Students Found For Illegal Downloading

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Dear Otter Nation,

The Otter Realm staff and I hope that you enjoyed the first edition of the semester. We were really pleased with the way it turned out. The first edition of the semester is always questionable, due to their being a new and inexperienced semester. We were really pleased with the way it turned out. The first edition of recommendations that you would like to see on the website or newspaper and the paper will choose a picture to be printed on every paper and then eventually Realm then send your picture to an awesome sunset and would like to have it published and printed in the Otter Monterey County. For example, if you were at Del Monte Beach and captured Were asking for any photos that you as a student have taken anywhere around the time. Stop acting so aloof and out hide when the going gets tuff?

Don't you ever get tired of keep your motives clear before you make others believe you have romantic assignment as a listener.. .for once. Aries- Ignorance isn't always bliss all the time. Stop acting so dumb... You feel your feelings about them, make sure you know what's going on around you... If you stop playing dumb you'll realize it's a lot more interesting to know what's going on around you... If you don't want others to view you as a fool, stop acting like one! Taurus- If you don't stop trying to control every aspect of your life, you will eventually lose control... be and let be for once, you might be surprised. Gemini- Don't you ever get tired of being so damn wise? You have been living day to day never actually making a decision. It would be a breath of fresh air for you to be straightforward. Aren't you ready to inhale something meaningful? Cancer- It's hard not letting others judgments affect you, but if you can be above it all you will come out stronger and better than ever! Tell them to talk to the hand!

Leo- Hear ME roar! We hear you dear Leo, we do. You don't always need to project yourself in the face of others. Try approaching a project or an assignment as a listener...for once. Virgo- The ones closest to you often don't understand how you portray your feelings. If you never are true to yourself how do you expect loved ones to know what you are really trying to say? I believe Shakespeare put it best when he said "to thy own self be true" Libra- Who can deny that being in the limelight is fun, and exhilarating. However you need to step back and realize that it's ok to allow others to take the reins from time to time. You may feel that you're losing your charisma or talent but in reality...you are spreading it all around. Scorpio- You'll need to use your powerful instincts to get through this crazy time. Sometimes it's hard to read others or situations; but it's then when you will need your intuition more than ever...don't hesitate. Sagittarius- It's your adventurous side that's dying to break free and go wild. Once you find that balance between work and play is when the real fun begins. It's all about managing your time...what matters most?

Sincerely, Ricky Welshiemer, Assistant News Editor

Piper’s Predictions

Capricorn - Why must you always hide when the going gets tough? Sometimes it’s better to assess the situation at hand rather than sweeping it under the rug, if you aren’t careful... someone could pull the rug right under you.

Aquarius- Your friendliness could make others believe you have romantic feelings about them, make sure you keep your motives clear before you flash that charming smile...You wouldn’t want that kind of confusion in your life, would you?

Pisces- You are feeling more alive than ever now! Take charge and don’t allow others to speak for you; you know what you want to say... you have a voice, USE IT!

Aries- Ignorance isn’t always bliss all the time. Stop acting so aloof and out of the loop, you know what’s going on. Once you stop playing dumb you’ll realize it’s a lot more interesting to know what’s going on around you... If you don’t want others to view you as a fool, stop acting like one!

Taurus- If you don’t stop trying to control every aspect of your life, you will eventually lose control... be and let be for once, you might be surprised.

Gemini- Don’t you ever get tired of being so damn wise? You have been living day to day never actually making a decision. It would be a breath of fresh air for you to be straightforward. Aren’t you ready to inhale something meaningful?

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Exploring Laura...

Sinful Stigmas

Laura Newell, Editor-in-Chief
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In the words of a great singer, “Viva Las Vegas!” Last month I took a short but stimulating trip to the city of sin and infamy, and I must say it was pleasantly not what I expected.

When people say they are going to Las Vegas, the usual stigma is that they are going to vacation, drink in the streets, gamble on the slots, play that all lucky game of twenty-one, or just try something out of the ordinary from their very ordinary lives. But my question was, what about the other people?

While I am all for a vacation and the occasional margarita, I do not want to gamble my hard earned money on a slot machine that statistically has a one of the worst return rates in a casino. And while I consider my life calm, it is not in my mind ordinary. In fact, I only visited the city of sin to visit a poker player I know who spends weeks working in the casinos. So this made me think that other people must be going to Vegas to do things other than the common stigma that comes with Vegas, just as we did.

According to dictionary.com, the word stigma means “a mark of disgrace or infamy, a stain or reproach, as on one’s reputation.” But I questioned why this meaning was given to the city of sin? I flew in thinking the bright lights of Vegas during the day were not very bright and wondered what my night would bring. Would I see people drinking until they fought; would I see ladies dressed in questionable outfits; or would I see men gambling until they became broke?

Honestly, I didn’t see anything of that nature. I saw men and women dressed in clothes that I wished I could afford, I saw families eating dinner at restaurants in casinos, and I saw professional gamblers work with a smile on their face. I also met people who came up to me on the strip asking how I was and if my poker player and I needed help taking a picture together.

I guess that old saying is true; you can’t judge a book by its cover. Las Vegas is a beautiful city that is filled with lights, architecture and relaxation. While there are those occasional bachelorette parties in the clubs and high rollers walking down the casino stairs with a confidence that everyone wishes they could have, there are real people with ordinary lives living in and visiting the city of sin without the stigma that people give it.

I guess we all need to remember that stigmas are only what people make of them. And those who want to experience sin and infamy on their next trip to Vegas will only do so if that is what they truly desire.

CSUMB is the School for Me

Claire Crobbie, Staff Reporter
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What started as a group of 10 girls, known as the “Get it Girls,” is now down to its last four members. CSU Monterey Bay (CSUMB) dreaded the 10 of us together on campus; we always had a talent of causing a scene. We loved this school the first semester, but it would all change.

Our second semester, the first friend left campus and negative thoughts of the school grew among my group of friends. It always irritated me, complaints of a lack of things to do on campus, unfriendly classmates and CSUMB being a “fake” school were the norm. A lot of my friends agreed, but I did not. I had nothing but good things to say about CSUMB.

So, what exactly happened to the other five girls? Some of them moved home and some wanted to experience other schools in hopes they could better fulfill their academic expectations. Yeah, I do miss those girls and we will always be the “Get it Girls”, but I am glad I stayed at CSUMB. They moved onto new and maybe bigger things, but in my eyes, they are missing out on a good school.

It is understandable that people are entitled to their opinions and not everyone is going to agree on the same things. What a lot of students hate about the school is actually what I find most intriguing, the difference between CSUMB and other campuses find it unique that our school is located on an old army base. There is so much history behind this campus, which is always a fantastic conversation starter with those not enrolled here.

The student population of this campus is what I find most pleasing. The small-sized classes allow the students to mingle and get to know one another on a personal basis, including the professors. If any help is needed, the professors of CSUMB are always there to lend a hand and show support. That is what makes this school so remarkable.

From almost two years of being a student here, I have changed and learned so much; not only from the professors but also from my classmates. I take pride in this school and hope I am not alone.

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.
Students Found For Illegal Downloading

CSU Monterey Bay (CSUMB) students might be surprised to receive lawsuit letters from the Recording Industry Association of America (RIAA) for illegally downloading music. According to RIAA, 18 universities nationwide were sent pre-litigation settlement letters. Among those universities was CSUMB, which received 25 letters.

The letters were sent by Holme Roberts & Owen Attorneys at Law (HRO) to CSUMB and were to be distributed to the Internet Protocol (IP) addresses that were downloading the music illegally. All of the letters are addressed to IP addresses and as of right now HRO does not know any of the names that are connected to them.

According to the settlement letter, recipients of the letter will have 20 days to settle before the case is taken to a Federal Court. The letters offer the option to settle the claims for a significantly reduced amount compared to what they will ask for if the suit is filed. If the students choose not to do anything or decide to go to court, HRO will subpoena for their names and information.

The letter then states two things that the recipients of the letter should take into consideration before deciding what action to take.

The first consideration is to inform them that if the case is taken to court for each illegal song that had been downloaded the minimum fine they will be charged is $750. The second is to obtain and preserve the evidence that is being charged against them.

A CSUMB student who would like to remain anonymous due to the fact that his case is still pending, has been accused of illegally downloading and sharing 1,348 songs. According to the first consideration in the letter, if he were to go to court and lose, he would be fined roughly $1 million. However, he has declared that he has never illegally downloaded music and is being wrongfully accused.
Students living in the East Campus housing are required to register with CSUMB ResNet (OtterNet), which is CSUMB's Internet network. The accused student installed a wireless network in his residence so he and his roommates could use their laptops freely throughout the apartment. After installing the wireless network in his apartment, he allowed anybody in a certain range to have access to his Internet. The student claims that a resident nearby had been connecting to his wireless network and that he or she had been downloading the music illegally.

The anonymous CSUMB student contacted HRO to see what the reduced settlement would be and was told he would owe $3,000 before the 20 days were up. He wrote a letter to them and has contacted Electronic Frontier Foundation (EFF) and Subpoena Defense, lawyers who claim to defend Internet users, to help him fight his case. The student said he is being wrongfully accused of something he has not done and feels that no matter what he chooses to do he will be losing money over something that he was not a part of.

The main goal of RIAA is to protect the ability of the recording industry and allow legal online services to prosper.

"If you violate the law and steal from record companies, musicians, songwriters and everyone else involved in making music, you can be held accountable. With so many great legal music options available, there is really no excuse for music theft. Fans have a choice: pay a little now or a lot more later," said RIAA.

For more information on the lawsuits and/or on Recording Industry Association of America's fight against piracy visit their website at www.riaa.com.
Where Have all the Students Gone?

It has been rumored that CSU Monterey Bay (CSUMB) had an unusually low enrollment of students for the Spring 2008 semester. Historically spring semesters tend to have lower enrollments, including student transfers to different schools or lack of funds to continue schooling, while some students just simply decide that they do not want to return. Supposedly this semester at CSUMB had the lowest enrollment leaving some teachers without a job.

Jennifer Anderson, former CST 101 professor, knows the effects of the low enrollment at CSUMB this semester. Due to a lack of students to fill the courses intended for her, Anderson was recently let go from CSUMB because she does not have tenure.

"I have only been a lecturer with CSUMB for the past three semesters," Anderson said. "I do not have seniority when it comes to being retained as an instructor."

When fewer students enroll at CSUMB professors who have not been working very long are the first to have their classes dropped or be replaced by more experienced professors or those with full tenure. Anderson explained that although she understands and respects this logic, she remains frustrated with the decision.

"I do not feel that it is just to future students to retain instructors that current students have expressed unsatisfactory feelings toward teachers in evaluations," said Anderson.

Since being let go Anderson has decided not to return to teaching next semester, citing feelings of a lack of stability in remaining in higher education as a lecturer.

"I gain a great sense of enjoyment and satisfaction from teaching; however, I cannot live on that alone," said Anderson.

Dr. Ronnie Higgs, associate vice president of Enrollment Management, dismissed any rumors about a low enrollment at CSUMB this semester. According to Higgs there was not an unusually low enrollment number and there are in fact more students than last spring semester.

"We exceeded our spring semester enrollment target for this year," said Higgs.

The course schedule and availability on CSUMB’s website for both Spring 2007 and Spring 2008 shows that there were an equivalent amount of classes canceled for each semester.

Although some professors might have lost their jobs, it seems as if the low enrollment at CSUMB is not out of the ordinary for spring semesters.
CSUMB Appoints New Administrator

Patricia Makenen, Staff Reporter

CSU Monterey Bay (CSUMB) President Dianne Harrison has announced the appointment of Scott Faust to the newly created position of executive director of strategic communications. He will join the university on March 3.

"Strategic communications for our campus will have oversight of our external [how we communicate with local communities, and local, state, and national media] and internal [how, what and when we communicate to our campus] communication systems. This includes our publications, website, general university public relations and crisis communications," Harrison stated.

"Scott's experience is an excellent fit with CSUMB's needs," said Harrison. "I'm excited that he's agreed to lead our strategic communications efforts. In Scott, we have a talented and experienced administrator who shares our commitment to student success."

Faust comes to the university after a career in journalism. He was general manager and executive editor of "The Salinas Californian" and Salinas Newspapers, Inc., which also publishes a website, TheCalifornian.com, the Spanish-language newspaper "El Sol" and a variety of other publications. He assumed his previous position in January 2006.

Prior to the position of general manager, Faust joined "The Salinas Californian" as executive editor in 2000, continuing a career in newspaper journalism that began in 1982 following his graduation from the University of Kansas. He spent 21 years working at various newspapers owned by Gannett Co. Inc., including stints at "The Detroit News," "The Rockford (Ill.) Register Star," the "Visalia Times-Delta," the "Reno Gazette-Journal," and at the "Wichita (Kan.) Eagle."

"My background in journalism, editing and managing has helped me prepare for this job by connecting me with the community," Faust stated. "This is my first job in higher education and I plan to start by gathering information, talking with students and faculty and learning how people see this University. From there I will be able to better understand what needs to be done to enhance the schools image and communication internally and externally. The website will have a part in this."

At CSUMB, Faust will develop and implement a comprehensive strategic communications program. He will be responsible for all aspects of marketing, publications which included the website, and public relations.

"I hope to cultivate understanding on what's going on at this great school, build on pride, and do my part to continue what this school strives for, making an influence in a multicultural community," said Faust.

AS Members Step Down

In the past months a number of Associated Student (AS) members have resigned from their duties as part of the student government. These members include Matt Flores the Multicultural Senator, Xana Hermosillo, Otter Student Union Chair, Simona Deprindini, the ICC secretary, and Emily Oberhiem the personnel chair.

Like most students, Hermosillo has many duties including work, classes and being a member of other clubs on campus such as the environmental club. Hermosillo stated "There are a lot of expectations attached to this job and I knew this semester would be much more stressful for me." This has not allowed for her to do the job as an AS member efficiently. "There were a lot of people helping us and it seemed opposition was always in our way," she continued.

"It will be hard to completely detach from AS since I have been doing it for three years now, so I am still working with [AS Advisor] Greg Lehr."

Flores and other members have not commented on their resignation as AS members.

Replacements for these four slots this semester is still unknown. Robert Graham AS president and junior said, "Until we figure out someone who can fill in, other members of AS will be covering the positions that are now empty. It is not efficient to train a new student to take over one of these AS titles this far into the fiscal year, especially with elections right around the corner."

Although Oberhiem has stepped down from her position she is still working on the AS elections that will be taking place after Spring break. "Election packets will be available by the beginning of March," she said. "Students can email me on first class if they want more information."
A Potential Future for Local Students

Elaine Schumacher, Staff Reporter
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The CSU Monterey Bay (CSUMB) Student Leadership in Service Learning program will host College Access Weekend, an event inviting middle school students from the Tri County area to spend the weekend on campus Mar. 8 and 9.

Young students will take part in activities covering the college admission process, financial aid and leadership skills that will help them be successful in college. Gilbert Salazar, an Integrated Studies senior and student leader of the event, said they are expecting 50 students from Harden and Youth Alive, Salinas, Chular, South County; and King Middle Schools.

"The weekend is designed to ensure that local students, who may not have the means to attend college, will receive encouragement and support. It also gives the student leaders a chance to mentor and share their experiences about college with the middle school students," Salazar said.

The weekend will begin with a group lunch along with some icebreaking activities, followed with a tour of the campus and a financial aid workshop. The leadership staff has developed some self-awareness exercises such as a parody of the game show, "Jeopardy." The day will conclude with pizza, a movie and board games at the gym.

Zach Walker, a Mathematics sophomore added, "I am helping with the event as an action project to show the students that college life is not just drinking and partying."

On Sunday, the students will participate in the service learning aspect of the weekend. Education outreach group Return of the Natives, will teach the students about invasive plant species like ice plant, and their negative effects on the environment. Afterward, the Ice Plant Olympics will begin and students, working in teams, will see which team can pull out the most ice plant.

"This event is important to me because I feel that students need to be outreached for college prep before high school. I plan on becoming a teacher in this area and I can see the benefit of this project for students," said Kristen Costello, a College Access leader and Liberal Arts Major 2007 graduate.

"The weekend will conclude with an ethnically diverse panel of CSUMB students answering questions from the students. The panel will be moderated and the students can submit questions about college or anything else they may be curious about," said Salazar.

Certificates will then be presented from the CSUMB Leadership staff, and information packets will be given to parents.

"Over the course of the weekend some of the middle school students may decide that college is not for them and decide to look into trade schools instead," said Salazar.

The purpose of College Access Weekend is to give middle school students as much information as possible in order for them to make decisions about their future.

This year's event is being funded entirely by donations. Local businesses including Whole Foods Market will be sponsoring the event's breakfast; Target, Safeway and Wal-Mart have also contributed food and supplies for the students.

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General Fund Review of the 2007-2008 Fiscal Year

Johanna Estrella, Staff Reporter
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An invitation was sent to the CSU Monterey Bay (CSUMB) community to review and attend the third presentation of the Fiscal Year 2007-2008 General Fund Budget (GFB) on Thurs., Feb. 14. The presentation took place at the University Center, and was held by James E. Main, vice president for Administration and Finance, along with John Fitzgibbon, associate vice president for Finance.

Presenters broadly went over how the base operating fund for the 2007-2008 Fiscal Year ($69,545,267) has been affected by the state budget cuts, and how CSUMB has been coping with the numbers given. Although there has been an increase in revenue of about $7 million from last year's GFB, CSUMB's reserve is significantly lower than other institutions.

A reserve is a significant amount of money that is put aside for any unforeseen expenses. While ideally the institution's reserve is about 10 percent of the GFB, CSUMB's reserve is less than 5 percent. Most of the money from the operating fund comes mainly from taxes, fees, and trust funds, and the original numbers are divided among different CSUMB divisions. A Budget Advisory Group (BAG) for 2007-2008 Fiscal Year met from March to August last year with 10 meetings total, at which time they reviewed the GFB of last year to see where the money would be likely to move this year. A final budget review was presented to the president on Aug. 30 after the state budget had been signed.

The largest increase found was in student education has undergone some changes. The state once paid about 90 percent of college expenses to students needing to pay about one third of their educational fees. While tuition increases each year, one third of the funds from those increases go to a state grant for financial aid. Still, it depends on how things are seen since the same money goes back into the school.

Main explained in recent years a college education has undergone some changes. The state once paid about 90 percent of college expenses to students needing to pay about one third of their educational fees. While tuition increases each year, one third of the funds from those increases go to a state grant for financial aid. Still, it depends on how things are seen since the same money goes back into the school.

Main described how "limited revenues make it impossible for academic planning," and went on to explain his frustrations with the state after government agencies were asked to take a 10 percent cut, while the state has better prisons than educational facilities.

Rudy Medina, a third year Humanities and Communication (HCOM) major said although the budget cuts have not affected him directly, he easily sees how they have affected CSUMB as a whole. As a student leader, Medina explained he does not understand the lack of funding when making an event, since tuition and enrollment has increased since he first arrived in 2005.

"There are several complaints about CSUMB, how it lacks events and student participation and the budget cuts have not help solve the problem," said Medina.

He also explained how some students are suffering from the budget cuts, stating that some students who miss grants "are hit the hardest because they make enough money not to get financial aid, but not enough money to pay for college" said Medina. They have to take several loans, investments, and these investments sometimes scare students into not attending four year universities or transferring into a four year college.

During the presentation, Main stated his two goals are to find a way to increase the university reserve and work better with the budget deficit since we are "living on this band aid."

The current budget allows no room for any expense to come up during the year, whether a guest speaker or any other unforeseen expense. Still, CSUMB sets money aside for these issues which help the financial situation.
At CSU Monterey Bay (CSUMB) the attendance policy is a questionable issue amongst students and faculty. At a university level, grading upon attendance is optional for professors to do in their classrooms.

After questioning 15 CSUMB professors to confirm the attendance policy, the majority answered with a simple, “I don’t know,” or no response at all.

Kathryn Cruz-Uribe, provost and vice president of Student Affairs was one CSUMB staff member to respond. “There is no system-wide nor university-wide policy that states whether or not a faculty member can factor attendance into a course grade,” said Cruz-Uribe.

CSUMB faculty members usually state their attendance policy in the individual class syllabus at the beginning of their course for students to abide by. Faculties who decide not to count attendance when grading usually do so because they think that it is the students responsibility to come to class and participate in their financial investment of their education.

Professors do count attendance, however, see the situation differently.

An anonymous staff member responded, experience prove, “those who do not attend also do not turn in the assignments and cannot receive participation points... Students have a responsibility to attend and participate. Significant absences hurt the individual student and the class as a whole.”

Dr. Maria Villasenor, a professor of Chicano Studies in the department of Humanities and Communication, stated that it is legitimate to count participation. Villasenor explained that attendance is important because students contribute to lectures and their opinion is vital for everyone else to hear in class.

Villasenor also said giving participation points rewards students for coming to class and showing their commitment. She stated that she constantly makes class interesting so students want to come and attend, because of these efforts class attendance is high for her.

Overall, CSUMB professors agreed when counting attendance it is hard if there are small numbers of students participating in classroom activities and lectures.

**Students have a responsibility to attend and participate. Significant absences hurt the individual student and the class as a whole.”**

**When sexual behaviors become high-risk and compulsive, this may be a sign of sexual addiction.**

According to an article on sexual addiction found at www.medicinenet.com, “The term 'sexual addiction' is used to describe the behavior of a person who has an unusually intense sex drive or an obsession with sex.” Sexual addiction is not determined by the amount of partners one has or the peculiarities in their sex life, but rather the person’s relationship to sex.

Although it may seem like a victimless fixation, sexual addiction like all compulsive addictions, have self-destructive aspects often hurting addicts as well as their friends and family. It can also lead to high-risk situations, such as unwanted sex and/or exposure to STDs. A 2004 Journal of Sex Research article entitled, “Sexual Compulsivity among Heterosexual College Students,” claimed, “Recent studies suggest that sexual compulsivity is related to participation in sexual behaviors that are high risk for HIV infection.”

Physiologically speaking, sexual addiction is very similar to other types of addiction. Doitnow.org stated, “Sex addicts, then, may not be addicted to sex so much as they’re dependent upon the physical and psychological arousal triggered by constant ‘dose’ of PEA [phenylethylamine, the brain chemical associated with feelings of love] and stress-related neurotransmitters.”

Students Prepare for the 2008 Election

The election process has heated up since the first round of the presidential primaries. Thirteen states remain to vote, each with designated dates from Feb. 19 to Jun. 7. The elections held on Feb. 5 placed Sen. Hillary Clinton and Sen. Barack Obama within few percentages of each other. The Republican Party still has four candidates for voters to choose from. Republican candidate Mitt Romney has withdrawn from the race and publicly endorsed Arizona Sen. John McCain in a Boston press conference. The other Republican candidates remaining are Mike Huckabee, former governor of Arkansas; Ron Paul, representative for the state of Texas; and Alan Keyes, author and public speaker.

The Democratic Party boasts their own presidential possibilities including Senators Hillary Clinton, New York; Barack Obama, Illinois; and Mike Gravel from Alaska. Although both parties’ primary elections have been highly competitive, it is the Democrats who have generated most of the attention. The popularity of Sen. Obama and Sen. Clinton has left many to wonder about the possibility of seeing the first African-American or female President in U.S. history.

Students at CSU Monterey Bay (CSUMB) are looking forward to the 2008 election, scheduled for Nov. 4, and are preparing to submit their vote-by-mail ballots. Those who prefer to vote at the poll can also do so in the Monterey County.

The Monterey County includes polls at public libraries, post offices and the department of motor vehicles (DMV). A registered voter living in another county, come November, can request a vote-by-mail ballot from the county elections office or fill out a provisional ballot at any polling place.

“All that should matter are the issues at hand, race and gender should have no influence in the matter,” said Kelly Laughlin, a first year ESSP major.

Students Affected by CSU Budget Cuts

On Jan. 10 in acknowledgment of a $14 billion deficit facing California, Governor Arnold Schwarzenegger called for an across-the-board 10 percent budget reduction for all state agencies. For the California State University (CSU), this translates to a $312.9 million reduction in the 2008-09 budget, which was approved by the Board of Trustees last November.

For CSU Monterey Bay it is too soon to know exactly how much the budget for next year will be reduced, as the legislative process will continue for the next six to eight months before a final decision will be made. If the 2008-09 state budget and the anticipated reductions follow, CSUMB will no longer be in a position to increase enrollment as it has done in previous years and may need to increase student fees for all attendees.

“The reduction in enrollment due to the Mar. 1 freezing of new applications will result in less money for CSUMB next semester,” stated Jack Jewitt, the vice president of University Advancement. “You must realize that one third of the budget money is set aside for student aid which will now be reduced, helping less people with university tuition and student fees.”

This funding reduction comes three years after the CSU budget was reduced by over $500 million creating serious implications on providing an educated workforce that drives the California economy. CSU graduates nearly 90,000 students into the state’s workforce each year and supplies the majority of workers in key industries such as nursing, teaching, agriculture, business, public administrations and technology. For every dollar the state invests in the CSU, $4.41 is generated in economic activity.

The CSU system has asked for revenue to increase enrollment by 2.5 percent or 10,000 students for 2008/09 which was not included in the newly proposed budget. This means 10,000 qualified students will not have the opportunity to attend a CSU because schools will not be able to offer them a slot at any campus.

“Students are among the best advocates for university education. Students can become civically engaged in public policy. I believe advocacy is the best choice for change,” said Jewitt.

Students at CSUMB are starting to get involved with this issue. Robert Graham, Associated Student president and junior said, “Members of AS have passed a resolution against it and will be voicing our opinion to stop this.”

Emerald Mayo, the AS Representative for State Wide Affairs, is heading a group of students planned to leave on April 21 to Sacramento to protest with students from many other CSU’s in front of the capital against this budget reduction.

Students wanting to get involved with this issue are asked to join Mayo or write a letter or email to the governor, state representative and local governments stating their opinion.
Media Misrepresents Scientology Protester

Mary Freeman, Managing Editor

Any doubts that the Internet has completely changed our society have been put to rest on Feb. 10, when an Internet “group” known as Anonymous held a worldwide protest against Scientology.

What makes this event so momentous is the so-called “group,” regardless of what major media outlets report, is not really a group at all. According to one member of Anonymous, the phenomenon of Anonymous is more accurately described as a culture than a group, and the culture exists entirely on the Internet.

Anonymous is the name adopted by many people who post on various image boards and forums on the Internet, and talk through Internet Relay Chat, IRC. There is little to no communication between Anonymous outside of the Internet, no hierarchy system, and no infrastructure.

Many members of Anonymous often cite the Church of Scientology’s special copyrights on materials, which are privileges other churches do not receive, as well as various alleged human rights violations, including Scientology’s “fair game policy,” stating members of the church are sanctioned to take any action they feel necessary against people they feel are a threat to the church.

A deeper look into the recent activities on the related image boards shows the feud between Anonymous and Scientology began when a Scientology orientation video featuring Tom Cruise was leaked to Youtube.com. Scientology put pressure on Youtube.com to ban the video, which they eventually did, and Anonymous members felt this was a misuse of copyright law.

According to encyclopedia.dramatica.com, a wiki-style website devoted to cataloguing everything associated with Anonymous culture, on Jan. 16, 2008, Project Chanology, the self-given name for Anonymous’ attack on Scientology, began with various videos being uploaded and circulated on the Internet warning Scientologists that Anonymous would be aiming for the Church’s demise.

Soon after, members of Anonymous began initiating “denial of service” attacks, a method of crashing a website by overburdening its server with information requests, on some of Scientology’s websites. The project shifted gears and became more centered around dissemination of information about the Church when many confidential, instructional documents, that Scientologists must pay for to see, were leaked onto the Internet. The first attacks, in real life, were protests held in Orlando, FL on Jan. 26 and Feb. 2, as well as the world wide protest Feb. 10, in front of various Churches of Scientology. On Mar. 15 another worldwide protest is being planned.

This is not the first time members of Anonymous have attacked others. They have been associated with the downfall of Hal Turner, an Internet radio host popular among racist and fascist groups, and Chris Forcand, a Canadian pedophile.

However, someone visiting websites frequented by members of Anonymous will not find discussion of social justice, but rather threads regarding “memes,” images and sayings popular within the Anonymous community. The images and topics of discussion are often obscene, yet still diverse, ranging from child pornography, murders and suicide to kittens and cartoons. Most of the threads found on Anonymous-related websites regarding Scientology, Turner and Forcand, comment more on the hilarity of the situations rather than any social ills they feel the three stand for. It is hard to ascertain whether Anonymous does what it does for humor or justice.

The multiplicity of the culture may contribute to the sometimes contradictory and often false depictions of the group in the media. In an attempt at humor or in an effort to keep the culture virtually unknown, many of Anonymous have given out false information to media outlets. The information often has something to do with a “meme.” For instance, the LA Times reported in an article titled “Scientology feud with its critics takes to the Internet” the, “group is a loose confederation of about 9,000 people.” This figure is more than likely taken from a Dragon Ball Z “meme,” in which a main character yells, “It’s over 9,000!”

In the past, Fox News has referred to the group as “hackers on steroids,” in a very intense, investigative series, which became a “meme” of its own. The series painted the community as a group of hackers terrorizing innocents on the Internet for fun. What the series failed to realize, is that there is no organization to Anonymous, and there is no singular motivation for the group.

To some Anonymous members the serious media coverage is comical. One who considers himself a part of Anonymous, and thus chose to remain anonymous stated, “I don’t think it should be represented in any way in the media. All their efforts to stereotype us as ‘cyber bullies’ or vigilantes for justice are really funny, it makes me laugh.”
WHAT YOU OTTER DO!

FRI 2/29
HAVE A HEART FOR STUDENTS
6-10PM CSUMB UNIVERSITY CENTER. $85.
Benefits CSUMB student scholarships through silent and live auctions. Includes an African family-style dinner served by faculty and staff volunteers. Featuring local radio personality Barry Brown.

TUES 3/4
THE MONTEREY BAY/CSUMB JAZZ ORCHESTRA AT MONTEREY LIVE
8:30PM THE MONTEREY BAY/CSUMB JAZZ ORCHESTRA AT MONTEREY LIVE.
A pasta dinner will be served with the jazz performance directed by Paul Contos. The jazz orchestra is comprised of professional-level CSUMB students in Music and the Performing Arts, also including local and regional jazz professionals in the area.

MON 3/3
SPEAKER ANGELA DAVIS
8PM IN CSUMB UNIVERSITY CENTER BALLROOM
Davis is speaking on "Women and the Ongoing Challenge to Racism"; for more info on Angela Davis visit apbspeakers.com

WED 3/5
INDOOR ROCK CLIMBING
5-8PM STUDENTS/STAFF/FACULTY $20, MUST SHOW ID
Get your climb on at The Sanctuary Rock Gym, climbing gear provided with entry fee.
THURS 3/6
THE AGGROLITES AT THE BBC
9PM BLACK BOX CABARET.
Black Box Cabaret on campus. Free for
CSUMB students, must show ID
Los Angeles based band brings reggae
and ska sounds to campus.

SAT 3/8
RUFUS WAINWRIGHT AT GOLDEN STATE THEATRE
8PM GOLDEN STATE THEATRE IN MONTEREY. UNIVERSITY CENTER. $35-$70.
This vocalist/songwriter performs, including
songs from his most recent album The Stars. Goldenstatetheatre.com for more info.

SUN 3/9
KEATON SIMONS AT MONTEREY LIVE
8:30PM MONTEREY LIVE IN MONTEREY. $70.
This vocalist/songwriter performs, including
songs from his most recent album The Stars. Goldenstatetheatre.com for more info.

TUES 3/11
"HORMONES, HARMONY AND HEALTH" SEMINAR
5:30-7PM WELLNESS CENTER LOCATED AT THE MONTEREY PREVENTIVE MEDICAL CLINIC, LOCATED AT 1084 CASS STREET IN MONTEREY. FREE.
Speaker Dr. Abraham Harvey Kryger, MD, DMD, will talk about how hormones affect men and women's health and what hormones are safe and unsafe. Space is limited, to reserve a seat and learn more about this event more call (831) 373-4406.

WED 3/12
SEMINAR ON REDUCING STRESS
12:30-1:30PM MONTEREY FAIRGROUNDS. FREE, CALL FOR RESERVATIONS (831)633-4444
Local and certified family practitioner Dr. Abraham Harvey Kryger will tell audiences all they need to know about reducing stress in their personal and professional lives.
A Connection Between African and Mexican Races

Myra Prado, Staff Reporter
MYRA_PRADO@CSUMB.EDU

Black Student Union (BSU) conducted, “The 3rd Root Forum,” Wednesday Feb. 13 regarding the African third root in the history of Mexico with a goal of informing students about the close connection between Black and Latino races.

Samira Perry from BSU spoke about a need for mutual trust and an open dialogue between Latino and Black students to build alliances and appreciate one another. Perry explained Mexico only recognizes two roots in their history, European and indigenous, but facts show the existence of a third African root.

The forum began with a panel of professor Amalia Mesa- Basins sharing her insight about the third root. Mesa-Basins is the director of the Visual and Performing Arts department, and gave a brief history of Casta paintings showing mix race families from the 17 and 18 centuries in Mexico.

Dr. Umi Vaughan, assistant professor of African Studies spoke about the combination of African, Meztizo and European blood in the indigenous people of Mexico. Dr Vaughan said he at times has felt like an outsider with Latinos in the U.S. but when in Mexico has felt true connection with the people.

Professor Ruben Mendoza spoke of his interest in wanting to know more about the contributions to the Latino communitys. Blacks, Latinos and Mexicans are more genetically similar than different species of penguins can be said Mendoza. He referred to commonalities between cultures, including indigenous food like Maize in Mexico and Africa.

Sandra Pacheco, coordinator of Introduction to Service Learning, shared a personal experience about becoming aware of the disconnection between Black and Latino people. Pacheco grew up in Los Angeles unaware of the prejudice until she fell in love with her husband. When discussing their relationship her parents became outraged by the interracial relationship.

Pacheco concluded her explanation by posing questions to the audience. “What is keeping us apart? We have the love, humanity and the history so why do we continue to deny each other?” she asked.

The forum ended with participants talking about the idea of the third root and the dynamic between Black and Latino people both on the CSU Monterey Bay (CSUMB) campus and in society. Kathleen Ramirez added to the discussion and explained her experiences with the relationship between Latinos and African Americans in the U.S.

Ramirez and Mesa each expressed the correlation of these cultures on the CSUMB campus.

ISSM: More than Just a Major

Destinie Schroff, Staff Reporter
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Students not satisfied with traditional Human Communication or Math majors, or are overwhelmed by too many interesting majors, Integrated Study Special Major (ISSM) could be the right choice.

If ISSM seems intriguing, the first step would be to talk to Professor Barbara Mossberg.

Mossberg claims many students arrive in her office and are concerned by their many interests and desires of study. Many students' “dream majors” are possible when aspects of different areas of study are combined, which is the idea behind ISSM. It allows the entire CSU Monterey Bay (CSUMB) catalog to be a canvas, leaving nothing off-limits. When speaking with Mossberg, students are asked not what major they want, but how they want to contribute to society and what role they want to play in the world. “What knowledge, experience, skills and abilities do you need to do this?” asked Professor Mossberg. ISSM encourages students to combine all of their interests and goals in conjunction with the campus' departments and programs to create the perfect major.

When starting the process of declaring ISSM their major, students must first fill out a variety of forms asking about specific interests and must examine relevant Major Learning Requirements (MLO) to make sure ISSM would be a good choice. Then, it is necessary to present a case for the created major to the ISSM director and at least two other faculty members from other departments for approval. Once authorized, the student enrolls in an ISSM pro-seminar class and begins to build the Individualized Learning Plan (ILP) which includes a Statement of Purpose, an autobiography and an Ethics Statement. There is also a mandatory bibliography detailing the molded major. Traditional coursework, a Capstone and portfolio are still required, as well as an interdisciplinary leadership course and a theory and practice course.

Junior Leslie Provont has fused Japanese, Business and photography to create “Asian International Business and Digital Photography.” Provont said “[I] wanted to focus on the Japanese language and culture but did not want to double major.”

Junior Megan Williams created “Narrative Craft,” allowing her to write across the discipline, from stories to screenplays. Williams writes for change and says, “We can all be more than we are told to be.”

Drastically different and unique majors make it easy to assume students may feel isolated. In reality, it is the opposite. Being in similar situations, students are able to bond together via the same driven attitude and desire to change.

Mossberg said, “[my] goal is to have students explore and develop all their interests, to make their learning plan incorporate these interests in a coherent way, and to respect all the dimensions so that their major is a way for them to be whole.”
Capstone Provides Night of Inspiration

Greg Tomascheski, Staff Reporter
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The Inspiration Festival presented by The Artists' Collective was hosted at the University Center on Feb. 23. This event brought CSU Monterey Bay (CSUMB) together with the local community to enjoy a phenomenal display of art, music and fashion.

The Artists' Collective is a group that formed in October 2007 with the focus to create a broader, more extensive art community on campus. The group aspires to turn the Inspiration Festival into an annual event and possibly have its own building on campus dedicated to creating art and building community.

The event hosted was part of a CSUMB capstone project for students: Theresa Juran, Nicole Ricci, Laura Colla and Madeline O'Neill. “A passion in my life is inspiring others and being inspired by those who are passionate,” said Juran Visual and Public Arts major. “I find happiness in bringing people together.”

The galleries opened at 7 p.m. featuring contemporary, abstract and interactive art displays alongside photographs and sculptures. The art displayed in these galleries were pieces done by both CSUMB students and artists in the local community.

A side room in the University Center (UC) was fully dedicated to the viewing of “Duality,” a unique short film presented by Andrea Aguilar, CSUMB alumni.

While some guests viewed the galleries, others enjoyed drinks in the Otter Bay Restaurant (OBR) and listened to live performances by bands “Slices of Home” and “The Moongerms.”

“So much talent and great people all around,” said CSUMB student Amanda Miravalle, Social and Behavioral Sciences major.

The turnout for the event was more than anticipated as seats filled in the OBR and guests packed around the outskirts of the room to get a view of the bands.

Soon after the bands finished their sets, a large strange looking metallic object was moved to the front of the room. The crowd was baffled at first, but upon closer inspection one could see that the object was an old telephone booth that had been outfitted with a variety of cymbals, drums and bells.

It was not long before members of the audience, students and guests, began taking turns collectively banging on the apparatus with bottles and drumsticks, creating a rhythmic tribal beat that filled the room. This improvisational display of cooperation and collectiveness seemed to manifest the goal of the event, which was to bring people together as a community through artistic expression.

As the drumbeat subsided, the University Center (UC) Ballroom quickly filled with guests anxious to attend the fashion show, which featured clothing lines designed by Ricci, Costume Chambers and Danielle Garrabrants. The outfits ranged from stylish and practical to bold and extravagant as student models confidently took the runway. Music for the fashion show and the dance afterwards was presented by CSUMB campus club, E=MCA2.

“The event was awesome,” said Ricci, “I am so glad we were able to collaborate so successfully with the community of Monterey as well as the student community.”

The Artist's Collective would especially like to thank Target for making everything possible by sponsoring the event. The Artist's Collective's next event will be in the Main Quad on Mar. 29. For more information visit, myspace.com/artistcollectivemonterey.
Otter of the Issue
A Student with a Mission

At California State University Monterey Bay (CSUMB), some students have tremendous accomplishments and amazing goals. Among these students is Derek Tekus, a senior majoring in Teledramatic Arts and Technology. What makes him stand out in a swarm of students is his willingness to help others no matter where he is needed in the world.

Derek has been involved in missionary work since he was a freshman in high school. He has traveled many times to Mexico with his church to help build houses. After Hurricane Katrina, he traveled to New Orleans to help clean out houses, rebuild, dry walls, paint, and most importantly, listen to their stories and show that there are people that care and love them.

Beginning Mar. 14, Tekus will be in Uganda, located in East Africa, helping children from ages six to nine who were abducted by the Lord’s Resistance Army during the eighteen-year war. These children were forced to become soldiers, laborers and sexual slaves. They were beaten, forced to carry out raids, burn houses, beat or kill civilians and abduct other children. The traumatized children of Uganda now live in refugee camps seeking safety and love.

Tekus will be serving through Care Corps International, an organization committed to providing training in child trauma counseling. He will be a part of this training and will help those unfortunate children by providing counsel and support through art, music and games.

In order for him to do this, however, he had to raise over $3,000 to purchase a plane ticket, receive immunization shots and other preparations. The money has been raised with the help of family, friends and the idea of holding a recycling party. "Also, the biggest help has been the donations from random people who have been touched by stories I have told them and the passion they see in the people going. Which is the most beautiful thing," said Tekus.

From his mission trip to Uganda, Tekus said he wants to come out of the experience with "a true look on the world and the ability to educate people on the situation and struggle." He will be joined on this trip with two other CSUMB students, Katie Brink and Madeline Oneill.

A Little Taste of France

Adjacent to a parking structure on Wave Street in Monterey sits a quiet room decorated in pictures of France. "Crepes A Go-Go" pulls customers into a creperie smelling of fresh crepes and fruit as people pass by.

Customers can order savory crepes with ingredients such as Monterey Jack cheese and ham, or they can order sweet crepes like the King Zakaria, Nutella, banana, and strawberry wrapped in a thin, pancake-like shell. Made fresh and arriving in good time, the presentation was simple yet gorgeous. The cook sprinkled the crepe with powdered sugar and accented with whipped cream.

The crepe was soft and chewy, yet it had the right amount of crunch and a golden brown exterior. Both the strawberries and bananas were completely ripe. The Nutella was not overwhelming and accented the flavor of the fruit and the crepe.

"Crepes A Go-Go" also offers an extensive selection of drinks, from bottled sodas to specialty coffee drinks. A macchiato, made fresh by a worker tasted great, however it took quite a bit of time to make and seemed to have more foam than espresso. Generally, a macchiato is espresso with a small amount of milk and a spot of foam. Although the espresso was very flavorful, it was not the same as what was ordered.

Moe Ibessaine, manager of the restaurant, opened "Crepes A Go-Go" three years ago. "It's my specialty," he said smiling. Ibessaine has lived in the US for seven years and is a native of Algeria.

The atmosphere of the restaurant is warm and inviting. There are two floors; the first sits at street level and is where one orders food, and the second is designated for sitting and opens out to the parking structure. The tables were covered in red decorated tablecloths. The windows open toward the street.

"Crepes A Go-Go" is located on 601 Wave Street in Monterey and is open from 8 a.m. to 8 p.m. Sunday through Thursday and until 10 p.m. on Friday and Saturday.
Softball season is here once again and the girls of the CSU Monterey Bay's (CSUMB) softball team are ready to start.

The softball team started out successfully by winning three out of the first four games and their record is currently at eight wins and five losses. CSUMB's softball team has been victorious against teams from CSU Chico, CSU San Francisco, CSU San Bemadino, CSU Sonoma, Quincy University and Saint Martin's University.

Erica Wacker, a CSUMB senior majoring in Human Communication (HCOM), plays second base and is enjoying her second season on the team.

"We have so much fun and we get our job done. We also have a really deep bench," said Wacker. "The goal for this season is to play our game and show we can play with the top teams."

Noemi Torres, freshman pitcher, has said the best part of being on the team so far "was meeting all of the girls." Torres, who allowed just one-run in the game against CSU San Bemadino added that she is ready to play against Stanislaus and try to win conference.

Senior, HCOM major and left fielder Megan Luna, expressed "I am really excited for this season. We have a great group of girls this year... we have so much depth on this team and we have all the skills and tools to have a very successful season this year."

The positive chemistry between the teammates is an important factor they feel will bring a good season. Luna said that they will be a strong competitor in the conference and looks forward to the upcoming season.

Feb. 14 through Feb. 16, the team finished sixth out of more than 25 teams in the Schutt Sports Leadoff Classic in Phoenix, Arizona. With the rest of the season to play and a deep roster, including a California Collegiate Athletic Association's Player of the Week (week of February 4, 2008) Homa Shafii, the CSUMB softball team is continuing its strong run. The team's upcoming home games are Mar 20 and Mar 22 versus Humboldt State.

"[The team] has really come together as a family. They are all pro-team and pro-coaching and a close unit. That is really rare to have and we are truly lucky," said head coach Andrea Kenney.
Many athletic events on campus have a less than stellar attendance record. In fact, the amount of people coming out to cheer on the Otters is far less than one tenth of the school’s undergraduate population. For most of the events, the students represent only about half of the total crowd size. The rest is made up of family members and students from the opposing university. All of that is about to change at CSU Monterey Bay, because of the new student cheering section, the Blue Crue.

Founded by students Randall Rigali, a Human Communications sophomore and Kendra Miller, a Kinestheology senior, they aim to support the Otters to the fullest. “It’s organized to promote spirit at all athletic events at our school,” said Miller. “[More fans] make it more fun to play.”

Both Miller and Rigali know this well, as Miller played volleyball during her athletic tenure at CSUMB and while Rigali currently plays soccer for the men’s team. Both know that poor fan turnout can affect the game, and in the past there has been a problem that has plagued athletics at CSUMB. The attendance for certain teams, particularly women’s soccer and basketball have been embarrassingly low despite the excess of available seating. It is the aim of the Blue Crue to bring students out to these events and they hope to give the home team the spark they need to gain a victory.

“The overall goal is to be 100 percent participant at all athletic events,” said Rigali. “Blue Crue is all about getting the fans enthusiastic about athletics.”

There has been much to cheer about at CSUMB, as many of the athletic teams are picking up their level of play in the California Collegiate Athletic Association (CCAA). The men’s soccer team made it to the playoffs in its first year of eligibility, the softball team is posting a winning record for the first time in the program’s history and the men’s basketball team has defeated the best schools in the conference and is close to obtaining a playoff bid. The women’s and men’s golf teams have both had a phenomenal year and the water polo team currently has a winning record.

Five percent of the 4,080 undergraduates enrolled at CSUMB are athletes, producing a large amount of support from CSUMB athletes at the games, and the Blue Crue plans to increase that number and draw in non-student athletes to home games. The large turnout at the men’s basketball games has called for a section of the stands has been sectioned off only for Blue Crue members, but the perks do not stop there. $10 gets students an exclusive Blue Crue membership card and tee shirt to sport at home games.

“Membership cards give you half off at the concessions stand at games,” said Kirby Garry, an administrative representative of the Blue Crue as well as marketing and sports camps coordinator for Otter athletics. “We want this to grow into the student body. It is a way for our fans to support our teams.”

It is the hope for the future that the Blue Crue membership card will not only get students a discount at basketball games, but also a mark off at stores around the area. The Blue Crue currently has over 150 members, many of who get excited at the Otter home games. Where once it was uncommon to see students jumping out of their seats after a basketball dunk, it has now become a tradition at CSUMB, and one the founders of the cheering section hope will continue.

For more information about the Blue Crue visit their Facebook page or, www.otterathletics.com/sports/2008/1/30/bluecrue.aspx?

Men’s Golf Season
Teeing Off
Blake Northey, Staff Reporter
BLAKE.NORTHHEY@CSUMB.EDU

The CSU Monterey Bay (CSUMB) men’s golf team is ready to tee off for the spring season. In order to prepare for the season, the team has been practicing on their home course, the Bayonet Black Horse Golf Course in Seaside.

Martin Hardenberger, a sophomore Kinesiology major and first year golf team member said, “Bayonet is challenging, tough, and the course improves everyone's skills.”

Bayonet has over 7,094 yards of long and narrow fairways and it is known for holes 11-15, which have a series of sharp doglegs, affectionately called “Combat Corner,” which can be challenging to the best of players.

Sophomore and ISSM major, Oskar Nystrom, agreed with Hardenberger about the difficulty of the home course. According to Nystrom, “When you play well there, you can play well anywhere.” There are so many great golf courses on and around the Monterey Peninsula, but Bayonet is a true under par golf course.

The Bayonet course, which was designed in 1954, is also going through major renovation. Nystrom and the CSUMB golf team are excited about this, “I’m looking forward to the new driving range,” he said.

Nystrom also said in addition to golf practice at Bayonet, the assistant coach, Ryan Thompson “has all the team members creating individual and team goals to get everyone in the right frame of mind.”

Second year golf team veteran and Business major, Bobby Campbell(709,935),(863,997) said the team bowling night strengthens the already strong team camaraderie. Additionally, Hardenberger said “team bowling nights are another way the team is coming together for this spring season.”

CSUMB Golf Coach, Bill Paulson, is excited about this up coming season. He feels the team has not played to their full potential but he is happy with his young team’s progress and hopes this season will raise their national ranking. He said the competition in the NCAA Division II is tough, but believes the Otter team can play with the best of them. He also feels the Bayonet course has both negative and positive qualities for his young players.

“It is a great course to learn on,” said Paulson.

Paulson’s expectations are high, “Our goals are first to make it to regionals, and then go to nationals.” Their first tournament will be against CSU Bakersfield on Feb. 25 at the Seven Oaks Country Club in Bakersfield.
Otter Waxes

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WWW.OTTERATHLETICS.COM

Healthy Options Offered on Campus

Brennan Phelan, Staff Reporter
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Healthy eating is not the first thing that comes to mind when thinking of the average college student. Living on campus without a kitchen, running from class to class, and eating out with friends tends to make students forget about making proper nutrition a priority. The good news is that eating well balanced meals on campus has become much easier.

Providing healthy meal options to students has become a focus of the Dining Commons (DC), Otter Express (OE), and the Otter Bay Restaurant (OBR). I visited our on campus eating establishments and was pleasantly surprised by the selection. Students can prepare a healthy meal at the sandwich bar using whole wheat bread, lean meats like turkey, lettuce and tomato, salad bar using whole wheat bread, lean meats like turkey, lettuce and tomato, and mustard or hummus. There are fresh fruits available as a healthy side replacing the traditional side of fries.

Sodexo’s program “Balance Mind, Body, and Soul,” encourages overall health and wellness through proper nutrition and exercise. There is an online component to the program (balancemindbodysoul.com) that provides the opportunity to ask a registered dietician advice about weight management and overall healthy eating.

Students can start making their health a priority by incorporating two basic principles into their daily lives: proper nutrition and exercise. As a rule of thumb, strive to get at least 30 minutes of physical activity every day and eat a diet that includes lots of fresh fruits and vegetables, whole grains, and lean proteins. Use the online resources provided by Sodexo to get the calorie contents of your favorite meals, and pay attention to the amount of fats and sugars in your meals. A balanced diet and active lifestyle will provide you with many health benefits, but it requires an interest and commitment. Students can educate themselves on healthy eating by visiting the dining services website (csumb.org/dining), and exercise tips and recommendations are available through organizations like the American College of Sports Medicine (acsm.org) and the American Heart Association (americanheart.org).
Hypothetically speaking, what would you illegally download off the Internet?

“Movies that haven’t been released. Specifically comedy. I don’t like scary movies.”
-Carrie LaPonza Math Freshman

“I would download music, like work. New music so I don’t have to go out and buy it.”
-Ben Hoedt TAT Junior

“Video games like puzzle games like Bejeweled and Tetris.”
-Fernando Lopez HCOM Freshman

“I would upload media, like my favorite TV show, The Simpson’s, like if I miss an episode.”
-CJ Kelley ISSM Sophomore

“Music. I listen to everything, like Apocalyptica.”
-Trisha Dudley Psychology Freshman

Photo Of The Issue

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain each digit of 1 through 9. Every column must contain each digit of 1 through 9. Every 3x3 square must contain each digit of 1 through 9. Each number must be placed only once in each row, column, and 3x3 square.