Leaf Blowers: The Ultimate Alarm Clock

Johanna Estrella, Staff Reporter
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The most exciting and rewarding part of a sky-high pile of late-night homework is the opportunity to sleep in until 3 p.m. the following day. Unless of course power-wash window cleaning is scheduled for 8 a.m.

In the real world, maintenance and construction work usually starts as early as 6 a.m., explained director of facilities for CSU Monterey Bay (CSUMB) Bob Brown. Contractors' like to start early in the day and finish at dusk, thereby maximizing daylight, especially during the winter months.

Off-campus contractors see CSUMB as a business, not as a residential community, explained Associate Director of Residential Life Dean Kennedy. When CSUMB hires a contractor, a term of condition is they are not allowed to begin maintenance work until 8 a.m. Kennedy said that remembering to start work two hours later than usual is often very difficult for workers, so complaints of early-morning leaf blowing are often heard in the Office of Residential life.

The loudest maintenance work on CSUMB Central Campus is the final construction on the new library, mainly affecting resident halls 202, 203, 205, and 206. The noise may continue until the fall break, but no more large projects are expected for the 2008/2009 academic year.

Kennedy insisted that they do everything possible to accommodate student needs to sleep in until 8 a.m., and he understands the contractors' struggle as well in having to make schedule exceptions for students. The best way, Kennedy said, to delay early-morning maintenance is by calling the Campus Facilities and Service Operations at (831) 582-3700 and letting them know where it is happening. Although they probably will not be able to stop the noise right away, there are always earplugs.

Sounds for Students: MPA Recording Studio

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Just like American Idol, CSU Monterey Bay (CSUMB) provides an opportunity to those who are musically inclined, and even tone-deaf wannabes, to express themselves musically. CSUMB students, as well as Monterey Peninsula residents, can test out their music abilities and talents (without Simon, Paula or Randy) at the Music and Performing Arts (MPA) recording studio.

The studio was added to give MPA students with the Music Recording and Technology concentration a hands-on experience. "We try as much as possible to have a real- world studio and not just theatrically [but musically, as well]," said Contos.

Students interested in using either of the two recording studios are invited to fill out a request form available on the MPA home page: music.csumb.edu/site/x19442.xml. After the request form has been completed and submitted, MPA Program Coordinator Nicole Mendoza contacts applicants within a couple of days. Those interested also are advised to use the recording studio during MPA 308: Audio Production class time.

The time limit and pricing for use of the recording studio depends on the project and the size of the band. A quick live mix could range anywhere from $0 to $50. During a recording session, staff engineers are present to assist with technology and to create a CD of the recording session.

Many musically talented bands and students, such as Andrea Blunt, Moon Germ, James Meder and Slices of Home have used the MPA recording studio. A compilation CD of local bands and artists, produced annually by the MPA recording studio, is available to students at no cost during different campus activities such as Earth Week.

The MPA department asks that students not be discouraged from using the studio and promises a fun and unique recording environment for those trying to share their music. Who knows; we just might have another Kelly Clarkson on campus.

Or
Vandalism Already Present On Campus

Kate Kiechle, Online Editor
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Vomit in stairwells, floor numbers missing, a shattered kitchen window, ripped-down bulletin boards and disheveled lobby furniture. The semester has just begun, but on campus, vandalism has already started.

These are the acts of vandalism thus far reported and seen by residents and while Residential Life is concerned, they are bracing themselves for more.

Don Yackley, residential director, explained that even with the increase in student population this semester, the rate of vandalism is lower now than this time last year. With that in mind, Yackley reminds students of a new policy that went into effect last year. Vandalism of large proportions could result in a whole room, floor or building of students being charged for repairs. He explained that the goal is to have no vandalism, but if it does occur and no vandal can be found, the fees will be left in the hands of the entire community. “We all play a role,” he said, “in that our campus is our home away from home and by remembering this truly is their home away from home.”

Vandalism is already charged for repairs. However, this year, Yackley also recognizes that bicycle vandalism or theft is a concern on any campus. He recommends CSU Monterey Bay (CSUMB) students get a good lock or keep their bikes in their rooms. Ironically, perhaps, he also advises students who do keep their bikes in their rooms to be careful of the bigger problem, which is the students who rip down bulletin boards and take them down. Yackley also mentioned the policy on the campus bulletin boards, which is that students can remove them at the end of the semester or the year, but if they want to keep them, they should be replaced.

Community Director, Jenni Plueard explained that she has not heard of too many major vandalism reports, but asks that students respect their community.

While the Department of Residential Life is keeping an optimistic outlook on Communications freshman, Madison Gassner said she has not noticed any vandalism, and concern about it is not at the top of her priority list.

Residential Life is hoping CSUMB residents will respect and protect their community from vandalism and other misconduct by following the community standards set up for them, and for more information about CSUMB community standards.

Police: Who's Who

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Walking or driving down Inter-garrison and not seeing a black and white police car is like driving through Gilroy and missing the smell of garlic. Whether a fifth-year senior or a brand new freshman, everyone on this campus is aware of the big Police presence.

Although CSU Monterey Bay's (CSUMB) 1,500-acre campus is in Seaside, the University has its own police department with 14 sworn officers who, according to Lt. Earl Lawson, work to “protect and serve” 24 hours a day, seven days a week. Unlike a campus security department, according to the California Penal code, CSUMB’s university police fall under section 832 of the penal code, which grants them the same powers as a municipal department in other cities.

Seaside and Marina both flank CSUMB, and each of these cities has its own police department, frequently visible on campus. Prior to Aug. 2005, Marina police officers alternated between serving the City as police officers and firefighters. Marina currently has 36 sworn officers, of which five to six usually are on duty at any given time.

Lt. Richard Janicki, with the Marina Police says to new students “You’re not in Kansas anymore, Toto,” meaning “just because you’re in college doesn’t mean the law does not apply to you.” Janicki, a long-time law enforcement officer, suggests CSUMB students “have fun in college but take caution when drinking.” This is where he sees a majority of the crime-related problems.

Students also may have seen the Military Police (MP’s) who make their presence known on campus with SUV patrol cars. MP’s are federal officers, who follow different guidelines than the state departments, and their driving laws are a little different. For example, using a radar detector to warn motorists of approaching police is legal everywhere in the state except on Military bases. Plus, Military police citations generally cost more, and their court to appeal tickets is in the federal courthouse, located in Salinas.

A good resource for police information is located on the CSUMB website, under the “Crime Prevention” link. The site includes tips for sexual assault prevention, alcohol prevention, identity theft prevention, residence hall safety and much more. Questions can be directed to the comment/question form on First Class.

NEWS

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Super Seniors: Racing to Graduate

Julie Perez, Staff Reporter
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In the past, most college students graduated in four years. These days, it has become the norm to graduate in five or six years. In 2000, 43 percent of matriculated female students at CSU Monterey Bay (CSUMB) graduated in six years, and 39 percent, in five years. Among males, 27 percent graduated in five years, and 33 percent graduated in six years in 2001.

Five-year graduate and former Liberal Studies major John Muratet said, "I came to school with the mindset of graduating in four years and, later down the road, realized I, just like my peers, would not be able to meet this goal."

Unlike Muratet, many students at CSUMB point their fingers at the University for their inability to graduate on time. Yet the CSUMB graduation rates are not unique. San Diego State University (SDSU), rates, for example, look very similar.

The diverse student population at SDSU contains some 35,000 people; whereas this year's record-breaking population at CSUMB is around 4,000. On a campus more than eight times the size of CSUMB, they still manage to average comparable graduation rates.

One explanation for why so many students do not graduate on time is the CSUMB Language Requirement, which can create an obstacle on the road to graduation.

Especially for transfer students who have not completed a single semester of foreign language study. Freshmen and transfer students must acquire language proficiency through a third sometimes fourth level depending on their major.

However, a student can complete up to two University Learning Requirements in a single class, which turns the argument back around. CSUMB is one of the only California State schools that will allow its students to do so. Yet, if a student ever decides to transfer to another college, those credits will not transfer. Perhaps it is a good argument for staying the course and going the distance at CSUMB, even if it does take an extra year or two.

A last word of advice from Muratet, who has returned to CSUMB to get his teaching credential: "Make sure you are constantly going to your academic advisors and asking them tons of questions because it will definitely shorten your time to graduation."

For many students, the goal of graduating in four years may be unrealistic, but by keeping their eye on the prize, and their minds on the material, students can guarantee that it is time well spent.

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Conference Leads the Way
For Students at CSUMB

Caitlyn Johnson, Staff Reporter

CSU Monterey Bay (CSUMB) Student Activities Office is offering a conference to help students build resumes, meet staff and students, and find their niche at CSUMB. The annual Student Leadership Conference is on Saturday Sept. 27, from 8:30 a.m. to 4 p.m. in the UC Ballroom. The leadership conference is free, which is a rare situation for conferences and a good perk for students. But if that is not enough to attract participation, breakfast and lunch also will be provided.

“The perception is the conference is only for someone who is already a student leader, but the conference is also for students who want to be proactive in the campus community or just to meet people and network,” said Kelly Mailly, coordinator of Leadership Development. The conference is open to everyone, whether a freshman, or a senior, or someone who has never been involved in leadership program. The conference will bring in keynote speakers and presenters from all overcampus.

CAMPUSPEAK! has invited motivational speaker Jessica Pettitt to address this year’s Leadership Conference. Pettitt, a diversity trainer who inspires and motivates students to follow through and create change, was awarded “Best Diversity Artist,” the campus activities magazine Readers’ Choice Award.

The conference will also present author Susan Cantrell, who has written for local magazines and newspapers. She also has written a book, “StarWords: Inspirational Conversations with Extraordinary Monterey Peninsulans.” Susan will speak about how student leaders can and should take care of themselves.

This year’s leadership conference will provide a broad variety of activities for students. Everybody who attends the conference can benefit by picking from four different programs of their choice. Program selections include: Where do I start: Getting involved in college, The Power of Words: How they can impact you and how you can have an impact, and Recognition: Keeping yourself and your group motivated. This is the second year the CSUMB has hosted the leadership conference. This year, more presentations will be provided, and more students are attending.

“I would like the conference to be a standing tradition, and become more formal and eventually be student driven,” said Mailly.

Students may register at www.csumb.edu/activities or contact Kelly Mailly through First Class or in building 8.
What To Do In An Emergency: CSUMB's Action Plan

In the wake of hurricanes Ike and Katrina, recent flooding in the Midwest, the 2004 tsunami and the latest small earthquakes in California, students can feel safe knowing CSU Monterey Bay (CSUMB) has a disaster plan in place.

In the event of a natural disaster, Otter Alert is a tool used for contacting the entire campus via text message or e-mail. CSUMB also can count on global e-mail lists and First Class pop ups. The University will send out campus-wide e-mails, which automatically open when a user logs in. The campus also has speakers on top of buildings to broadcast recorded messages that tell students and faculty what to do in case of an emergency. In addition, a voicemail system will be implemented. Every voicemail box on campus will play a state of emergency message, which will be regularly updated by a response team that can be reached at (831) 582-5044.

Further, communities surrounding CSUMB have agreed to aid the campus in case cell phone towers go down. Local television station KSBW, along with the campus TV channel and three local radio stations, KAZU 90.4 FM, KWAV 96.3 FM and KIDD 96.3 FM, have agreed to broadcast emergency information.

If CSUMB suffers a power outage, Building Emergency Coordinators are to respond to the Emergency Operations Center and post fliers on the entrances of respective buildings.

University Police vehicles are equipped with public address systems and will serve as an informational resource in case of an emergency.

If there were to be a tsunami, CSUMB would be relatively safe. University Police Chief Fred Hardee explained that the point of lowest elevation on the CSUMB campus is the soccer field at 116 ft. above sea level. The main quad is at about 200 ft. above sea level, making CSUMB a safety point for the neighboring City of Marina.

If a 7.5 magnitude earthquake were to occur offshore near Alaska or along the West Coast, the West Coast/Alaska Tsunami Warning Center (WCATWC) would immediately issue a tsunami watch or warning, depending on the circumstances.

Finally, everyone should gather an emergency stash of food, water and safety gear to last up to three days. Establishing an evacuation plan among family members or roommates also can help everyone prepare for emergencies. Mother Nature's attempts to remind humanity of her power, but at least the campus has a plan of action in place.

OR

An emergency stash of food and water is recommended in case of an emergency.
Identity Theft Hits Campus

Elaine Schumacher, Staff Reporter
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The Federal Trade Commission (FTC) estimates as many as nine million Americans are victims of identity theft each year. Identity theft occurs when a name, Social Security Number, driver’s license or credit card number is stolen for the purpose of fraud.

Thieves use a variety of methods to steal information, including dumpster diving, phishing and pre-texting, methods used to get personal information by false pretenses; submitting change-of-address forms to divert billing statements to another location and good, old-fashioned stealing.

According to Paul Bender, of the CSU Monterey Bay (CSUMB) Police Department records office, between Jan. 2007 and Aug. 2008, nine cases of identify theft took place on campus. The offenses ranged from stolen debit cards, used in another state, to Social Security numbers used to apply for jobs in other states.

An incident close to CSUMB involved Jessica Stone, Human Communication (HCOM) major and 2008 graduate, who wrote the book “Rock and Roll Tragedy,” as her capstone project. The book was available online through the publishing company, Xlibris, which did not wish to comment, except to confirm the incident. Their security firewall was “hacked” into, and an individual gained access to the names, home addresses and credit card numbers of their customers.

I was sorry to hear the students who purchased the book received letters informing them of the situation,” Stone said. “Xlibris, a subsidiary of Random House, also was affected, but they have assured me, everything is under control.”

Shortly after receiving the book, Sean Tibbits, HCOM major, 2008 graduate, received a letter from Xlibris informing him of the problem.

“I cancelled my credit cards and subscribed to the one-year credit monitoring offered by Xlibris,” said Tibbits.

To protect themselves, victims should consider taking these five steps: Contact the fraud departments of the three major credit bureaus: Equifax, Experian and Trans Union to request a fraud alert be placed on credit reports. Close any accounts believed to have been tampered with, and file a police report with the local police department and the FTC.

To prevent identity theft, be proactive. A Social Security card should be kept in a secure place and not carried in a wallet. Check credit reports regularly, and shred mail and bills bearing personal information. Do not give out personal information such as a social security number or credit card number over the telephone or unsecured websites.

For additional information on how to prevent identity theft, contact www.ftc.gov/idtheft and www.police.csumb.edu

CSUMB Librarians Virtually Assist Students

Andie Aguirre, Managing Editor
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Instant messaging during homework or research can be distracting to most college students. However, CSU Monterey Bay (CSUMB) librarians are implementing an instant messaging service designed to help students with their studies and research.

The campus library now offers a way for students to communicate instantly with librarians about questions they have while doing research for their classes and projects. Using any messaging service they prefer, such as AIM, MSN, Yahoo and Google, students can add the library screen name. They also can chat with librarians via the messaging service through their cell phones by sending text messages.

“We want students to have a positive, high-quality library experience in an environment that’s convenient and comfortable for them,” said Jacqui Grallo, reference and instructional technology librarian of the CSUMB library. To help contribute to those positive at-home library experiences, on-duty librarians will be ready to communicate with students through instant messaging or text messaging during regular library hours.

Although this service is new to CSUMB, other universities have been using similar programs for quite some time, enabling students to save a trip to the library and conduct research from their dorm rooms or anywhere else.

This messaging service was launched on campus during spring semester 2008, although not many students took advantage of it. This should change once the new library opens at the end of the fall semester, and more students will become aware of the benefits of this service.

“If we start getting lots more questions, we may need to come up with a new staffing model,” Grallo said. “Right now, we answer IM reference questions while working at the desk, by answering questions in person and via e-mail and phone, but maybe in the future we’ll need to have a second librarian back up the on-duty reference librarian.”

For now, students can feel comfortable knowing that getting research advice from a CSUMB librarian is only a text or instant message away. For more information, visit library.csumb.edu.

Chat with a Librarian!

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Google: OtterLibrary
Yahoo: Otter_Lib

Text Message:
Enter 265-010 as the address,
Type "OtterLib" in the message box,
followed by question
CSU Monterey Bay (CSUMB) may be a small school, but one student has proven herself by winning a highly prestigious award. She had the honor of being celebrated and recognized not only through CSUMB, but also throughout the entire California State University (CSU) system.

Junior and Environmental Science, Technology and Policy (ESTP) major, Mary Berube said she can still recall her initial reaction of crying while informing her mother of the good news after being awarded the William Randolph Hearst/CSU Trustees’ Award for Outstanding Achievement on Sept. 16 in Long Beach.

The Hearst award recognizes one student from each CSU campus by awarding them $3,000 for overcoming adversity through their personal achievements. As the former Associated Students (AS) Environmental Senator, Berube said planning Earth Week events last semester was a significant accomplishment, “but I think my greatest personal achievement was being the first one in my family to attend college.”

Daniel Fernandez, chair of the Science and Environmental Policy division, has known and worked with Berube for two years through her position as environmental senator and on the Environmental Committee. “Mary is an incredibly hard worker,” Fernandez said, “and a person dedicated to the work she does and to helping to make the campus, and our planet, a more sustainable place.”

Fernandez recalls her accomplishments, such as co-organizing the “Focus the Nation” event last year, which she made successful by organizing large groups of students and volunteers. “I thought it was very fitting,” Fernandez said. “She won this award based on her service, her commitment, and her academic excellence.”

Having receiving such recognition from the CSU Board of Trustees, Berube has had the privilege of obtaining a scholarship every semester while at CSUMB. Meanwhile, she has maintained a 3.58 grade point average, and plans to travel abroad to South Africa next semester. “[In the future], I hope to use my degree to advocate for the environment,” Berube said, “and save the world.”
### September 25 - Oct 8

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<tr>
<td>SAT 9/21-10/31</td>
<td><strong>SWANK FARMS' CORN MAZE, MYSTERY HOUSE AND SINISTERIUM</strong> 6-10 P.M. DAILY, $15-$25 HOLLISTER, CA</td>
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<td>FRI 9/26</td>
<td><strong>PRESIDENTIAL DEBATE 2008</strong> 6 P.M. PACIFIC TIME University of Mississippi hosts the first of several presidential debates on all major news stations. The hot topic tonight: foreign policy.</td>
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<td>SAT 9/27</td>
<td><strong>PUBLIC LANDS DAY FORT ORD</strong> Show some pride and participate in Public Lands Day on Fort Ord. Help tidy up the (CSUMB) Otter Habitat by clearing invasive species of plants, picking up trash and making our world a better place. For more information visit publiclandsday.org</td>
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<td>TUE 9/30</td>
<td><strong>THE MONTEREY BAY/CSUMB JAZZ ORCHESTRA</strong> MONTEREY LIVE, 8:30 P.M. $5 SHOW/$15 WITH DINNER Enjoy a delicious pasta meal while soaking in the sounds of this fabulous all-star jazz band. Can't make it? They'll play again October.</td>
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<td>TUE 10/7</td>
<td><strong>PRESIDENTIAL DEBATE 2008</strong> 6 P.M. PACIFIC TIME Tom Brokaw hosts the second presidential debate, this time allowing candidates to answer questions from the audience at Belmont University.</td>
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<td>MON 10/20</td>
<td><strong>LAST DAY TO REGISTER TO VOTE IN THE 2008 PRESIDENTIAL ELECTION!</strong></td>
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TAT Films Premier at the Mill Valley Film Festival

Elaine Schumacher, Staff Reporter
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Four films directed by CSU Monterey Bay (CSUMB) Teledramatic Arts and Technology Department (TAT), will be presented at the 31st Mill Valley Film Festival (MVFF) on Oct. 2 to the 12.

A jury of San Francisco-based directors, writers, producers, and film scholars selected the top five percent for presentation during the two-week festival. According to TAT instructor Karen Davis, senior programmer for the MVFF, students and alumni of CSUMB have a higher representation than any other media arts and film schools, including Stanford, San Francisco State University and the University of California, Berkeley.


“The film is a testimony about Hurricane Katrina, from Arianis, a six-year-old girl who lives in New Orleans,” said Blancher. “I am excited and honored that our film was selected for the festival.”

The film was the Capstone project for Blancher and Kuska, both of whom also received grants from the CSUMB Emergency Management Professional Organization for Women’s Enrichment (EMPOWER) and the Monterey County Film Commission. The first showings of the film will be on Oct. 3, at 9 p.m. and on Oct. 11 at 4:15 p.m.

Filmed on campus, “Ella and the Astronaut” by senior, TAT major Rodrigo Ojeda-Beck and alumnus, Robert Machoian, is scheduled to be shown Oct. 8 and 11.

“The film is about a young girl, Ella, who has a very active imagination and time to dream,” said Ojeda-Beck. “The idea for the film began from discussions with TAT assistant professor, Enid Baxter Blader, I want to stress that the project was not mine alone, but a film from start to finish is a collaboration of many people.”

Ojeda-Beck and Machoian’s film has also been selected for screening at the Austin Film Festival, in Texas and the London Film Festival, later in October.

Other CSUMB productions include: “Rex Barrett and the Eye of God,” by TAT alumni Scott McEachen, Ricardo Botelho and Erik Green and “Secret Apocalyptic Love Diaries,” by TAT Assistant Professor of Digital Cinema, Enid Baxter-Blader.

According to Davis, the opening presentation will be “Religious,” by Bill Maher, comedian and host of “Politically Incorrect,” and “Real Time with Bill Maher.”

“I would like the students and faculty at CSUMB to know that the quality of TAT productions is extremely high and the fact they are getting recognition is an indication of the caliber of work they are doing,” said Davis.

For more information and tickets visit www.mvff.com

Ester Blancher, director of “In My Heart: A Child’s Hurricane Katrina Story"
The walls are covered with lustrous copper sheeting, and the floor is made from rugged red brick. Its centerpiece is a one-of-a-kind, hand-carved wood bar. The walls are scattered with memorabilia from all over the world, including a license plate from each of the 50 states, and even beer coasters from some memorable trips to Europe.

The Forge in the Forest Restaurant offers a diversity of dining options certain to entice any patron. An expansive menu presents everything from the classic caesar salad to the filet mignon, grilled tacos to the Asian stir-fry, and almost every type of California wine imaginable.

The “local watering hole” or The Forge Saloon offers truly authentic and original decor. The saloon is home to various tools and wrought-iron works, once used by artist and blacksmith Francis Whitaker, who owned the building for many years. Drawing from what he had seen and learned from his travels throughout the world, the current owner Daniel Glosser spent more than 10 years restoring the building to create a kind of contemporary conservation.

An adjacent dining room, known as the Oak Tree Room, pays true homage to wine. The ceiling over a formal dining area that opens to a private patio retreat is made from the wooden tops of wine crates gathered from all over the world. In 1994, Glosser had a crane bring in a 24-foot oak tree to create the focal point for the dining experience. With Carmel’s mild climate and abundance of greenery, the patio environment creates a welcome world away.

Every year since 1992, The Forge in the Forest Restaurant has won “Best Outdoor Dining.”

“I have been a frequent visitor to The Forge for more than 10 years,” said local resident Peter Orsatti, “and each time I come back, I get the same great food, wine and atmosphere that I have come to expect from this business.”

In a dog town like Carmel, the Forge even offers patrons the chance to bring their favorite furry friend down to the “Dog Pound Patio,” a hang out strictly for canines that features a menu of chicken strips and an all-beef hot dog certain to please the pickiest of pooches.

The Forge also offers an extensive wine list featuring strictly California Wineries, as it strongly supports and promotes local wineries and growers. It also is host to The Forge in the Forest wine tasting event every fourth Thursday of the month through Dec. At only $20, it gives Monterey County locals the chance not only to learn about the locally grown grapes and winemakers, but to sample hors d’oeuvres and discover some of the local music that makes this experience truly unforgettable. The Forge in the Forest is located on the corner of 5th and Junipero in downtown Carmel-by-the-Sea.

The Forge in the Forest: Dinner with History
Fighting the Freshman 15

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It’s finally Friday, and the girls next door are having people over for a long night of drinking. As the drinks get poured and time flies, everyone in the room starts talking about how hungry they are. After 30 minutes of begging the only sober person in the room to drive to Jack In The Box, they finally give in. After ordering everything on the menu and eating it, the party calls it a night. Only to rest up so they can do it again the next night.

Saturday morning, hung-over, craving greasy foods and sleep, last night’s party goers are not thinking each bite can contribute to that sneaky monster known as the “Freshman 15,” a condition that can persist right through senior year, if allowed.

Out in the world for the first time, freshmen tend to eat differently than they did when living at home when Mom or Dad watched their every move. The Dining Commons at CSU Monterey Bay (CSUMB) definitely offers an environment conducive to weight gain, particularly for those who are hung over or just hungry. But there are a few simple tips to consider in the battle against the freshman 15.

The best way to fight the freshman 15 is to make a conscious decision against it from the beginning. Grab a friend, and hold each other accountable. When going out to get food, do not go alone. Accountability builds motivation and makes maintenance easier, or at the very least provides the opportunity for someone to help when things get hard.

“Fitness Magazine” suggests when having a meal, try to include at least three different colors. Leafy greens, yellow corn and red tomatoes all contain different nutrients vital to a healthy life. Before having a meal, drink a glass of water. It replenishes fluids lost from exercise and helps curb the appetite. Last but not least, when dining or simply eating healthy, it is okay to splurge every once in a while. Just keep it within reason.

Exercising regularly also is vital to maintaining a healthy weight. While not everyone has the time or energy to go to the gym for 30 minutes, five times a week, alternatives exist that do not involve as much effort. Taking the stairs instead of the elevator and walking to class are two calorie burners that can make a big difference in the long run.

Next time the party is coming to an end, “Men’s Health” recommends ordering a double-virgin screwdriver for the last drink. Fructose, one of the sugars in orange juice, can speed the rate at which the body metabolizes alcohol by as much as 25 percent. Vitamin C also helps combat binge-related cell damage. Of course, avoiding heavy drinking would eliminate the major calorie intake altogether. The gym, however, is still a good idea.
Wild Animals Just a Hop, Skip, and a Jump Away

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"I'm a sexy, pretty bird," he chirped, while greeting visitors at Wild Things Vision Quest animal ranch. Not many people have the opportunity to see exotic animals, such as tigers, lions, and monkeys, let alone get greeted by a parrot. But, Monterey residents have the opportunity to only pay a $10 dollar fee, $8 for children under 14, to hear this precocious parrot and see these stunning animals.

Approximately 15 miles from CSU Monterey Bay off of highway 68, a small oasis houses different wild animals ranging from birds to bears. Wild Things has operated on the outskirts of Salinas for about 15 years, training all sorts of animals to star in major motion pictures. "Mighty Joe Young," "The Lion King" and "Dr. Dolittle," are just a few of the many Hollywood movies in which these animals have starred. Wild Things offers several visiting packages, One popular option is to spend the night in the Wild Things resort and wake up to sounds of roaring tigers, blowing elephant trunks and monkey laughter as if on an African safari.

According to Wild Things website and trainers, many of the reptiles have been adopted and brought back to good health. Almost all of their new mammals have been adopted from infancy; therefore, they are easier to train. Each animal has a unique story; some have come from movie sets, and others from theme parks. Some of these animals lost their value as illegal pets and were left in substandard conditions. Wild Things stepped in to bring them back to good health and enable them to surpass their normal life expectancy.

"All the animals here are friendly, but can never be domesticated," explained guide Amanda Jurasek, referring to the hyenas, porcupines, cougars and kangaroos on her tour. Those who visit Wild Things will leave hearing the echoing of growls, howls, and roars from animals most will only see in the movies.

Regular tours are offered seven days a week at 1p.m. Operating all holidays except Christmas and Thanksgiving. Contact Wild Things online at www.wildthingsinc.com or call (800) 228-7382.
"Go Green" at the Environmental Fair in Carmel

Nicole Charles, Staff Reporter
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Californians are no strangers to energy crises. For years, people all across the state have been told to conserve their power and save water. It appears that the rest of the country has finally fallen victim to the energy crisis as well and are being forced to “go green” along with the Golden State. But what exactly does “going green” mean?

Advertisements are continuously airing on TV, warning Americans that Global Warming is real. Billboards are popping up all across the country, displaying slogans such as “Flex your power,” with a little light switch trapped inside a glass box. However, these days, there is more to being eco-friendly than just turning off lights and recycling.

“Green” technology is becoming more and more popular, and California is leading the movement. Right here on the Monterey Peninsula, the Hilton Bialek Habitat and Carmel Middle School are celebrating their Sixth Annual Sustainability Fair and Solar Homes Tour on Sept. 27, from 10 a.m. to 3 p.m. at Carmel Middle School.

The celebration will include guided tours of local solar homes, with different types of environmentally friendly technology, such as solar electric systems. Tour buses will leave from Carmel Middle School periodically throughout the day. In addition, a lecture series on ways to reduce energy consumption, hands-on demonstrations, such as garden composting, live music, family activities and organic foods and wine are just a few of the many eco-offerings at the fair.

The entire day of activities only costs $15, and no advance ticket purchase is necessary. According to the event website, www.solartour.info, “All proceeds will go toward building the first green classroom in Monterey County.”

As the energy crisis soars and environmental technology increases, Monterey County can expect to see many more events promoting environmental awareness. “Sustainability Fairs like this one are a tremendous public service. They provide valuable information about methods of saving our natural resources,” said Chair of the Sierra Club-Ventana Chapter, Rita Dalessio. “Even if you are not into environmentalism, eco-friendly technology can potentially save you a lot of money in the long run, which is something I think we can all appreciate.”

As PG&E bills continue to climb, learning about eco-friendly solutions can help keep piggy banks full. The Sustainability Fair offers ideas and activities for all ages to participate in conserving the environment. And for those who still are not convinced eco-friendly technology is the right choice, a day of drinking local wines and tasting organic food can provide some fun Saturday entertainment.

For more information visit the fair’s website at www.solartour.info.
For many students at CSU Monterey Bay (CSUMB), a satisfied Sunday consists of sitting alone on their couch, eating a whole bag of chips and watching their favorite football team in action. Yet many other students find themselves unfulfilled by sitting at home, watching the only four games available on basic cable, and forced to check their beloved team’s score online.

Luckily, relief is near. The Monterey Peninsula hosts several great places to catch a good game. Whether you are looking for a lively place to savor an ice-cold beer or a quiet setting in which to enjoy an enticing dinner or appetizer, Monterey Bay has it all.

Kula Ranch Island Steakhouse in Marina is a an option for fans looking to satisfy their appetites without emptying their wallets. With great deals on appetizers and beer, as well as plenty of widescreen, high-definition TVs (HDTV) airing NFL Sunday Ticket, Kula Ranch offers something for everyone. Kula Ranch specials include an affordable $4 appetizer menu and $2 Coors Lights, Bloody Marys and Mimosas on both Sundays and Monday nights.

Another destination for NFL football is Peter B’s Brew Pub at the Portola Plaza in Downtown Monterey. Featuring 13 HDTVs and several food and drink specials, Peter B’s has it all. Specials include $3 garlic fries and hot dogs, $2.50 chili beans, and burgers for under $7. They also offer a variety of drink specials, including $12 pitchers, $3 margaritas and $5 Long Island Iced teas. According to Tele-dramatic Arts & Technology (TAT) Senior Jack Scott, “Peter B’s is a sick place to watch the game, even if the 49ers lose; I still have a great time there. I love their variety of beers and you have to love the free popcorn.”

Carmel Valley also provides a football escape in Baja Cantina Grill and Filling Station, including a full BBQ, with slider burgers, hot dogs and chicken at reasonable prices. Part of the entertainment at Baja Cantina is a free raffle for the coveted “Seat of the House,” a reserved couch located right in front of an HDTV, plus a complimentary six pint beer tapper.

Characters Sports Bar and Grill in downtown Monterey is another option for those centrally located. Boasting a traditional sports bar atmosphere, Characters is complete with hardwood floors and free, freshly popped popcorn. According to bar manager Christine Arroyo, Characters was “briefly remodeled.” Their buffalo wings and nachos seem to be customer favorites.

Monterey Bay may not be home to an NFL team, but that does not mean students have to miss out on all the fun and excitement of watching football among fellow football fans.
CSUMB Feels the Sting of the "Killa Beez"

Monica Guzman, News Editor
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Pushing down on each pedal, the biker trudges along, only to be passed by a speeding car, to later catch up at the next stop sign. Since gas prices have been rising, many college students have resorted to other forms of transportation to try to save some cash.

Undeclared freshman, Anastasiya Bachmanona, is one student who cut her set of wheels in half. "I had a car back home, but once gas started getting expensive I stopped driving and started riding my bike."

Ian Moore, Human Communication senior, leads the new bike group "Killa Beez" on campus. After purchasing a recreational road bike at a thrift store, Moore has been utilizing his bike for the past four years, eventually selling his car because he no longer used it.

Moore's group began when he and his roommates decided to find time to ride their bikes together. The group now consists of about 13 people, including CSU Monterey Bay (CSUMB) students and friends who just have fun exploring on their bikes.

"There's nothing like storming down hills with friends," Teledramatic Arts and Technology senior, Nick Kova said.

The group meets at 9 p.m. in the Ord Market parking lot every Thursday and stops at building 203 shortly after, concluding their adventure around midnight.

For those interested in biking, either for transportation or fun, the campus Recreation Center, located in building 93, supplies bikes for rent. Students can rent a bike by the day for $8, monthly for $80, and by the semester for $120. These prices also include a helmet and bike lock.

Bike tours through Fort Ord and the neighboring beach areas also are available through the Recreation Center. These tours are free for students, requiring only a registration via email.

Sean Swing, Recreation Rental Assistant, started riding a year and a half ago and now leads the biking tours for the Center. According to Swing many of the trails on Fort Ord have re-opened, and there is a map on the Recreation Center's website. He also mentioned if other locations seem more intriguing, tours can be accommodated as long as five people register. Swing also offers advice on safe cycling. "Remember," he said, "it's always good to wear a helmet, whether you are 18 or not."

Common tips from seasoned riders for maintaining a bike, particularly in this coastal climate, include keeping the chain greased, tires inflated, and to keep the bike protected from rain and moisture to prevent rusting. Moore also recommends a yearly tune up available at Joselyn's Bicycles (831) 649-8520, which also provides plenty of assistance for riders of all skill levels.
Volleyball:
Record: 3-9
9/26 @ *Humboldt State University, 7:00 p.m.
9/27 @ *Sonoma State University, 7:00 p.m.
10/1 vs Hawaii Pacific University, 7:00 p.m.
10/3 vs *CSU Los Angeles, 7:00 p.m.
10/4 vs CSU Dominguez Hills, 7:00 p.m.

Men's Soccer:
Record: 0-4-2
9/26 vs *CSU Stanislaus, 3:00 p.m.
9/28 vs *CSU Chico, 2:00 p.m.
10/3 @ *CS Polytechnic University, 7:00 p.m.
10/5 @ *CSU San Bernardino, 2:00 p.m.
10/8 @ *San Francisco State University, 3:00 p.m.

Women's Soccer:
Record: 0-6-1
9/26 vs *CSU Stanislaus, 12:30 p.m.
9/28 vs *CSU Chico, 11:30 a.m.
10/3 @ *CS Polytechnic University, 4:30 p.m.
10/5 @ *CSU San Bernardino, 11:30 a.m.
10/8 @ *San Francisco State University, 12:30 p.m.

Men's and Women's Cross Country:
9/27 Stanford Invitational @ Palo Alto, CA 10:30 AM

*Denotes a CCAA Game
Info from otterathletics.csumb.edu

ATHLETE OF THE ISSUE:

"I made a decision to take the red card," the CSUMB goalkeeper said, "and not to allow another goal, I had faith in my team that we would score."

The men's soccer team has barely been able to score a goal this season, their first one achieved in their fifth game against UC San Diego, which ended as a 2-1 loss. However, the game was played without Baca due to his red card, forcing him to watch the game with the fans on the opposite side of the field. Clearly unhappy by being sidelined, Baca thought back to better times.

"I like the feeling you get after a tough win," said Baca, as he leaned up against the ball shed during the game while the Otters tried their best to win without him. Hopefully those wins will come soon for the Otters, as their upcoming schedule gets more and more difficult and Baca gets back in the game.

Brendan Baca
Junior
Goalkeeper
Stats:
Hometown: Solvang, CA
Height: 6'1"
Weight: 190
Saves '07: 78

SPORTS
Do Not Take The Bus

James Bunting, Staff Reporter
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Consider the constant influx of rhetoric about environmental responsibility. We all should cut down on gas and try to reduce our carbon footprint. I know this because I hear it on the radio every weekday as I sit in bumper-to-bumper traffic on the way to Santa Cruz.

My own perceived hypocrisy eventually persuaded me toward the Santa Cruz Metro Station kiosk, where I purchased a $50 bus pass for the month of Sept. The price seemed a little steep, but I told myself I was saving on gas and getting a bargain on peace of mind. Moreover, the woman behind the Plexiglas window told me this pass would get me on every route in the booklet, and I would be making use of quite a few: first from Santa Cruz to Watsonville, from there to Salinas, then to Marina, and, finally, doing it all in reverse at the end of the day. This was the most expedient route possible, one that would supposedly cross the entire distance in just over two-and-a-half hours.

However, the ride from Santa Cruz to Watsonville took nearly two hours. Naturally, I missed the connecting bus. When the subsequent bus to Salinas arrived, the driver said they did not accept my particular bus pass. So much for what the woman behind the Plexiglas told me.

One-way fare from Watsonville to Salinas would cost $4.75, said the driver, and it would bring me one-quarter of the remaining distance to school. At that moment, I realized I had entered into a system of transit that was slower, less comfortable, less reliable and more expensive than driving.

So I took the bus from Watsonville back to Santa Cruz and requested a refund on my bus pass, since it did not, in fact, work on the buses that the woman behind the Plexiglas had promised. A different woman behind the same Plexiglas told me there were no refunds under such circumstances. In the end, I drove.

All gripping aside, my experience makes for a telling look at the gulf between rhetoric and reality. What a strange area we live in. One of the most environmentally aware locations in the world, but offering no practical alternative to exploring it by car. I cannot help but think that such a useless mass-transit system is in need of a drastic revamp. A public means of transportation should be of genuine use to the general public. It should be for everyone. Either fix the system or scrap it.

Microwave Minute

Amanda Stein, Staff Reporter
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Weighing in at almost 750lbs and costing close to $5000, the first commercial microwave oven was introduced to consumers in 1946. Today, the microwave can be found in nearly every home across America. Synonymous with “convenience,” the microwave is handy for reheating coffee for last night study sessions, making popcorn for movie nights, or creating an entire hot meal. Here are two recipes that show the microwave’s full potential to create a delicious meal in minutes. With 30 minutes and the right recipe, dinner and dessert can be ready with the push of a button. This is a microwave meal at its best; quick and convenient.

For more of my microwavable recipes, visit the Otter Realm website at www.otterrealm.net.

Granola Baked Apples

- 2 large apples (Gala or Fuji are recommended)
- 2 Tbs dried cranberries or raisins
- 2 Tbs brown sugar
- 4 Tbs granola
- 1/4 cup frozen peaches
- 1 Tsp dried parsley flakes
- 1 cup cream-of-chicken soup (light version optional)
- 1 tsp pure sugar
- 1 cup refrigerated buttermilk biscuits (7.5 ounces)

Mix the butter and onion in an 8-cup microwave-safe bowl. Cover and microwave on high for three minutes. Stir in chicken, half-and-half and cream of chicken soup. Microwave for an additional 5 minutes, stirring after 3 minutes. Stir in peas and parsley flakes. Open biscuits package and cut each biscuit into quarters. Gently mix biscuit pieces into the chicken mixture. Cover and microwave on high for 6 minutes, stirring after 3 minutes. Remove dish from microwave and let mixture set for 5 minutes before serving.

Speedy Chicken and Dumplings

- 1 Tbs butter
- 1/2 cup fat-free half-and-half
- 1/4 cup onion, finely chopped
- 1/4 cup frozen peas
- 1 Tsp dried parsley flakes
- 1 can cream-of-chicken soup (light version optional)
- 2 cups fully cooked, chopped chicken breasts
- 1 can refrigerated buttermilk biscuits (7.5 ounces)

Mix the butter and onion in an 8-cup microwave-safe bowl. Cover and microwave on high for three minutes. Stir in chicken, half-and-half and cream of chicken soup. Microwave for an additional 5 minutes, stirring after 3 minutes. Stir in peas and parsley flakes. Open biscuits package and cut each biscuit into quarters. Gently mix biscuit pieces into the chicken mixture. Cover and microwave on high for 6 minutes, stirring after 3 minutes. Remove dish from microwave and let mixture set for 5 minutes before serving.

Sexual Healing

K-Y: The Not-So-Natural Slip “n” Slide

Destinie Schroff, Staff Reporter
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No boy wants to drive his Train of Love into a girl’s dry tunnel. Dry sex is bad sex and, frankly, it’s no fun. Luckily, K-Y® Brand has got your back (or perhaps more appropriately, your front) with a variety of lubelicious products.

While it may seem unfair to promote a single brand, I find that K-Y has a wide variety of wet-up-your-sex products for a pretty hard-to-beat $17. So, consider this my ode to K-Y.

The infamous K-Y jelly comes in “regular” and the intriguing “tingling.” The tingle is said to occur on contact and provide a little oomph to your bada boom bada bang.

My personal recommendation, (yes, this is me admitting I have used the K-Y line), lies in the Sensual Silk department. The lube is light and, yes, silky, which leaves both parties feeling very satisfied and happy (another admission). This line comes in “tingling” and “warming.” I highly recommend all to stay away from warming. It’s more of a burning, which often scares the girl into thinking she may have the clap, and leaves the boy with tears in his eyes thanks to his little member’s unpleasant blistering sensation.

Always one step ahead of the game, K-Y has a mess-free sensual mist for those who don’t like to get their hands dirty. The spray is a convenient and easy way to put the lube where you want it without the mess and without you thinking of washing your hands while you should only be thinking of... well, you really shouldn’t be thinking at all.

The K-Y® Brand has been heavily promoting its Yours+Mine couple lube. Each lube is said to have its own pleasurable sensations. But when combined, they make some sparks of their own. While I can’t assure you this is true, I admit the advertising certainly has been effective, and I, for one (or two) would like to try it out.

For the ladies who find dryness a more persistent problem, K-Y has come out with Liquibeads. These little wonders can last up to four days, allowing you to get it on without wondering if you’re as ready as your partner is. After all, Girl Scouts trained us to be prepared, and surely sex is no exception.

So, my lovely readers, consider yourselves lube-certified. Now run off and Slip ‘N Slide yourselves into some fun!
om-buds [äm-bu-dz]

1. One that investigates reported complaints (as from students or consumers), reports findings, and helps to achieve equitable settlements.

Dear Otter Nation,

Concerning the article in the latest issue, "Address Change Delivers Efficiency," a staff reporter received an email from a concerned Marina resident. The citizen asked if CSU Monterey Bay now uses the Seaside zip code, would the North Quad residents be voting in the Seaside or Marina elections? Abe Dacumos, Box Clerk at the Seaside Post Office confirmed that students registered in the Marina zip code area would continue to vote in Marina. In other words, if you registered in Marina last year or the year before, you're still registered to vote in Marina this year. Residents receive a notice two weeks prior to elections informing them of the voting poll locations. If students do not receive a notice or you would like to change the city you are registered in, contact the Post Office or visit building 47 to pick up a new registration form. In order to vote in the upcoming Nov. election, you need to register by Oct. 20.

For help in finding the correct voting poll location, call 831-796-1499 or 866-887-9274 or visit www.smartvoter.org/ca/mnt.

Sincerely,
Elaine Schumacher, Staff Reporter

EDITORIAL POLICY

The Otter Realm is a bi-weekly 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 for 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.

OTTER OOPS

- Update: The Black Box Cabaret is open until 4 p.m.
- Marina Farmer’s Market is held on Sunday

@ Stay Current Online at www.otterrealm.net

- Recap: The State of the University Address

Surely we’ve all seen that episode of Family Guy, where Peter gets his own theme song, or the one where he has his life manual. How cool would it be to have your own theme song play every time you walk into a room? It would actually happen, unless you end up having your own sitcom.

As a college student, I would say music is our lifetime, heart in our blood. We listen to it while we do homework, work out, walk to class, drive around town, and even in our classes when the lecture can’t keep the heart.

Who is that? Why does music have the ability to influence us so much? I read a case study done by French researchers who found the louder the music in a bar club or party, the more alcohol one drinks and feels more drunk. I am definitely relate to that, and I’m sure most college students can as well.

Not only does music inspire us to drink more, but we also learn “slang” from music. Flow else would we have learned the words “zom-bi” and “hyp-po”? Music has the ability to bring together people of different cultures, and we come together in Japan one night and are in Michigan the next. It’s been a part of most cultures for centuries; it has tried the test of time. Yet it is constantly changing.

Fifty years ago, we likely would not have heard songs like Ray Perry’s chart topper, “I Kissed a Girl.” Today’s music is not your grandma and grandpa’s soundtrack.

However, the music of the past has endured as well, and you can still hear Bob Dylan and Elvis Presley in dance rooms all over the world.

My friend once told me that music picks you up when you’re down, and is there to help you when no one else is or can. It’s there for you after a bad day and puts you in the mood for whatever hope the weekend may hold for you. It may turn fighters into friends or lovers, but it also has the ability to do the opposite.

Music may very well be that hidden bond among people everywhere. In fact, it just might be the government gene scientists have been looking for. So continue to keep jamming to your own personal soundtrack, it’s definitely what I do to get through the day.

And for those of you who are wondering what your personal theme songs ... it will have to leave you wondering. My theme song is a playlist left on shuffle. One day it’s Cathe Brown’s, “Friends in Low Places,” and another day I’m ready for Altman’s “101.” I guess it just depends on what part of the steam you come in at.
"Get Low" by Lil’ Jon and the Eastside Boys because it’s a party song and I like to dance.
-Kassie Hernandez, Business, Freshman

"Get your freak" on by Missy Elliot since I like to shake my butt when I dance.
-Megan Greeley, Business, Freshman

"Unwell" by Matchbox Twenty, my family has a weird sense of humor and it’s a weird song to have as an anthem.
-Andrew Moore, Information Technology and Communication Design, Freshman

"Volver Volver" by Vicente Fernandez, for me it means even if you go far away somewhere, you always come back.
-Julian Garcia, Collaborative Health and Human Services, Junior

"Me Against the World" by Tupac Shakur, it relates to all of the obstacles in my life.
-Manuel Ventura, Psychology, Junior

What is your theme song and why?

Capricorn (Dec. 22-Jan. 19)
Try not to get stuck in a rut right now. It’s not the time to stay stagnant; you must keep the momentum going...onward and upward.

Aquarius (Jan. 20-Feb. 18)
Although known as one of the friendliest signs of the Zodiac, you aren’t acting the part lately. What’s making you so glum? Once you get to the core of that, you’ll bounce right back...figure it out.

Pisces (Feb. 19-Mar. 20)
It seems you’ve been reflecting on the past, and it’s keeping you from making progress in the present. Remember you can’t go back, nor do you want to... the time is now.

Aries (March 21-April 19)
Many will flock to you right now. Your carefree attitude is addicting. It's refreshing to most and will make you the center of the social scene... where's the party?

Taurus (April 20-May 20)
It’s your strong will that’s going to get you through these next couple of weeks. Let it be your guide and your transport as you head to the top... don’t stop until you get there.

Gemini (May 21-June 21)
It’s hard to relate to you when you become so volatile and unpredictable. If you’re feeling stressed, don’t risk putting yourself into a public scene... step back.

Cancer (June 22-July 22)
Your penchant for being romantic and in love with the idea of being in love is giving you the desire to play cupid right now. To you it seems harmless and fun, but perhaps to your friends it’s annoying... check in with their desires.

Leo (July 23-Aug. 22)
No matter what, others always want to hear what you have to say. Respect such power; make sure what comes out of your mouth is honest and true... nobody likes to be fooled.

Virgo (Aug. 23-Sept. 22)
You don’t mean to come off cold, but unfortunately, sometimes your emotions don’t show. Warm up and share your feelings. It will help a great deal with your close relationships... promise...

Libra (Sept. 23-Oct. 22)
This is your time to shine! Your hard work may seem never ending, but it will pay off. In the meantime, it’s okay to have a little fun... take a break.

Scorpio (Oct. 23-Nov. 21)
Your intense nature is confusing for some. People don’t understand why you feel the need to be so extreme in almost everything you do. Although you don’t need others’ approval to act a certain way... you might want to lighten up.

Sagittarius (Nov. 22-Dec. 21)
Why are you afraid to take a chance? The idea is enticing to you, yet you never seem to follow through. You must take that last leap for the reward... jump!

SUDOKU

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 one of each digit. So must every column, as must every 3x3 square.