WHAT IS A HERO?

OR

PAGE 2
My Heroes Aren't Batman and Robin

Caitlyn Johnson, Editor-In-Chief

cjohnson@csumb.edu

They wear capes and fly through walls. They can stop the meanest of villains. They have X-ray vision and can pick up a bus with one hand. They always win the girl in the end and never lose a battle. Yet these super powers have nothing over the real heroes in our lives.

Merriam-Webster defines a hero as: a mythological or legendary figure often of divine descent endowed with great strength or ability. But my definition of a hero is someone who makes a sacrifice without being asked. Someone who is compassionate. Someone who knows when to listen and when to give advice. Someone who takes on life’s challenges and still walks with their head held high. Not someone who breaks down buildings and saves the world. More like an ordinary person who makes one person’s world better. These heroes deserve to be recognized.

These “ordinary” or, perhaps, extraordinary people are part of our everyday lives. It doesn’t take long for me to come up with the heroes in my life.

My hero is the professor who MAKES everyone feel comfortable in class. The professor who is encouraging and gives structural criticism. The one who makes every student feel like they count, and their life is important and has a story. He or she helps us push ourselves to new levels, and inspires us. A light is sparked in their students that illuminates our way out into the world, where we will endeavor to make a difference.

My hero is professor, who has been to the low of the lows and the highs of the highs, yet can still see the beauty in life. This professor is my hero yet rarely receives the gratitude he or she deserves.

My biggest hero is my mom. She has done and continues to do things I find unfathomable. She attended college, worked full time as a waitress and had a baby to raise. I find it hard to make it through my busy schedule without a 40-hour-a-week job and without a baby. Mom has always put her family first and made sacrifices she didn’t have to make. She still works full time but manages to have the time to support my brother and me, both practically and emotionally. She has always been my strongest advocate, my rock. She is more than my hero. She teaches second graders every day, making sure each student has the best possible future. She is a hero because, no matter what life throws at her, she grabs it and makes it better, stronger, safer. And she isn’t even wearing a cape.

Who knows whose hero you could be. I have started to ask myself if I always bring my whole self to the table and if I am caring and compassionate. We could be our little brothers’ and sisters’ heroes, our friend’s heroes or our children’s heroes. Are we always the best we can be? It is important to try; even though we are not super heroes we might be to someone in need, when we least expect it.

NEWS

LET US KNOW WHO YOUR HEROES ARE
ONLINE AT WWW.OTTERREALM.NET

WHAT YOU’LL FIND IN THIS ISSUE:

NEWS P. 6 | CRIME RATE AT CSUMB
ARTS P. 11 | VISION AND VOLUME
SPORTS P. 15 | ROLLER DERBY
OPINION P. 18 | CURRENT SWELL
Religion on Campus

Jed Metzger, Staff Reporter
JMETZGE@CSUMB.EDU

While it is not the most advertised idea or the most talked about topic in everyday conversation, religion comes in different forms and has an influence on many lives all around the world. People come across it physically through a church, a synagogue, or other places in which people participate in worship. With all of these buildings, each of them representing their own religion, it can inspire the question, how many of these places exist in the world, and who has the most followers?

A 2008 article from the Vatican newspaper, L'Osservatore Romano, reported the majority of people under Muslim beliefs populated the world more than those with beliefs rooted in Catholicism. The Muslim population was calculated at 19.2 percent and Catholicism at 17.4 percent. The same article said the world population of Christianity is about 33 percent.

Many students on campus at CSU Monterey Bay (CSUMB) are reportedly Christian or Catholic. Another significant percentage of students fall under the category of not being religious but grounded in a spiritual sensibility or classified as not religious. Others were split between the Judaism and Islamic religions.

“I haven’t seen much diversity [of religion] on campus,” said Ricky Perez, second-year senior Psychology major and vice president of the Otter Christian Fellowship. “But I don’t see a lot of activism in regards to religion or faith or belief systems. Other than political, people are mostly neutral when it comes to a lot of things such as personal beliefs.”

Some students might not know where to go to express themselves in a religious manner, or they know about the club but do not participate since it is not of their own religion.

“I think [religion on campus] is kept under wraps way too much,” said Sarah Waterman, secretary of the Otter Christian Fellowship. “I think most people on this campus tend to have little idea about who we are. Christianity is repressed.”

For those who are not currently in the Otter Christian Fellowship or do not share the same religious background, club members agree people are more than welcome to come join.

While various statistics report one religion having more influence over another, the sense of religion on campus reportedly remains largely under the radar at CSUMB. Some may prefer it this way, but others may invite students to try to break away from the repression and express who they truly are and what they actually believe, no matter what the religion is.

For more information about the Otter Christian Fellowship, or some of the

Spiritual, but not Religious

Jordan Walsh, Staff Reporter
JOWALSH@CSUMB.EDU

According to Robert C. Fuller, author of Spiritual, but Not Religious, and Religion Professor at Bradley University, a group of social scientists studied 346 people representing a wide range of religious backgrounds in an attempt to clarify what is implied when individuals describe themselves as “spiritual but not religious.”

For those who consider the two words synonyms, how can a person be one with out the other? Fuller states that these terms, over time, have changed meanings. People who practice specific beliefs or attend a religious service on a regular basis identify themselves as religious. Those who gather influences from several different religions or practice independent beliefs, identify themselves as spiritual. Fifteen percent of the population now identifies itself as just that; roughly one in every five persons call him or her- self spiritual but not religious. With 33 percent of the world reportedly Christian, the spiritual movement is encroaching on larger religions. “I’m Catholic, and I’ve questioned, ‘Is there a God?’ but it’s not about what other people say. You have to have faith in what you believe,” TAT junior Julie Perez.

For numerous reasons people choose to cross over from the Religious to the Spiritual world. “Many religions are based on traditions and belief systems from long ago, some of which do not make living a modern life easy,” said HCOM junior Ali Davidson, who doesn’t identify with a religion.

For example, a reported 64 percent of women use some sort of birth control. According to the Catholic religion this is immoral, but modern society has adapted to it, and so have many Catholic followers. Similarly, a new study of 38,000 Americans found 95 percent have had pre-marital sex. Even though many religions recognize such actions as violating a moral rule, “Pre-marital sex is normal behavior for the vast majority of Americans,” said study author Lawrence Finer, director of research at Guttmacher Institute.

As the world grows and changes, so do many ideals and beliefs. “I think that too often religion is a case of us Vs. them. We can never do anything right,” said Davidson. This, says Finer, has led 15 percent of the population to side with spirituality over religion.

A Caffeine Fix: The Struggle With Addiction

Annie Sacks, Staff Reporter
ASACKS@CSUMB.EDU

It was like elephants tap-dancing on her head; so intense it was becoming a river dance sequel. Binders went flying; pens hit the floor with an enormous thud, intensifying the elephant’s dance sequence.

Lifting the backpack and shaking the last of its contents onto the floor, she leaned out of her chair reached, strained to grab the small bottle that fell out of the bag before it rolled under the desk. Gripping the bottle tightly straining to maintain balance, with one hand push and a quick twist the cap falls to the floor. Tipping the bottle, she let two tiny white pils roll into her palm. With a sigh of exhaustion and a flick of her fingers the pills slide into her mouth and, with a gulp of water disappeared. She waited with eyes closed and completely motionless, the fix would come soon enough. The elephant’s heel thump was slowing, slowing... gone

More often than people realize, many students often have addictions. Studying however is frequently not one of them. It seems to be human nature to be addicted to something, shopping, drugs, alcohol or even sleep. Many students claim to need chocolate to function during the day. Getting a fix on one’s addiction is crucial for the “pain” to disappear.

College students are in school to get educated as a step towards success. Studying can make the difference between success and failure in college. For some students, mom and dad pay for everything. Others work fulltime to pay for school. Student athletes focus on the game. Whoever they are and whoever their orientation are working to succeed, with little time for play, to get things done, to sleep.

The solution most students find is caffeine. When needing a fix for a cram session, a cup of coffee may do it. Little do most people know, too much caffeine consumption can cause headaches or migraines, resulting in needing a fix for the fix. Yet actually caffeine use can be either a friend or foe to a headache. In many instances, it may cause a headache, but in many other instances the cure to a migraine is a cup of coffee or Excedrin.

According to John Hopkins researchers, Anacin, Excedrin and Midol contain 64 to 130 milligrams per table of caffeine, while a cup of coffee has 77 to 150 milligrams per table of caffeine

Caffeine effects can stimulate brain cells to make headaches go away. “It also acts as a vasoconstrictor (constricts your blood vessels), as a diuretic, and it may increase blood pressure.” reports relieve-migraine-headache.com. Although usually not classified as an addictive drug, caffeine can be addictive in the sense that one can experience withdrawal symptoms if one is no longer consuming caffeine. This is because caffeine is a stimulant for the nervous system keeping people more alert.

It may be fair to say that caffeine, although helpful to many during a cram study session or a long, 12-hour day at work, it may be doing more to foster anxiety attacks than anyone suspected. But it also is a savior to those who are plagued with migraines or any other form of head ache.

“I often drink tea, as the only form of my caffeine intake, but I suffer from migraines when studying and often take Excedrin to kick the migraine and finish studying,” said Kinesiology major, Keiley Agost a junior transfer.

The Excedrin kicks in, and the student no longer has the elephant’s tap dancing throughout her head. She returns to a quiet night of studying for her test.

October: Domestic Violence Awareness Month

Vanessa Ann Richelle Anderson, Staff Reporter
VANDERSON@CSUMB.EDU

Hit, Punch, Run, Hide, Hurt, Pain. These are just some of the things victims of domestic violence may experience. According to dvam.wawnet.org every 15 seconds, somewhere in the United States, an Act of domestic violence occurs. This translates into 2.5 million victims per year. Domestic Violence awareness month started in a “Day of Unity” in Oct. of 1981. The coalition continued to grow for six years until 1987 when the first Domestic Violence Awareness Month was observed.

Domestic Violence can happen to anyone, It does not discriminate based on race, age, sexual orientation, religion or gender. Domestic Violence is defined as an ongoing pattern of any of: violence, intimidating behaviors, controlling behaviors and terrorizing behaviors to maintain control over another human being. It is often assumed that these sorts of acts construed out of anger; however, it is reportedly better described as the intentional imbalance of power between two people.

According to ywca.org there are various types of violence. The most common is physical and emotional abuse; however, there is also, sexual abuse, isolation, threats, intimidation and economic abuse. Abuse in a relationship is often a continuous cycle. It is an ongoing phenomenon that usually increases over time. A reported cycle of violence includes: the building of tension, an explosive incident, a honeymoon stage full of open ended promises and an apology, which then starts the next cycle of violence.

This month on campus various events will be held to raise awareness for Domestic Violence. One student said “Yes the campus should be involved in domestic violence because we have east campus and main campus and I’m sure that there is domestic violence going on that we don’t even know about.” said Jasmin Saints, freshman, Biology Major at CSU Monterey Bay (CSUMB). “I would like to see more awareness of it because it is important to see what is actually going on.”

Domestic violence is considered a rapidly growing health concern in the United States. Anyone experiencing any form of domestic violence should contact 911 or the campus police immediately, as well as the Personal Growth and Counseling Center (PGCC) on campus.
Helen B. Jones: A CSUMB Legend and Legacy

Helen Jones’ earliest days at CSU Monterey Bay (CSUMB) were spent with a deeply sincere wish for confidence in all people. A pioneer in spirit and action, Jones, one of CSUMB’s first students—appreciated education through ways of knowing what only a peace-minded and experienced learner could know. What she brought to our community was real life; her time spent on campus as an “informal” educator taught countless students to walk with pride in their accomplishments and in themselves. We are richer for knowing her.

The impression left by the 81 year old who passed away from a heart attack on Tuesday, October 6—is lasting.

Mrs. Helen B. Jones was a remarkable woman who left footprints in the hearts of those who knew her. She truly cherished her educational opportunities here at CSUMB and will be deeply missed by all those who cheerfully supported her efforts. Maya Angelou wrote a poem that could very well have been written for our Mrs. Jones... "Still I Rise." I’ve been truly blessed to be called her friend.

Gail Salgado

Helen was in one of my earliest classes at CSUMB... back in 1997 or so... too long ago to remember exactly. As an elder in the class, she was full of grace, wit and experiential knowledge that enriched our classroom discussion, even when she and the students completely disagreed with each other.... She was a gem and certainly a treasure, and will be deeply appreciated and missed.

Jene Feinman

Our Helen was a remarkable woman. I will miss her visits to my office. Her stories enriched mine, and our stories here at WLC. I am glad that I could call her my friend. I will never forget you Helen.

Maria Zielina

It’s difficult, if not impossible to describe how this incredible woman touched so many lives during the course of her education here at CSUMB. People come into our lives for a reason, a season or a lifetime. Mrs. Jones was a “lifetime” person. She was considered “family” here at WLC, and stopped by our building several times a week over these past 13 years.... Knowing her and loving her over these past years, has taught me that we must live every moment of our days as they are numbered, and we don’t know when our time will be up.

Gail Salgado

Mrs. Helen B. Jones was a wonderful Lady of Grace. She always took the time out to put others before herself, stopping by to see you and give an encouraging word. She was gifted with a beautiful voice to sing praises, and deeply loved her roots of where she came from. She will be missed yes, but we hold dear memories of her laughter and cheerful personality of positivity.

Jene Harris

I am one of those Pioneers and I remember Helen Jones. Thousands of students have came and gone over the years, but Helen was a fixture on Yorktown. Her late husband served in the army at Fort Ord. So being at CSUMB was a homecoming for her. She is survived by daughter Kathryn (Jones) Rutenschroer and son-in-law Ryan Rutenschroer, (Both of whom are alumni and pioneers).

Rex Ricks

Mrs. Jones decided to return to school and earn a bachelor’s degree at the age of 67, as a promise to her late husband to finish her education... She came to CSUMB in 1996... She became involved in many activities, including helping to found the Black Students Unite club... Mrs. Jones not only reached her goals; she encouraged all those around her to shoot for the stars and follow their dreams... She would always say to students, “If old Mrs. Jones can do it, then you can too,” regarding completion of their education. After graduation with her bachelor’s degree in 2001, she returned and earned a Master’s degree in Education in 2006.

Wendy S. Kurludge

Dear Helen Jones

Thank you for your kindness and for gracing us with your grace and dignified carriage.

Thank you for watching over us all these years. Congratulations on your “promotion,” as you can now continue to watch over us from a far loftier vantage. Give my regards to the celestial hosts.

Your friend,
Frank G. Jones

Monica Drone

FOR UPDATES ON MEMORIAL SERVICES
VISIT WWW.OTTERREALM.NET

Otter of the Issue:

Alice Flores

Sajeev Bhombal, Staff Reporter
SBHOMBAL@CSUMB EDU

A good portion of a student’s time and focus at CSU Monterey Bay (CSUMB) is spent with professors who present the classes through which to obtain an education. Prior to investing in their students, instructors must invest in their own education and obtain their credentials to teach. CSUMB provides a program that will get them there. This program, titled Cal State Teach, is a teacher preparation program conducted by the CSU system. CSUMB’s chapter is located on campus in building Valley Hall Suite (82B). This program offers multi-subject credentials for students wishing to instruct students enrolled in grades K-8. At the helm of it is, Alice Flores, who has been with the program since Oct. 2000 in Long Beach and at CSUMB since January 2005.

Flores, who has a doctorate in education and her own administrator’s credential took the offer to come to CSUMB to become regional director program because the former teacher wanted the opportunity to work with students and faculty in a direct manner. CSUMB also serves as the Cal State Teach lead campus in the Northern California district. Her prior location with the program was at the CSU headquarters in Long Beach, which also serves as the chancellor’s office.

In May of this year, Flores won administrator of the year. The award was presented to her after she was nominated by the Cal State Teach Board of Directors in the tenth region of the Association of California Schools and Administrators. The Board felt she was highly instrumental in upgrading the skills and knowledge of starting teachers in the central coast region of California. The committee that selected her said, “she provided dedicated leadership toward upgrading the skills and knowledge of the teacher candidates in the tri-county area.”

Prior to her career at CSUMB, Flores, who resides in Hollister with her family, was employed as an associate dean at National University, based in San Diego, and as an associate professor at the school of education there. These positions both assisted her in the field of education and gave her plenty of experience in supporting new teachers in the field.

When asked what advice she has for students wishing to enter the field Flores said, “students should be passionate and dedicated before making the decision to be a teacher. California is a tough market due to the large influx of immigrants arriving every year so every year is a new start and a new strategy as opposed to most states where the method is able to remain the same.”

Because many different cultures reside in this state, teachers need to be more prepared and diverse in their approaches. Flores seems to have been able to adequately prepare teachers for that environment.

CSUMB Rated Among the Most Dangerous Campuses

Elliott Williams, Staff Reporter
E Williams@CSUMB EDU

CSU Monterey Bay (CSUMB) has one of the most dangerous college campuses in America according to the national media website The Daily Beast. In an article titled, “How Safe is Your College: 25 Colleges with the Worst Crime Rankings,” CSUMB ranks 16th on the list. Of all the 23 colleges in the California State University (CSU) system, CSUMB is the only CSU to make the list.

The list includes three Ivy League universities—Yale University at No. 23, Brown University at No. 18, and Harvard at No. 20 plus the University of California, Riverside at No. 24.

CSUMB Police Chief Fred Hardee was “angry” and “disappointed” when he first caught word of the report, and he challenged the integrity of the Daily Beast’s claim that CSUMB’s lone murder and frequent burglaries warrant inclusion on such a list. “Most of the burglaries that occurred in 2007 are probably not what you think,” said Chief Hardee. The individuals responsible for many of the burglaries would loot the abandoned buildings for copper, which was valuable to recycle at the time. Chief Hardee acknowledges that there has not been a murder before or since 2007 and says that the Daily Beast’s methodology is “skewed.” Chief Hardee emphasizes how unfortunate the 2007 Virginia Tech shootings were (in which 35 students, faculty and staff members were slain by a student), but asks why they were not included on the list given that CSUMB’s lone murder was enough to “make the cutoff.”

CSUMB President Dianne Harrison vigorously questioned the report’s credibility in a University address. “I am appalled and angered by this, as I suspect you will be as well. The website applied flawed methodology and used junk science when it included CSU Monterey Bay in the report,” she said. Her full address can be seen at www.President.CSUMB.edu.

CSUMB senior and Music and Performing Arts (MPA) major Chad Bradford said that he generally feels safe on campus. “There’s some shady stuff that goes on in East Campus, but it doesn’t really make me feel for my safety,” said Bradford, who admitted that he felt a bit safer while living in North Quad housing, but does not look at campus safety as a major issue.

Whether or not there are flaws in the Daily Beast’s integrity and/or methodology, CSUMB is currently reported the 16th most dangerous college campus in America, much to the displeasure of CSUMB administrators, faculty and students.
Party for the Paws

Vanessa Ann Richelle Anderson, Staff Reporter
VANDERSON@CSUMB.EDU

A little girl walking through an animal shelter with her mother spots a small dog. The child starts jumping and pointing at the dog. "Mommy, I want that one." This is just one of the many ways loving pets are found. In the local Monterey/Salinas area, three shelters: Animal Friends Rescue Project, the City of Salinas Animal shelter, and the Monterey County Animal Shelter are struggling to stay in business during the current economic state. To that end, McShane's Nursery and Landscape Supply will host "Party for the Paws" to raise money for these three shelters.

This will be the first-annual garden celebration and charity event held in support of these animal welfare organizations. The event will be held in McShane's outdoor garden and nursery, and is funded by donations from area sponsors.

Tickets to this event will be sold for $25 pre-sale and $30 at the door. Fees include food and wine from McShane's, as well as Line Shack, Ventana, Tudor, and Barterra. Entertainment will include live music from Jazz guitarist Michael Heller, with an appearance from gardening author Elise Cooke. Additionally during the festivities, a silent auction will include a signed movie poster from Clint Eastwood.

Monterey County lacks the funds to support animal shelters. Not only are the shelters in financial distress, but there is no more room for incoming animals. Steve Prodes, co-founder of modern marketing strategies said, "Choose wisely if you are off campus and in a place where you can have a pet. Go visit the shelter or, if you want to volunteer, call the shelter.”

It also is possible to help the shelters solve some of their problems by adopting animals and by volunteering time. "Just because you are in school doesn't mean you can't give back to your community," said Prodes.

The enduring reason for having "Party for the Paws" is to raise awareness for the animals.

"Give back to your community. Pets are people too. As you go out into the world and you have a pet, you are responsible for that animal, just as you are for yourself or a child," said Prodes.

Party for the Paws reportedly has become a model for fundraising. For more information check out the website at partyforthepaws.com.
Alcohol Awareness Week Crashes Into CSUMB

Nicole Jones, Staff Reporter  
NJONES@CSUMB.EDU

Some 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year. 1,700 college students between those same ages die each year from alcohol related unintentional injuries.

A lot of things can be done to keep these statistics from rising. One event in particular is iChoose, a campaign design to promote national Collegiate Alcohol Awareness week. From Oct. 11 through the 16, CSU Monterey Bay will be partnering up with more than 1,000 campuses to help host National Collegiate Alcohol Awareness week (NCAAW). During this time, students will have the opportunity to get involved with the events of that week; these events are intended to emphasize responsibility and respect for laws and policies that are in effect on campus when alcohol consumption is involved. Some of these events are hosted by professors and local community members.

“UPD is highly involved with this week of awareness,” said Gary Rodriguez, Personal Growth and Counseling Center prevention specialist, because community networking takes place, and it’s really important that students know that they have the support and resources to go to. “We are a resource here to serve the students so that they can be aware of all the resources available to them.”

This iChoose campaign has been going on for eight years now and has become the largest event to give schools the chance to expose lifestyles free from abuse and illegal use of alcohol. This campaign has served to deter the negative stereotypes that are sometimes related to college drinking behavior.

For more information contact Gary Rodriguez at the Personal Growth and Counseling Center at grodriguez@csumb.edu.

Alcohol Ban at Fort Ord Dunes State Park

Lauren Axworthy, Staff Reporter  
LAXWORTHY@CSUMB.EDU

Say goodbye to those alcohol infused bonfires at the dunes. The California State Parks Monterey district has placed an alcohol ban at the recently opened Fort Ord Dunes State Park after a recent increase in alcohol-related incidents. One recent confrontation involved over 100 students. Intoxicated individuals were discovered frolicking in the ocean and a large number of Minors in Possession of Alcohol were cited; Theft, and injury also occurred. According to park rangers, one intoxicated individual, in particular, fell off a cliff at Fort Ord.

“Alcohol and the ocean do not mix and we are very concerned with the safety of our park visitors,” said Dana Jones, Monterey Sector Superintendent. “With CSUMB literally across the street and walking distance from our beach, the writing’s on the wall.”

The ban, was effective on Oct. 1, 2009. It prohibits the consumption of alcoholic beverages within the boundaries of the Fort Ord Dunes State Park, which lies between the cities of Seaside and Marina along Hwy 1. This includes parking lots, beaches, roadways, trails and other public areas.

Violation of the ban is subject to citation and eviction from the premises. Jones hopes the ban will provide for the safety and security of the public and protection of park resources, “We are anticipating that this ban will make the park safer for all of the park visitors, valuable resources,” said Jones.

CALIFORNIA DEPARTMENT OF PARKS AND RECREATION

News Release

FOR IMMEDIATE RELEASE

October 12, 2009

Media Contact: Dana Jones

(831) 647-6268  
danajones@parks.ca.gov

Alcohol Ban at Fort Ord Dunes State Park

In order to provide for the safety and security of the public and protection of park resources, beginning October 1, 2009, the consumption of alcoholic beverages within the boundaries of Fort Ord Dunes State Park, including all parking lots, beaches, roadways, trails and any other areas open to the public, will be prohibited. Individuals violating this order will be subject to citation and eviction from the park.

Fort Ord Dunes State Park is located between the cities of Seaside and Marina on Highway 1. For more information, visit California State Parks online at www.parks.ca.gov and select “Find a Park.”
Hard Times, Less Work

David de Grassi, Staff Reporter
DDEGRASSI@CSUMB.EDU

These days, flashing George Washingtons rather than Benjamin Franklins is a more likely event. The economy is in serious pain this year, and it is translating dollars into cents. Bloomberg, one of the most heavily trafficked financial sites on the internet, described the United States economy as being in the “worst recession since the 1930’s.”

According to the National Labor Board, the current unemployment rate in California is 12.2 percent. The recession not only affects businesses and Wall Street, but the staff, faculty and students at CSU Monterey Bay (CSUMB) are feeling the pinch. Furlough days are a visible symbol and reminder of budget status, but the economic downturn’s effects on students’ employment opportunities are not as easily seen.

Many students work throughout college; however lately, more students have had problems finding work. Junior Lynne Rowell, a Collaborative Health and Human Services (CHHS) major said, “Every business I talked to told me that they were either downsizing or that they already had a full staff.” Rowell is not the only one who has encountered troubles. Senior Elise Maltos, a Kinesiology major and Server at the Otter Bay Restaurant (OBR), said “[Restaurant] sales are way down compared to last year.”

Businesses have reported troubles as well. “The economy has limited the opportunities for employment here,” said Burger King Manager Rachel Gibson. We are seeing more long-term employment and slower business. “We have received more applications this year than any year in the past five years I have worked [here].”

Target Manager Albert Garcia reported a spike in applications as well. “We have gotten so many more applications this year” said Garcia. “And ironically we have a smaller staff then in the past due to our budget.”

Currently employed students and their managers offered some advice to prospective employees.

“You have to be willing to take anything,” Rowell said. “That’s the only reason I ended up with a job.” Students who are curious about what they can do to help land a job in today’s economy were given this advice from Garcia: “I recommend that, with all the applications out there, you just have to show that you are serious about the job and that you want to work. Dress nicely and be prompt.”

Gibson said “I find that the person who keeps calling is usually the one who wants it [the job] most; and the one who usually gets it.”

Other students believe the opportunity is out there for those who have experience. Caleb Milinaar, a junior pre-med major said, “I’m pretty sure without my experience I would not have been able to find a job. It was hard to find a job until I got the experience.”

Garcia said, “The best advice I can give to college students is to cut back on their spending and get some work experience.” This may mean that CSUMB students might have to tighten the financial belt and miss out on a few nights of crazy shenanigans; but there is a price to pay in order to live the American dream.

The catch 22 of needing experience to find the job that will help build experience seems to be a real and present problem. “My biggest concern is finding a job after my degree,” said Rowell. “My brother just graduated and has sent out hundreds of applications. He is getting turned down from retail jobs for being overqualified.”
Think Pink: Breast Cancer Awareness Month

Jordan Walsh, Staff Reporter
JWALSH@CSUMB.EDU

One in every seven women will, at some point in her life, develop breast cancer, the second-most common cancer found in women. Skin cancer is first. Worldwide efforts are being made this month to “Race for the Cure,” a two to three-day walk-a-thon, founded by Nancy G. Brinker in memory of her sister, Susan G. Komen, who died from breast cancer in 1980. The first walk was in Oct. of 1983 and 800 people attended. By 2002, 1.3 million people walked in more than 100 cities in America.

Funds raised by these events help support community outreach programs in 18,000 communities across the world. Up to 75 percent of the net income stays in the community to support breast health education, screening and treatment programs. The other 25 percent of funds raised goes to the Komen Award and Research Grant Program. The closest RFC to the Peninsula took place on Sept. 27 in San Francisco. The next RFC is set to take place in Temecula, Ca. on Oct. 18.

Estee Lauder companies support Breast Cancer Awareness Month (BCAM), by arranging for world-famous landmarks to be illuminated in pink light, the established color to symbolize Breast Cancer Awareness, on the first day of October each year. This gesture is done to draw attention to the importance of women getting annual mammograms as a preventive measure. Last year, the White House was glowing pink on Oct. 1. This year, celebrating the tenth anniversary of the Global Illumination, 200 landmarks were illuminated, including the Sydney Opera House and Federation Square in Melbourne.

To participate in BCAM, the women of Sigma Theta Psi are asking students and faculty members to wear pink clothing every Tuesday this month. This is a way to show support for those currently with breast cancer, successfully treated or even defeated by the disease. Currently 200 million women are breast cancer survivors in this country.

“I get mammograms regularly because my grandmother passed away from the disease,” said Audrey Fraijo, HCOM Junior. By the age of 20, women should be receiving annual mammograms and practicing monthly self-breast examinations. Breast cancer is serious and although it may be rare in young females, it does happen. Encourage the women in your life to practice self-exams; it may be what saves their life.

To properly conduct a self-exam, do the following: lie on a flat surface, lift your arm above your head. With the other hand start at the imaginary line drawn straight down your side from your underarm, with your three middle fingers move in an up and down pattern, moving across the breast to the middle of your chest, check the entire breast area, up to your neck bone and down to your ribs. Repeat these steps lifting opposite arm and feeling with opposite hand.

Class Participation Points

Lauren Axworthy, Staff Reporter
LAXWORTHY@CSUMB.EDU

I have felt, ever since my first day as a college student, like an “adult.” I was finally old enough to assume responsibility for my own education. I thought this meant merely getting to and from class, on my own. Actually, even attending class was now up to me; although I imagined the recording of attendance would then be obsolete. Typically universities don’t record attendance: therefore making it to class is the student’s issue. We either care enough to attend or we don’t.

Here, at CSU Monterey Bay (CSUMB), it is a different story. CSUMB is not a typical university. It appears that the majority of Professors here, do record attendance as a portion of a student’s final grade, and call them “participation points.”

I have always felt that associating these points with participation was incorrect. Mainly because these points are based on attendance, on showing up as opposed to actual class involvement, such as discussion or presentation. How hard is it for a student to show up to class and not engage? Sure, this will make it less likely for students to retain information, but that’s their problem. Ultimately, isn’t it up to a student how much and how well he or she learns?

Either way, why reward them just for showing up? True, there are days when my life outside of school comes first, putting class work and attendance on the back burner, but to lose points toward a grade because of this seemed absurd. I get that I will miss the classroom dynamic and any spontaneous activity or discussion that can up in my absence, but I accept my responsibility, as a student to find out what was taught in class and to get my work done anyway. Where are the points for that?

Although I have found these points unnecessary and often annoying, as I’m sure, do some of my peers, I have discovered that for some professors, they do serve a purpose. I see now, that there are different styles of teaching and learning. For some majors, simply reading from a textbook is a viable way to learn, and can be all one needs to acquire the knowledge expected of him or her in order to pass the course. Yet, for other majors, such as Humanities and Communication (HCOM), class discussion is crucial to the learning environment. Throughout my experience as an HCOM major, I have learned that attendance is vital. Through my participation, I have found myself and other students to be far more engaged in the subject and often learning from one another. Recording participation is a way for some professors to assess the knowledge and experience retained by students to be far more engaged in the subject and to motivate students to show up.

After all, as Woody Allen said, “Ninety-percent of life is just showing up.”

While I understand the significance of attendance and participation, I still find the points annoying. I suppose losing points by not attending class is a sacrifice I will need to occasionally make. For the time being, professors at CSUMB will continue to record participation points. I suppose, if I care enough about my grade, I care enough to attend; in the end, it is still up to me.
A lone gunman, a poet postal carrier and a masked lyricist unite in Vision and Volume #3. Although it sounds like the set-up for a bad joke, this issue covers the works of Clint Eastwood, Charles Bukowski and MF Doom.

High Plains Drifter

High Plains Drifter is a 1973 Western directed by and starring Clint Eastwood. The Stranger, played by Eastwood, arrives in the small town of Lago. He is unknown by the people and most of them do not trust him. He gets in a confrontation with the local gun-slingers, which leaves only the Stranger alive.

The town’s sheriff informs the Stranger that three felons will be released the next day and plan to burn Lago down. The gun-slingers he killed were the protectors of the town, and now he must take their position and stop the felons. The Stranger experiences a flash back of a young man being whipped in front of the Lago hotel. The assailants who are whipping the man are seen to be the three felons, and none of the townspeople help to stop them. Through an elaborate plan, the Stranger is able to exact revenge on the people who harmed him. Eastwood’s direction pays homage to earlier Sergio Leone works and classic Spaghetti Western films.

Post Office

Post Office is Charles Bukowski’s semi-autobiographical novel about poet bar-fly Henry Chinaski. The novel follows Bukowski’s life from 1952 to 1968, when he was working with the U.S. Postal Service, including two stints within the post office. Carrying letters during the day, Chinaski is a misanthropic writer who returns home to strong drink, women and writing poetry. During his three-year resignation from the post office, he supports himself by gambling on horses at the racetrack and finally returns to work as a mail sorter. Bukowski is an anti-hero who prefers the comfort of solidarity to mass society.

MM Food

MF Doom’s second album, a follow-up to Operation: Doomsday, continues his push to bring hip-hop back to its golden age, from behind the metal mask. Featuring his trademark style of heavy sampling and untraditional lyrical wit, Doom raps on friends, sucka MC’s, girls, and hip-hop. Most of the songs revolve around food themes and involve food metaphors, where Doom introduces them into clever one-liners. Producing most of the beats and all the lyrics, Doom is a master of his craft. Samples range from old Spiderman and Marvel Comic episodes to Frank Zappa and Dr. Dre. MF Doom just wants people to know, “It’s all about the beats not about the streets and who food he about to eat.”

Through the combination of originality and outside influence, each artist has produced a work that stands on its own yet holds true to earlier works that affected them. Look out for Vision & Volume #4, where lesser-known works get their time in the spotlight.

Honey Brothers Goes Hollywood

Those with a taste for humor, soft rock music and air-drumming might want to see “Adventures of Power,” the new movie from the Honey Brothers, a New York City rock band. After four years in production, the band’s debut film is ready for public audiences to judge.

The feature-length film premiered at the Sundance Film Festival and won the top Audience Award at the Vail and Memphis Film Festivals. However, due to budget restraints, it is scheduled for only limited public release in Los Angeles on Oct. 16.

“Adventures of Power” is a story about a poor, Texas industry worker, named Power. Who dreams and strives to become a drummer. Ari Gold, who plays the title character, feels he wrote the part to pull out the “innocent child buried inside.”

Gold, a member of the Honey Brothers band, also is a writer, actor, director, and star of the film, which is based on an underground air-drumming culture. The process took four years because of filming in five different locations. “It took more than a year-and-half to write the script,” said Gold, “and another year to film.”

While filming in different locations, Gold struggled to find funding for his movie. “Had I known this when I started,” Gold said, “I probably wouldn’t have had the courage to start the project.”

The encouragement to go through with “Adventures of Power” came from the other band members and especially the Honey Brothers music. “This movie was all my fault,” said Gold. He takes full responsibility for and, perhaps, pride in its creation.

Gold, who sings and plays ukulele in the band, feels his twin brother Ethan deserves an Academy Award for the film’s musical scores. Ethan created “songs ranging from new-country to Mexican speed-metal,” he said, “music that is absolutely mind-blowing.”

The only well-known actors in the film with major roles are Adrian Grenier of the HBO hit “Entourage,” and Gold, who was proclaimed “Stoner of the Year,” by High Times Magazine for his role in the film “Groove.”

“Everyone in the film has a great sense of humor,” said Gold. “In the end, though, I got the last word on all the scenes that ended up in the movie.”

With such creative control, Gold admitted the film is about brotherhood and, therefore, he avoided being too autocratic, utilizing a more democratic style of decision making.

Aside from unusually large financial-production problems, Gold said there were “high tide” moments during the creation of the film. “We’re all like brothers,” he said, and they worked through it.

The waters are calm now, and all involved in the film are out to promote their independently produced film. Gold is calling out for the support of his fans to put the film into theatres by demand, not by a public relations company.

“I’m counting on people to go to www.adventuresofpower.com and join our mailing list,” said Gold. “We also are counting on people to support the film through Twitter, Facebook and MySpace in order to get it into theatres.”
Halloween in Santa Cruz:
A Downtown Playground

Lucas Anthony, Staff Reporter
LANTHONY@CSUMB.EDU

Moisture weighted the air as the cool ocean breeze blew into shore. Once Pacific Avenue emerged from the shroud of fog, the dreary weather no longer mattered.

Colorfully dressed clowns on stilts stood above the sea of masked partiers. The seemingly friendly crowd moved like slow traffic in two directions, divided by nothing more than the painted yellow line. Drums echoed in the background as people acted out their costumes on the streets of downtown Santa Cruz.

Prior, Denise Espina, an Environmental Science, Technology and Policy (ESTP) senior at CSU Monterey Bay (CSUMB) rolled up her black leggings and added a tail, ears and whiskers. Amy Napoli, a Social and Behavioral Science (SBS) senior, penciled on thick lip-liner, doused her shoulder-length brown hair with Aquanet and threw on a pair of gold hoop earrings. Halloween had finally arrived for these CSUMB students, but they had a whole different vision of trick-or-treating.

Often students struggle to find an exciting venue to enjoy the orange-and-black holiday, the celebration of All Hallows Eve, the ushering in of All Saints Day, known as Halloween.

Last year, the two costumed CSUMB seniors knew just where they wanted to spend Halloween. “There’s not much to do in Monterey. . . especially if you aren’t 21,” said Napoli. “And Monterey doesn’t compare to Halloween in downtown Santa Cruz.”

Napoli and Espina planned to make the 45-minute trek to Pacific Avenue just to see if the rumors about Halloween in ‘wacky’ downtown Santa Cruz were true.

According Santa Cruz Police Department (SCPD) Public Information Officer Zach Friend, the amount of people who flock to the downtown area on Oct. 31 has significantly increased.

“It used to be New Years Eve was larger, but in the last five to 10 years, Halloween has taken over as the largest informal gathering,” Friend said. “We are expecting anywhere from 20-30,000 this year.”

With such large crowds, SCPD brings in help from both Santa Cruz and Monterey County law enforcement agencies. “When we entered Pacific Avenue, there were cops everywhere and the street was filled with tons of people in costumes,” Espina said. “Right away we saw police signs that designated triple fine zones.”

SCPD utilizes a Safety Enhancement Zone for the downtown area. It includes additional street lights for visibility, minimal fencing to protect property and those triple fine zones which serve as a deterrent and send the message of what not to do.

“There are more than 100 law enforcement officers trying to stop problems before they start,” Friend said. “People have nothing to worry about if they follow the rules and stay sober.”

Regardless of triple fines, costumed carousers seem to roam the street from bar to bar with friends, enjoying the night’s scenery. Others insist on making their characters come alive with street performances.

“The show they put on has to do with their costumes,” Napoli said, referring to a picture of her friend with President Obama and his security detail. “People get really into it. Obama never left character all night.”

Certain students may hesitate to venture up Highway one on Halloween, but Espina and Napoli encourage anyone who has yet to experience Halloween in downtown Santa Cruz to give it a try.

“The Halloween spirit and atmosphere are amazing,” Espina said. “It’s the closest you will get to the trick-or-treating experience of when you were young.”

California In Paintings

Tristan von Junisch, Staff Reporter
TVONJUNSCH@CSUMB.EDU

The Monterey Museum of Art (MMA) on Pacific St. and at La Mirada, also in Monterey, are known as a venue for contemporary local arts activities and artists, through exhibitions and collections that highlight the historical art of the region.

The Early California paintings in residence at MMA are the collection of work by artists who made the Monterey Peninsula their home. The period that this collection represents is from the mid nineteenth century to the 1940s. Now, through Oct. 25, the community is invited to see a special exhibition of some of those by Early California artists.

MMA is reportedly, one of the most complete repositories of the works of the region’s most renowned painters of this early period. Armin C. Hansen (United States 1886-1957) and William F. Ritschel, (United States, b. Bavaria, 1864-1949) two of the major figures of the California Landscape genre of the period are represented. Also in house are the works of John O’Shea (United States, b. Ireland, 1876-1956), Bertha Stringer Lee (United States, 1873, 1937), Julian Greenwell (1880-1960) and M. Evelyn McCormick (1862-1948), among others.

The particular use of line and color, light and shadow, as well as a keen sense of the California landscape and seascapes brings those works to life and conveys the drama of the region. Hansen’s fishermen paintings express the intensity of the work the men did when going out to sea to gather their livelihood, which was the way many in the Monterey region lived and died. Nino, circa 1922, oil on canvass, is a prominent example in the collection.

Ritschel’s Mammoth Cove, 1925, oil on canvass, conveys the essence of rock at the edge of the sea, washed by waves, with kelp clinging and pulling at the base, and light splashing from the sky, an image both seen and felt along the coastline today.

Such images often make a lasting impression. One can view these paintings on exhibition and then go outside to experience the same landscapes and seascapes in the same clear light and soft colors nearly a hundred years after the artists experienced them.
Next week, a worldwide array of musical genres, in one band, comes to CSU Monterey Bay’s World Theatre. Vermont’s own, Woods Tea Company, is set to play Friday, Oct. 23, and student tickets are discounted to $10. The World Theatre is known for diversity in the arts. Next week will be no exception. Woods Tea Company, established in 1981, is touring the United States, performing Irish jigs, bluegrass, sea shanties and folk songs. The band uses over a dozen instruments from bodhrans, an Irish drum, to bouzoukis, a member of the lute family.

Woods Tea Company’s reputation has reached much further than their origins. The band has played New York’s Lincoln Center twice, the Chautauqua Institute three times, and has had appearances on both PBS and National Public Radio.

Made up of four New Englanders: Howard Wooden, Mike Lussen, Tom MacKenzie and Patti Casey, Woods Tea Company has been called “Vermont’s hardest-working folk group.” The band has seen a few changes in members over the years, after having suffered two losses. Woods Tea Company co-founder Rusty Jacobs, passed away in 2007, just a year after another member, Chip Chase passed away. The newest member, Casey, has been described as, “Some of the finest vocals and creative songwriting you’re liable to hear anywhere… a voice like expensive chocolate,” by Seven Days, Vermont’s Independent Voice. Patti adds to the band with her skills of the penny whistle, flute and French-Canadian clogging. She became the seventh permanent member of the band since its conception.

Just a few years ago, the Woods Tea Company received the “Outstanding Innovation Award” from the Irish Heritage Foundation “in appreciation and recognition for their creative contributions to Irish music.”

The Woods Tea Company is known for getting the crowd involved in their comedic sea shanties and folk songs.

The band has become a staple at Colgate University, playing once a semester. Reportedly, the students would shout out “Arrgh,” between songs, teasing the band of their sea shanties. In response to this, MacKenzie wrote a song for the students entitled, “Aargh.” Whether or not students are already fans of Celtic music, they are encouraged to come out and experience something truly unique. In an area known for a wide range of musical acts like Monterey is, Woods Tea Company is sure to fit right in. The band has been touring across the country for a few decades now and has built up a fairly large following from kids to older generations.

I’ve heard this line several times in the last few years, but putting it into practice has turned out to be nearly impossible for me to do. It’s not that I am completely disorganized; actually, the opposite is true. I am so organized that when I have what I believe is a good idea, I do write it down, but not in my “handy dandy notebook” or calendar. That would make too much sense. This might mean I could get my assignments done and in on time.

Instead, I grab anything made of paper on which to jot down my thoughts. I use grocery store receipts, scraps of lunch bags and once, I even used a straw wrapper to capture an important thought. You can imagine what happened to that slim little piece of paper.

Basically when it’s time to wash and vacuum the car, all my thoughts go out with the trash.

There has to be a better way.

Sure, I could use a spiral notebook or journal. Again, that would be too easy.

“Write it down; make it happen.”

As of late, completing homework in a timely manner has become somewhat of an issue for me. I’m “too busy” to write anything down, much less able make my homework miraculously appear.

What happened to the diligent student I was just last semester? I know, I know... everyone is busy. Everyone has a story, a reason or an excuse when they’ve lost their notes or worse, they didn’t write anything down at all.

The point is, it doesn’t matter if I have two dogs, one baby, a preschooler and a partner all waiting for dinner, or if there is a dentist, doctor or dance appointment for my daughter in the morning. There really isn’t a road block sufficient to keep me from completing my schoolwork along the way. Time is expansive. Surely any mother or teacher or student knows that.

What should I do?

Stop. Take a deep breath, and do exactly what I tell my young daughter when she’s ready to throw her hands in the air, when she’s unable to build the tallest LEGO tower or stay in the lines when she’s coloring. I tell her to; “Try, try, try.” Perhaps we all should consider such advice when having difficulty completing an assignment.
ATHLETE OF THE ISSUE:

MARLINA MASSAGLI:

# 14
MIDFIELDER
FRESHMAN
5'6"
2 GOALS
9 SHOTS ON GOAL

With Italian charms in hand and her iPod blaring, “Pump up the volume,” this girl is focused. The crisp morning air fills the bay. With game time less than two hours away, she centers her attention on her opponent. Suiting up in blue and gold in her freshman season for CSU Monterey Bay (CSUMB) is what Marlina Massagli, Biology freshman from Alta Loma, CA has done to become an Otter. Game time approaches quickly. She kisses her charms, focusing in once again on the soccer field.

At the beginning of California Collegiate Athletic Association (CCAA) play, the Otters faced CSU East Bay (CSUEB), and the game was decided in the first half of the contest. With goals from seniors Sara Alderson, a Mathematics major, and Alyssa Mattheson, a Psychology major, Massagli scored her first collegiate goal to help the Otters beat CSUEB in the conference opener. “It was a great goal, a result of three players working their tails off to create the sequence,” said Head Coach Artie Cairel. “Her shot was a highlight reel goal.”

Having played soccer since she was 6 years old, Massagli has long loved the game and has developed rapport with her teammates. “Being able to build close friendships, hanging out with people who have the same work schedule and motivation as you is great,” said Massagli. “You build a sisterhood with the girls.”

Freshman jitters have not been an issue for Massagli, who already has made an impact on the women’s soccer team. Thus far this season, she has two goals, one having helped the Otters tie against Sonoma State on Sept. 27. As the rival team led early in the game, Massagli scored a shot off the crossbar and into the goal off a cross from senior teammate Krysta Vukas. “I was thinking this is it right here, we need to do this for us and our coaches,” said Massagli. “Winning is motivation. Coming back [in games] as a team to come together and see the motivation to fight back in the games is great.”

Day after day, passion runs through Massagli’s blood. Although tasks become routine, but they pay off by her determination and strength to achieve her goals. “Marlina is very hard working; she battles for every ball and is very determined,” said Cairel. “She is adapting and learning quickly the demands of an intercollegiate athlete.”

Looking down at the Italian charms, once again, she places them in her bag as she prepares for the Otters three game home stand beginning Oct. 16 and continuing on the 18 and 23. She knows, as the season continues, she needs to focus, focus, focus as she puts her iPod to her ears.
Fishnets and Helmets

Courtney Thorngate, Staff Reporter
CTHORNGATE@CSUMB.EDU

Her fishnets accentuate her elongated legs as she proceeds forward, while onlookers purse her appearance. In addition to shorts and stockings, her ensemble includes a helmet, kneepads, wrist guards and skates. She has the look, she is strong willed and determined; she is “Derby,” a Santa Cruz Derby Girl.

Santa Cruz Roller Derby is considered an extreme team sport with a current roster of 16-18 participants. On the rink, each team is allowed four blockers and one jammer. The blockers from both teams form a unit called a pack, which must stay between 10 feet of each other. The two jammers, who are the teams’ fastest skaters, remain behind the pack. The first whistle is sounded, signaling the pack to begin skating around the track, “nice and slow.” The second whistle blows, and jammers from each team, indicated by a star on their helmet, begin to race each other.

It does not take long before the jammers find themselves swallowed up by the blockers’ defense. Mangled together, jammers and blockers battle each other with relative degree of brutality.

The idea is for the jammer to get through the pack and complete one lap, after which she scores a point for each time she passes a girl from the other team. If the jammer passes all four opponents, the team achieves a total of four points.

Competition is called a Bout; and its total time is divided into two 30-minute halves, with two-minute Jams. On defense, the team cannot close line or punch, which would result in placement in the penalty box for one minute. Only shoulders, sides and hips make a solid block.

Santa Cruz hosts the closest Roller Derby team to CSU Monterey Bay. They have two competitive teams; the Boardwalk Bombshells and the Harbor Hellcats, plus a noncompetitive Fresh Meat team that contains all newbies. The girls become competitive and tough; some have suffered from major injuries such as broken bones, metal plates inserted and surgeries performed from injuries such as torn rotator cuffs.

In roller derby, all the girls go by aliases. Pigeon, a blocker from both the Bombshells and Hellcats said, “I love a combo of team and extreme sports into one, and looking hot doing it. I also like being different.”

Besides apparently being thrown around like a rag doll while being a ferocious competitor derby is, reportedly, more than what the eye can see at the bouts. A lot of time and commitment is part of the dues paid by members of the tribe. There are three, sometimes four practices a week. There are games and events on weekends, as well. The coaches, it seems, work just as hard to produce successful derby girls. “My favorite thing about coaching is seeing someone progress and seeing them do one thing I taught them,” said Fresh Meat Coach Charlie Redstick.

Santa Cruz Derby Girls (SCDG) is a non-profit organization. The money made from derby ticket sales goes to charities, making posters and some travel expenses. Bouts take place at The Santa Cruz Civic Center, where local youth teams are sponsored.

With every bout, a different charity is featured for the night. Each derby girl also pays a $50- a month membership fee. However, if a player lives in the Watsonville or Monterey area, the fee is reduced to $25. A derby girl also has to join a committee, each having to do a certain amount of work. Some committees include merchandise, P.R., spirit, coaching, recruiting and community.

Fans can anticipate around 10 bouts per season among 25 leagues in California, as well as other states. The season starts in March and ends in Oct. The last bout for SCDG is a double header, scheduled Oct. 24, against Sac City Rollers. The theme of the bout is, “Zombie.”

Tryouts for the SCDG are Oct. 27 at 8p.m. at Scotts Valley Sports Center, anyone can try out. Some of the team’s greatest skaters never skated before they made the team.

The SCDG plays as a team but, more importantly, functions as a family. “We’re a sisterhood, and sisters do fight,” said Pigeon. If looking for something different than traditional sports to watch or play, the Derby Girls welcome and encourage onlookers and new sisters to join their family.

Visit The Otter Realm
ONLINE @ OtterRealm.net

Purchase tickets at santacruztickets.com
$10-$17

Tryouts are October 27 at 8pm at the Scotts Valley Sports Center

For more information email recruiting@santacruzderbygirls.org
Blue Crue: Otters Sport
Their Blue and Gold

Ashlee Trotter, Staff Reporter
ATROTTER@CSUMB.EDU

BE TRUE. BE BLUE. Blue Crue. They are loud, they are proud, they are the rowdy Otter crowd.

The Kelp Bed (Otter Sports Center) is crammed by the crowd yet silenced in the midst of the game. The ball is smashed onto the court floor. Students focus on the court as the play develops. The call comes back. Once it is made, fans spring to their feet and scream with excitement. In the face of a real home advantage, supported by the chanting and yelling, “Let’s go Otters, let’s go” by local fans, can make the visiting opponent uneasy playing on CSU Monterey Bay (CSUMB) turf. But rest assured, whether it is the court, field or pool, Blue Crue will be there.

“We [as an Athletic Department], want Blue Crue to be a self-run club by the students, where we have a big fan base,” said Athletic Marketing and Game Operations Coordinator, Ben Mayberry. “And we would like there to be a large majority [of fans] at every game.”

Becoming a true fan of CSUMB athletics by joining the Crue for the 2009-2010 year is rather simple. Attend an athletics event at CSUMB and it is as easy as filling out an information sheet. Once signed up, the new fan will receive a Blue Crue T-shirt.

“We want to have fans excited to come to the games,” said Mayberry.

As a member of the ‘Crue,’ fans have priority seating at all home games. A rewards card will be part a new part of the ‘crue’ for discounts for on campus purchases as well in the surrounding community. Fan names will be entered into a prize raffle at certain home games. And Blue Crue members can participate in halftime contests such as serving at shooting contests to compete for prizes.

“Blue Crue is set up to get one hundred percent involvement of the student body,” said soccer player Randy Rigali, and HCOM senior. “The athletes appreciate the fans support and want the fans to wear their Blue Crue shirts to all of the games.”

Supporting athletic teams and the campus community is one of the ways Blue Crue wants to get further involved at CSUMB. “We would like it to be like another team on campus, so everyone around the community would know what Blue Crue is,” said Mayberry.

Fans also can follow Blue Crue on Facebook by adding Otter Athletics as a fan at www.facebook.com/otterathletics. Otter Athletics fans have access to live updates, photos as well as links to stories and live stats from CSUMB sports teams. On the Facebook page, fans can upload photos and chat with other Otter fans. You can also follow the Otters on Twitter at www.twitter.com/csumb_otters.

Whether a fan attending events or a fan through Facebook or following on Twitter, BEING TRUE and BEING BLUE is what they do.

THE ATHLETES APPRECIATE THE FANS SUPPORT AND WANT THE FANS TO WEAR THEIR BLUE CRUE SHIRTS TO ALL OF THE GAMES.

RANDY RIGALI, HCOM SENIOR

PHOTOS PROVIDED BY OTTERATHLETICS.COM
Muscles aching, she throws her legs over the side of the bed, yawns and stands, wobbling, as if on a boat. Stumbling to the bathroom; Splashes water on her face, hurrying to get to the morning run. Feeling her heart beat through every breath, her muscles tight from the run, seven a.m. might as well been two in the morning.

The fog bank keeping the air cool and crisp, she is wide awake now. Returning home, she turns on the shower, and waits for the hot water. She stares at her reflection in the mirror, thinking those bags are not attractive.

Sitting in her first class, feeling swamped with term papers and tests, she turns her attention to when she will be free to tag the runner out while sliding into home.

It is hard to fit everything into her life; that morning runs, school, softball, studying and the essential sleep that she rarely remembers.

After finishing two hours of weight lifting and, not looking forward to sprints, she wonders how the two hour practice will go. While in the locker room, tying her shoes she is mentally preparing herself to go. Walking onto the field, she forgets about term papers and tests. She had endured a hard day’s work and is ready to play. Three-year returning Otter softball Champion Shae Olds goes through another enjoyable day as a student athlete.

Student athletes participate in the equivalent of a full time job while attending school and representing CSU Monterey Bay (CSUMB). Universities often show their appreciation to athletes by helping with school expenses via scholarships. This process however, is not as simple as just signing a check and handing it over.

“Scholarships give athletes the opportunity to get an education and further develop their athletic skills. It allows student-athletes who may have financial issues to be able to continue their education while doing what they love,” said Olds.

Athletic scholarships often help programs succeed and enable many students who cannot afford to go to school the chance to focus on their sport without working on the side. The National Collegiate Athletic Association (NCAA) rules rarely change. Striving for success is the goal of CSUMB. “I like that it gives athletes the opportunity to play sports while getting an education on easier terms [financially], said Olds. It is nice to know that people out there believe in us enough to put large sums of money aside to pay for our education. We have worked hard our whole lives for this opportunity, and knowing that you can receive an education for your hard work is very rewarding.”

Currently 12 schools participate in the California Collegiate Athletic Association (CCAA), which is a part of the NCAA Division II. Reportedly CSUMB gives out the lowest number of scholarships and has the least amount of money to give. CSUMB has some 275 athletes, and about 50 percent of the athletes currently have scholarships. NCAA poses strict terms along with these scholarships for both coaches and athletes; like controlling the amount of full rides given and how each student has to sign financial aid agreements like any other person getting a scholarship, where athletes must have good grades and follow disciplinary stipulations. Depending on the team and the position that needs to be filled, coaches determine how much of their budget goes to certain athletes. The goal of the coaches and the university is to build the strongest program possible. By singing a National Letter of Intent, the athlete is bound to the institution and becomes eligible for a scholarship.

“CSUMB has a competitive disadvantage,” said Stephanie Duke, Cal State Monterey Bay’s Associate Athletic Director. “Coaches need to be very selective when choosing the incoming athletes. This can be a good thing for our teams because coaches will pick good student athletes to help support their team. Each institution’s budget varies therefore scholarships vary. I think it can be challenging to fill positions. Coaches do a really good job recruiting. They’re very selective,” Athletic Director Vince Otoupal confirmed that all the money given is raised by the program and does not come from state funding. The athletic department takes good care in deciding who receives these scholarships.
Current Swell: Don’t Look Back

Patrick Makenen, Staff Reporter
PMAKENEN@CSUMB.EDU

Driving North on Highway One, just past CSU Monterey Bay (CSUMB), the fog lingered just beyond my open window. I closed it once I lurched into the Reservation Road parking lot in Marina. Stepping out of the car, I could see some waves pounding the shoreline, but not lined up and not to my liking. I got back in the car, turned on the heater and my thoughts turned to other options. It wasn’t the first time this had happened. The swell reports that I had been studying when the sun was first stretching out its arms had told me there must be good waves somewhere.

For a second, I thought about going home and getting back into my bed. But I had already come this far, so maybe it would be a waste to give up. I got back on the One North and headed past fields of growing crops and dusty dirt roads. I peered through the fog and could make out the two smoke stacks of Moss Landing billowing smoke slightly off shore. I took it as a sign I would find what I was looking for.

I pulled into the dirt lot and ran up the sand dune to the best vista point. There it was in all its glory. Head-high waves peeling left and right. I could see a number of surfers down on the far south end near the jetty, but just a short ways north, I noticed a peak with my name on it. The green waters seemed to glimmer as the sun slowly ate away at the gray sky. The northwest swell was making its way into the bay, and as the tide got lower that morning, I knew the waves would get more hollow and a have a little better shape.

The result was a good morning session, and to think I had almost missed out on this opportunity.

Had I had gone home after looking at the first beach, I would have been very disappointed. I learned my lesson the easy way. You shouldn’t give up since there may always be an opportunity around the corner which can’t yet be seen. Whether it’s surfing or some other challenge in life, if you stop short of your goals, you can’t get much accomplished. Striving for the things that make you happy will brighten your day and make you feel better about everything else you do in life. As we get deeper into this fall semester, take this surf lesson with you and remember not to turn back but keep looking forward. After all, we’re already halfway there.

Improve Health and Fitness: Rekindle the Flame

Kelli Laughlin, Staff Reporter
KLAUGHLIN@CSUMB.EDU

Running along the dusty path, Andrew Saurin felt as if his lungs were about to collapse. Although breathing hard, with sweat cascading down his face, Saurin never felt more at peace than at that moment. Running alongside him, his girlfriend Tara Cvek seemed to have a halo around her as the pink-and-gold sun set behind her shadowed figure. “Looking at her,” said Saurin, “even when I was so exhausted from running, I was so just so happy to be there with her, running with her.”

Exercise can bring couples closer together, but that is only one aspect of a relationship that may benefit from working out together, according to Laurel House from Exercise TV.

Many people in relationships feel the need to be more connected with their partner. A means to try to strengthen the bond between partners is to participate in physical activities or exercise with each other. Exercise enables couples with busy schedules to combine physical activity with quality time together. Couples can improve their health or begin the path to weight loss while getting in that rare and precious time so often hard to come by during the demands of college life.

Cvek, a third-year Business student at CSU Monterey Bay, exercises weekly with her boyfriend Saurin, a fourth-year student. “We have fun when we exercise,” she said, “We both get to relieve the stress of the day and enjoy being with each other.”

The endorphins released while exercising may help both partners feel a little more cheerful while spending this time together, as opposed to time spent together while stressed out or tired. The psychological benefit of starting an exercise routine with a significant other is just one aspect of how physical activity benefits a relationship.

The possible sexual benefits are a bonus that may cause couples to start running for the gym.

A University of California study found that sedentary men who started exercising for one hour three times a week, showed improved sexual appetite, more frequent sex and more frequent orgasms leading to greater overall sexual satisfaction.

This is likely because chemicals released while exercising increase libido, arousal and happiness are produced in the brain during exercise. “Several studies show that men and women who exercise regularly report better and more frequent sex with their partners,” writes fitness instructor Nicole Nichols on SparkPeople.com.

Along with the health, emotional and sexual benefits couples get from exercise, partners can spice up their lives a little by going out and trying new activities together, such as tandem yoga, which is a form of couples yoga, as well as hiking and exploring local trails. Couples also might want to train together to take part in a marathon for charity. Many people are intimidated to try something new by themselves, but couples can feel more confident in venturing out with their significant other.

People can feel more connected with their partner, improve their health and sex life, and shake up a lackluster daily routine by trying out new activities with their significant other.

Laurel recommends going outside for a run, hitting the gym together, or curling into a yoga pose with your partner, because “one thing’s for sure, any type of sweating together will do your body and relationship good.”
om·buds [äm-bu-dz]

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

Readers,

Here is information to hopefully motivate you to make use of the Ombudsman. This information was provided by the Organization of News Ombudsmen.

Your Ombudsman,
Lucas Anthony

What is an ombudsman?

An ombudsman is someone who handles complaints and attempts to find mutually satisfactory solutions. Ombudsmen can be found in government, corporations, hospitals, universities and other institutions. The first ombudsman was appointed in 1809 in Sweden to handle citizens’ complaints about the government. The word is Scandinavian in origin.

What is a news ombudsman?

A news ombudsman receives and investigates complaints from newspaper readers or listeners or viewers of radio and television stations about accuracy, fairness, balance and good taste in news coverage. He or she recommends appropriate remedies or responses to correct or clarify news reports.

Why should a newspaper or broadcaster have an ombudsman?

To improve the quality of news reporting by monitoring accuracy, fairness and balance.

To help his or her news provider become more accessible and accountable to readers or audience members and, thus, to become more credible.

To increase the awareness of its news professionals about the public’s concerns.

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 develop 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

~ pg. 10 was missing a photo credit, it goes to Jed Metzger
~ pg. 12 the website for the Marina Air show is www.irgd.org not Lrdg.org
~ Referring to the article on pg. 5, the CHC does not refuse service to any CSU student who has paid their health fees included in tuition and fees. DOD is available for several services not offered by the CHC at a discounted rate. For more information visit our website (www.otterrealm.net) or contact the CHC.

Stay Current Online at www.otterrealm.net

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.

BAD LUCK CHUCK

If you are not in the mood for sad love stories, read no further. This sexual healing will serve as a dating guide in reverse. Use my comedic life experiences in this tough world of dating to help you steer clear of the signs I missed along the way. If you think you have a run of bad luck in the dating game, keep reading. By the time you finish, you may feel pretty good about yourself or, at least, have some new insight as to how to get there.

I have compiled a list of the top three ways I’ve been T-boned out of nowhere, left alone and completely confused, asking myself what the hell just happened. And yes, unfortunately, this is all true. Let’s start at the bottom.

#3 I had been dating a girl for a short while, who had an identical twin. I believed I had never met her sister. In fact, I didn’t realize I had until a slap in the face told me otherwise. At a party and pretty inebriated, I saw the girl I “believed” I was dating come up to me and begin a make-out session in front everyone. I didn’t think anything of it – except it was pretty nice – until the next morning when I was left with a large red handprint on my cheek. This is how I learned the girl I had kissed the previous night was, in fact not the girl I was seeing, but instead, her twin.

#2 During my first year of junior college, I met a cute girl whom I took on about three dates. Things didn’t click for us, and we became casual friends. It wasn’t until a month later that I found out why. Apparently, I was the only one who thought we were actually dating. She thought I was gay. The moral of the story: While in the “getting to know each other” stage, never text “My bf lives in Ceres, too.” There’s always the chance that “bf” gets interpreted as boyfriend instead of best friend.

#1 During the second month of one of my many previous relationships, I brought the girl to my hometown for a friend’s party. Another one of my exes also was going to be there, but we had become good friends since our break up. I told her I couldn’t wait for her to meet my new girlfriend. I thought they could be good friends. Well, they became more than good friends. Later that night, I walked into the bathroom to find my ex girlfriend and my current girlfriend kissing. I knew my girlfriend was bisexual, but I was completely unaware that my ex was, too. Or that, somehow, that gave them license to kiss. The two actually fell in love and dated for more than a year. I guess the good news was that I had something to do with making them both happy. I stepped aside.

It seems that whenever my relationships end, I lead my exes to their true love. I’m fine with that, but I’d also like to do this for myself. I do know life goes on. If you suffer from similar misfortunes, don’t bury your head in the sand. Get back out there. Life is too short. See the comedy in the situation and share it with a friend for a good laugh, or in this case, the entire university.
Person on Campus

Who is your hero and why? LET US KNOW WHO YOUR HEROES ARE ONLINE AT WWW.OTTERREALM.NET

- MY DAD, HE HAS HELPED ME PREPARE FOR COLLEGE.
  ~DAVID STASZKO, BUSINESS, SENIOR

- MY DAD BECAUSE HE HAS DONE EVERYTHING HE COULD TO MAKE ME HAVE A BETTER LIFE.
  ~RICKY SANCHEZ, BUSINESS JUNIOR

- MY GRANDMA, BECAUSE SHE IS MY BEST FRIEND AND I CAN TELL HER ANYTHING.
  ~LINDSEY JOHNSON, PSYCHOLOGY, SOPHOMORE

- MY DAD BECAUSE WE ARE SO MUCH ALIKE.
  ~AKELA CASSO, MARINE BIOLOGY, SOPHOMORE

- MY LITTLE BROTHER BECAUSE HE HAS BEEN THROUGH SO MUCH.
  ~BENJAMIN OPONG-BIO, ACCOUNTING, JUNIOR

Tidal Forecast

<table>
<thead>
<tr>
<th>Date</th>
<th>Tide</th>
<th>Time</th>
<th>Tide</th>
<th>Time</th>
<th>Date</th>
<th>Tide</th>
<th>Time</th>
<th>Tide</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>5.3</td>
<td>9:00 a.m.</td>
<td>0.4</td>
<td>2:35 a.m.</td>
<td>22</td>
<td>3.7</td>
<td>3:06 a.m.</td>
<td>3.1</td>
<td>6:54 a.m.</td>
</tr>
<tr>
<td></td>
<td>4.9</td>
<td>9:14 p.m.</td>
<td>0.9</td>
<td>3:13 p.m.</td>
<td></td>
<td>5.2</td>
<td>12:58 p.m.</td>
<td>0.0</td>
<td>8:48 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>5.7</td>
<td>9:32 a.m.</td>
<td>0.8</td>
<td>3:14 a.m.</td>
<td>23</td>
<td>3.7</td>
<td>4:24 a.m.</td>
<td>3.3</td>
<td>7:46 p.m.</td>
</tr>
<tr>
<td></td>
<td>4.7</td>
<td>10:11 p.m.</td>
<td>0.3</td>
<td>4:02 p.m.</td>
<td></td>
<td>4.9</td>
<td>1:44 p.m.</td>
<td>0.3</td>
<td>9:47 p.m.</td>
</tr>
<tr>
<td>17</td>
<td>5.9</td>
<td>10:04 a.m.</td>
<td>1.2</td>
<td>3:51 a.m.</td>
<td>24</td>
<td>3.7</td>
<td>5:40 a.m.</td>
<td>3.4</td>
<td>9:06 a.m.</td>
</tr>
<tr>
<td></td>
<td>4.5</td>
<td>11:06 p.m.</td>
<td>-0.2</td>
<td>4:48 p.m.</td>
<td></td>
<td>4.5</td>
<td>2:44 p.m.</td>
<td>0.5</td>
<td>10:48 p.m.</td>
</tr>
<tr>
<td>18</td>
<td>6.0</td>
<td>10:36 a.m.</td>
<td>1.6</td>
<td>4:26 a.m.</td>
<td>25</td>
<td>3.9</td>
<td>6:35 a.m.</td>
<td>3.4</td>
<td>10:48 a.m.</td>
</tr>
<tr>
<td></td>
<td>4.3</td>
<td>12:01 a.m.</td>
<td>-0.5</td>
<td>5:34 p.m.</td>
<td></td>
<td>4.3</td>
<td>3:59 p.m.</td>
<td>0.6</td>
<td>11:45 p.m.</td>
</tr>
<tr>
<td>19</td>
<td>6.0</td>
<td>11:08 a.m.</td>
<td>-0.5</td>
<td>6:19 p.m.</td>
<td>26</td>
<td>4.0</td>
<td>7:12 a.m.</td>
<td>3.0</td>
<td>12:13 p.m.</td>
</tr>
<tr>
<td></td>
<td>4.0</td>
<td>12:57 a.m.</td>
<td>-0.5</td>
<td>7:36 a.m.</td>
<td></td>
<td>4.1</td>
<td>5:19 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>4.0</td>
<td>11:42 a.m.</td>
<td>2.5</td>
<td>8:16 a.m.</td>
<td>27</td>
<td>4.2</td>
<td>7:40 a.m.</td>
<td>0.8</td>
<td>12:34 a.m.</td>
</tr>
<tr>
<td></td>
<td>5.8</td>
<td>11:42 a.m.</td>
<td>-0.4</td>
<td>7:05 p.m.</td>
<td></td>
<td>4.0</td>
<td>6:32 p.m.</td>
<td>2.6</td>
<td>1:14 p.m.</td>
</tr>
<tr>
<td>21</td>
<td>3.9</td>
<td>1:58 a.m.</td>
<td>2.8</td>
<td>6:13 a.m.</td>
<td>28</td>
<td>4.5</td>
<td>8:03 a.m.</td>
<td>0.9</td>
<td>1:15 a.m.</td>
</tr>
<tr>
<td></td>
<td>5.5</td>
<td>12:18 p.m.</td>
<td>-0.2</td>
<td>7:54 p.m.</td>
<td></td>
<td>4.0</td>
<td>7:34 p.m.</td>
<td>2.1</td>
<td>2:01 p.m.</td>
</tr>
</tbody>
</table>

TIDAL FORECAST PROVIDED BY FREESTORMS.COM