EDU

When it comes to buying books for a new semester, students can agree that it is an expensive adventure they have to take.

Students have many options when it comes to buying books and whether they know how to find the cheapest books or not, they must go about the difficult journey.

One option that is available and possibly the most convenient route taken by students is the bookstore. At the bookstore you can find all of your books, picked out by the professor. Sometimes books are not available because the bookstore "orders books based on the past sales history, not on the professors enrollment numbers," explained bookstore Assistant manager, Jason Butler.

Although they run out of needed books, the bookstore offers an array of advantages when it comes to buying books from them. "It's located conveniently on campus. We carry used textbooks 25 percent off new textbooks," details Butler.

"The bookstore also guarantees the quality of the used books. All books are inspected for usability and only the very best get placed on the shelves," continued Butler.

Another option students have available to them is the Internet. Now, there are many websites dedicated to giving students a cheaper option. Half.com is one website which consistently quoted the cheapest price for books. Amazon.com is also another popular website which gives you the option of buying the cheapest used book or the cheapest new book.

A good website to use when browsing all of these sites is BigWords.com. At this website they collect all the prices from other websites and give you the cheapest option. They then give you a plan for where to buy which books, often times from different websites, for the cheapest shipping costs. Often they have multiple book buying plans to choose from.

Buying online can save you money, but students should be aware of extra charges, like shipping. Some websites offer free shipping, like Amazon.com, if you purchase $25.00 dollars or more. Many of the other websites like Half.com and Powells.com don't offer free shipping and charge $3.99 for shipping anywhere in the U.S.

Students should also be aware that shipping may take a while. Unless students pay for faster shipping they can stand a shipping period of anywhere from 4-14 business days and in the most extreme cases 21 business days, according to Amazon.com's shipping policy page.

Although shopping online for your textbooks can save students money, they can also use the bookstore as an online resource. "The bookstore's online website now has the books students will need for the following semester posted, if the professor has already listed their book list. They can also order them online and pick them up at the bookstore; therefore, "no waiting in line" detailed Butler. "Buying books through the bookstore also benefits the students directly, the bookstore donates money to the campus and through raffles have given students gift cards which they can use at the bookstore for what they need for school," continued Butler.

If a book costs less than $15 dollars it may be cheaper to buy it at the bookstore since the shipping does increase the amount you pay per book.

Professors want students to save as much money as possible and try to provide them with many options. "I have used course readers, handouts and e-reserve materials, and each semester place an extra complete set of texts on course reserve at our library so students can have immediate access to required books at all times," explained Professor of Humanities and Communications, Debra Busman.

Students can also open First Class, CSU Monterey Bay's email system, and check the textbook exchange option to see if any fellow students have a book they need and can either buy or, if possible, exchange the book for a lower price.

Elizabeth Danna, a fourth year business major, talked about how she shops for textbooks. "If I can find them online for cheaper than what the bookstore is offering them at then I will get them, but if not then I get them at the bookstore," said Danna.

Textbooks can be very expensive but if students shop around and explore different options then they can save money and still get the books they need.

Puffs and Packs: A CSUMB Pastime

Freshman Christina Ruppert and senior Kenny Allison smoke for fun.

Allison, Integrated Studies major, finds the habit a "social icebreaker" as well as something to do. Ruppert concurred, saying that there is "a certain group of people [who smoke] that you're always comfortable with, whether you know them or not."

Tobacco has been grown and rolled in America for centuries. Despite the social benefits from smoking, the long term effects are clear.

According to the Department of Health and Human Services website, "cigarette smoking is the single most preventable cause of premature death in the United States."

The World Health Organization's website mentions that one smoker dies every six and a half seconds.

Secondhand smoke is responsible for 50,000 of the more than 438,000 annual deaths, a fact that often startles smokers.

In order to limit exposure to second hand smoke, the CSU Board of Trustees adopted resolution RCOW 09-02-01 in September of 2002. RCOW requires that all smoking be at least 25 feet from any university building.

"I guess both sides just have to compromise a bit," said Ruppert. "I understand that some people don't like it, but we have a right to smoke. It's not illegal," continued the undeclared freshman who said that she started smoking to spite her parents.

The American Lung Association's website features the Secondhand Smoke Fact Sheet, which defines secondhand smoke as "a mixture of the smoke exhaled from the lungs of smokers or given off by the burning end of a cigarette, pipe or cigar." The thin, blue smoke has the ability to linger indoors hours after a cigarette has been extinguished.

According to the Surgeon General and others in the medical field, secondhand smoke has been linked to heart disease, nasal sinus cavity cancer, cervical cancer, breast cancer, bladder cancer, lung cancer and various other respiratory illnesses.
Dollar Plummet and Students Stay Put

Noelle Blair, Staff Reporter
NOELLE_BLAIR@CSUMB.EDU

With the value of the United States dollar declining, some CSU Monterey Bay students may think now is not the time to travel. However, according to International Programs Advisor Holly White, now is just as good of a time as any to make trips overseas.

"There is never a perfect time to go overseas," White said. "But with people on financial aid, it hasn’t seemed to make a difference because they learn how to stretch their dollar more... You learn how not to spend beyond your means."

Many students might be confused as to how the declining dollar may affect their overseas plans. A student traveling to Europe can expect an U.S. dollar being worth about 1.50 Euros. A British pound is worth just over two dollars. Even the Canadian dollar, traditionally worth less than the U.S. dollar, is about equal to it.

Despite these numbers, students are still arranging to study abroad in Europe. Sara Kendall, a third year Human Communication major, went to France as an exchange student last year. "We had to open up a French account and deposit euros in there," she said.

There are several tips that students can use if they choose to travel to a country with a high exchange rate. The most important tip is to be aware of the exchange rate and account for this in your budget. "You look at a bar of chocolate and that’s, you know, two euros, and you convert that to dollars and that’s four or five dollars almost," Kendall said.

Students should also try to seek out as many scholarships for their trip as possible. Students can also ask for things like passports and Eurorail passes at holidays and birthdays. Lastly, when exchanging to any country make sure that there are plenty of funds available. "Start planning ahead so that you have the opportunity to save the money you need and earn it in a way that is reasonable for you," White said.

Of course, there are other places to travel where the exchange rate is more favorable for U.S. currency. In Mexico, Pesos have an exchange rate of ten to one US dollar. Programs to the Instituto Tecnologico y de Estudios Superiores de Monterrey are nearly $5,000 less than one year on a CSU campus.

No matter where you choose to go, White said students should go. "Do it now, do it often, and do it soon, because we don’t know if the dollar is going to get stronger or weaker and the more you sit and wonder, the less time you’ll have to go."

For more information on studying abroad, visit international.csumb.edu/index.

Mental Health: Tools to Combat Depression

Suzanne Connolly, Staff Reporter
SUZANNE_CONNOLLY@CSUMB.EDU

"College counseling centers used to be the backwaters of the mental health care system. Now they are the front line," said Hara Marano, who prepared a report for a May newsletter published in association with Psychology Today.

It is the end of the year, Christmas, finals, stress and the time of year when people feel overwhelmed and maybe even depressed.

According to the American College Health Association, "depression is fairly common among college students who often are living on their own for the first time, developing new relationships, exploring new identities and challenging old ideas."

For some, depression is an occasional feeling of sadness, but for others it is a serious illness.

Michael Leslie a CSU Monterey Bay student who struggles with depression said the signs to look for are, "isolation, drinking alcohol in access, extreme drug use, no sexual drive, loss of interest in things that use to be fun, and attempting suicide."

Other signs to be aware of are "sleep disturbance, impaired thinking or concentration, changes in weight, agitation and low self esteem" according to the Mayo Clinic.

"Mental illness is absolutely going off the charts on college campuses," said Marano.

Published information is not intended to scare people but to raise awareness and let people know that help is available and that they are not alone.

If you suspect you are depressed there are numerous options for help. First, contact your health care provider or visit the Personal Growth and Counseling Center on campus. They will be able to discuss different options with you such as talk therapy or medication.

There are also two support groups that meet on campus; one is a woman’s group that meets Tuesday from 4:30 to 6 p.m. The other is a men’s group that meets Monday from 2 to 3 p.m. Both groups address the topic of depression and stress. Other options that can reduce depression are exercise, laughter and the company of friends and family.
Hitching a Ride...In the Skies

Mary Freeman, Assistant News Editor
MARY FREEMAN@CSUMB.EDU

College students looking to get across the Atlantic from the U.S. might have a cheaper option than what they had previously considered: hitchhiking.

Airhitching is a form of air travel in which the traveler purchases an empty seat on a flight that the airline was not able to sell, otherwise known as standby seats. Unlike regular hitchhiking, travelers do not run the risk of breaking any laws or having to trust a complete stranger.

Although the task may be daunting and tedious at times, there is help out there for those who wish to air hitch. Airhitch is an organization that was founded in 1969 by a group of U.S. college students looking for a cheaper way to travel the world.

The organization responsible for making Airhitch available, uses volunteers who serve as a liaison between the traveler and the airlines. Users of the system register with Airhitch and then chat with Airhitch Online Staff (AOS), using either email or AOL instant messenger, about possible flights that can get them to their destination. After exploring their options passengers decide which flight to attempt to board and then go to airport with the hopes of boarding it. Boarding planes is not guaranteed, and through Airhitch, unlike other companies that sell standby vouchers, many times you do not have to pay for your airfare until after you have boarded the plane.

Although the process may seem easy, it can be very difficult at times, mostly because in addition to flights not being guaranteed, you are usually given around 24 to 48 hours notice that a flight is available. The system is not designed for convenience, but rather to save users money; however, according to an Airhitch representative with enough time on hand nearly "anyone can get anywhere in the world" at prices sometimes as low as $165.

The main goal of Airhitch, according to their website, is to provide a service "helping people help themselves achieve certain ends" while "MINIMIZING COSTS and MAXIMIZING FREEDOM OF MOVEMENT." They also prefer not to refer to their client base as "customers" and insist that they do not serve anyone. They even go as far as to refer to themselves as a "conceptual system" rather than an organization or company.

Adding to the confusion, in 1993 a licensee of Airhitch broke off and created Airtech, a similar service providing standby seats. Again in 2001 another licensee broke off to form Air-hitch. The major difference between Airhitch and its spin-offs is that while those companies are in the business of making money, Airhitch sees itself as "innovative, heterodox, and controversial," and is in fact a non-profit organization.

The Secrets of Graduate School

Sean Tibbitts, Arts Editor
SEAN TIBBITTS@CSUMB.EDU

Completion of an undergraduate program at college is a big deal, it marks a milestone of hard work, dedication, and new payments on differed student loans. For some people getting a Bachelor's degree is about as much schooling as they can take, but others will continue on to pursue graduate degrees. Of those students planning to continue their education, many will learn that getting in is not as simple as applying and letting your GPA do the talking.

In his book Graduate School: Winning Strategies For Getting In With Or Without Excellent Grades, Dr. Dave Mumby provides insight on how to be successful in applying to grad school, even without exceptional grades.

"The most common [mistake when applying to graduate school] is to misjudge how the selection process works," Dr. Mumby said. "Because of that students focus too much on grades and standardized tests, instead of setting up really excellent letters of recommendation."

This is certainly true, as graduate institutions want to admit students who can do more than just pass their courses. Since graduate school is about specialization, the universities want people who can really get back to the university.

"Graduate schools want well rounded individuals who can further their universities as well as their academic programs," said Social and Behavioral Sciences senior Bronwyn Lloyd, who has submitted graduate applications to three top universities in the United Kingdom.

To help prospective students stand out more in the application process, Dr. Mumby recommends that students get involved in research or other "behind the scene" areas of the university as early as possible, noting that just good grades wont guarantee admission.

Another good way to help your chances of acceptance is by developing a report with personnel from the universities, such as administrative staff, faculty, and even members of the selection committee, advice Lloyd had the foresight to utilize.

"While I was not specifically looking for help in the application process from these particular professors, talking with them has warned them to be on the lookout for my application and has initiated a relationship that may help in my acceptance," Lloyd said.

To close, Dr. Mumby encouraged prospective graduate students to "do their homework," and to try to better understand the application process.

"Because students don't understand the process they underestimate their own likelihood of getting in and succeeding in school," Dr. Mumby said, and went on to describe that the application process itself can often keep highly qualified students out, simply due to its multiple components.

Dr. Mumby is currently working on the second edition of his book which is to be released in summer 2008. In addition to being available online in e-book format, Dr. Mumby's book is also available to be downloaded in chapters, in case students have questions about specific parts about the application process.
Dropping Calls:
Cell Phone Service Woes on Fort Ord

Ricky Welshiemer, Staff Reporter
RICHARD_WELSHIEMER@CSUMB.EDU

Cell phone use is one of the main ways of communicating for college students. However, here at CSU Monterey Bay, some students are having trouble making their phone calls.

The debate over which cell phone company offers the best service has been discussed and disputed between fellow students probably since the cell phone craze began.

"I have Sprint and I get service in most areas except out in East Campus housing," said senior Business major Marc Lu.

There are many rumors about why cell phones on CSUMB's campus do not get the best service. The myths range from the old military buildings being made out of lead and blocking service to the army installing underground equipment that interferes with the cell phones getting full service.

"I think all the wire taps put in due to the Patriot Act, are interfering with our cell phones," said junior Business major Bob Dirado. "But seriously, I don't think there are enough cell phone towers close by to offer us the best service," said Dirado.

Hedi Flato a Verizon wireless associate, could not give a direct count of how many towers were located in and around CSUMB but said that "Verizon wireless tests its network regularly and compares it to its competitors. There is twenty four seven monitoring, [and we're] on top of where our service works best."

When looking for a cell phone plan that offers the top service it is important to do research on all of the cell phone companies and be inquisitive on the service towers in that particular area.

The cell phone with the best service may not easily be found at CSUMB. It is clear, that an in-deep investigation will be needed to find the answer. Flato will be running a test to see how many towers and how much service is offered to students who have Verizon at CSUMB. The results of her test will be made public in the near future.

Mary Freeman, Assistant News Editor
MARY FREEMAN@CSUMB.EDU

With everything from finals, to the holidays, to the simple task of figuring out how to get home for winter break, stress can really build among college students and that may have an interesting affect on their sex lives.

When thinking about stress, sex is not often the first thing that comes to mind; however, in a study entitled, "The relation between mood and sexuality in heterosexual men" from the Archives of Sexual Behavior June 2003 edition it was stated that, "Many participants talked about it [sex] having a physically calming effect on them, giving them release and clarity."

Basically, sex was found to be used as a regulator for stress, and many of the participants revealed that their reasons for having sex were for release. Often times this sexual activity would come in the form of masturbation. In comparison, when depressed many of the participants turned to sex with a partner and stated they felt the need to connect with another person.

One participant said, "I was going crazy with midterms and everything and I don't know, I usually wouldn't use sex as a regulator like that, but I did and it really did kind of like level me out and made me think about what I had to do and it kind of gave me a clear mind."

A study by Stuart Brody, Professor of Psychology at the University of Paisley in Glasgow, UK concluded that sex can be a great stress reliever, and generally has a lasting affect of up to a week. He attributed this to the hormone oxytocin that is released when copulation happens; however, this seems to only occur during copulation and not during masturbation or other sexual acts.

In contrast, "Risk factors and consequences of unwanted sex among University students: hooking up, alcohol, and stress response," another study about sex and stress that was conducted at Bucknell University, found that if sexual encounters are unintended or unwanted stress can increase. These occurrences are not to be confused with rape, though. They are when a person engages in sexual activities they normally would not because of intoxication or other factors.

The study found that many times people feel shame, guilt, or regret which increases their stress levels in the end.
A Whole Latté Love: Finding the Perfect Cup of Joe

Michael Tyler, Staff Reporter

Maintaining a busy work or school schedule often requires added stimuli, and whether you are a late night crammer or early riser, the popular wake-up choice is a jolt of inspired motivation.

Coffee and late night inspiration dates back to the foundation of our country. The night of December 16th, 1773 is memorable in Boston and planned the infamous Tea Party. During the American Revolution the government established its official headquarters at Merchants Coffee House in New York.

Legendary folk songwriter Bob Dylan began his career performing in coffeehouses where the aroma of coffee was blowin’ in the wind. The ordinary coffee house and a cup of joe inspired the radical words of freedom.

The word coffee itself likely originated from the Kaffa region of Ethiopia, where Galla tribespersons would mix the coffee berries with animal fat as rations while traveling. By the 10th century it became a staple beverage in the Muslim world and was prized as a way to stay awake. The first coffee house, Kiva Hun, opened in Istanbul, Turkey in 1471, but the world had to wait another 500 years before seeing the first Starbucks open.

A grand opening coffee enthusiasts will enjoy is scheduled to take place here on campus in the near future. A state-of-the-art coffee shop is under construction as part of CSU Monterey Bay’s (CSUMB) new library. CSUMB Campus Architect Kathleen Ventimiglia stated that the coffee shop will have cafe style seating and will stay open late even after the library is closed. The coffee shop will be located on the first floor, adjacent to the main entrance and is projected to open in January 2009.

But if you’re searching for a cup of coffee now, there are several places on campus to get your java fix. At the bookstore you can grab a quick cup of freshly ground Starbucks. “People can just push a button and get Starbucks from our machine” said Lindsey Flores, a bookstore staffer and Biology major at CSUMB. “And there’s hot chocolate too.”

The Otter Bay Cafe features Santa Cruz Coffee, the certified, fair-trade organic blend from coffee roasters located in Watsonville. “We just have coffee right now but hope to get another espresso machine soon” said OBC barista Drea Aguilar, a CSUMB alumna. “We used to have one but the management pulled it” said Aguilar. “The machines are really expensive but when we get one we can serve lattes and mochus again.”

The cafeteria, known as the Dining Commons (DC), serves coffee, but you have to pay full-fee for your meal before you can enter, said DC cashier Howard Hinckley. “If you want a latte, just go next door to Otter Express.”

At the Otter Express you’ll find a variety of specialty coffees. You can order regular coffee or choose from an Americano, Breve, Latte, Macchiato, Mocha, or even tea. Plus you can get a flavor shot added to your beverage if that is your preference.

If you prefer to stop in at the Black Box Cabaret you’ll find they have an espresso machine and offer specialty coffees as well. Check them out for your next cup of hojo, the name sailors called hot coffee or “hot joe.”

Who knows, while you’re there you might get to hear the next Bob Dylan, or possibly the plans for a rebellious tea party.

Free Wireless Internet!

Monday–Friday
“Study Hall”
Discounted drinks for students with ID.
11am–3pm

Monday–Friday
Happy Hour
Dollar off beers and free munchies.
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Every Wednesday
Wii Night
Free Wii, play Nintendo’s premier gaming console!
7pm

Every Thursday
The Grate Sand Sity Spelling Bee!
Remember bak in the forth grade when you couldn’t spell worth a shirt? Well this is yur oppor... oppor... chance to redeem yourself!
Form a team... college teams, dorm teams, et.
Sign ups at 6pm. Bee starts at 7pm.

Show up on two wheels and get a discount!
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• Braised Australian Lamb Shank, Chicken Breast Picatta, Pork Tenderloin Medallions

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“...what a gem...” 2006 Carmel Magazine’s Critic’s Choice

Penelope LaFontaine
Monterey County Weekly

Reservations 831.883.1207
Dinner Nightly from 5pm
Closed Sunday
330 Reservation Road, Marina
Gadgets and Gizmos Make Great Gifts

Melody Ainsworth, Staff Reporter

Since the release of the iPod in 2001, Apple has enjoyed a near-monopoly of the digital music business, but this time, Apple set out to impress. The newest and “blingiest” of the iPod series, the “oh so coveted” Apple iPhone offers the whole package. A sleek, touch-pad MP3 player, camera, and phone, the iPhone even offers wireless Internet access. At $300, this phone has to have it all (AT&T service not included).

For those who already have a phone, or are not interested in a new phone, the Apple Touch may be for you. It includes all the glamour of the iPhone for a few less dollars!

Harmonix Music Systems “Rock Band”

In 2005, gamers worldwide went nuts for Guitar Hero, a simulation game where a guitar shaped controller (and some heavy riffs) can make anyone believe they are a rock god. Now at the end of this year, Harmonix Music Systems have done it again with the fully interactive band simulator “Rock Band”.

Liberal Studies major Kasey McWilliams owns the game and is an avid player. “There’s something about a game being so interactive. It’s really great to see games that get your body involved too.”

With four different controllers, a guitar, a bass guitar, a microphone and a drum set, Rock Band will rack up a couple hundred dollars on anybody’s credit card. Not to mention it is designed for the Xbox 360 and the Playstation 3, two of the hottest and most expensive games systems out there. Perhaps the pull is to live out the dream of being a real rock band, or perhaps it is another gamers waste of time, either way, it is one of the hottest items to own this winter.

GPS System

Many of us wander, or should I say drive through this life with little knowledge of, where we are. Global Positioning Systems (GPS) such as the TomTom or Garmin can fulfill that wanderlust and provide less fear of the unknown. GPS models come in-dash for your car, portable, and can even come on a watch strap, with prices stating around $200 and up.

Josh White, Teladramatic Arts and Technology senior says he uses one when his band tours

“I think they’re a great idea, when we go on tour we can always know exactly how far it’s going to be until we get to the next town.”

Boding Beverages, a Toast to the New Year

Ricky Welshimer, Staff reporter

The winter season is always full of warm and delicious drinks whether it is making them at home by the fire or buying them while shopping.

If out and about looking for a winter treat, Starbucks offers three holiday drinks. A Gingerbread Latte, Peppermint Mocha and an Eggnog Latte.

According to Ehney Robinson, an employee at the Marina Starbucks located at Target, the White Chocolate Mocha and Peppermint Mocha are the two most popular drinks during the winter season.

There are many options available when deciding what type of drinks one is going to make at home. An easy way of deciding what to make is to just look in the fridge or pantry and see what supplies are on hand.

Junior Human Communications major Haley Alainz enjoys making hot chocolate from scratch on cold nights. She uses milk from her fridge and warms it with chocolate from her pantry. “Hot chocolate, mmm good,” said Alainz.

If the fridge or pantry are empty, then local grocery stores such as Save Mart and Safeway always have weekly specials on their varieties of alcohol or other drink necessities. If planning on having a winter celebration and need the drink to be “super sized,” then Costco is a great place to find supplies in bulk.

Here are five delicious winter recipes to either warm the soul or enjoy at a holiday party.

Cinderella

Ingredients:
2 oz Orange Juice
2 oz Pineapple Juice
1 oz Lemon Juice
1/2 oz Sugar Syrup
1 oz Soda Water

Shake all the ingredients together and then serve on ice.

Sugar Plum Fairy

Ingredients:
2 oz Stirrings Sugar Plum Martini
1 oz Vodka
1 Splash of Champagne

Combine all of the ingredients in a champagne glass.

Dreamy Chocolate Winter

Ingredients:
1 oz Irish Cream
1 oz Kahlua coffee liqueur or amaretto almond liqueur
6 oz Hot Chocolate

Combine Irish Cream, Kahlua and hot chocolate and warm them up. Add Amaretto for taste.

Red Rudolph

Ingredients:
1/2 oz. Orange Curacao liqueur
1/2 oz Cinnamon Schnapps
3/4 oz Vodka
6 oz Cranberry Juice

Combine together all of the ingredients and then warm them up. Top with whipped cream if desired.

Cider Snap

Ingredients:
2 cups Apple Cider
4 tsp Red Cinnamon Candies

In a cup combine apple cider and cinnamon candies. Micro-cook, uncovered, for 4 to 5 minutes or until the candy is dissolved.

More drink recipes can be found at www.drinkmixer.com and www.thebar.com.
Friday, Dec. 14
Carmel Mission hosts Cantiamo!
8 p.m. Carmel Mission Basilica and Museum, 3080 Rio Rd., Carmel students and seniors $18, general admission $20
Cabrillo College's touring choral ensemble, Cantiamo!, will be making a local appearance at the Carmel Mission. Under the direction of Cheryl Anderson, this 40-member chorus will perform 18th century composer Rossini's "Petite Messe Solennelle," in Latin.

Saturday, Dec. 15
Holiday Happiness for the Active Otter Dec. 13 - Feb. 13

Sunday, Dec. 16
Monterey Harbor boat parade
At dusk, Monterey Peninsula Yacht Club, Wharf II
Floating lights will make their way from the US Coast Guard Pier to Lovers Point and Back as the Peninsula Yacht Club sponsors the annual harbor boat parade. Enjoy the view from the shore or an ocean front eatery while this holiday spectacular visits the waters of Monterey.

Monday, Dec. 17
MC Lars at Monterey Live
8 p.m. Monterey Live, 414 Alvarado St., Monterey; Admission $10
MC Lars, a local "post-punk laptop" rapper, visits Monterey to musically enlighten Monterey Live patrons. MC Lars will bring a beat and rhythm to Monterey as we anticipate his 2008 release of This Gigantic Robot Kills.

Monday, Dec. 24
First Night Monterey
3 p.m. - 12 a.m. Historic Downtown Monterey
16 + years-old, Nov 1-Dec 16... $12; Dec 17-30... $15
Dance the night away to a variety of music and dabble in artistic creation as Monterey celebrates the New Year with the 15 annual First night. First night is a sober celebration of the arts that appeals to all ages. Tickets on sale online at www.firstnightmonterey.org and also at local retailers.

Tuesday, Jan. 1
Rio Resolution Run
9 a.m. Rio Grill, Carmel $30 pre-race; $35 day of the race
This annual event put on by Rio Grill, is a 6.8-mile race and 3-mile family fun run. This race will help you to kick-start your New Years health resolution while benefiting a good cause; Proceeds go to the Suicide Prevention Services of the Central Coast.

Wednesday, Jan. 2
Jazz Fiesta
5:30 p.m. - 7:30 p.m. El Palomar Restaurant; Admission is free
Munch on chips and salsa while listening to the sultry sounds of smooth jazz every Wednesday after long day of work as Dennis Murphy and friends heat up the stage. Also enjoy Sandy Shore Production CD and ticket giveaways.
**Friday Jan. 11**

**Tyler Oaks book signing**

Borders Books Music Café, 2080 California Ave., Sand City

Novelist Tyler Oaks will be signing copies of his new mystery novel, Ruby Rest. The novel is set in neighboring Carmel and offers a bit of local intrigue for the Monterey community.

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**Saturday Jan. 12**

**Carmel Walks**

**Saturday 10 a.m. & 2 p.m., Tuesday - Friday 10 a.m.**

The courtyard of "The Pine Inn" on Lincoln Street at Ocean Avenue, Carmel, CA; $15

Discover local Carmel on on-going 2-hour guided walking tours through secret pathways, hidden courtyards and gardens. Be enchanted by the charm of fairytale cottages, haunted homes and the history of famous artists, writers, and movie stars. For reservations and more information call (831) 642-2700.

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**Saturday Jan. 19**

**Poetry Writing Workshop with Patrice Vecchione**

Monterey CA; Admission is free

Exercise the inner poet with inspirational artistic guidance from this award-winning poet. The workshop features poetry writing exercises, artistic support and constructive feedback. For ages 14-adult and pre-registration is required.

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**Monday Feb. 4 - 10**

**AT&T Pro-Am Golf Tournament**

Pebble Beach, CA; Call for tickets

The annual AT&T Pebble Beach National Pro-Am will be hosted by three of the Monterey Peninsula's leading golf courses, Pebble Beach Golf Links, Spyglass Hill Golf Course and Poppy Hills Golf Course. For more information on tickets or enjoying the event for free as a volunteer call 831-644-0333.

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**Tuesday Jan. 15**

**Bagpipe Nights**

5 p.m. - 6 p.m. Music Building at York School, 9501 York Road; Admission is free

The Monterey Celtic Arts Academy (MCAA) holds its monthly Bagpipe Night on the third Tuesday of the month. Join award-winning bagpipe instructor Michel d'Avenas as he explains the art of bagpipe music and performs many classic Celtic tunes.
Mustard and thistle and ice plant, oh my! These invasive, non-native plants have become a common sight in Monterey County and Return of the Natives (RON), a member of Weed Warriors, is trying to change that.

RON is proactive because it “is about what people can be doing instead of saying not to do [something],” said Aaron Fox, an AmeriCorps volunteer from Greensboro, North Carolina. “By helping us plant trees, plants and shrubs,” continued Fox, people can have “a big impact [on global warming] because the plants sequester carbon in the atmosphere.”

Through RON, more than 450 teachers, 3,000 community members and 10,000 school children have helped to sow, grow and transplant over 50,000 native plants in places that had become overrun with invasive mustard and thistle, among others. In addition to the weeds, many of the clean up sites were filled with mattresses, shopping carts and other trash.

RON has a strong tradition with education and the public. The program began when school teachers “wanted to make school yards better than prisons by giving students the opportunity to get in touch with nature,” explained Greenhouse Coordinator Christina McKnew.

Besides being visually appealing, the native plants hold soil, and are able to absorb chemicals like nitrogen before they make their way into the bay. Native plants also require less water to survive and pose less of a fire hazard than most non-native plants.

In addition to educators and students ranging from kindergarten to university level, RON works with developmentally disabled adults.

“They come here and work in the greenhouse for one hour a day, four days a week,” said Julie Dustin, RON’s outreach coordinator and greenhouse assistant. The students water, transplant and help weed the greenhouses at CSUMB’s Watershed Institute.

Dustin, who has been with RON for five years as a service learner, volunteer and employee, has been a part of clean up and watershed projects in Salinas, Fort Ord, Carmel, and the sand dunes of Marina.

RON’s offers private services ranging from garden designing and site analysis to having staff members work in clients’ gardens.

Return of the Natives service learning opportunities are plentiful and can be found on the bulletin board inside the sky blue building with a California Poppy painted on the side.

Upcoming events
January 16, 2008
8 a.m.-10 a.m.
Winter Bird Count and Planting at Upper Carr Lake

January 26, 2008
10 a.m.-1 p.m.
Fort Ord Dunes Native Planting

February 2, 2008
10 a.m.-1 p.m.
Bureau of Land Management Lands and Fort Ord Planting

For more information or to get involved, visit their website at: http://watershed.csumb.edu/ron/index.htm
or Email Julie Dustin at Julie_Dustin@csumb.edu
Aaron Fox at aaronfreemanfox@gmail.com

To have Return of the Natives come to a home or jobsite, Email Emily Smith at Emily_Smith@csumb.edu
The holiday season is officially here and CSU Monterey Bay residents are doing their part to get involved. Decorating your house is the most visual and creative way to show your holiday spirit. It can be as easy as throwing up a string of lights in your window, but some folks take that idea a bit further.

Schoonover Park resident Gordon Ross has been decking out his house for 13 years now. Ross said, “I just keep adding new pieces every year.” He currently has close to 30 blow-up displays including a holiday band made of decorative animals that actually play Christmas music. Ross’ front yard is a dazzling exhibit of lights, snowmen and everything else to make you feel good. Ross said he likes to do this, “for the people and the kids.” Although he said his neighbors are of many different religions they all respect each other and enjoy the festive yard.

Students are also feeling jovial this time of year. Senior Kinesiology major Caitlyn Lombard, whose Frederick Park apartment is festively lit, says she likes to decorate because she always did growing up. Lombard said, “This is my first year out of the dorms and I wanted to decorate.” Lombard feels that looking at all of the holiday light adds to the festivities. Though there was little decoration in the dorms, it’s understandable given the lack of space.

How festive can students make that one little window? Earth System Science Policy Freshman, Paton Valencia, who lives in the North Quad Apartments, said he will not be decorating this year stating, “I don’t have the time.” Valencia also added he definitely would decorate if he had his own apartment or house because student’s lack of decoration on campus is, “probably because there’s not enough room.”

Quinn To, Staff Reporter
QUINN_TO@CSUMB.EDU

[Happy Holidays]
from the Otter Realm

Just remember:
’Tis the season to be merry and decorate yourself and your surroundings.

Directions:
Cut out box. Fold. Tape or glue tabs. Enjoy!

BOX LINE ART BY: JOE STEWART OF EXTRA LUCKY MECHAZINE
PHOTOS: QUINN TO, JULEEN JOHNSON, HILLARY WILLIAMSON & SOMADJINN
Did You Know that CSUMB...

Campus Statistics

Jenna McKay, Staff Reporter
JENNA_MCKAY@CSUMB.EDU

- 854 assignable rooms in the Res Halls that can be assigned
- 28 public classrooms
- 20.87 full-time students to full-time faculty
- Covers 1,387 acres; 880,713 assignable square feet
- There are 1026 customers in an average day, 7185/week, 11,500/semester

Winter can be a celebratory time. There are festive work parties, holiday get-togethers and of course, New Years Eve extravaganzas.

What to wear to all these events can be trying but there are many solutions no matter what climate your winter holiday is spent.

For the ladies attending work parties, small changes will make all the difference. Something as simple as changing into a red pump or an oxford boot can add a dressier effect. Pairing a sequined cardigan or velvet jacket will give your work attire a little sparkle. Also, adding a luxe piece of jewelry can take you from professional to party. Trends this winter include satin accessories in jeweled tones such as fuchsia or turquoise as well as pearls which adds elegance to any outfit.

For holiday parties lush fabrics like velvet and suede in bold colors will make a statement. Sweater dresses are everywhere now and come in all styles from casual to very formal, pair this with some patterned tights and some chunky heels for a dramatic yet fun party look.

New Years parties are the optimum time to make a statement; flashy, daring and shiny will be everywhere. Sequined dresses in all styles make the perfect New Years attire. If showy is not your style, basic black always works. The classic LBD can be worn as subdued or loud as you choose depending on how you accessorize. Also fabrics such as satin add a touch of drama without being over the top.

Winter fashion is all about staying warm but looking chic. Any outfit can be altered to fit the weather. With a little know-how and a couple of warm accessories, staying warm never looked so good.

Guys have some freedom as well. Taking basics from work and making them party friendly can be done with some simple alterations.

Work attire for men is already semi-formal but can be punched up with a brightly colored tie or a nice fitted sweater vest. This paired with the basic button-down shirt, black slacks and black shoes will work for almost any type of gathering.

Hopefully you already have the dress shoes and dress-belt in your closet. The Men's Fashion webpage at About.com states that black shoes/belt is an essential combination since it can go with anything from jeans to a suit.

For holiday parties, feel free to go a bit more formal. If you want to step it up a notch, a two-piece suit works well and nothing looks better on a guy. Color options such as black, charcoal, and brown are great colors to work off of. The right accessories can add flare to any suit. Adding splashes of color in shoes, ties or even jewelry will add to the festivities. Some options that are very in right now are plaid accessories; they are holiday friendly, but dressy enough to wear throughout the year.

The final suggestion for guys is a classic tuxedo. They are very elegant and definitely make a statement for events such as New Years Eve parties. GQ Magazine calls the tux the “be-all-end-all answer” for menswear. Tuxedos look best in classic black and though they’re expensive, they last forever. If the James Bond look is what you’re going for, the tuxedo will do the job.

Finally, be sure everything is clean and pressed...including you! Grooming is essential so give yourself enough time to prepare. Happy Holidays!
Division II Brings Financial Troubles to Athletic Community

Kate Kiechle, Sports Editor

CSU Monterey Bay (CSUMB) athletics began their first year as Division II this Fall, but the student athletes and the program itself are still struggling to make ends meet.

The decision to be a part of Division II is said to have been made in years past. However, in recent years, as the Division II title became a reality, tension across campus has increased. Many questions have come pouring in about the program in general and specifically about the funding the program needs and hopes to generate.

As a part of Division II CSUMB has to, according to National Collegiate Athletic Association (NCAA) regulations, “meet a minimum of $250,000 or 20 scholarships in grants-in-aid funding per year,” stated Athletic Director Howard Gauthier.

While $250,000 is the minimum, it has left CSUMB with the lowest budget in the conference, and many student athletes with empty pockets. However, head coaches, based on a student’s athletic abilities, can award grants-in-aid; these range in amount and help strictly for tuition and fees, room and board, or books.

CSUMB has over 250 student athletes, and on average only about 150 are awarded grants-in-aid. “If all of our sports were fully funded scholarship-wise,” Gauthier explained, “to meet the maximum the NCAA allows we would need to give out over $1.01 million per year in aid.”

While some across campus believed becoming Division II would be a program that could fund itself, Mark O’Shea, professor of education and chair of faculty senate, explained, “only 12 to 15 major universities are able to bring in a profit from their sports programs. It is a rare accomplishment.”

O’Shea went on to discuss that the athletics program should be viewed as something for the whole school and the local communities to be involved with, not just the student athletes. He expressed that athletics are an essential part of campus life and that the program should be driven by student response.

While there are hopes for bettering the athletic program at CSUMB, the campus has to find the needs to support it before improvements can be more than envisioned.

Swarup Wood, associate professor of chemistry and chair of university learning requirements operations committee, described well that, “Athletics undoubtedly contributes to campus beyond the benefits to the student athletes. As we begin to wrestle with the campus’s finances I really hope that we will be able to quantify some of those benefits.”

On Feb. 27 the Otter Realm reported on the low attendance CSUMB sports generate. One student was even quoted saying that there is no school spirit anywhere, in response to the low game attendance. It is generally recognized that school spirit is a plus for any university, and is a factor that can help bring up a university’s overall enrollment.

Recruiting for Division II has brought attention to campus, bringing in new recruits who want to perform as Division II athletes. However, adding further to CSUMB athletics has to wait as Gauthier explained a sound structure and appropriate funding are established.

As CSUMB grows as a university more visions hope to become realities. For the time-being as the young school that it truly is, CSUMB has many goals that it needs to focus upon, one being the acquisition of more financial resources that will increase student success and overall experience at CSUMB.

“Anytime resources are limited people will have strong and different ideas on how they should be spent,” Wood expressed. “Our willingness to engage in dialog about how we should spend our money strengthens us as a community.”

Gauthier expressed that CSUMB has a supportive administration and a truly caring faculty. With that in mind, CSUMB athletics shows hope at having a chance at one day joining other programs here in success.

Basketball Fans Craving Entertainment

Evan Fitzgerald, Staff Reporter

Upon entering the gym this year it seems that there is something out of place. The weights are still there, as are the cardio machines. What is missing, is the most popular sport at CSU Monterey Bay, basketball. This season the Otter basketball teams one home game “had a combined” during the fall semester, causing fans to go through withdrawals as the games cannot be watched on TV.

“There’s just the way it is”, said Jennifer Lopez, a Teledramatic Arts and Technology senior. “I think it’s better that the games are going to be played in the spring, it’ll be cool because the last game that is played is going to be the senior game.”

For the men’s team, their first home game comes on January 11, during the winter-break. The women’s team, however, plays at the Kelp Bed on December 15, taking on Cal Baptist University in a non-conference game.

“I’m not happy about it because that means there are less games for me to work,” said Brenden Baca, an employee at the Otter Sports Center.

“When you schedule the season there is always a give and take”, said assistant coach Alex Hudson. “We had a lot of home games last year so we have more away games this year. I think it makes the team closer. We’re on the road so it’s great for bonding.”

The Otters have done well this season; both teams have been playing against Division I opponents and competing against them on their level. The women’s team is 1-3, winning their second conference game of the season against Cal Poly Pomona. The men are 1-6, beating Norte Dame de Namur.
It’s Raining Men and Women

Grant Haney, Staff Reporter
GRANT_HANEY@CSUMB.EDU

Peering over the edge, wind slashing through your hair, feet dangling and your stomach empty with anxiety; yes, you are about to depart from a plane 18,000 feet above the ground.

Monterey is becoming grounds for many extreme sports including the recent craze of skydiving. Even better, CSU Monterey Bay students can exercise the rush of this extreme sport right in their backyard.

If you want to fly at the ground at speeds up to 120 miles per hour Marina can offer that thrill to any adrenaline junkie. Skydive Monterey Bay offers tandem jumping along with “California's highest tandem jump” at 18,000 feet.

CSUMB senior, Michael Leslie, made his first jump in 2004 and has been hooked ever since. While attending school, Leslie has made plenty of jumps to ease his mind from the monogamous college life.

“There’s nothing more relaxing and euphoric than being weightless, explained Leslie. “At 18,000 feet I don’t see the door as an exit but rather an entrance.”

For others, skydiving may just be a one time experience. 26-year-old Jason Simpson jumped in Marina and felt once was enough.

“I was fine until they rolled up the plastic door of the plane,” said Simpson. “It was a rush and great experience, but I don’t know if I would do it again.”

For some others, skydiving will never be attempted. “It’s not for me, I’ll stick to sports on the ground,” stated Human Communication senior Geoff Middlekauff.

“For more avid jumpers such as Leslie, seeing the rise of popularity is apparent. “I think people just want to do something wild and crazy in their life. Humans have always wanted to fly,” said Leslie.

Leslie jumps quite frequently and recommends it to anyone. Leslie has made and witnessed enough jumps to see the thrill it brings to his self and others. While some people go up in hot air balloons, ride motorcycles or bungee jump, Leslie finds his high through the open sky.

“Skydiving gives me peace and serenity. It makes me focused on the moment and it keeps me centered.”

If you’re looking for a new way to achieve some thrills, look no farther. Skydive Monterey Bay is close and easy for anyone trying to achieve the ultimate rush. For information on diving, directions, prices, instructions and more, visit skydive montereybay.com.

Workout Home Remedies

Noelle Blair, Staff Reporter
NOELLE_BLAIR@CSUMB.EDU

With hectic winter work schedules and the CSU Monterey Bay campus gym closing for a few days during the holiday break, students may find it difficult to keep fit if they choose to stay on-campus. However, with a few handy tools and the will to stay fit, any student can stay active and avoid putting on those dreaded holiday pounds.

Many aerobic activities can easily be done in a dorm room. Lovers of music might find a love for dancing. For those without rhythm, buying or renting a fitness tape might be helpful.

A handy investment that can cost as little as $8 are fitness bands. These are elastic cords with handles attached at the ends. They can be bought separately or as a pack with different strengths. A fitness band can be attached to a doorknob for a great way to tone the arms and legs. Standing on the band and pulling up, either stretching the arms outward or keeping them close to the body, can add resistance to regular workouts.

“You can do some good things with those,” said Kent Adams, an associate professor for the Kinesiology Department at CSUMB. “Weights are probably more effective but... in the dorm room it’s kind of tough to have too many.” Adams explained “...doing a nice resistance training workout two to three days a week will do a lot for a person’s health and well-being.”

Resistance training has many benefits, including increasing muscle mass.

Another inexpensive tool are hand weights. Holding a hand weight while doing some cardio activities such as dancing or running can also tone arms and shoulders in addition to burning calories.

There are many suggestions a student can use to stay fit and healthy. The National Institute of Health (health.nih.gov) recommends that beginners start slow. The website explained that if one has never seriously exercised or has been out of it for a while, they should start with fifteen minutes a day and then increase the amount as the exercise becomes easier. Also, wearing form-fitting clothing can whisk away moisture from the skin and avoid chaffing.

The website for “The Biggest Loser”, a television show where contestants lose weight to win money, also has some valuable suggestions. One recommendation is to cross-train by combining exercises to burn the most amount of calories and to keep from becoming bored. For more suggestions, visit www.nbc.com/the_biggest_loser.

However, just because one is stuck on campus does not mean they have to exercise indoors. CSUMB has access to many wonderful outdoor recreational opportunities. “If they can’t get into the gym, [students] get out into this wonderful environment and do things,” Adams said.

With the right tools, staying fit without a gym this holiday break will not be a problem for students who want to stay fit.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time (Min.)</th>
<th>Calories burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeping</td>
<td>60</td>
<td>95</td>
</tr>
<tr>
<td>Surfing</td>
<td>20</td>
<td>64</td>
</tr>
<tr>
<td>Ironing</td>
<td>45</td>
<td>107</td>
</tr>
<tr>
<td>Shooting Pool</td>
<td>45</td>
<td>120</td>
</tr>
<tr>
<td>Mopping</td>
<td>30</td>
<td>143</td>
</tr>
<tr>
<td>Cooking</td>
<td>60</td>
<td>168</td>
</tr>
<tr>
<td>Rearranging Furniture</td>
<td>30</td>
<td>210</td>
</tr>
<tr>
<td>Driving</td>
<td>120</td>
<td>269</td>
</tr>
<tr>
<td>Sex</td>
<td>60</td>
<td>269</td>
</tr>
<tr>
<td>Shopping</td>
<td>120</td>
<td>302</td>
</tr>
</tbody>
</table>

Source: HealthStatus.com
Otter Waves

Current Otter Athletics Statistics

**Sailing:**

Upcoming regattas:
1/5 competing in Rose Bowl, away
Upcoming home regattas:
2/9 Competing in North 1 Ragatta
2/10 Competing in North 2 Ragatta

**Women’s Basketball:**

12/8 CSUMB lost 51-79 to Grand Canyon University, away
Overall record: 1-4
Upcoming home games:
1/11 Against Sonoma State 5:30 p.m.
1/12 Against Humboldt State 5:30 p.m.
1/18 Against CSU Los Angeles 5:30 p.m.
1/19 Against CSU Dominguez Hills 5:30 p.m.

**Men’s Golf:**

12/3 Ricky Stockton won 2007 Cypress Point Cup, shooting 67 - 5 under par

**Baseball:**

Upcoming home games:
2/1 Against Sonoma State 2 p.m.
2/2 Against Sonoma State in double-header 11 a.m.

**Softball:**

Upcoming games:
2/1 Against Chico State, away 12:15 p.m.
2/1 Against San Francisco State, away 2:45 p.m.

**Men’s Basketball:**

12/5 CSUMB lost 80-85 to Fresno State, away
Overall record: 1-7
Upcoming home games:
1/11 Against Sonoma State 7:30 p.m.
1/12 Against Humboldt State 7:30 p.m.
1/18 Against CSU Los Angeles 7:30 p.m.
1/19 Against CSU Dominguez Hills 7:30 p.m.

**Water Polo:**

Upcoming games:
1/26 Against Cal Maritime Academy, home 3 p.m.
1/27 Santa Clara University, home 10 a.m.
1/27 Hartwick University, home 4 p.m.

Athlete’s Trained for the Media

Auvria Hampton, Staff Reporter
AUVRIA_HAMPTON@CSUMB.EDU

The Athletic Department at CSU Monterey Bay (CSUMB) is taking steps to control the information obtained by the media.

At many other universities it is customary that a member of the media (print, radio, or television) go through the Director of Media Relations or the Sports Information Director (SID) to set up a time and place for an interview with a player or coach of a team.

A Director of Media Relations for Athletics or the SID has a responsibility to oversee the Athletic Department’s (AD) public and media relations efforts for the university’s varsity sports.

Stephanie Duke, associate athletic director, explained that although CSUMB does not have an official policy in place, it is encouraged by the Athletic Department that the media contact the Sports Information Director before conducting any interviews with players or coaches.

Duke emphasized that the athletic department wants to make sure that everyone, which includes: the athletic department heads, coaches, players and most importantly the media are on the same page and that all the information going out to the public is correct.

However, the CSUMB AD did not have a permanent SID on staff.

Kirby Garry the Marketing and Sports Camp Coordinator and Thomas Weed, Assistant in Marketing and Sports Information have been on interim bases as SID’s splitting the responsibilities of the position since this past fall.

Garry explained that in the past the position of SID has always been a part time position.

Nonetheless, the SID position was recently filled on interim bases Nov. 5 by Jon Chown. A few of Chown’s responsibilities are to monitor game operations, supervise staff and oversee the athletic department’s public and media relations efforts for CSUMB’s varsity sports.

Chown will also offer a lesson in media training for the CSUMB sports teams, informing the players of what to say and what not to say in an interview as well as what to watch out for in an interview.

As a former news editor and copy desk chief among other things, Chown said “[I am] excited to get back into sports.”
Person on Campus

What's your New Year's resolution?

"To go the gym more and get back into shape."
Kevin Garaghan
Biology Major
Freshman

"To rejuvenate my world, both body and mind."
Clint Weirick
Collaborative Health and Human Services Junior

"Reduce Procrastination."
Darrell Collins
Third year Human Communication Major

"To get A's in all my classes."
Kelsey Wehsels
Undeclared Freshman

"To make money and HOTTER beats."
Johnny Ridgill
Music and Performing Arts Senior

Down
1. January is named after this Roman God of doorways and of beginnings and endings.
2. An easy inexpensive way to travel the world?
3. January in the Northern Hemisphere is the seasonal equivalent to this month in the Southern Hemisphere and vice versa.
4. According to Self Magazine 20% of Americans have never done this to their teeth.
5. In regards to the Tournament of Roses Parade, between 1903 to 1915, what was the main event at the Rose Bowl Stadium?
6. Martin Luther King day is the third what in January?
7. In 1957 what was the "Space Age Drink?"
8. According to japan-guide.com what is the most popular alcoholic drink in Japan?
9. January's flower is the carnation or this flower.
10. According to First for Women magazine, eating what kind of candy could help relieve stress?
11. The Scottish tune Auld Lang Syne is a common song sang right after the stroke of midnight. What is the literal translation of the song's title: Auld Lang Syne?
12. In January of 2005 Scientists began blurring the line between human and animal by producing these—a hybrid creature that's part human, part animal.
13. On talk show host Oprah's favorite things for spring list, one of her favorite food was Miss Rona's Applesauce that has a hint of this garden spice.
14. What was the first diet soda?
15. January 19, 1927 the British government decided to send troops to this country.
16. In leap years, January always begins on the same day as July and this month.
17. In a recent Vanity Fair interview, Knocked Up star, Katherine Heigl referred to marriage as this.

Across
1. Who is mainly responsible for us celebrating New Year’s day on January 1st?
2. January in the Northern Hemisphere is the seasonal equivalent to this month in the Southern Hemisphere and vice versa.
3. What former Backstreet boy was married on Saturday Dec. 8?
4. Charles Dickens wrote this holiday Classic
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