BLACK STUDENT UNION RAISES AWARENESS ON CAMPUS

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Exploring Laura...

Shifting Thoughts from Decade to Decade

Laura Newell, Editor-in-Chief

In an attempt to relax over this glorious winter break, I found myself sitting on my couch staring at the television for hours on end. Whether this was the smartest way to relax or not, I’m not sure. I found myself watching reruns of sitcoms that I loved years ago and venturing out to new shows that are sure to please for years to come.

We all laughed and left it at that. But my mind could not leave the subject at that. With the new modern thoughts of men and women changing roles in the home and workplace, why could we not accept a group of men going to the spa together just as women would do? Are gender roles only evolving in television, or are they evolving at a slower rate than we really think?

After a few days of pondering this debatable question, I had a break in my research while spending an exhilarating, laughable and relaxing day at the spa with Deb. After our time of wonderful relaxation was up, we discussed how there was an option for men to spend a day at the spa instead of a sports bar with beer.

Still curious about my internal debate of the shifting of gender roles, I suggested to my male friend later that night that he and his two friends should have a day at the spa together. I told him they could relax and have a unique experience. And the sarcastic response that was yelled out by a woman was, “sure they’ll spend time bonding at a spa instead of a sports bar with beer.”

We all laughed and left it at that. But my mind could not leave the subject at that. With the new modern thoughts of men and women changing roles in the home and workplace, why could we not accept a group of men going to the spa together just as women would do? Are gender roles only evolving in television, or are they evolving at a slower rate than we really think?

After driving home that night, I slipped under a blanket on my couch and began reading a novel. It was time to put my mind to sleep on this never-ending question of gender roles. Just as platforms and bellbottoms dominated past generations, I wonder how gender roles will change over the next 10 years with new fads that come and go.

otTtter Oopss: Dollar plummets-a dollar is worth about 1.50 Euros when in reality it’s worth 0.69 Euros
Squatting low in ready position on middle court, I faced teammate Stacie Santoro and nodded in effort to prep myself to receive a powerful left handed serve. My focus was limited as my close friend's cheered encouragement in the background and distant high pitched whistles alerted players on opposite courts.

Stacie dug a low serve and a handful of student fans cheered her on. Stacie commented that "it is important to be acknowledged on the court, even if it is only an intramural sport. I think intramural sports bring students together in a healthy competitive setting where we can all just have some fun and hang lose!" Fall intramural volleyball at the University of Northern Colorado enables a constant adrenaline rush for most teams. The stakes are high and the competition is rugged, each team is competing for the championship game where they can truly prove their talent to trailing fans.

This is the kind of atmosphere that CSU Monterey Bay (CSUMB) could achieve for intramural sports. The lack of student involvement and proper coaching are taking a toll on the intramural program.

My first experience with intramural volleyball on campus was exceedingly different than the intensity of playing on a court at the University of Northern Colorado. Volleyball at CSUMB is just like having open gym, anyone can come in and play, no teams are established, and if no one shows up then the intramural is canceled.

It's time to take our intramural system to another level by requiring the establishment of teams for all sports, supporting fellow students and being passionate to play.

I encourage students to rally up a group of friends, get out there and play some volleyball on Wednesday nights. Get competitive, we need a push for teams to be required and established.
Valentine’s Day: Just Another Thursday

Noelle Blair, Staff Reporter
Noelle_Blair@csumb.edu

Every February the same thing happens. Couples become more affectionate in public and I, inevitably, begin to feel nauseous. It is not that I hate public displays of affection, although watching two passionate lovers stick their tongues down each other’s throats does not constitute an acceptable form of PDA. It is that I hate the message behind that Hallmark holiday, Valentine’s Day.

I do not think it is necessary to confess love for each other on a holiday that only exists because card companies needed business between Christmas and Easter. What I ask from you, dear reader, is that instead of waiting to profess your love to your significant other this Valentine’s Day, why not tell them now? Surely you love this person all year long. Stop waiting for big business to tell you when to say it.

One more thing: Please stop making out in front of me. The involuntary regurgitation of my lunch will make your “special moment” in public far less romantic. Find a room.

Blake Northey, Staff Reporter
Blake_Northey@csumb.edu

Flowers, heart-shaped boxes of chocolate and unbearably cute stuffed animals wearing “Be Mine” t-shirts seem to come out of the closet around this time every year. Stores have dedicated entire aisles to Valentine novelty items so love is in the air. It is not clear when spending hoards of money became the way to declare our love, items like men’s boxers with “Wild Thing” emblazoned on the front, or stuffed animals, and it is clear to me Valentine’s Day depicts modern commercialism and consumerism at its worst. All I understand is what society expects on this day of love. The more money you spend, the more you value your soul’s counterpart. Regardless of your relationship status, the commercialism of Valentine’s Day puts pressure on everyone to spend money to show that they do or do not care!

Letter To The Editor:

To: Otter Realm Editors
From: De’Lante Johnson

in utter effort to “make me look bad” (roll of eyes), LOL, you totally spelled my name wrong for the article. the one about the reviews. If you register closely to my signature, which was indeed attached to some these emails you say you have posted as part of my review (roll of eyes again), it gives the correct spelling: De’Lante. not just Delante. I know first class says one thing, but come on.

if you’re gonna try to bash, at least spell someone name right. I would like this typo to be noted in the next edition’s “Oops” category also.

Dear De’Lante,

Thank you very much for informing the Otter Realm about the error you found in the article written by Mary Freeman, “Mid-Year Review for Associated Students: New Process Adopted” in the Dec. 13-Feb. 13 issue. Although the article did not intend to “bash” on you or any other AS individuals, I apologize for the misspelling. I am very pleased that upon your intense scrutiny of the AS Review article, the greatest error you found was the misspelling of your name. Thank you for your close attention to detail, and I look forward to our continued relationship with AS.

In regard to your inquiry about the emails posted on our website from AS to the Otter Realm, there was a delay; however, you can find them now at otterrealm.net under the opinion section.

In this issue of the Otter Realm, Patrick Makenen wrote a follow-up article titled “AS Reviews Rescheduled,” which answers any pending questions from last semester.

Thank you for your continued support of the Otter Realm,

Laura Newell
Otter Realm, Editor-in-Chief
Not feeling well or need to see a physician?
One place to consider visiting is CSU Monterey Bay’s (CSUMB) campus health center located in building 80.
Whether CSUMB students are from the local area or attending from afar, the campus health center could offer medical attention during those times of need. The health center provides free office visits to all students, faculty, staff and local residents.

According to the health center website, http://health.csumb.edu/, most “in house” lab tests are also free of charge. In addition the CSUMB health center gives discount prices of 30 percent off for students requiring additional services.

Angelica Rocha, medical assistant at the CSUMB Health Center, explained that they are equipped with a small pharmacy with a limited selection of medications.

Another option for sick students is that Target offers a program that sells selective generic prescriptions for a low cost of $4. Visit the Target website, http://sites.target.com/site/en/health/page.jsp?ref=nav%5Fpharmacy&contentId=PRD03-004033, for a complete list of all the medications in this program.

If you get sick on the weekends and after the health center closes the health center works in conjunction with Doctors on Duty to provide the same care for CSUMB health center visitors.

Doctors on Duty has many local medical clinics in the area including Marina, Salinas and Monterey. DoctorsonDuty.com has a list of urgent care that they can treat, from allergic reactions to minor injuries.

A simple referral from the campus health center to Doctors on Duty allows medical care to be given when the health center cannot provide the needed services. Doctors on Duty also offer the same discount for medical services.

If appointments are missed for any reason without a proper cancellation, a charge will be assessed. If short on money remember to ask what prices apply for the medical care received or to avoid major surprises on the bill. This way after an appointment, there are no major surprises when it is time for the bill.

The campus health center and Doctors on Duty can also provide “forwarding of billing” to your health care providers for possible reimbursements or partial payments. Complete information can be obtained by contacting the campus health center.

For more information about the CSUMB’s Health Center visit, http://health.csumb.edu/.
Domestic Violence Leads to First Murder in CSUMB History

Mary Freeman, Managing Editor
MARY.FREEMAN@CSUMB.EDU

In the second alleged domestic violence-related fatality to occur in Monterey County in the last month and a half, Edward Gardner, 44, is being charged with the brutal stabbing of his girlfriend, Jean Franklin, 46, in Salinas.

The first of the murders took place in CSU Monterey Bay's (CSUMB) East-Campus housing. Macheel Roper, CSUMB student and employee at the Student Disability Services Department on campus, is being charged with fatally stabbing her husband, Christopher Roper on Dec. 21. Currently, Roper’s preliminary hearing has been postponed until Feb. 22 in order to give Jim Egar, Roper’s public defender, time to prepare. The case is being tried in a domestic violence court, and the defense is expected to use a self-defense plea.

University police responded to a call for medical aid at 11:13 p.m. at the couple’s 3203 Gettysburg Ct. home, where they resided with their 6-year-old daughter and Macheel’s 12-year-old son from a previous marriage. According to University Police Department (UPD) Police Chief Fred Hardee, UPD had responded to a previous domestic disturbance call at the residence in Sept. 2007.

While domestic violence is not a frequent occurrence on CSUMB’s campus and this is the first murder in the school’s history, Chief Hardee urges anyone who witnesses a domestic violence incident in progress to call 911 so “UPD officers can respond to and evaluate the situation.”

Director of Residential Life, Don Yackley, estimates that there were only 3 or 4 incidents in 2006 that could be considered fight or assault incidents. He also cautions that while “all situations are different, we [Residential Life] generally have no tolerance for violence in our communities.”

Both Yackley and Chief Hardee recommend the Personal Growth and Counseling Center to any students in search of resources or support regarding this tragedy or domestic violence in general. Yackley stated, “Engaging in dialog with each other about these issues [domestic violence] maybe one of the most constructive response we, as a residential community on a university campus, can pursue.”

In 2004, according to the California Department of Health Services (DHS), homicide or assault was the second most-likely reason for fatality in Monterey County among all ages, and the first for ages 16 to 34. In a report issued by DHS, titled “Incidence of Non-Fatal Intimate Partner Violence Against Women,” it was estimated that around 250,000 women in California are victims of severe violence with the potential for serious injury or death every year.

Helpguide.org describes the warning signs that a relationship is abusive is if one or both of the partners is highly controlling, emotionally and financially, if one or both of the partners humiliates the other in public, if one or both of the partners often becomes jealous or possessive, and of course if violence is witnessed between the couple.

The website also differentiates between a person having anger management issues and being an abuser. According to helpguide.org, if the person only becomes violent in private and towards their partner, than this is a choice. If the person can stop themselves when the phone rings or before the police come than it is spousal abuse.

The Domestic Violence Coordinating Counsel of Monterey County (DVCC) warns battered women to immediately seek medical attention and contact the police, and if the woman chooses to remain with her partner after the abuse has occurred to make an emergency escape plan. The DVCC advises that this escape plan should include a hidden set of keys, a hidden emergency fund, a suitcase with clothes and important identification materials hidden or a friend or family member’s residence.

If the woman decides not to stay with her partner, and instead choose to file a restraining order the DVCC recommends keeping all legal documents on hand or easily accessible in case of an emergency. There are many services throughout the county to assist those seeking information about restraining orders.

Findcounseling.com describes battered women’s shelters, another option for a battered woman, as providing transitional and temporary living arrangements for victims of domestic violence. These shelters can also help women to find counseling as well as legal services.

The National Domestic Violence hotline instructs those who feel someone they know is in an abusive relationship to remain supportive of that person no matter what. On their website they state, “don’t be afraid to let him or her know that you are concerned for their safety” as well as “be non-judgmental”. They also advocate helping victims to develop a safety program and encouraging them to seek activities outside of the relationship as well as getting help and counseling.
Election Results Update

Frankie McGinnis, Staff Reporter
FRANCINE_MCGINNIS@CUMB.EDU

Even after the polls had closed on Feb. 5 (Super Tuesday) it was hard to declare a clear winner.

One thing is clear; no candidates have enough delegates to be called a winner yet stated CNN.com. The remaining states left to vote will have more impact on this race than originally anticipated. All primary elections will conclude June 3.

SFGate.com reported the democratic nomination is still up for grabs. The number of delegates for each candidate is being counted. Hillary Clinton and Barack Obama are neck-in-neck for the position. Clinton is leading at about 41 percent while Obama lags a few percentages behind with 36 percent.

Lizzy Grenville, a junior in the BTA program, said, “I’m torn between Clinton and Obama because both candidates have such great qualities about themselves and the plans each want to put into action seem good for the economy as well. It would be wonderful to see a women or a person of color be president in the White House.”

As for the Republican Party, the race is not that tight, the numbers being reported by each district indicate that Sen. John McCain will most likely be the final choice for the Republican Party. He has received more votes in both popularity and delegates to leave behind the other potential candidates like Mike Huckabee. With the exit of potential competition, Mitt Romney, McCain is even better positioned for a win. CNN.com reported that typically on the first round of the primaries the numbers are considerably different and mathematical predictions could be made about who won. For example if Clinton had 60 percent and Obama only had 39 percent, then one could take the last few states and predict who would win; even if Obama won the other states mathematically he would still loose.

It all comes down to how many delegate nominations each candidate receives. As shown from previous elections, one could win the popularity vote, but still not win the presidency.

Several proposition elections also occurred on Super Tuesday. Proposition 92 may have an impact on surrounding communities. National Public Radio reported that 92, if selected, would regulate the costs of attending community colleges.

Supporters claim it would give more money to the community colleges and reduce the cost per unit for attending students. Opponents have stated that it could potentially take away from funds for K-12. The proposition was defeated.

AS Reviews Rescheduled

Patrick Makenen, Staff Reporter
PATRICK_MAKENEN@CUMB.EDU

The first performance reviews ever at CSU Monterey Bay were set up to assess the capability of key members of the Associated Student (AS) government in fall 2007. Due to various reasons, including academic work, seven officers never were seen by the board.

Clint Wierick, AS legislative director stated, “in the fall review the reason that some members weren’t processed was because we often went over our time limit at meetings.” He went on to say, “the problem occurred when some members failed to show or they called at the last minute to say they couldn’t make it because of an academic project. The review was right around midterms making things more stressful for everyone.”

Over winter break a second special AS Internal Affairs Committee (IAC) meeting was to be held to make up for those who could not attend. Miscommunication was the cause when temporarily employed AS staff member Roshanak (Roshi) Pejhan’s term ended thus the obligation of coordinating the winter retreat broke down and no one was reviewed.

Emerald Mayo, AS state wide affairs representative, was unable to attend the first review and said, “I was never notified about a review over winter break by email or telephone.”

Even though the winter reviews were not successful this time, there is another review scheduled for spring to complete those that rolled over from the fall. In the AS General Officer Review Guidelines it calls for biyearly progress reviews of all AS officers. The second round of reviews will take place after the make ups are completed.

“Future legislative directors could make a set plan at the beginning of the semester for when and where these reviews take place. This would resolve any problems of incomplete reviews since there would be no excuse for a member to miss their turn,” advised Weirick.

Reviews were created to keep updates on how officers in AS government were working, offer any improvements that could be made to make the organization run smoothly and make the best out of funds spent and member activity.
CSUMB Answers the Demand for Nurses

Johanna Estrella, Staff Reporter
JOHANNA_ESTRELLA@csumb.edu

Next generation CSU Monterey Bay (CSUMB) students could have the possibility of achieving a degree in nursing, as a feasibility study is soon to take place this spring 2008.

Interest in a nursing major at CSUMB has been a demand of the community since before the university even opened, and a program has been discussed since former university president Peter Smith was here.

The state of California has had a nursing shortage for many years now, and California State Universities (CSU) have been impacted all over the state.

"There are simply not enough seats in nursing programs to fill the demand," said Marsha Moroh, Dean of the College of Science, Media Arts and Technology. "In addition, there is a tremendous shortage of nurses all over the state. So we would be doing a great service to the nursing profession and to students to add more nursing 'slots' to the programs in California."

Still, the process CSUMB is looking at is a timely one. "The first step is a feasibility study," said Dr. Mary E. Boyce, associate vice president, Academic Planning & Institutional Effectiveness. Dr. Boyce explained that faculty will soon gather data from all relevant resources available to CSUMB, including local hospitals, agencies, community, students, staff and faculty etc. Once study is completed, and they decide that the major is worth proceeding with, it is then sent to the chancellor's office where it may be approved to begin official planning.

It is still too early to tell where nursing would fit at CSUMB, since its facilities are used to the maximum capacity already. Another question being faced is if nursing would go under the department of Earth Science and Systems Policy, or if it would be large enough to create a department of its own.

Although all CSU's nursing programs are credited by the Bureau of Registered Nurses, meaning all programs are relatively similar, CSUMB's nursing degree would also integrate their Vision Statement. CSUMB focuses on cross cultural competence, language, and ethics within all of its departments making the possible future nursing degree at CSUMB a highly unique one.

"Our program is still on the drawing board, so we're not sure what it will look like, but it will most definitely reflect our Vision in that it will have students out in the community, and will be a collaborative effort with our community partners and community agencies," said Dr. Moroh.

Even though California's recent budget cuts have found a way into practically every department, it is still too early to tell how and if the recent budget cuts will affect this upcoming project. Dr. Brian Simmons, Interim Dean, College of Professional Studies stated us that not only has CSUMB already received a grant from the chancellor's office, but also one from the Salinas Valley Hospital. Dr. Simmons explained the budget cuts might not matter in this case because the demand for nurses is very strong.

Dr. Moroh stated that, "it is very important that our planning encompasses the 'down the road' scenario, so that long-term secure funding accompanies the program and we don't begin the program, and then have to shut it down or shrink it. As you can see, we really have our work cut out for us."

CSUMB would have to hire faculty who would only be developing the program's first year. Equipment and lab space is expensive, and nursing requires small classes with only 10 students at times, which in itself is very expensive.

"[It depends on if] we have all green lights in every intersection" said Dr. Boyce, meaning no delay with the many actions needed to make nursing a reality for CSUMB students. The complete nursing degree could be ready as soon as 2010, but Dr. Simmons said that is optimistic.

Monica Casorla, a first year student from San Jose, CA and her boyfriend are both currently undeclared, but hope to be able to major in nursing at CSUMB.

"I really hope they have it by the time I finish my general ed. Or else I'll have to transfer," said Casorla when asked about her alternatives if the major is not completed in time. Casorla explained that although her major is not offered here, she was attracted to the small class sizes, high enrollment of Latino students, small community and the ability to develop close relationships with her professors.

"I really like it here and I wouldn't want to transfer out," said Casorla.

Students, staff, and community all hope to see this program a reality in the near future. Information of the progress of nursing on campus will be posted.

CSUMB Shuttles to Town

Monica Gaxman, Staff Reporter
MONICA_GAXMAN@csumb.edu

Students living on campus without cars or cash can often have trouble getting around, but as of last month transportation became a little easier. Friday Jan. 26 began the kick off weekend of "CSUMB Go!," the new shuttle and Monterey Salinas Transit (MST) service on campus. Unlike the already existing campus shuttle, the "CSUMB Go!" shuttle runs Friday nights and weekends to off campus destinations, including The Dunes shopping center, The Del Monte Center and Downtown Monterey. In the first two weeks alone, 115 people rode the shuttles. As for MST, boarding from selected campus locations is free to students, faculty, staff, and campus guests with a $2 return fare.

Xeronomo Castaneda, Earth Systems Science and Policy Senior, and another student rode the shuttle on their way to downtown Monterey the second weekend. Both thought that the new shuttle routes were a great idea and that they should have been available sooner. "There are so many people on campus who do not drive or have cars and it's about time that we had something like this," said Castaneda.

The idea for "CSUMB Go!" came from Associated Students (AS) who initially wanted to bring back Safe Rides. "Safe Rides was a shuttle that ran on weekend nights picking up students who had too much to drink and safely taking them back to their dorms. Unfortunately it ended due to lack of volunteers and because of its high cost," said Robert Graham, AS President.

Finally with the help of Affairs and the campus police, "CSUMB Go!" was created. "It was real difficult to get [CSUMB Go!] started. The ideas started in the summer of 2007 and it would be really nice if students could appreciate all the work that has gone into this project," said Mary Berube, Social and Behavioral Sciences junior.

The route for "CSUMB Go!" plans to add other destinations in Sand City, Marina, and Salinas. There are also plans for the program to be more event based, providing transportation to festivals and other community activities.

According to Greg Lehr, Communication and Special Projects, in the near future "CSUMB Go!" will have exciting things to offer students such as coupons to Pizza My Heart, Jamba Juice, and Century Theaters.

"One of the many strengths and a distinctive difference for CSUMB is its location. The peninsula is our campus and we want our students to explore the cultural life of downtown," said Lehr.
Students Question Campus Policy

Jessica Diers, Staff Reporter

A handful of students have been spotted on campus walking their puppies, holding their hamsters and scooping their kitty litter despite CSU Monterey Bay's (CSUMB) Animals On Campus Policy.

The policy, which restricts students from owning pets in the north quad or freshman dorms, clearly states; "dogs, cats and other animals are not allowed in campus buildings including residence halls." This policy is confusing for some students who might find themselves tossing and turning in bed at night while their neighbor attempts to hush a year old puppy.

Senior and Global Studies major, Kiigan Snaer, has housed a hamster in north quad for two semesters now, keeping him tucked comfortably inside her closet. Snaer is in opposition to the campus policy, stating, "My hamster isn't making a mess or causing students to have allergic reactions, I could see a dog potentially doing these things, but my hamster does not negatively affect students in my building."

The key problem for students is that the Animals On Campus Policy is not being enforced and therefore students are generating their own ideas and regulations regarding their pets. On the flip side, student Jordan Hazard from east campus pays a $250 deposit to the school in order to house a dog and two cats.

With mixed feelings, Hazard stated, "On one hand I want students to be able to have animals. On the other hand, so many animals are mistreated or neglected. Dogs don't get the attention and exercise they need and cats can't exactly come in and out of a dorm building." Hazard respects the deposit for animals on east campus because, "the small deposit helps ensure that owners have the surplus cash to take care of the animals needs."

A student in the freshman dorms who owns a five month old kitten, in terms of the campus policy stated, "They make sense, because of allergies, but I think the rules should be specific to each room; if my roommate doesn't have allergies and is okay with my kitten, what is the problem?" This student asked to remain anonymous, in fear of her Residential Advisor catching wind of this information, leading to the loss of her pet.

Be it a hamster in the closet or a five month old kitten students seem to be opposed to CSUMB's Animals on Campus Policy. Snaer admits, "I would fight the policy to keep my hamster by petition or whatever it might take."

If you are a male Mountain Dew-loving, marathon cyclist who overuses, borderline abuses his laptop, you might have to start considering whether or not you want to procreate in the future.

Probably the most popular urban legend regarding men's infertility is that Mountain Dew, a citrus soda drink, will not only decrease sperm count, but also decrease penis size. This rumor began in the early '90's, and is probably related to incidents of allergic reactions to the chemical known as Yellow 5 or Tartratine. This chemical is used in Mountain Dew and other food and drinks in order to give it a yellowish color. According to the U.S. Food and Drug Administration there has been no verified link between Yellow 5 and male infertility.

According to the American Society for Reproductive medicine cycling, unlike Mountain Dew, can cause infertility, impotence and loss of libido. Avid cyclists have shown in studies to have a higher incidence of damage in the testes region. This damage can range from twisted veins in the scrotum, damaged blood vessels and nerves, to calcium deposits and cysts. New seats are being designed to address this problem, including a seat with a slot for more comfort and breathing room.

In an article published in the European health journal, Human Reproduction, it was found that the increase in scrotal temperature due to laptop use may be linked to a decrease in sperm count. According to mayoclinic.com an "increase in scrotal temperature can impair sperm production." The study took this theory further and applied it to the repeat temperature elevation that occurs when males place their portable computers on their laps. Logically, if increased temperature reduces sperm count, and laptops increase scrotal temperature, then it stands to reason that laptops lead to decreased sperm count.

So, even though Mountain Dew may be the most well-known and eldest of the rumors regarding male infertility, it is false. In the coming years there are plans for more research regarding the link between many new technologies, like laptops and cell phones, and male infertility.
Malfunction in the Sky

Patrick Makenen, Staff Reporter

In the last week of January, a U.S. spy satellite had believed to uncontrollably spin out of its orbit towards Earth. The object, the size of a school bus, is expected by scientists to make impact sometime in the next few weeks. Scientists do not know exactly where it will land since they have lost all communication with the probe.

Many media outlets across the country are comparing this event to the hit film "Armageddon", in which an asteroid the size of Texas is headed straight toward Earth, and Bruce Willis leads a team of astronauts charged with the task of drilling a nuke deep inside the rock, blasting it off course, saving the planet.

Fortunately, for the sake of mankind, this satellite does not show signs of the grave danger as in "Armageddon". In fact, according to a space debris analysis from the European Space Agency (ESA) Dr. Ruediger Jehn stated "a spy satellite that is headed towards Earth is not that uncommon of an occurrence. Satellites go in and out of orbit and fall back to Earth on average of once a year."

"Only an hour or so before impact will experts know roughly where its landing will occur," said Jehn.

John E. Pike, director of Globalsecurity.org, a website dedicated to current world military news, stated "if it is in fact a spy satellite it would not contain any nuclear components but possibly toxins, including beryllium, which is often used as a rigid frame for optical parts on the instrument board."

Even if this is true, spokesman for the U.S. National Security Counsel said "appropriate government agencies are monitoring the situation and will take steps if necessary."

"Because this particular satellite is much older it is harder to have a controlled re-entry since the communications system seemed to have failed. Many times US spy satellites are purposefully sent plummeting into the Pacific Ocean so that the secret information can not be extracted by anyone," stated an analyst from the New York Times.

U.S. defense agencies have released few details due to the top secret information held within the satellite. Usually these satellites are used for reconnaissance and intelligence, making it very useful if it fell into the wrong hands.

Do not be too worried about a satellite crashing into the Dinning Commons or the UC Center. There is no reason to stay inside because you are concerned about a satellite falling on your head, but it is something to think about in the next few weeks.

NASA stated "the chance of the satellite even hitting land is very low and there is possibility of it burning up completely on entrance into the atmosphere." There is a risk that something will hit the ground, but given the size of the Earth, the likelihood that a person is actually hit is slim to none.
### Omega Delta Phi presents "A Love Struck 'Knight' Dance" at the BBC on campus. A night for singles or couples to dance, mingle and win prizes! iPod Nano and Nikon Cool Pix digital camera and other great prizes being raffled off to attendees who purchase raffle tickets. 8 p.m. - midnight. $3 students, $5 general.

### Vagina Monologues at the CSUMB World Theatre. Written by Eve Ensler, directed by Denise Huey and Rayna Jansen and starring a talented cast of CSUMB students. 15th-16th. 8 p.m. Students $7, General $15. Also, Vagina Monologues Afterparty! 9:30 p.m. at the BBC, free.

### Experience the supernatural occurrences of the outer realm during Monterey’s Sci-Fi Film Week at the Golden State Theatre in Monterey. Kicks off with a double feature including Voyage to the Moon (1902) and The Lost World (1925). $10 general. For complete show time schedule visit goldenstatetheatre.com

### Local culture on display at Marina’s Sunday farmer’s market. Includes fresh produce, baked and ethnic foods, cooking demonstrations, live music, and crafts. Every Sun from 10 a.m.-2 p.m. at the Marina Transit Station, 280 Reservation Road. Free. Call (831) 384-6961 for more information. Free admission.

### Shake off the stress from the school week by breathing in the fresh Big Sur air. Hike through gorgeous sights of Sykes Hot Springs on this Big Sur backpacking trip. Students $50 for more info call (831) 582-4271.

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### Local culture on display at Marina’s Sunday farmer’s market. Includes fresh produce, baked and ethnic foods, cooking demonstrations, live music, and crafts. Every Sun from 10 a.m.-2 p.m. at the Marina Transit Station, 280 Reservation Road. Free. Call (831) 384-6961 for more information. Free admission.

### Shake off the stress from the school week by breathing in the fresh Big Sur air. Hike through gorgeous sights of Sykes Hot Springs on this Big Sur backpacking trip. Students $50 for more info call (831) 582-4271.

### Omega Delta Phi presents "A Love Struck 'Knight' Dance" at the BBC on campus. A night for singles or couples to dance, mingle and win prizes! iPod Nano and Nikon Cool Pix digital camera and other great prizes being raffled off to attendees who purchase raffle tickets. 8 p.m. - midnight. $3 students, $5 general.

### Vagina Monologues at the CSUMB World Theatre. Written by Eve Ensler, directed by Denise Huey and Rayna Jansen and starring a talented cast of CSUMB students. 15th-16th. 8 p.m. Students $7, General $15. Also, Vagina Monologues Afterparty! 9:30 p.m. at the BBC, free.

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OR [Arts and Entertainment]

The Vagina Monologues
Eight Years and Strong

Elaine Schumacher, Staff Reporter
Elaine_Schumacher@csumb.edu

If club EMPOWER, the Emergency Management Professional Organization for Women's Enrichment, rehearsal is any indication of what is to come, “The Vagina Monologues,” will be the most compelling to date.

In its eighth year, the “The Vagina Monologues” is the longest student run production at CSU Monterey Bay (CSUMB) and the curtain will rise once again on Feb. 15 and 16 at 8 p.m. at the World Theater.

Director Denise Huey, a BA graduate of CSUMB and currently in the masters in education program, stepped up to direct the show after the past director changed schools. Huey acted in previous years and is an already active woman in the community.

“This year we have a new assistant director, Rayna Jansen, a Teledramatic Arts and Technology major in her junior year; and assistant producer, Amy Rothenberger, a senior Liberal Studies major, who will be able to continue the tradition next year.”

The purpose of the "The Vagina Monologues" is to educate and empower females who may think they have no voice by showing actors transforming themselves into the voices of rape, acid victims, and females facing genital mutilation.

Leslie Mooring and Ashley Paolini, a junior transfer student from Diablo Valley College, majoring in TAT, will give fervent introductions into the monologues and prepare audiences for a journey to a familiar, yet foreign place.

Eleshea Kidd, a senior and a Human Communication major with a concentration in Pre-law, gives a humorous and touching monologue as an older woman recalling experiences that have affected her character’s life.

“I got interested in “The Vagina Monologues” last year after watching the performances. Not only were they moving, but the message was so important for women and also men,” said Dani Dahl, a sophomore and Liberal Studies major, who introduces the Monologues.

“The Vagina Monologues,” written by Eve Ensler in 1996, originally started in the basement of the Cornelia Street Café in downtown New York. Five years later, it played at Madison Square Garden with an all-star cast. Every year, young women at local colleges perform it around Valentine’s Day as part of a nationwide campaign to stop violence against women.

This year all proceeds go to the women of New Orleans, or the Katrina Warrriors, who symbolize the universal plight of women in conflict zones who experience high levels of violence; economic hardship; racism; and public structures that failed to protect them.

The Monologues leave nothing to the imagination and will provide an evening of entertainment that will not be forgotten. Admission is $7 for students with a valid ID and $15 for the general public.

Easy Microwave Cooking on Campus

Noelle Blair, Staff Reporter
Noelle_Blair@csumb.edu

Microwave Chicken and Gravy

A microwave oven is not just for popcorn and TV dinners. It has the potential to create delicious, flavorful meals in the time it takes to walk to the Dining Commons. Any food that can be steamed can also be cooked in the microwave. Here is one easy recipe for a quick meal with little preparation.

More great microwave recipes, including brownies, sweet tea, and sweet and sour chicken are available at the Otter Realm website, www.otterrealm.net.

Microwave Chicken

1 Brined chicken breast
1/2 teaspoon black pepper
1/2 teaspoon salt (seasoned works fine)
1/2 cup flour
2 teaspoons olive oil

Cut chicken breast into 1 or 2 inch squares, set aside. In a bowl, combine flour, black pepper, and salt. Dredge chicken squares in flour mixture. In a baking dish (a plate will work fine too), spread the olive oil evenly. Place dredged chicken squares in the dish, making sure that they are in one even layer. The oil and flour mixtures will combine to make a gravy sauce. Microwave on high for 2 1/2 minutes. Flip over all chicken squares and microwave for an additional 2 minutes. Allow to rest for two minutes. This chicken dish can be eaten alone or with rice or noodles.

Brined chicken breast

1 6-ounce boneless, skinless chicken breast
1/2 teaspoon black pepper
2 tablespoons salt (seasoned works fine)
1 cup hot water

Place all ingredients in a quart-sized bag. Leave in the refrigerator overnight.

Brined chicken will have more flavor and be juicier. Of course, this recipe can be made without brining the chicken, but it will not be nearly as flavorful.

Recipes by Noelle Blair

Vectors by Deviant Artist Alienbru

1 Brined chicken will have more flavor and be juicier.
Every year during the month of February, Black Students United (BSU) at CSU Monterey Bay (CSUMB) organizes a multitude of events to celebrate Black History Month. BSU has been an active student organization on campus since 1995 and has been putting on events specifically for Black History Month since 2000.

"BSU is more than a club, it's a family..." said vice president, Auvria Hampton. "I love helping out with events and reaching out to other Black students on campus."

To begin the celebration of Black History Month, BSU hosted a rally in the main quad on Feb. 1, giving students an opportunity to learn about the club events planned for February as well as obtain information about BSU and other campus clubs. Events include an Open Forum discussion for students on Feb. 13, film displays on Feb. 7, 19, and 21, art representations by members of the Black community all month in the CSUMB library, and an assortment of special guest speakers including Thomas DeWolf on Feb. 20 and Jim Ellis on Feb. 21.

"Our main goal is to raise awareness about black culture," said BSU president, Lauren Owens.

Chairman Fred Hampton Jr., political activist, was the first of many speakers to visit the CSUMB campus. He spoke at the University Center on Feb. 5 regarding struggle in the black community.

Hampton Jr. explained, "there are three ways people get involved with struggle; inspiration, aspiration and desperation." His speaking provided an opportunity for the audience to get involved in an open discussion about the issues of cultural identity, racism, and morality.

"Coalitions are based on a common interest, whether it is positive or negative," said Hampton Jr. "It's important that all people understand this and are willing to help one another in a time of struggle."

Hampton Jr. talked about his visits to parts of South America where humans live in extreme poverty due to marginalization with little or no resources to work with. Many of these people are however actively voicing their concerns, knowing they may face torture or execution.

He went on to discuss the importance of knowing how to identify honesty within the realm of politics, as well as honesty within oneself. He finished the lecture speaking of the difficult battle fought by The Black Panther Party to teach people about civil equality, fairness, and brotherly love.

On Wednesday, Feb. 13, BSU encourages students to attend the Open Forum discussion at CSUMB in building 18 to talk about these and other issues pressing African-American youth and ask students to take action beyond simply discussing these issues.

"We're here to plant the seed; it's up to the students and the BSU to let it grow," said Owens. "BSU can begin the process but to carry it on it has to be done by everybody."
Thespians Portray the Beginning of A.A.

Elaine Schumacher, Staff Reporter
ELAINE_SCHUMACHER@CSUMB.EDU

The latest play to be performed at The Paper Wing Theater is, "Bill W. and Dr. Bob," an inspirational story set in the 1930s about two men who worked hard to become successful only to almost lose everything they worked for and loved, to the disease of alcoholism.

Director and cast member, Koly McBride, brought the play to life and took the audience back to the 1930s and into the lives of surgeon, Dr. Bob, who has been an alcoholic for 30 years and stockbroker, Bill Wilson, who has become a hopeless drunk after the 1929 stock market crash. The two met, shared their experiences and become close friends. They realized that by talking to one another about their drinking problems, they were able to take one day at a time, and stay sober. After a couple of relapses, played out over the course of three hours, the men form the first Alcoholics Anonymous group.

"Given the number of (alcohol related) poisoning and underage drinking on campus, especially North Quad, this play would probably do everyone some good and if the opportunity arose, I would probably see it," said James Eaneman, a senior, majoring in TAT.

The 1930’s may seem different from today’s world, but change the costumes and the swing music played between sets and you have the same addictions, problems, and heartbreak that comes with today’s addictions.

“I think that the play would be interesting to see because alcoholism is a prevalent and often overlooked disease,” said third year student, Molly Irvine, Human Communication Major.

“Bill W. and Dr. Bob” plays through Feb. 24 at The Paper Wing Theatre on Hoffman and Lighthouse Avenues. Times are 7 p.m. Friday and Saturday and 3 p.m. Sunday. General admission is $22/$17 for students, seniors, and military. For more information call 831-675-0521.

Looking into the Life of Gary Figueroa

Destinie Schroff, Staff Reporter
DESTINIE_SCHROFF@CSUMB.EDU

Gary Figueroa stands up from his desk with a warm smile and a firm handshake. His smile immediately warms you and the handshake hints at his tough interior. Figueroa is the women’s water polo coach at CSU Monterey Bay and he has quite a water polo history of his own.

Figueroa said he was “thrown in the water before he could walk” and took to it ever since. His water polo career began when he was 11 years old and moved from Arizona to California. In 1984, Gary became a silver medalist in the Summer Olympics and has a place as a member of the U.S. Water Polo Hall of Fame.

He started coaching “club water polo” at Salinas High School 10 years ago and has coached at CSUMB since the women’s team was formed four years ago.

Coach Figueroa is very popular among the players. “[It is] always a challenge with a coach to not befriend players, but to try and keep the team unified and moving in the same direction,” said Figueroa.

All-American Senior Chelsea Luning says that Figueroa “has so much higher experience and knowledge to bring to this team and anybody else that he coaches. He is probably one of, if not the, best coach that I have ever had.”

Kat Ashley, Human Communications junior, stated that Figueroa is able to understand the women. “He’s really easy to talk to, and he knows when to kid around with us but knows also when to be serious!”

Both girls rave about the personal help Figueroa has given them and how he has furthered their water polo careers for the future.

Through his leadership and understanding of the players, Figueroa has proven to be a talented man who will coach this much-focused team towards a winning season.
Celebrating Steinbeck

Myra Prado, Staff Reporter
myra_prado@csumb.edu

On Feb. 23, The National Steinbeck Center will be hosting a celebration in honor of John Steinbeck’s birthday anniversary. The event is for families to enjoy the day with children and activities at no cost for Monterey, San Benito and Santa Cruz county residents.

Monterey, San Benito, and Santa Cruz County residents can enjoy family-friendly activities at no cost. The whole day is packed with activities for children, including a reading by guest author of “You’re Blushing Little Octopus,” Cheryl Block.

“I’m honored to be included in this year’s celebration. I grew up reading John Steinbeck, and now writing my own stories, I still find myself inspired by the vivid portraits he paints with his words,” said Block about the anticipated celebration.

The event will include children’s arts and crafts and reading circles. National Steinbeck Center CEO, Steven A. Hoffman said, “What a great way to spend a Saturday. We are thrilled to have an award-winning children’s author and educator who was inspired by Steinbeck be part of this family-friendly event.”

According to the Steinbeck Center website, www.steinbeck.org/MainFrame.html, guests will also be able to visit the “multi-sensory exhibits” and “priceless artifacts” throughout the museum. To conclude the festivities, at 2 p.m. local elementary children will sing “Happy Birthday” and enjoy cupcake snacks with visitors.

Some of Steinbeck’s popular work included “Cannery Row” and “Of Mice and Men.” He is one of this area's most respected and admired authors for his contribution to literature and incorporation local treasures from this region into his work.

Steinbeck was awarded a Pulitzer Prize in 1939 for his book “The Grapes of Wrath” and 23 years later in 1962 was awarded the highly prestigious Nobel Peace Prize for Literature. The Salinas native died Dec. 20, 1968 at the age of 66 in New York City. Steinbeck would be celebrating his 106th birthday Feb. 27.

For more information about this event visit the Steinbeck Center website, www.steinbeck.org/MainFrame.html.

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- Rib-Eye...
- Braised Australian Lamb Shank, Chicken Breast Picatta, Pork Tenderloin Medallions
- Vegetarian and Pasta Dishes
- Home-made Desserts - Crème Brûlée, Tiramisu, etc.

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Will You Be My Valentine?
Fun Dates That Cost Next to Nothing

Janelle Pelzel, Staff Reporter
JANELLE_PELZEL@CSUMB.EDU

Looking for some fun things to do on Valentines Day? Here are some activites that will make a date or group gathering unforgettable.

Dinner and a movie are always fun activities for both couples and friends going out in a group.

Sea Harvest Market is located in Moss Landing just off CA Highway 1 North, positioned across the bridge, just past the smoke stacks, on the left hand side. A popular dish there is coconut shrimp, and the sites give restaurant goers the vast luminous ocean.

The Fish Hopper, which is located on Monterey’s Cannery Row, has won the People Choice Award for best clam chowder. The Fish Hopper website prides themselves on their gorgeous views of the Bay and sea life. This romantic restaurant also has a heated patio for outside seating. For more information on the Valentine’s Day menu and pricing visit www.fishhopper.com.

Singles looking to mingle can try visiting Alvarado Street in downtown Monterey, for an array of pubs, like Britannia Arms and The Mucky Duck, or clubs like Club Octane.

Also, The Black Box Cabaret (BBC) at CSU Monterey Bay (CSUMB) is hosting the Omega Delta Phi’s, “A Love Struck Knight” tonight from 8 p.m. to 12 a.m. Entrance is $3 for students and $5 for guests. For more information contact Omega Delta Phi or the BBC through CSUMB’s email system, first class.
Nature lovers might be interested in taking a stroll along the beach or a hike. Carmel River State Beach, locally known as Monastery Beach, is the perfect place for a sunset stroll. It is located in Carmel on Highway 1 South; past Rio Road, on the right hand side.

Point Lobos is a great place to go for a hike and get out doors to smell the fresh air. Point Lobos is located in Carmel about 3 miles past Rio Road off Highway One South. Parking is free if you park on the left side or the highway across from the entrance; otherwise parking is $8 per vehicle, with discounts for senior citizens and people with disabilities. The parks open every day from 9 a.m. until a half hour after sunset. Park maps are available to borrow or buy for $1. For more information visit, pt-lobos.parks.state.ca.us.

One way to insure protection with a partner, and also a possible date idea, is getting a free HIV/AIDS test at the Campus Health Center (CHC) at CSUMB. This free program is run by both the CHC and the Monterey County AIDS Project. The testing will take place from 11:30 a.m. to 1 p.m. today. No need for an appointment, just walk in and sign up. For more information on other testing dates visit, http://health.csumb.edu.

Point Lobos is a great place to get out doors and smell the fresh air.
Working Hard or Hardly Working

Claire Crosbie, Staff Reporter
CLAIRE_CROSBBIE@CSUMB.EDU

With the start of a new year, many students have made the resolution to become more physically fit; however, with the constant breakage of equipment and lack of space in the gym, it might be a bit harder for CSUMB students to reach that goal.

“It’s discouraging to work out at our gym when half of the cardio equipment is out of order and the gym is limited in equipment,” said Stephanie Polis, a sophomore majoring in Psychology.

Many other students had the same negative reply when asked about the condition of the gym. Their main concern is the size and the amount of equipment available.

There are some students, however, that are quite pleased with the gym. Students like Marcus Lawrence, a sophomore majoring in Kinesiology who thinks, “The gym is good, better than my high school’s, but I could use more plyometric training equipment”.

Despite student complaints, the campus gym claims there are no issues at hand. Serena Pedraza, the Otter Sport Center supervisor, addressed the equipment breakage concerns, stating that “broken equipment is always fixed in about a week.”

Students want more equipment, but the gym believes there is an adequate amount with a list of four treadmills, two ellipticals, four stair climbers, three bikes, one arm rehab, and weights. Pedraza also adds, “It is a small gym, but there is enough equipment to get a full body workout.”

Although the gym does not fall under some student’s expectations, students might be surprised that some changes have already been made.

“This year, we have already invested in new weights as well as other new equipment. We are making changes to the gym already. It will just take time,” said Pedraza.

The gym may still be trying to reach its full potential, but that should not stop students from using the resources available to them. The gym is located in building 90 on Inter-Garrison road and open from 8 a.m. to 10:30 p.m.

Off-Line Baseball Fields Unofficially On-Line

Hayley Alaniz, Staff Reporter
HAYLEY_ALANIZ@CSUMB.EDU

With the baseball season beginning, and the new fields being used, the old baseball fields are left to sit. However, unknown individuals are using these old fields without permission.

According to Alvin Zitlau, assistant athletics director of Business Operations, “The old baseball field is off-line and athletics is not renting the field nor officially authorizing usage. We are aware that some people are unofficially using the field and that is an issue the university will have to address... and from a safety standpoint they do not want anyone using the field.”

The term off-line means that, “CSU Monterey Bay’s campus maintenance facilities department is no longer maintaining the old baseball fields. Things like watering and cutting the grass and maintaining the fields are no longer done by the campus,” said Kirby Garry, Marketing & Sports Camp Coordinator.

With numerous schools in Monterey County, several have denied using the field, such as Seaside High School, one of the closest schools to CSUMB. Geoff Coleman, Athletic Director of Seaside High School said, “we do not use the old field at CSUMB, however, it would be nice to see someone fix up the field as a sports facility for the peninsula.” Whether it is local high schools or local leagues or affiliations, CSUMB Athletics Staff is unaware of who these individuals are.

Local schools and Monterey County athletic departments have stated that they are not using the fields. With schools in Monterey County denying their usage and CSUMB not informed of whom exactly is using the old baseball fields, the people who were seen playing there still remains a mystery. While the old field remains off-line, the unknown individuals still remain at large.

New Opportunities for Outdoor Enthusiasts

Blake Northey, Staff Reporter
BLAKE_NORTHEN@CSUMB.EDU

Rock climbing, scuba diving and kayaking are not a part of the typical college experience, but thanks to the CSU Monterey Bay Adventure Connections activities like these are available for students.

This establishment offers planned outings and equipment rentals for numerous outdoor activities. Equipment is available for activities such as scuba diving, surfing, climbing, cycling, and camping.

This diverse section of Otter Athletics is operated by Cynthia D’Vincent, a well known marine biologist, photographer, public speaker, and author.

Sean Kwansicka, a junior Kinesiology major at CSUMB said, “I didn’t even know there was a building 93,” referring to the location of the hidden Adventure Connection office.

It may be a little hard to find, but it is worth the search as the program offers a gateway to exciting outdoor adventures in and around the Monterey coastal and inland areas.

“To really appreciate Monterey you have to go outside,” said senior Human Communication major and avid hiker Brynn Wenskay.

The Adventure Connections office is an untapped resource which can supply students with all the necessary outdoor equipment to fully enjoy the beauty of Monterey. Some of the items available for rent are camping, surfing, scuba, and hiking equipment, along with climbing and in-line skating gear. Recently, the office received new bikes that can be rented for daily, weekend, or semester use. You can also rent party canopies, BBQ grills, golf clubs and a dunk tank.

The low equipment rental fees make this service affordable to students on a tight budget. Additionally, students enrolled in outdoor educational courses receive a 10 percent discount on equipment used for class.

The program also offers free events such as the Soberanes Canyon Day hike coming up on Feb. 15 or the coastal bike ride on Feb. 20. To find more information about these upcoming events and others, visit www.csumb.edu/adventure or call the Adventure Connection office at 831-582-4271. The office hours are from 12 p.m. to 3 p.m. Monday through Friday and will be open Saturdays 9 a.m. to 12 p.m. in the near future.
Women's Water Polo Preparres for Alumni Game

Alex Hawes, Staff Reporter

The 2008 CSU Monterey Bay (CSUMB) women's water polo team is cruising along strong into this weekend’s upcoming alumni game with a 3-1 record and their only loss coming to UC Davis who is ranked number 10 in the nation.

While the alumni game may seem like a somewhat light-hearted event, it does count as an official win or loss on the team’s record and the game does get competitive. Erin Lee, a senior business major and attacker on this year’s team noted, “Last year things started out fun and not too serious, but after a while it started getting pretty competitive.”

Gary Figueroa, head coach of the team said, “This will be our second alumni game. Our first year, the coaches had to join the alums just to have enough players. Hopefully, this year we won’t need to. Growing our alumni base will continue to be important for the growth of the water polo program here at CSUMB.”

One interesting aspect of the alumni game is the comparison of the physical conditions between those on this year’s team versus those who have not been training and practicing for the last year that will be on the alumni team.

Senior Liberal Studies major and goalie Jenna Beer said, “Well I think it’s a little bit tougher for the alums because we’ve had the benefit of practicing and playing up to this point. We may be in a little better shape then them. But they’ve got some good swimmers over there. If Sarah [Burke] plays we could have our hands full.”

Sarah Burke was unavailable for comment but she could provide a big boost for the alums this season if she plays as she was considered one of last year’s best players.

With all this considered, the main goal for a game like this is to have fun and reunite former teammates and friends. Lee stated, “I’m just really looking forward to it this year because I know more alums and it’ll be more fun because of that. The main point is to just have fun and play polo.”

In the team’s first season as a part of Division II water polo in the California Collegiate Athletic Association, Figueroa has realistic goals, “We hope to continue growing and improving. We have high expectations for this season. We want to improve our finish in the conference from last year as well as get everyone on the team to have above a 3.0 GPA.”

The alumni game will be held on Saturday Feb. 16 at 10 a.m. at the pool on campus. “It’s a great opportunity for the current players to learn new skills from the older players,” said Beer. “I’m really looking forward to seeing some of my teammates from last year.”

Otter Waves: Campus Sports Scores

Baseball
2-1 vs Sonoma St L 7-1, 2-12
2-2 vs Sonoma St L 1-2
2-15 vs St. Martin’s
2-16 vs St. Martin
2-17 vs St. Martin’s
2-22 vs CSU Dominguez Hills
2-23 vs CSU Dominguez Hills
2-24 vs CSU Dominguez Hills

Softball
2-1 thru 2-3 @ Mizzou Best of the West Invitational team pots 3-1 record
2-2 vs Cal Poly Pomona Won 69-52
2-2 vs CSU San Bernardino Won 73-71
2-2 vs Cal Poly Pomona Lost 51-68
2-2 vs CSU San Bernardino Lost 50-74
2-2 vs Sonoma St
2-2 vs CSU Dominguez Hills
2-2 vs CSU Dominguez Hills
2-2 vs CSU Dominguez Hills

Men’s Basketball
1-23 @ San Francisco St Won 84-75
1-26 @ UC San Diego Lost 51-68
1-26 vs CSU San Bernardino Won 73-71
1-26 vs CSU San Bernardino Lost 51-68
1-26 vs CSU San Bernardino Lost 50-74
1-26 vs Cal Poly Pomona Lost 67-75
1-26 vs CSU San Bernardino Lost 73-71
1-26 vs Cal Poly Pomona Lost 73-71
1-26 vs Cal Poly Pomona Lost 73-71
1-26 vs Sonoma St
1-26 vs CSU Dominguez Hills
1-26 vs CSU Los Angeles
1-26 vs Sonoma St
1-26 vs CSU Los Angeles
1-26 vs CSU Los Angeles
1-26 vs Sonoma St

Women’s Basketball
1-23 @ San Francisco St Lost 72-78
1-23 @ San Francisco St Lost 72-78
1-23 @ Cal Poly Pomona Won 69-52
1-23 @ San Francisco St Lost 72-78
1-23 @ San Francisco St LOST 72-78
1-23 @ Cal Poly Pomona Won 69-52
1-23 vs Sonoma St
1-23 vs CSU Los Angeles
1-23 vs CSU Los Angeles

Tips for a Healthy Semester

Brennan Phelan, Staff Reporter

It is that time of year again! Students are back at school, filling the dorms, dining areas and classrooms, adjusting to new school schedules after a long winter break. This is undoubtedly a stressful time. It is also the dreaded cold and flu season, affecting many students during this highly inconvenient time to have to stay home sick. A recent article from the Alternative Medicine Review states that, “the common cold is the leading cause of doctor visits in the United States and annually results in 189 million lost school days.” The good news is that you can help prevent catching the extremely contagious viruses with a few simple steps that even busy college students can pencil into their schedules.

We all know the importance of washing hands frequently and getting enough sleep, but there are other immunity boosting cold and flu fighters that you can easily incorporate into your daily routine. Making time for moderate exercise on a daily basis can improve immune system health and help prevent infections. According to Dr. Trish Sevence, a professor in the CSUMB Kinesiology department, “several studies have shown that moderate exercise boosts your immune function. Reasons for this are not entirely clear, but general mechanisms may include that improved circulation helps transport immune cells throughout the body more efficiently.” The American College of Sports Medicine defines moderate exercise as 30 minutes a day, five days a week of activities that raise your heart rate and make you sweat. This could be as easy as simply walking or jogging around campus, or riding a bike to and from classes!

Sevence also notes that moderate exercise may boost immunity because, “it decreases chronic levels of stress hormones.” The American Psychological Association states that “stress affects our ability to fight infection,” making stress reduction another important factor in dodging the cold and flu viruses this winter. This could mean that just 30 minutes of exercise a day can have immunity boosting, stress fighting effects that benefit students.

CSUMB senior Caitlyn Lombard states, “I work on campus with different students every day. It is difficult to avoid getting sick but I do my best to eat right, exercise, and get enough sleep so that I don’t end up missing school and work.”

Eating a well balanced diet, including nutrients that support immune system function can also help ward off illness this season. A rule of thumb for ensuring that you are taking in essential nutrients is to eat a variety of foods including colorful fruits and vegetables and whole grains. According to a March 2007 article in the Alternative Medicine Review, nutrients that are especially important for preventing cold and flu infections include Zinc, Vitamin C and Vitamin A. Zinc can be found in red meats, poultry, beans, nuts, and whole grains. Vitamin C is found in citrus fruits, broccoli, and tomatoes, while good sources of Vitamin A include milk, eggs, carrots, and spinach. It is a good idea to start taking a multi-vitamin to ensure you are getting the right amounts of immunity boosting vitamins and minerals.

If you do find yourself coming down with the cold or flu, it is best to stay home and rest so that you avoid spreading the illness. You can also try to shorten your number of sick days by taking supplements high in Zinc, which Total Health Magazine reveals, “works by preventing many of the hundreds of different cold viruses from adhering to and multiplying in the back of the throat and in the nose.” Products like Zicam, Cold-Eze, and Airborne contain high dosages of Zinc and other cold fighting vitamins and minerals. If you choose to use these products, it is important to remember to read the labels and only take the recommended daily amounts to avoid taking in unsafe doses. If you take prescription medications, it is vital you consult with your doctor before taking any supplements as there can be adverse side effects.

While it is difficult for students to avoid getting sick this time of year, maintaining your overall health with these simple tips can give you a fighting a chance to stay cold and flu free this season!
“The name that stands out to me is Rosa Parks, doing what she did and fighting for civil rights is inspiring.”

Marie Beard, Bus freshman

“I say Rosa Parks because she fought for what she believed in.”

Kevin Amaral, Kinesiology freshman

“Malcolm X because when he talked everyone listened, he gave people confidence. The best quote he ever had: An old woman can sit, a coward can sit, but it takes a man to stand.”

Khalid Harper, Kinesiology freshman

“I would say Harriet Tubman, that’s the name that stuck out in my mind. She believed in starting a movement and following it through to the end...it represents our sorority, Delta Omega Rho and our passion for people.”

Robin Call, ISSM senior

“I believe the way Martin Luther King Jr. made his way with no violence was a way for people to learn that the use of violence is not always necessary.”

Katherine Pendleton, GS freshman