

PRESIDENT INVITES ED BEGLEY JR.



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WHAT YOU OTTER BE DOING

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FRI 10/15 SYMPOSIUM: SALINAS CHINATOWN

UNIVERSITY CENTER
8 A.M. - 5 P.M.

'Salinas Chinatown: Once and Again' symposium is to generate awareness of and involvement in the future of the Salinas Chinatown Cultural Center and Museum. This brings together nationally recognized scholars, community members and leaders, students, and museum professionals to share ideas, expertise, and vision for the Salinas Chinatown Cultural Center and Museum. The symposium also highlights the rich reciprocal service learning relationship between several entities including CSUMB students & faculty, and community agencies, organizations and boards that are an integral part of the Chinatown Renewal Project. Registration required.

FRI 10/15 AS ENVIRONMENTAL COM/ CAMPUS CLEAN UP

MAIN QUAD
2 P.M. - 4 P.M.

Environmental Committee will clean up the campus to get ready for Open House the following day!

SAT 10/16 MEMORY WALK

OFF CAMPUS
10 A.M. - 2 P.M.

Environmental Committee will be participating in the Memory Walk once again. We will have a team that walks to raise money for Alzheimers Disease. It is on Saturday the 16th, the walk is in Monterey and it is free, but we are fundraising to raise money for the cause.

SAT 10/16 80'S DANCE

BLACK BOX CABARET
9 P.M. - 1 A.M.

MON 10/18 GRADUATE AND PROFESSIONAL SCHOOL FAIR

UC LEFT CONFERENCE ROOM
11 A.M. - 3 P.M.

Open to all CSUMB students and alumni. Get a jumpstart in the graduate school application process and connect with programs that are looking to recruit CSUMB graduates. Exploring graduate schools is especially important for sophomores and juniors. Graduate schools and programs from around the country will be present to provide information about their schools. Each year approximately 50 schools and organizations are represented. Come explore and educate yourself about graduate school by attending the fair.

TUE 10/21 NOCHE FLAMENCA

WORLD THEATER
7:30 P.M. - 10 P.M.

Direct for Spain, Noche Flamenca, featuring Soledad Barrio, celebrates the cultural tradition of Flamenco dance and song capturing all of the drama and passion, accompanied by masterful singing and guitar. For tickets and information call: 582-4580; Mon-Fri; Noon-4pm

FRI 10/22 3RD ANNUAL JELL-O WRESTLING TOURNAMENT

NORTH QUAD
9 P.M. - 11 P.M.

Join us for the 3rd Annual Jell-O Wrestling Tournament, our culminating event for National Collegiate Alcohol Awareness Week at CSUMB. Find a partner and show-off your Jell-O Wrestling skills! All CSUMB students are welcome to participate in a match or simply be a spectator. Great prizes for participants and audience members.

Call Gary Rodriguez at (831)582-4437 for more information. You can also find rules and registration information at csumb.edu/ncaaw.

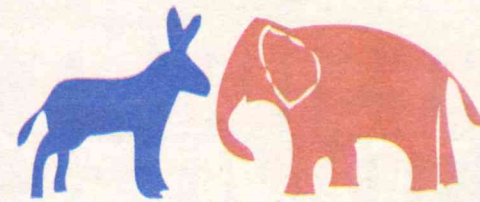
FOR MORE EVENTS, VISIT THE CSUMB MASTER CALENDAR ONLINE @ WWW.CALENDAR.CSUMB.EDU

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OCT. 14 - OCT. 28

EDITOR'S COLUMN

Democrat^{Crips} & Republican^{Bloods}



Cameron Fuller, Editor-in-Chief
CFULLER@CSUMB.EDU



This semester I began my upper division service learning (SL) class. Although I have been preached to by the plethora of SL students and faculty, I regret to say I was uninterested and uninspired. I felt the class was a requirement and not an opportunity. I was being forced to work with delinquents at Juvenile Hall.

I expected to be dealing with criminals; after all they don't put students in juvenile hall for attending their violin lessons. The one thing I didn't expect was to sympathize with the students. One boy in particular, 17, whose name I will omit, is in juvenile hall for violating his parole.

He was part of the Norteños in his early teens because of familial connections; his father and his uncles are in the gang. He was part of a violent crime which first landed him in the detention center, according to his teacher who has worked him before; the teacher is a 25 year veteran of the PG police force. After his experience there, he apparently has tried to regain control of his life. He found the sport of boxing and has worked hard to becoming nationally ranked. However, on a random home search by his parole officer, he was found to be violating the terms of his parole by possessing something red (a common sentence for a convicted gang member is the inability to own anything of the color associated with their gang affiliations). The red object in question: an American flag themed boxing robe.

My issue and sympathy comes from the rigidity of the system.

How can we expect to reform gang members, since that is the ultimate goal for prisoners, if we consistently ignore common sense? We as a society reinforce through the media that gangs are "un-American." However, since gangs often choose both red and blue as their affiliated colors, we require former gang members to isolate themselves from those colors. How can one isolate oneself from the colors of the American flag, still be patriotic and learn to believe in the system? I don't believe it is possible.

Imagine telling republicans they couldn't use the color red in their ad campaigns or democrats, the color blue? The outrage of censorship from the democrats would be deafening and the roar of patriotism from the right would be heard in China.

The arbitration and lack of common sense rules seem to be in direct conflict with the intention of rehabilitation centers. After all, we give prisoners books, educations, and sex changes, but if a former gang member owns an American flag bedspread they will be dropped right back into the system from whence they came?

Perhaps the media is breeding its own rival gangs, both red and blue, pitting person against person as dire enemies spouting forth rhetoric challenging the truth known individually by both parties. Our government chastises all gangs except those sanctioned by Rush Limbaugh and James Carville. As a last note in this injustice I mention this, the boy of which I spoke will turn 18 in juvenile hall next month.

Retention Rates at CSUMB

The Relationship Between Retention of Students and Graduation Rates

Hannah Morrow, Staff Reporter
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Students come to college hoping to graduate, but sometimes they drop that dream.

Cal State Monterey Bay (CSUMB) has reached record retention rates, rising from 67 percent to 71 percent and expected to reach a historic 76 percent, according to CSUMB Provost, Vice President Kathryn Cruz-Uribe.

Juan Lizarde, freshman, undeclared, said, "I considered dropping out at one point because I was too far from home and I procrastinated a lot on homework. But eventually, I decided to stay because of good friends."

Other students have their own reasons for not dropping out and graduating. Rene Vincent, senior,

according to Academic Affairs of CSUMB. Closely related to graduation rates are retention rates, which are the percentages of students who come back to the same college the next year. Factors affecting retention include changing majors and transferring schools. Reasons such as homesickness, family problems or financial issues may cause students to transfer to a different school the next year or just not go back to school at all.

Seraia Fiatalia, junior, Liberal Studies, said "Difficulties with other students has been a major problem for me this semester, like immaturity levels and lack of respect. I've considered leaving."

All CSU campuses are engaged in graduation initiatives designed to improve graduation rate outcomes. CSUMB is also trying to maintain good retention rates, according to Provost Kathryn Cruz-Uribe. "It is

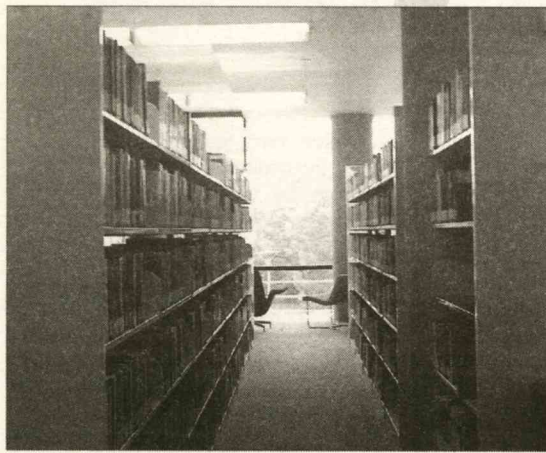
not uncommon for universities to lose students along the way, particularly during the freshmen year."

Colleges want students to stay and graduate, which does not always happen. Cruz-Uribe expects that the retention rate for Fall 2009 to Fall 2010 will be around 76 per-

cent, but as of right now that statistic is unofficial. Back in Fall 2004 to Fall 2005, the retention rate was 72 percent, then it slowly started to decline in the following years. But now, CSUMB's retention rates are back on the way up. "We're very

happy about this improvement," said Cruz-Uribe. Graduation rates and retention rates are closely related because who ever stays at CSUMB determines who is graduating. In 2006, CSUMB had a graduation rate of only 35.6 percent which was the third lowest graduation rate in the CSU system. CSUMB is hoping to have a graduation rate of 49.3 percent by 2015. Improving graduation rates will be a long process, but there are many ways of doing so. "We are likely to be looking at things like improving advising, degree pathways, course offerings, registration and financial aid processes, extracurricular student life and practices garnered from other CSUs and national research on student success," said Cruz-Uribe.

Improving graduation and retention rates is an important goal for CSUMB



WILL THE LIBRARY BE EMPTY?

PHOTO PROVIDED BY
HANNAH MORROW

Let's Make a Change

Student Quality Education

Samuel Martinez, Staff Reporter
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Student Quality Education meeting on Oct. 7 began with the introduction of presenting problems that the current Cal State University (CSU) students face. This student led group covers problems that affect the quality of life for student and staff. The group's agenda is to bring about change where it feels necessary by organizing group responses. Among the issues discussed were rise in tuition, incurred student debt, housing situation, library limitations and many other issues voiced by participants.

The CSU system has recently undergone several changes due to financial woes, this group emphasized how this impact has left schools unable to

fulfill the original CSU system's goals. A problem addressed was the rise in tuition which is making higher education less and less accessible for those who the CSU system was originally intended. Many individuals at the meeting expressed their hopes for Cal State Monterey Bay (CSUMB) to stay in line with its vision statement; to serve the under educated in helping make education more accessible.

CSUMB Alumni were also at the meeting; they offered advice

Among the issues discussed were rise in tuition, incurred student debt, housing situation, library limitations and many other issues voiced by participants

and spoke of passed movements which brought about change. Those who attended expressed the desire to have more participants by inviting more people as well as scheduling regular meeting on every Monday from 12 p.m. to 2 p.m. at the library.

was ironic. Almost all topics were focused on morale.

Student artists who were present brought to light the school visual public arts policy which many felt prevented progress of expression at our campus, as many artistic projects have not been allowed to flourish at CSUMB.

A common belief among all who attended was the poor state of our economy has inevitably had an impact on almost all aspects; many ideas were brought up for potential solutions to problems. An idea at the meeting was for a campus farmer's market which could help stimulate local businesses and also contracting other local business where possible to provide more jobs for students. Overall Student Quality Education meetings are to brainstorm and act on issues that stand to bring about a positive change and all at CSUMB are encouraged to participate.



STUDENTS DISCUSS
POSSIBLE CHANGES

PHOTO PROVIDED BY
ERIN O'BRYAN

NEWS

Controversy Brings Speaker to CSUMB

Celebrated Sufist Leader Speaks About Islam

Sam Pereira, Copy Editor
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When searching the term "Muslim" on Google images, one might find a page littered with turbans, burkas, veils and long beards. Enter Shaikh Kabir Helminski a white male with blue eyes and flaxen hair, named one of the 500 Most Influential Muslims in the World by the Royal Islamic Strategic Studies Center in association with Georgetown University.

In light of the recent controversy surrounding the building of an Islamic Cultural Center near ground zero, Cal State Monterey Bay (CSUMB) invited Helminski to the University Center to speak on Thursday, September 23.

For the past 30 years, Helminski has been focused on providing a contemporary approach to Islamic concepts and practice. He was the first Muslim to deliver the Harold M. Wit Lectures on Spirituality in Contemporary Life at Harvard Divinity School in 2001.

One of the first and most pressing issues discussed by Helminski was the controversy concerning the Islamic Cultural Center. He described the center as a place where people can meet, mix and enjoy good food. The center would include a café, a cinema, a performing arts center, a swimming pool, a gym and a mosque. Helminski wants "a cultural center that would be very welcoming; a comfortable, safe place to visit."

Helminski compares the comfort of this center to the comfort many feel after visiting an Islamic country. "When people visit Muslim countries, they usually come back," he said. "Their preconceptions are out the window because of the hospitality."

One of Helminski's close advisors is Imam Feisel Abdul Rauf, who is being held responsible for the idea of building the Cultural Center at this site. Rauf has been criticized for this as a supporter of militant Islam. Helminski believes this criticism "couldn't have happened to a nicer guy."

Rauf did not foresee this controversy. "If I knew this would happen, that this would cause this kind of pain, I wouldn't have done it," Rauf, 61, said in an interview on CNN's Larry King Live. "My life has been dedicated to peacemaking." But he believes if he were to bow down to the requests to move the site of the center, he would let the "radicals" win.

Rauf and Helminski share the same goal: to improve relations between the Muslim world and the West. Helminski has seen these relations from both sides on the issue of the cultural center. "It was amazing to see the disconnect between the media and what was really going on," he said.

Since 9/11, there have been many misconceptions made by the Western media about the Islamic religion and culture. According to Helminski, the greatest misinterpretation has been the issue of Islamic law, which is often presented to the people as taboo. "One of the problems with the media today is that we are shown tragedies and we blame it on religion and on Islamic law," said Helminski. "These are very untypical of Islam and Islamic Law."

The Taliban is a radical Islamic group that is often times presented by the media as people following the Qu'ran. Helminski commented on this misconception, calling the Taliban a very primitive and undeveloped tribal people with their own culture and concept of justice that is much more strict than Islamic law. There is also the Sunni tribe in Saudi Arabia that and has received much criticism for their radical view of the Islamic faith. Helminski said, "[Calling these people] Islamic is like giving the [Ku Klux Klan] the state of Texas and all of its oil and calling that Christianity."

The Qu'ran has been taken out of context by the media as well. Helminski wrote a column for The Huffington Post titled "Does the Qu'ran Really Sanction Violence Against 'Unbelievers?'" explaining this discrepancy. There are particular verses which, when taken out of context, can sound as if the Qu'ran is calling for violence. One most often misinterpreted is "Kill the idolaters wherever you find them, and capture them, and blockade them, and watch for them at every lookout..." (Qu'ran 9:5). Helminski cites historical context when the Qu'ran was written as the reason for this verse. Also, the verses directly before and after this verse both preach respecting treaties.

Closely related to Islam, Classic Sufi scholars have defined Sufism as "a science whose objective is the reparation of the heart and turning it away from all else but God." Helminski has translated many volumes of Sufi literature, including many works of the famous poet Rumi. He is also the author of two books on Sufism and is also the co-director of the Threshold Society. This is a non-profit educational foundation that has developed programs that provide a foundation for the practice and study of Sufism and spiritual psychology.

The issue of the Cultural Center being built near the ground zero site is a controversial one, but it was meant to bring the Islamic people and Americans closer, not pull them apart.



Students UP for Studying

Campus Users Find No Trouble Catching a Buzz

Brandt Barstad, Staff Reporter
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Heroin, methamphetamine, marijuana and crack cocaine may carry a bigger and better punch, but caffeine appears to be the drug of choice for many Cal State Monterey Bay (CSUMB) college students. Caffeine does not come to mind first when one ponders of the mind altering chemicals floating about this university, yet this psychoactive nervous system stimulant is the only one that is actually distributed by the university itself.

Slinging mochas and hooking up lattes, CSUMB "proudly brews" Peet's Coffee and Tea. With a coffee shop located directly inside the library, where many students go to focus on school work and complete their out of class assignments, the temptation for a quick and tasty buzz is too much for some to take.

"I live on a steady diet of [caffeine] and cigarettes," said Nick Day, Senior, GS, on caffeine, "an interesting experiment would be to take it away and see how the school's GPA would be affected."

Some students have no trouble going days on end without caffeine entering their system, but for others it is a lifestyle choice that has made itself a prominent aspect of students' everyday lives. Going through Redbull and Redline energy drinks as if they were sprite, some students barely notice the stimulant effects of caffeine anymore, they just continue to consume the chemical to bump them-

selves back to baseline.

Even one Red Bull energy drink may be too much for some students, with 80 milligrams of caffeine in each 8.2 ounce can. But a recent article titled How Caffeine Works, by Marshall Brian and Charles W. Bryant, shows that more than half of United States adults consume 300 milligrams of caffeine every day.

The fact so many people drink so much of the bitter, white crystalline xanthine alkaloid could be due to society not viewing it as a particularly dangerous drug, not even earning a spot on the DEA's scheduling list. With well over 1,000 deaths dealt by caffeine annually, according to erowid.org, our society has deemed it fit for anyone at any age to purchase an adrenaline injecting and dopamine releasing BFC Monster Energy Drink, or twelve, and stay awake for hours on end without someone thinking twice about how safe it is for the consumer.

Many college students do not fully understand the ramifications of drinking caffeine in such excess; however, as many as there are that do not, there are those that do understand and continue to drink caffeine with little to no regard for their own chemical well-being.

"I stopped," said Eddie Aguilar, Sophomore, TAT, about his caffeine intake, "I'm getting back on coffee again though. I need it."

well over
1,000 deaths
dealt by caffeine
annually



Chinatown Symposium

Sam Martinez, Staff Reporter
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On Oct. 15, Cal State Monterey Bay (CSUMB) will be hosting a symposium event to commence and celebrate the construction of a museum in Salinas' Chinatown. This event will be open to all students and will serve to inform participants of Chinatown's Asian cultural history. Some CSUMB students have taken an active role in the research that will also have exhibits as part of the symposium event.

The symposium will also serve to encourage participation from those who attend in assisting with prospective ideas for designing the soon to come

museum. Among those attending are local scholars who are familiar with Chinatown's history and experienced it when it was in its peak. Aaron Lopez, a Salinas native who plans to attend the symposium event, looks forward to it. "Chinatown has been a rundown place for a long time, I'm glad steps are being taken to restore it and bring vitality and renovation to one

of the area's most forgotten about places."

A bustling shopping center influenced by a vibrant Asian cultural presence, which hosted numerous Asian traditional events from wedding to New Year's ceremonies have all but vanished in the current Chinatown. Not only does this project seek to restore this once local prominent Asian culture epicenter, but a revival could also create new jobs for locals, including CSUMB students and revenue for Salinas, which has been hit hard with down turn of the economy.

In Monterey County, Chinatown was known as the center for Chinese, Japanese and Filipino cultural practices from 1949 to 1988. Currently, the 12 block area that comprises Chinatown is primarily boarded buildings and deserted streets. The Asian laborers that once occupied this area in large numbers are now nowhere to be found.

The anticipation of the project has brought enthusiasm to many locals who are excited about the ensuing project. As CSUMB is playing a key role in helping publicize and organize the event it seems the event will be a mutually beneficial event which serves to bring awareness of Salinas's Chinatown, and highlights CSUMB's active role in helping with the process.

It is encouraged for students to attend as this occasion serves to teach many of the local history and be a positive fun experience. Dr. Jack Tchen a historian and cultural activist will be the main speaker and help host the event. Also in attendance will be members of the community who were apart of the past Chinatown which can serve as great sources of information for ideas in restoring and help to authenticate originality.

This all day event is free and will be held at CSUMB's University center beginning at 9 a.m. However, registration is required, which can be accomplished by calling (831) 582 - 4337 or emailing salinaschinatown@gmail.com.

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Technology is giving students a cheaper solution to textbooks

The Turn of Textbooks

Erin O'Bryant, Staff Reporter
EOBRYANT@CSUMB.EDU

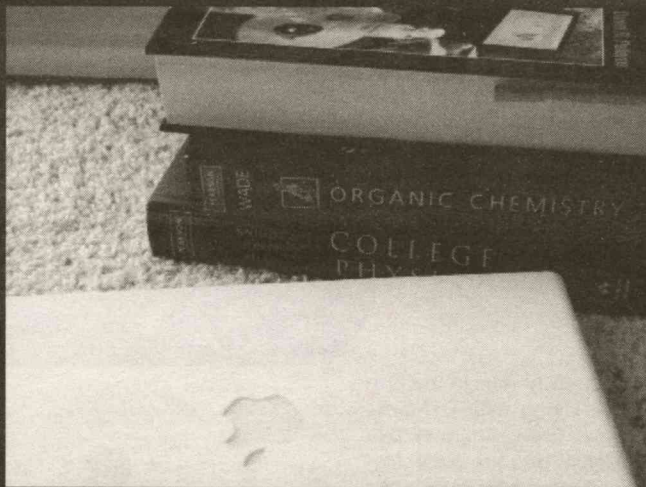


PHOTO PROVIDED BY ERIN O'BRYANT

Students who were attending college before the internet hit had to do work the "hard" way. They had to use every resource available. The library and their textbooks were the only sources on information. Textbooks had to be brought to class along with assignments.

Students that attend Cal State Monterey Bay (CSUMB) today have a different approach. Students can Google extra information or find professional articles and books by just looking at libraries online databases.

Some students have to go to class once a week because of online classes. The option of doing their homework at 10 P.M. two hours before the midnight deadline is available.

There is a lot more flexibility among students in school thanks to technology. Textbooks are now hoping onto the trend for CSUMB students.

Textbooks are being enhanced by CD's that are included with the book. Textbooks are also being offered online for some courses. Students pay for an online subscription to the book that usually lasts one semester. Each student has an individual ID and password to log in to read the text book.

All though it seems like a solution, there are some disadvantages. Rex Keane-Stein, junior, ITCD said "Electronic media is more accessible and easier to share but it's harder to love."

Being assigned to read 60 pages online can pose a few problems. It is difficult for some to read such a bright screen for that number of pages. Some other problems are not being able to physically mark the text. The internet is not available to everyone or everywhere. A slow internet connection can cause pages to load slowly or not at all.

A solution to some of these problems is an e-reader. An e-reader is a device made for reading. It uses e-ink technology which is electronic paper. The manufacturer of e-ink explains, "The principal components of electronic ink are millions of tiny microcapsules, about the diameter of a human hair."

These capsules have positively charged white particles and negatively charged black particles that are suspended in a fluid. When it all comes together the e-ink looks like a normal book.

This technology is designed to be easier on the eyes and make the battery life last longer. To some it's just the same as reading a regular book.

To get books onto the e-reader you buy them and download them onto it. E-books are almost always cheaper than a paper copy of the book.

Unfortunately for some the price range of an e-reader is unrealistic. Most cost \$100 or more. This leaves students with regular textbooks or online versions.

Textbooks are still being made more accessible to CSUMB students even in their original form. This is the first semester that textbooks are available to rent through the bookstore.

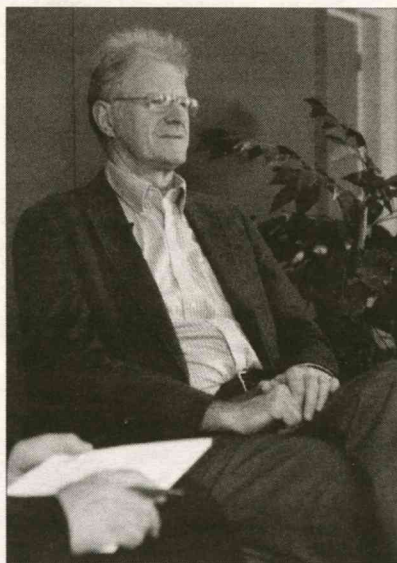
The options available for CSUMB students, due to technological changes might just make the difference in expenses.

NEWS

Ed Begley Jr. A Green Machine

*The Hollywood Actor and Environmentalist Proves
How Living Green Is Good For You and Your Wallet*

Christy Khoshaba, Staff Reporter
CKHOSHABA@CSUMB.EDU



(CSUMB), about the green life he leads, in which people can "live simply, so others can simply live."

The World Theater and President of CSUMB treat students and the public to view well known speakers throughout the year. The President's Speaker Series is free of charge to all who attend. To kick off this round, Begley was selected as the first speaker.

"Arguably, he's one of the first people in popular culture that has embraced a green lifestyle and engaged it," said Chas Croslin, World Theater Box Office Analyst. The fact that Begley is a popular individual with plenty of movies under his belt is an "additional benefit of reaching out to people that may or may not be familiar with the aspects of a green lifestyle," said Croslin.

Both the director of the World Theater, Joe Cardinali, and the Operations Manager, Phil Esparza, worked in combination to invite Begley to the Series. Esparza has known Begley for over 30 years. He said Begley is a "genuine human being, even if he is in Hollywood." Esparza adds, Begley is "very knowledgeable and is a great spokesperson."

In addition to Begley's work on several TV series such as "Arrested Development," "Veronica Mars," and "Six Feet Under," Emmy nominated actor Begley utilizes his energy elsewhere. Having served on environmental boards like The Environmental Media Association and The Santa Monica Moun-

tain Conservancy, Begley continues to work with other organizations like Friends of The Earth and has been green since the 1970s.

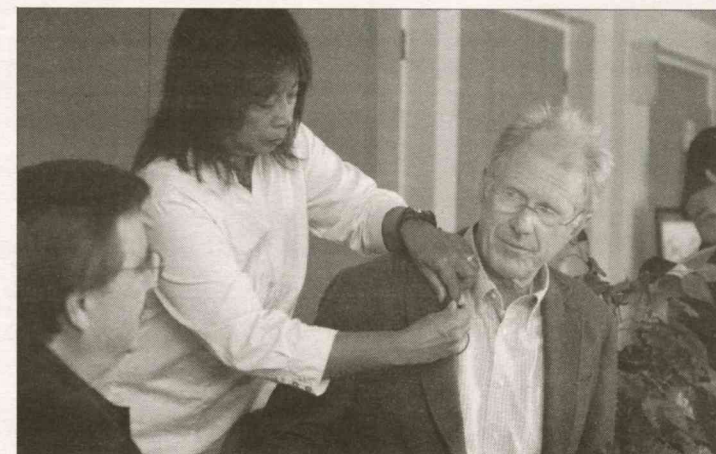
It all began during Begley's childhood, while he grew up in smoggy Los Angeles. "I just got fed up with it after the 50s and 60s, being in that horrible choking smog, it hurt my lungs so badly," recalls Begley. Among the smog as an impact, Begley's father, a man who lived through the Great Depression, was also a strong influence. As Begley was raised, he remembered his father "saving every bit of tin foil, every bit of string, turning off the lights and water." When Earth Day began in 1970, Begley's father passed. However, Begley said he "did all the activities in the 1970s much to honor him [his father]."

In his 20s, Begley felt "poised and ready" to tackle environmental issues because "it seemed like the right thing to do." His work as an actor in the past and present poses difficulties. "It's a real challenge to work in an industry that was so very wasteful and indeed celebrated waste and excess." To address this issue, Begley takes action himself by not only talking the talk but walking the walk and driving the drive. He drives a beige Toyota Prius.

Begley aims to implement environmental messages in movies and television programs. Begley believes, "You get people's attention if you're doing it yourself." The actor engages in composting, recycling, and riding a bike in the morning to power his toaster, not to mention these activities are indeed done by himself. He notes, "If you do this stuff, never tell people what you're going to do, tell them what you've done."

Begley currently stars in the program titled "Living with Ed," aired on the Planet Green Channel. This program delves into the green lifestyle of Begley and his family. His wife, Rachele, represents "every man," in that she compromises with just how green she'll go. "When we were dating she'd say, 'Oh honey, I made you a tofu load and we'll take your car to the environmental rally. The second the ring went on, I want a steak and limo rides,'" Begley teases. Begley claims the reason the show is a success is due to his wife. He cannot believe "that this silly little show is reaching people around the country."

As a former boy scout to an enthusiast of nature, Begley feels a strong connection to land. "I see more agricultural land being gobbled up for outlets and malls," said Begley. "I have nothing against commerce, but eventually you can't eat a Prada bag." Rather, Begley recommends eating home grown fruits and vegetables from one's own garden. Do that, and as Begley says, it is one step closer to "reducing your carbon footprint and the amount of money you spend."



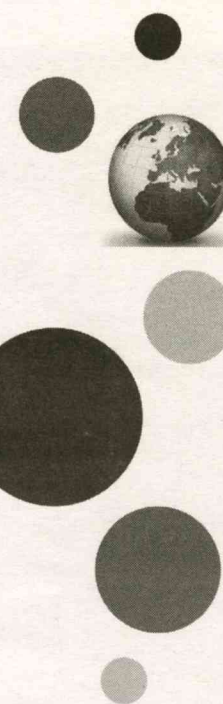
PHOTOS PROVIDED BY CHRISTY KHOSHABA

Ed Begley Jr. Recommends:

Pre-recycle –
buy something with less waste

- Use public transportation
- Use energy saving thermostats
- Ride a bike
- Recycle paper, glass, aluminum, and plastic
- Use energy efficient light bulbs

Do all this and save money in the long run



Begley is a genuine human being, even if he is in Hollywood

Andrea Kenney

Faculty of the Issue



Every school she worked for she has always taught because she always asked to teach

Jonaiza Simbre, Staff Reporter
JSIMBRE@CSUMB.EDU

Andrea Kenney sits in her office surrounded by framed images reflecting her passion for softball. Her clothes also emulate the sport. Her Addidas shirt, shell necklace, and bronze tan reflect her two main interests: softball and the beach. Her love for softball began in her hometown of Santa Barbara. Now at Cal State Monterey Bay (CSUMB), Kenney upholds two titles: Professor Kenney and Coach Kenney.

She arrived here at CSUMB on an impulse. However, she was also excited for the opportunity teaching at a division II softball school. "I have been coaching at the division two level, and I think it's the best level of coaching," said Kenney. As a coach, she has been with CSUMB for five seasons now. Her softball team has demonstrated outstanding success, being the highest ranking team at our school at number two on the West Region polls. Kenney enjoys the fact that there is support from the school. "I've never had a president at my games. She'll come out and say hi, and e-mail the women when they have great performances." Kenny adds, "It makes you feel like you are not just forgotten, and it makes us work harder."

Lets' see what happens if I don't do any of it someday. I'm not one to be sitting around

Kenney is also a professor of Kinesiology. At her previous institutions, she taught out of her own interest even though it was

not assigned to her. Kenney's eyes grew wide and laughed jokingly, " Lets' see what happens if I don't do any of it someday. I'm not one to be sitting around." She is always aware of her activities for the day. For instance, her alarm went off as our interview was taking place. Kenney works hard and it shows because she loves and cares for her job and the students. "Well, as a coach I only get to know the athletes. And as a professor I developed some really great relationships with my students," said Kenney. "Some never really watched softball, a student would come with his family, and it was opening someone's eyes to the sport. That's the greatest part."

"The best coaches are teachers, and I don't like to forget to teach while on the field," said Kenney. She is a multi-tasker by taking on teaching softball players and CSUMB students. With the many tasks she completes, she still has a life outside of work. Importantly, she absolutely adores her 22 year old daughter, "She is my favorite thing." Besides being busy on campus, she runs everyday with her dog up to Santa Cruz, she kayaks, and surfs, all while serving students at the same time.

Student of the Issue



Transfer Student GERALYNN LEGASPI, taking CSUMB by storm

PHOTO PROVIDED

Keosha Griffiths, Staff Reporter
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You are sitting in a Residential Housing Association (RHA) meeting right across from the president. To her right, is her favorite drink, a Java Chip Frappachino from Starbucks. To her left, her lifeline, also known as her HTC Pro Touch 2. Her hair is pulled into a messy bun only kept together by her favorite Hello Kitty pen, and laid out in front of her, is her monthly calendar so jam packed with various extra curricular activities that one might wonder if she remembered to scheduled time to eat or sleep.

Sitting across from you is GERALYNN LEGASPI, a third year Bio-Med transfer from Glendale Community College. Legaspi transferred to Cal State Monterey Bay (CSUMB) in fall of 2008. Legaspi has been so involved since she got here, it would make one believe that she was here from the beginning. "There were many things that drew me to CSUMB," said Legaspi. The main factor that attracted Legaspi was the small campus population and its small teacher-to-student ratio. "Having been born in the big city of Los Angeles, I wanted to experience what life was like outside of the big city, especially Southern California," said Legaspi.

I just got to know more people and got more involved on campus, through various angles

"I started becoming really involved with CSUMB after I attended LeaderShape Institute in Champaign, Illinois, in the summer of 2009." That institute started the snowball effect for Legaspi. Legaspi is involved in many organizations and clubs on campus such as RHA and the Environmental Committee & Programming Board of Associated Students, the Otter Student Union and not to mention other various campus-wide committees.

"What drives me to stay continuously involved in the campus is the high retention rates, there was a point when I wanted to transfer out again" said Legaspi. Believing that there are many different aspects to student life, Legaspi wanted to work with students to get them excited and most importantly be proud that they are otters. She wants students to understand how much input they have in order to make

a change, by getting involved and taking action along side RHA, a student organization created as a liaison between residents, Residential Life & Student Housing and CSUMB itself.

"I want to be able to show off how unique and amazing our university is and all it has to offer from academics, student life, to the athletic department" said Legaspi.

Looking forward to the growth that CSUMB will go through, Legaspi hopes that CSUMB will not lose its uniqueness that makes it not only special, but also different from other CSUs. In order to make sure that happens, Legaspi is working really hard to get students involved, not only student government but also at the local and statewide levels. "Geraldynn is one of the most enthusiastic, passionate and energetic students that I know," said Jacinto Salazar III, Coordinator Of Orientation & Welcome Programs, "every time I see her, she always has a smile on her face."

Senate Race Heats Up

Carly Fiorina Hopeful for State Senate

Ryan West, Staff Reporter
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Californians it is nearing the time to voice your opinion via the ballot. On Nov. 2 the leadership of Californian government will be decided, and there may be some fresh faces in office. The race for state senator is between the three time incumbent senator Barbara Boxer and first time republican candidate Carly Fiorina.

Fiorina is the ex-Hewlett Packard (HP) CEO who worked there from 1995 to 2005, but was voted out by the Board of Directors at HP. Similar to Meg Whitman, she is using her success as a business woman as a foray into a career in politics. Fiorina is new to the race for senator, but was a consultant in John McCain's presidential campaign in 2008. She officially declared her candidacy Nov. 4, 2009 and won the republican nomination for state senate on Jun. 8.

Fiorina opposes gay marriage, abortion, and government involvement in the restoration of the economy. She is also against cap and trade legislation and a supporter of Prop 23 because she believes if it is not passed it would cost Californians millions of jobs. Fiorina says she knows firsthand how to create jobs due

**Fiorina opposes
gay marriage,
abortion rights,
and government
involvement in the
restoration of the
economy**

to experience at HP and has the support of The National Federation of Independent Business because of her stand on taxes. Specifically she believes in retaining the tax cuts from 2001 and 2003 for households, including those making an excess of \$250,000.

Immigration is an issue Fiorina has not spoken much about when asked for details on her views in regard to illegal immigrants but did say, "The problem right in front of us is that the border is not secure and we don't have a temporary worker program that works." Border security is her primary focus, but she doesn't specify exactly how she would secure California's border with Mexico. Her official website states that immigration has made America great but illegal immigration has eroded trust in

government, threatened national security and hurt Californians. Fiorina is an advocate of improving the visa program and temporary worker program for legal immigrants in the state.

According to her political opponents, while Fiorina was CEO at HP, 30,000 employees were laid off and jobs were moved overseas. However she oversaw a contested merger with Compaq Computer, which led to HP being the first \$100 billion information technology company. She is confident that her past success of creating jobs and meeting payroll will enable her to get Californians out of unemployment.



Se calienta la pelea por el Senado

Carly Fiorina, candidata por la silla senatorial

Ryan West, Staff Reporter
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Se acerca la hora en que los californianos expresarán su opinión en las urnas. El 2 de noviembre se decide el liderazgo del gobierno de California y puede haber algunas caras nuevas en el poder legislativo. La contienda por la silla del senado se encuentra dividida entre la tres veces senadora demócrata Barbara Boxer, y Carly Fiorina, candidata por primera vez por el partido republicano.

Fiorina fue la directora ejecutiva de Hewlett Packard (HP) desde 1995 hasta 2005, pero fue destituida por el Consejo de Administración de HP. Al igual que Meg Whitman, Fiorina está usando su éxito como mujer de negocios para incursionar en la política. Fiorina es nueva en la contienda por el senado, pero sirvió como consultora en la campaña presidencial de John McCain en 2008. Ella declaró oficialmente su candidatura el 4 de noviembre 2009 y ganó la nominación republicana para el senado del estado el 8 de junio de 2010.

Fiorina se opone al matrimonio gay, al aborto, y a la participación del gobierno en la restauración de la economía. Según su información de campaña, ella está también contra la fijación de límites máximos e intercambio de los derechos de emisión y es una defensora de la Proposición 23 porque considera que si no se aprueba, esto le costaría millones de puestos de trabajo a los californianos.

Fiorina dice que conoce de primera mano la forma de crear puestos de trabajo debido a su experiencia en HP. Además cuenta con el apoyo de la Federación Nacional de Negocios Independientes, debido a su posición sobre los impuestos. Específicamente, ella cree en continuar con la retención de los recortes fiscales de 2001 y 2003 para los hogares, incluyendo aquellos que ganan más de \$ 250,000.

La inmigración es un tema sobre el cual Fiorina no ha hablado mucho. Cuando se le preguntó por detalles sobre su punto de vista con respecto a los inmigrantes ilegales, ella afirmó que "El problema radica en que la frontera no es segura y no tenemos un programa efectivo para el trabajador temporal". La seguridad fronteriza es su objetivo

principal, pero no especifica exactamente cómo haría más segura la frontera de California con México.

En su sitio de internet se lee que la inmigración ha hecho grande a los Estados Unidos, pero la inmigración ilegal ha erosionado la confianza en el gobierno, ha amenazado la seguridad nacional y se ha convertido en el dolor de cabeza de los californianos. Fiorina es una defensora de mejorar el programa de visas y el programa de trabajadores temporales para los inmigrantes legales en el estado.

**Fiorina se opone al
matrimonio gay, al
derecho al aborto, y
a la intervención
del Estado en
la economía**

Sus oponentes enfatizan el hecho de que mientras Fiorina fue la gerente general de HP, 30.000 empleados fueron despedidos y puestos de trabajo fueron trasladados

en el extranjero. Sin embargo ella estuvo a cargo de disputada fusión con Compaq Computer, que llevó HP a alcanzar el primer lugar en la lista de empresas de tecnologías de la información con ganancias de 100 mil millones dólares. Ella confía en que su éxito en el pasado con la creación de empleo y su experiencia balanceando la nómina de su empresa le permitirá sacar a los californianos del desempleo.

POLITICS

Fair Taxes and a Budget on Time?

California's Monetary Ballot Measures Say YES

24
PROP

Brandt Barstad, Staff Reporter
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The beginning of tax fairness and the ending of the late budget, what so many Californians have been waiting many years for, is the promise supporters of propositions 24 and 25 have taken to urge voters to join their side.

According to the California Official Voter Information Guide, Proposition 24 would "repeal recent legislation that would allow businesses to lower their tax liability." Proposition 24 would effectively knot loopholes that multistate business corporations have used to excuse themselves from \$1.3 billion total yearly.

Proposition 24 aims to repeal recent legislation that allows businesses to lower their tax liability, according to the California Voter Guide. This proposition's projected fiscal impact is an estimated 1.3 billion dollars each year paid by multistate businesses by the year 2012-13. The

proposition also expects smaller increases in 2010-11 and 2011-12 as a result of its passing in the Nov. 2 election.

If a voter chooses to agree with the proposition, they oppose 1.7 billion dollars in new special tax breaks for wealthy multi-state corporations and agree with the repeal of three business tax provisions instated in the years 2008 and 2009, tax provisions that affect larger, multistate business corporations much more extensively than small local businesses.

These three provisions allow multistate business corporations to receive tax refunds for taxes they paid in the most recent two prior years, use past losses to offset future incomes for up to 20 years in advance, and use a simplified formula for determining the total of taxes due to the state, requiring only sales information rather than the sales, property and payroll formula used in the past.

Those against Proposition 24 argue on the Voter Information Guide that it does not guarantee a single dollar for classrooms and could potentially reduce long-term revenues for education and other state-funded services. They claim the proposition would hurt small businesses and ultimately send jobs out of California.

42 organizations, seven of which being Democratic organizations, and 4 California city officials, two of which being Berkeley Mayor Tom Bates and Santa Cruz Mayor Mike Rotkin, have voiced their approval of Proposition 24 on YesProp24.org, last updated October 5, 2010.

StopProp24.com also maintains an extensive coalition of supporters ranging from local newspapers, such as the Sacramento Bee, to BIOCOM, the self-described largest regional life science association in the world.

Executive director of the California Budget Project, Jean Ross, another Proposition 24 supporter, said the tax breaks' benefit to businesses would largely benefit large corporations, not small businesses. "There's a very small amount of tax (benefit) at stake for them," Ross said about small business people who are being used as spokespeople for the No-on-24 campaign.

Taxes, generally speaking, are the least favorite part of living in a democratic republic for most citizens; however, tax dollars hold no value until they can be fully utilized through a budget.

Tuba Abbasi, Staff Reporter
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Proposition 25, as stated by the California Official Voter Information Guide, changes the number of votes necessary to pass budgets and budget related legislation from a two thirds vote by the state legislature that is currently required to a simple majority vote, meaning only 51 percent need to be in favor of the budget for it to be instated. Proposition 25 also puts more pressure on the state legislature to pass the budget on time by instating that the legislature permanently forfeits their daily salary and expenses until the budget bill is passed if late.

Supporters of Proposition 25 claim this change in how our legislature decides on budgetary issues could end the budget gridlock our state is so accustomed to. Supporters also make a point to express that the proposition does not lower the two thirds vote required to raise taxes.

Those against Proposition 25 argue that it will lead to higher taxes and more wasteful spending in California, one of only three states in the U.S. that requires a two thirds vote to pass

budgetary bills to the governor. No on 25 advocates claim the measure will allow lawmakers to increase taxes with greater ease, however advocates of proposition 25 say this is just not the case.

Still ticking, the 23 years since California has had a budget pass on time; endbudgetgridlock.com, the Yes-on-Proposition 25 supporting website, hopes to make the next year break the over 23 year streak of not having a budget completed on time. California's late budgets have resulted in the lowest credit rating of any state in the union.

Last year, only a select few state congressmen held the budget hostage in demand for billions in new corporate tax giveaways; meanwhile, public safety officials including police and fire officials as well as teachers and education officials were receiving pink slips and losing jobs.

"I say Yes on Prop. 25," said Dan Bramlage, sophomore, TAT, "It'll make it easier for a budget to get passed"

PROP
25

A Non-Traditional American DREAM

Tuba Abbasi, Staff Reporter
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Will undocumented students receive a path toward citizenship?

A woman approaches a mic, looks to gubernatorial candidates Jerry Brown and Meg Whitman, and presents her question.

She admits that she is an illegal immigrant studying at Fresno State University. She explains that she was brought to the U.S. at a young age by her parents and managed to graduate at the top of her high school class.

She is working toward earning a degree with a triple major in political science, Spanish, and Latin American studies. Yet without citizenship, she will be unable to find legal work after graduation.

She asks the candidates whether they will support the Federal Development, Relief, and Education for Alien Minors (DREAM) Act.

The act would give certain undocumented students the opportunity to earn conditional permanent residence for six years.

It is geared toward students with "good moral character" who are willing to pursue a degree in higher education or have "served in the uniformed services for at least 2 years and, if discharged, [have] received an honorable discharge."

This act is controversial and has been met with much criticism. Op-

ponents have suggested that the DREAM Act will result in an upsurge of illegal immigration, although the program will only benefit students who have moved to the US before the age of 15 and require all participants to live in the U.S. for five years before partaking in it.

Initially introduced in 2001 to the 107th Congress, the DREAM act has been controversial. In 2007, the act garnered 52 votes within Senate in favor of a closure, eight votes short of the 60 necessary to terminate a filibuster.

Two days prior to the debate, Governor Schwarzenegger vetoed

the bill. He said, "It would not be practical to adopt a new policy that could limit the financial aid available to students that are in California legally, in order to provide that benefit to those students who are not." The California State Student Association formally endorses the act.

As for the unidentified senior at Fresno State, there is a 50-50 chance she will be given partial amnesty.

Brown supports it, Whitman opposes it. "Ms. Whitman goes beyond opposing the Dream Act: She wants to kick you out of this school

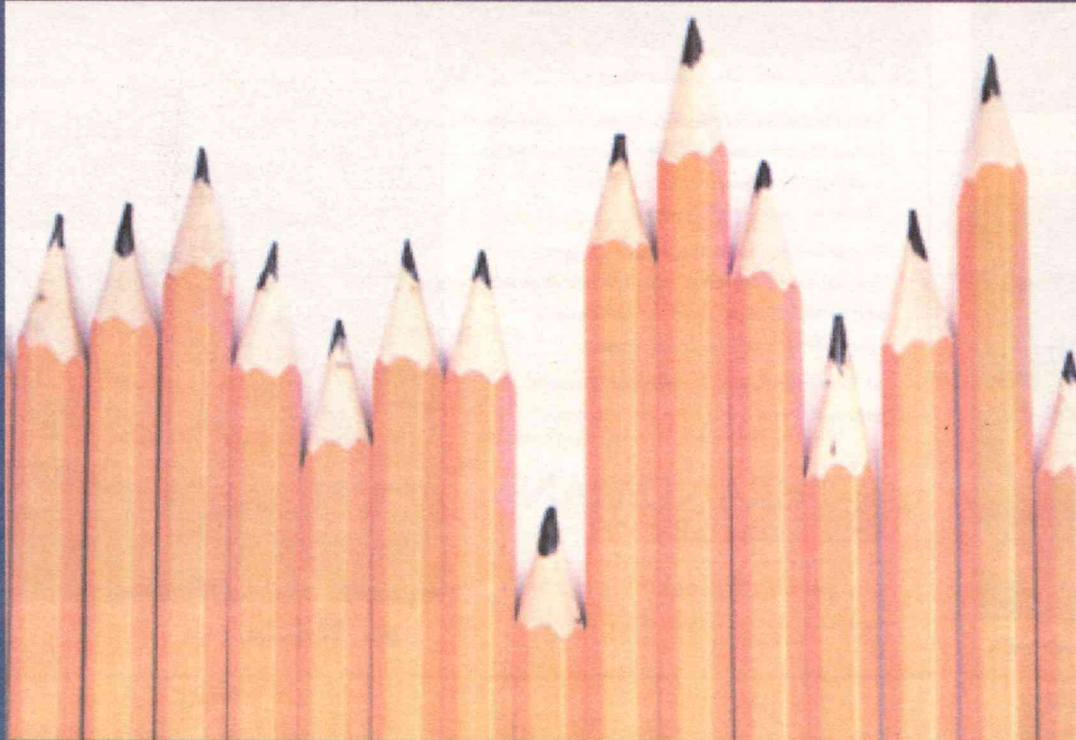
because you are not documented and that is wrong," Brown said.

Whitman defended her opposition explaining that California's economy is facing difficult times and higher education is already suffering.

She said, "I don't think we can carve out a group of illegal immigrants and give them a path to citizenship when we haven't sorted out our control of our borders and getting our arms around illegal immigration."

Going Back to School

Are you ever too old?



Susana Silva, Staff Reporter
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PHOTO PROVIDED

For parents of school children, going back to school is an annual ritual. However in today's economy, are parents returning back to school themselves?

The financial crisis has brought on all kinds of new challenges for a lot of Americans. They encounter the feeling of uncertainty on a daily basis; family budgets, ability to save for retirement and job stability are the greatest factors at this time.

With layoffs expected throughout multiple industries, many adults are beginning to take action against this uncertain future by creating their own reality; going back to school.

Brandman University-Monterey Campus works in partnership with Cal State Monterey Bay (CSUMB) and oversees the executive Masters Business Administration (MBA) program. The age of their students vary.

They offer over 200 programs in Business, Arts and Sciences,

Health, Education and professional development.

Most all of their students are working 40-hour-a-week jobs and have family responsibilities. Jerry Edelen, Campus Director said, "That's why most of our classes are conducted in the evening one night per week for 8 weeks from 6:00 p.m. to 9:00 p.m." There is also an online component to the courses.

Kevin Stephens, Senior, HCOM, was working as a florist on Sept. 11, 2001.

Stephens said, "a bunch of yahoos flew some planes into some buildings and my job went from 80-100 thousand a year to around 20 thousand a year."

He found himself in Los Angeles with few skills, so it became evident to him that he needed to get back to school.

This is when he set his goal of becoming an English teacher, hoping to graduate spring 2011.

In 2009 from CSUMB, about 10

percent, along with 168 graduate students, four percent.

Both undergraduate and graduate students were over the age of 31, according to the Office of Admissions.

However, not all CSUMB non-traditional students are coming back due to the economy.

This fall, Laura Dietrich-Smithe-senior, HCOM went back to finish her degree teaching; "The economy is not my reason at all, although we have gained little in pay increases, no bonuses for a couple years, and my taxes, healthcare, utilities have risen to take me many steps back financially."

Instead she is returning back to school because she does not see herself working at her current job, in sales, until retirement age.

In addition, non-traditional students come for the sheer joy of learning.

POLITICS

Seafood from Abroad **Not** our Bay

Local restaurants and food markets reach for foreign seafood

Grecia Garcia, Staff Reporter
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The majority of our local restaurants and food markets in Monterey County prefer foreign seafood than the Monterey Bay's. Monterey bay produces some of the freshest seafood in the world including calamari, anchovies, and abalone. So why don't our local businesses support our local fisheries?

"We get our fish from all over the world including Mexico, and Costa Rica. Our fishing industry in the Monterey County is not really good because it's polluted, [SIC] and it has to do with the fishing game and all the regulation laws," said Bernardo Santoyo, Seafood Bartender at Phil's Fish Market.

Santoyo believes our Monterey Bay has renown seafood. "Although most of our fish is imported abroad, we also get seafood from the local fishermen. All of our seafood is fresh, but we have customers who want the local catch so we do like to get some local seafood too," said Santoyo.

North on Highway one, The Whole Enchilada located in Moss Landing, California, serves all seafood from the Monterey Bay. "The reason we prefer the local seafood its more personable, we know the fishermen, and we want to support the community," said Julie Gonzalez, Manager of The Whole Enchilada.

Some may ask then why do these local restaurants seek elsewhere for their seafood? "Well I understand those restaurants that prefer foreign seafood but we have a middleman. Here at The Whole Enchilada, we serve mexican food, were eccentric. Our main clientele are tourists, so we serve local seafood, and that benefits for us," said Gonzalez.

Whole Foods, would like to support communities by purchasing local seafood, but unfortunately they believe local seafood does not meet their standards. "Theres not a lot of fish in the area, it's more like a sport not commercial. Sometimes its expensive to get fish from other countries. We don't get fish from the area because of the quality, we would like to get product from here but theres not a lot of variety of seafood here. We have to get product from other countries because the [local seafood] doesn't meet our standards," said Herson Sariles, Seafood Team Leader at Whole Foods.

Whole Foods has teamed up with the Monterey Bay Aquarium and Blue Ocean Institute to label all the wild caught seafood in all Northern California Whole Foods stores.

Local businesses, restaurants, suppliers, and retailers have teamed up with the Seafood Watch program to bring sustainability to our ocean's ecosystem. The Seafood Program was designed by the Monterey Bay Aquarium. "The program's goals are to raise awareness of important ocean conservation issues and empower seafood consumers and businesses to make choices for healthy oceans. Each sustainability recommendation on the regional pocket guides is supported by a Seafood Report. Each report synthesizes and analyzes the most current ecological, fisheries and ecosystem science on a species, then evaluates this information against the program's conservation ethic to arrive at a recommendation of Best Choices, Good Alternatives or Avoid, said Melissa M. Stevens, Fisheries Research Analyst at the Monterey Bay Aquarium.

Phil's Fish Market and Eatery would like to catch local seafood for the Monterey Bay, but they claim our local seafood don't meet their standards and specific regulations. According to California Sea Grant College Program, Moss Landing is the center of fishing activity, in the region. The average annual ex-vessel value of fish landed at Moss Landing was almost \$6 million, in real 2000 dollars, compared with about \$2 million for Monterey and less than \$1 million for Santa Cruz. Moss Landing also had more fish buyers," said Caroline Pomeroy, Sea Grant Extension.

According to the Seafood Watch program, scientists estimate that about 90 percent of our large predatory fish has been removed from our world seas such as shark, swordfish, and cod.

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Fort Ording *Have you explored?*

Ashley Rourk, Staff Reporter
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There is a history that engulfs the Cal State Monterey Bay (CSUMB) campus of which many students are unaware. The abandoned barracks that surround what is now CSUMB consist of shattered windows and dusty reminiscence of the lives that once occupied what was at one time Fort Ord.

During its heyday, Fort Ord was one of the most attractive locations of any U.S. Army post, because of its proximity to the beach and California weather. The U.S. Army Post was established in 1917 and remained open until 1994. Today, all that remains

are old deserted military buildings that resemble the likes of an old ghost town.

However, beneath the tattered appearance are buildings with years of history tagged with re-

markable murals, which give a real insight to the minds of the soldiers and their lives on the barracks. "Fort Ord was one of the most important and influential places of the 20th century," Enid Blader said, professor at CSUMB and executive producer of fortording.com, a site dedicated to the preservation and understanding of the over 800 murals that exist on the Army base.

Many students on campus have seen the murals around. Fergie Vazquez, sophomore, undeclared said, "I have no idea the history behind them." While they have been

Fort Ord was one of the most important and influential places of the 20th century

seen, the information about the murals is slim to none according to students. Renee

Vincent, senior, HCOM said, "available information about them, that would be nice."

Enid Baxter Blader, TAT Dept. Chair, came across the once undocumented artwork when she was exploring to document architecture. Her love of art and history inspired her to take on the project, along with several CSUMB students, of photographing the murals as a way to gather and present the history of the base. Blader said, "I think that the remains are more universal than just Army, and point to the unsustainable waste inherent in our culture." This project is helping cultivate a history that is relevant to the CSUMB campus today.

Since the closure of the base in 1994 the buildings have stood uninhabited with the exception of a few demolitions that have taken place to make way for CSUMB developments. The encroaching threat of demolition to the old Fort Ord buildings caused Enid Blader and several CSUMB students to take action in order to historically preserve the memories, history, and murals of the base through

photography before they were gone forever. Now, the CSUMB community has a chance to explore the history of our campus through the site dedicated to Fort Ord.



PHOTOS PROVIDED BY NICK KOVA

Poetry SLAMMING

The New Trends of Poetry Slams arrive on campus

Keosha Griffiths, Staff Reporter
KGRIFITHS@CSUMB.EDU

Standing tall in front of the packed audience, Andrew Winn, senior, Global Studies took a deep breath before finishing his poem titled "Unforgettable." Calm and collected he said, "Here I stand with my eyes to the sky, please forget me not." Traditionally, students traveled to East Village Cafe, in downtown Monterey, to catch a Poetry Slam. Over the last couple of years, they have become trendier on campuses, especially at Cal State Monterey Bay (CSUMB).

"I like the fact that Poetry Slams are on campus because the students here have so much talent," said Mirian Lovo, sophomore, CHHS. She adds, "Its ridiculous."

The origin of a poetry slam began as a competition using elimination rounds based on the reading and performing of poetry. The usage of Poetry Slams on campus serves its own purposes. Poetry Slams are used on campus for students to voice their opinions and emotions, express their

feelings through poems, short stories and songs, or simply to release stress or anger. I read a poem of mine in the last poetry slam because my boyfriend just broke up with me and I had to tell someone," said poet Shea Madd, junior, Business.

In the last month, there have been two poetry slams on campus. One hosted by the Cultural Enrichment Committee of the Associated Students in honor of Hispanic Heritage month. "The Hispanic Heritage month poetry slam was very enlightening because we were able to hear the struggles and other experiences of a people through poetry," said Alexandria Jones, sophomore, TAT. The traditional poetry slam/open mic night was hosted by the Residential Housing Association (RHA), on Friday October 1. Being a part of RHA, I like that we put on events for students to show their talents, whether they be musical, written or whatever" said Michelle Jones, junior, ESTP.

Giving students a mic conveniently located on campus, provides them with a greater outlet to showcase their talents. "Performing in front of my peers gave a greater feeling because I know that these people know me and could feel the emotion of what I was singing," said Caliah Hill, junior, HCOM.

With Poetry Slams being a popular trend on campus, students are allowed the opportunity to perform multiple times. If they miss their chance the first time, there will be multiple chances because various organizations and student clubs are taking advantage of the Poetry Slam fever.

I like the fact that poetry slams/open mics are more popular on campus now, because the students here are so talented



PHOTOS PROVIDED BY JESSICA BLACKWOOD

ART & ENTERTAINMENT

They're Small and Berry Good For You

Berries are not only tasty, but also high in antioxidants to keep you healthy

Brian Remas, Staff Reporter
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A goal for most people is to live a healthier life. Some will eat more lettuce others will take vitamins, but there is another way. One of the healthy options for people is to consume antioxidants. According to meals.com, berries are filled with "antioxidants that help protect against cell damage that leads to disease."

Berries are a healthy addition to any breakfast, desert, or to have as a snack. Most berries are naturally sweet and don't need added sugar. In Monterey, someone can buy berries at most food stores, supermarkets, and at any of the weekly farmer's markets in Monterey County.

According to thatsfit.ca, "Frozen berries are actually better (for you) because the fruit is allowed to ripen fully on the bush and is immediately frozen." Berries that ripen while still on the plant tend to be less dense than those already picked, and therefore have more nutrients, according to Juan Garcia, a local farmer.

However, there are a few downsides to buying berries as opposed to other fruits. They are expensive when compared to other fruit's prices, a worry by most college students. Also berries tend to get mushy and loose their plump shape after a short while and go bad much quicker than apples or oranges. An example of this is that at one of Cal State Monterey Bay's (CSUMB) local supermarkets, a 6 oz container of raspberries are about \$3.00 dollars where apples are about \$2.00 per pound.

Berries are a great source of antioxidants and carry many other nutrients that build the body's immune system. There are pluses and minuses to buying berries, it is your choice to decide if the cost is worth the health benefits.

Mixed Berry Crumble Filling:

- 5 cups fresh or frozen berries
 - 1-teaspoon ground cinnamon
 - 1-tablespoon cornstarch
 - 1/3 cup pure maple syrup
- Crumble Topping:
- 1/2 cup rolled oats
 - 1/2 cup whole grain cornmeal
 - 1/2 cup chopped walnuts or pecans
 - 1/4 cup brown sugar
 - 1 teaspoon ground cinnamon
 - 1/4 teaspoon salt
 - 1/4 cup vegetable oil

1. In a bowl, stir together the mixed berries, cinnamon, cornstarch, and maple syrup. Spread into an unoiled nonreactive 7X11-inch baking pan or a 9-inch square baking pan. Bake in a preheated 375 degrees Fahrenheit oven until bubbling, about 25-30 minutes.

2. While the berry mixture bakes, make the crumble topping. In a bowl, mix together the oats, cornmeal, chopped nuts, brown sugar, and cinnamon. Add the oil and stir until well mixed.

3. When the berries have baked for about 30 minutes, remove them from the oven. Stir the berry mixture to settle it into the dish a little, top with crumble mixture, and return it to the oven for 15 to 20 minutes, or until the berries look thick and the topping has crisped and browned.

4. Serve hot, warm, or at room temperature. Also, this dish goes well with a scoop of vanilla ice cream

*I 100% love 'em!
Put them in
smoothies, there-
berry berry
good!*



PHOTOS PROVIDED BY BRIAN REMAS

Vision & Volume

Chris Rankin, Copy Editor
CRANKIN@CSUMB.EDU



Miami Blues

Let me just jump right out and say this: Miami Blues is absurd and will make you feel uneasy.

On paper, this 1989 classic is a police thriller, however it is driven by a massive black comedy foundation, these comedic undertones are what makes this movie great.

The reason I am reviewing this gem is because Miami Blues allows us to remember why we watch movies in the first place... they let us check reality at the door and get lost in the irrationality of the story. A specific scene best describes this point best, where a young Alec Baldwin is stumbling through an uncomfortable conversation about a murder with a detective played by Fred Ward a la Tremors fame. Twenty seconds later Baldwin is shirtless and both are eating a pork chop dinner prepared by Baldwin's 22-year-old prostitute/fiancée (Jennifer Jason Leigh).

Most people I show this movie to hate it, they tell me that this is one of the worst movies that they have ever seen... I usually just laugh in their faces and shake my head in disapproval.



War of the Currents The Whiskers

I am fairly confident that you have never heard of this band, if you have please email me quickly, because you are the type of person that I like to hang out with. War of the Currents is the best album by The Whiskers who are a pop group, but not the Lady Gaga kind of pop. They were formed on a message board for band you also have never head of—Frog Eyes. In this album there is a microscopically observed tribute to not just one Spencer Krugg band, but in fact almost every band that he has ever been in. Namely, Sunset Rubdown, Swan Lake, and Frog Eyes; lead singer Thom Styliniski has taken the Krugg vocal formula and made it into something new.

With a shifting vocal range filled with cracks and imperfections Styliniski takes up new vocal heights. They shine brightest in the song Marsh Blood, when he sings, "When you call out to me and say please come back to me, I pray, I'll fly back fast, fly back home, so you will not die alone... but I was too late." You can tell these lyric didn't come from a high school breakup, they came from a much darker place.

The Whiskers are something rare, they are a band that took a distinct sound and turned it into their own. War of the Currents is an even rarer album; it uses poetic lyrics that don't get bogged down in its own smugness.

You can thank me later Cal State Monterey Bay for introducing you to your new favorite band and album.

Kenny Curtis Tattoos and Body Piercing
3074 DEL MONTE
MARINA CA 93955
831-885-9155

5 MINUTES FROM CSUMB!
MULTIPLE GAUGE STERILIZATION

CUSTOM WORK
• COVER UPS

• 34S FOR MOST
PIERCINGS

• 14 GAUGE
• 16 GAUGE

NHL for Dummies

Hockey might seem confusing and too fast for some but once you get the hang of it be prepared to feel the need for speed.

Erin O'Bryant, Staff Reporter
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The weather is getting colder, the fog is rolling into Monterey, it's officially October. Which means it's officially hockey season. Time to pull those long sleeve jerseys out of the closet and get pumped up.

Ice Hockey is number eight on the list of the world's most popular sports according to sportingo.com. In the U.S., hockey takes the back seat to basketball and football, the more popular of the winter sports. It is, however, the most popular sport by far in Canada; five of the league's teams are Canadian, as are a majority of its players.

So it's no surprise that hockey is not watched or understood by a lot of students. Hockey is the closest major league sport to our campus. The San Jose Sharks are an hour away at HP Pavilion in downtown San Jose.

So for those students who did not grow up watching hockey from age 5, here are some facts about hockey you should know before you take that hour long drive.

Hockey has periods, like quarters or halves in other sports. There are three periods in every game which are 20 minutes each. With each game consisting of an hour it makes sense why hockey goes so fast.

Hockey is played with a puck which on ice slides at high speeds of sometimes over 100 miles per hour. This becomes obvious at a game when you hear the puck hit the stick from the nosebleed seats.

The puck is in constant motion between both teams, sliding from one end of the rink to the other.

Once the puck is on the opponent's side, the forwards of the team have to try and score a shot while being blocked by two defensemen and the goalie, while on skates. This is where a lot of the heavy contact that hockey is known for comes into play.

Each team can have six players on the ice at one time. One goalie, two defense men, and three forwards. The team normally has a bigger guy on the ice while playing more aggressive teams. This player is put out to check other players into the boards and intimidate.

Checking into the boards means ramming someone into the plastic walls on the side of the rink as hard as possible. This to the surprise of many who don't know much about hockey is not considered a penalty.

Fighting someone, which sometimes comes from these checks, however is. The referees give the fight some time until it becomes what they consider to be too brutal or it winds down. Then both people involved in the fight (or the main two if others are involved) are put in the penalty box.

The penalty box is where players who commit penalties go for any given amount of time, ranging from two minutes for most minor infractions up to ten minutes for fighting. Other common penalties in hockey are elbowing, charging, which is an unsafe check into the boards or high-sticking which is, you guessed, putting either end of the stick in an opponent's face.

Another common penalty is icing. Icing occurs when a player shoots the puck and it crosses both red lines. The red lines indicate the goal lines. These lines along with a blue line in the center are used specifically to determine icing.

When a player is in the penalty box for something other than fighting a power play will usually occur. A power play is when one of the teams is out numbered due to a missing player in the penalty box.

A power play is also a perfect time for the team with the upper hand to score. The odd number of players means fewer defenders to block them or less offense trying to score. Once the puck is in the hands of the oth-

er team and they cross the line into enemy territory the tension raises among fans. Both good and bad.

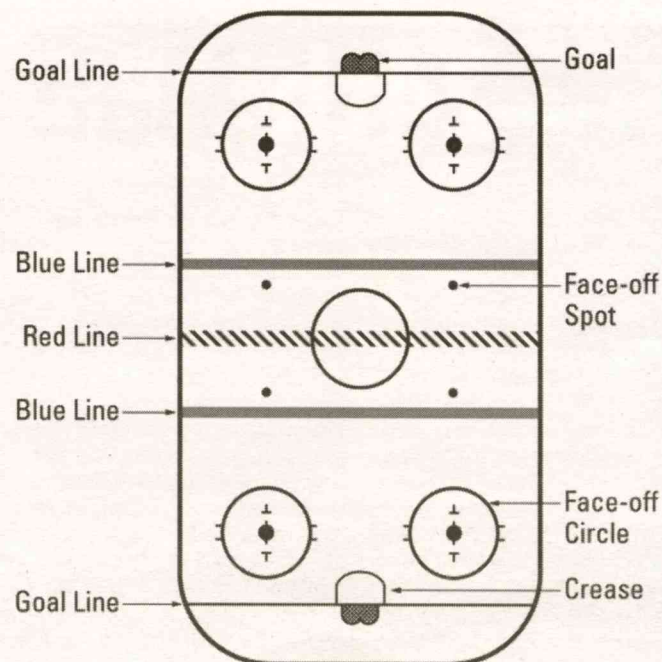
When someone scores in hockey it is called a goal. This happens when the puck gets past the goalie and into the net. All teams have sounds go off when they score. The Sharks have a San Francisco Bay foghorn go off any time they make a goal; other teams use train horns or sirens. This is followed by the obligatory celebration song - the Sharks play Rock and Roll Part 2 for each goal. Every team has their own goal song. The Calgary Flames play Shot Down in Flames, and the Chicago Blackhawks play "Chelsea Dagger".

When the same player scores three goals in one game it's referred to as a hat trick. Numerous fans throw their hats onto the ice when this occurs along with text on all the screens in the arena announcing the accomplishment. This is a special occurrence in hockey.

With defensemen sliding their bodies in front of speeding pucks, and with the athleticism and acrobatic skills of the NHL's elite goalies, goals are hard to come by. Most games are won by one or two goals. If a tie occurs at the end of a game, the league has adopted the sudden-death shootout.

In the shootout, each team picks its most talented scorers, and sends them out one at a time against only the other team's goalie, alternating with the other team until someone beats the goalie with a shot. The scorer on these tension-filled one-on-ones then wins the game.

If you haven't seen any NHL action, check out the Shark Tank at HP Pavilion in San Jose. Tickets start at \$28.



Hockey is the closest major league sport to our campus

Hockey is played with a puck which slides at high speeds of sometimes over 100 miles per hour

SPORTS

Student Athletes

Do the Pros outweigh the Cons

Does the free gear, notoriety, and instant sets of friends outweigh the early mornings and life-consuming schedule of being a student athlete? Cal State Monterey Bay (CSUMB), a division II ranked school for athletes, has its advantages according to CSUMB.

Being a division II school creates a "balance" which emphasizes both academic excellence as well as athletic achievement. The balance between the two is said to create an environment that leads to the student-athletes total personal development. This is developed through focusing on five core areas, which include academics, personal development, career, athletic development and community service. However, the path to personal development is littered with both pros and cons for the CSUMB student athlete.

"I have been playing sports/ been on sports teams since I was 5 and I love this school so I thought it was the best way to go about living through my college experience," said Jessica Benedetti, sophomore, Kinseology. For Benedetti

being a student athlete, women's cross-country, has taught her better time management and given her a continual sense of accomplishment with every practice.

However Benedetti along with Zoey Gamble, freshman, undeclared, women's volleyball, agree that exhaustion comes with the territory and being a student athlete takes up a lot of time, which consumes their lives. The busy schedule and long hours forces student athletes to put their social lives on hold during the season. Caroline Clements, senior, Kinseology, women's golf, noted that more than just her social life is affected by playing a sport in college. "Missing class and making up assignments all gets very stressful at times because I am managing school, golf, my job, and social life," said Clements.

While the stress of time management seem to be a common disadvantage to many student athletes, for James Dunn, sophomore, Biology, men's cross country, one of the pros to being a student athlete is the fact that he has more school pride.

Ashley Rourk, Staff Reporter
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Nevertheless, when it came to addressing his own personal cons the lack of a functional track at CSUMB and need for more male members on the team topped Dunn's list of negatives. 6 a.m. practice was also a notable con according to Dunn.

Despite the fact that the schedule is demanding, early mornings are the norm, and missed classes are a given for student athletes it makes one wonder is there a "balance" that results in personal development? When asked if being a CSUMB student athlete has contributed to her personal development, Benedetti said, "yes, I do think it has created personal development. By being on this team it has helped me to balance my life out because I have many more responsibilities now."

For many student athletes the biggest pro is being able to play the sport they love everyday. Ronald Duer, junior, CHHS, baseball, said, "Yes, I believe the pros outweigh the cons by far because I love baseball." Clements, women's golf agrees that the biggest pro to being a student athlete is "getting to do what you love everyday."

Women's Volleyball Team Ranked 21st in the Country

For the first time in program history the otters are ranked nationally

Grecia Garcia, Staff Reporter
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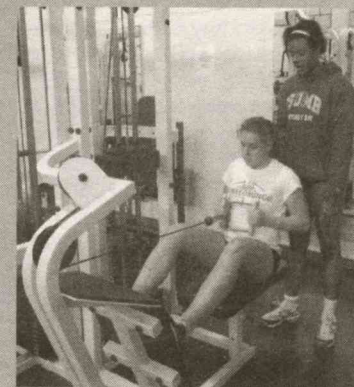
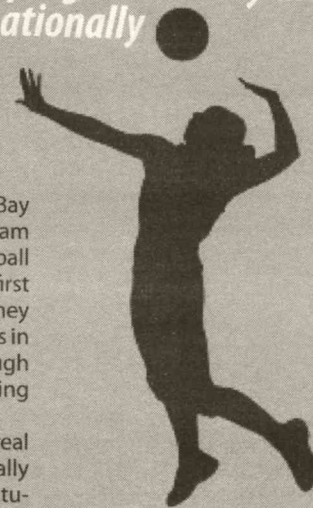
The Cal State Monterey Bay (CSUMB) women's volleyball team entered the American Volleyball Coaches Association for the first time in program history after they accumulated a total of 117 points in the week of September 20 through 26 which led them to a 21st ranking in the country.

"This year they've taken a real commitment. I've seen it finally played off this year, it's been a natural progression and its a wonderful thing," said Coach Tody Garry.

After their continuous winning streak the otters defeated national ranked UC San Diego 11, Cal State East bay 24, and Cal State Dominguez Hills 20. "The chemistry of this team has got us to this point of success, we finally have it right," said Garry.

"What's great about Rheann, she's a great athlete, and she maximized because she's smart. She's not the tallest or the fastest but she's very smart," said Garry.

Rheann Fall, junior, outside hitter, has become the first national player of the week in CSUMB's history. Fall was also named athlete of the week in the CCAA conference



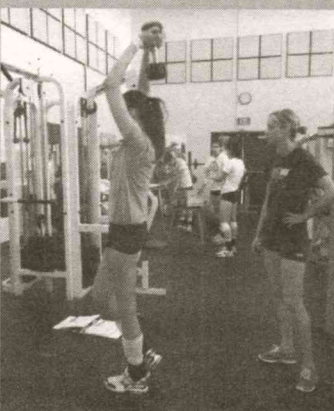
for the week of September 13th through the 19th. Fall has earned her awards after breaking the school record for 29 kills at the UC San Diego game. She also stacked up 21 digs, two blocks, two assists, and helped the team with four aces.

"It felt good to be national player of the week cause I'm the first in our school's history, and my team helped a lot these last three years," said Fall.

The following day the Otters defeated Cal State LA where Fall had 23 kills, and 11 digs. "Our chemistry came into play, we stuck together, it was a team effort. I think this year we seem to want to work harder and succeed. My goal is to go to playoffs, and hopefully win playoffs," said Fall.

Fall is recovering from an injury in her hip flexer. "I've had it all season but it's not holding me back. As of now I'm just concentrating on strengthening it," said Fall.

The Otters will be matching up against Cal Poly Pomona Oct. 15 at home. The game will begin at 7:00 p.m.



We've accomplished great things and we're not half way through the season

The 24th Man

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The playoffs for Major League Baseball (MLB) are here and that brings two thoughts to my mind. First, the Los Angeles Dodgers, my hometown team, kind of had some problems this year and failed to win the National League (NL) west division for the first time since 2007. They had the best record in the NL last year, but couldn't seem to put the pieces together at the right time.

The next thought I have is: GO PHILADELPHIA PHILLIES!! SWEEP THE GIANTS!! Although I'm all about rooting for the NL west, I cannot bring myself to cheer for the San Francisco Giants. The last time they made the playoffs, 2003, they relied heavily on the needle, I mean bat, of Barry Bonds. Now they rely on the bong, I mean arm, of Tim Lincecum (he was cited for possession of 3.3 grams of weed and a pipe in late 2009).

And the matchup does not prove positive for the Giants. The Phillies rely on their strong pitching staff and at least a couple superstars; Chase Utley, Ryan Howard, Shane Victorino, to provide their power. They are also the defending NL champions. They lost to the New York Yankees in the World Series last year and won the world series the year before that. They also knocked out the Dodgers the past two years, so they must be good.

The Giants also have a "stellar" rookie in catcher Buster Posey, I mean Posey. Posey will never be as good as he was this year. He reminds me of another Giants "star" from last year, Pablo Sandoval. They call him "Kung-Fu Panda" because of his quickness and his weight, but I just see him as a less-than-average third baseman who never walks. The Giants

fans jump on the bandwagon of some young, talented player, until they turn into midgets under the pressure. Sandoval has choked this year, and Posey will follow suit in 2011.

There are many fans of the team from San Francisco at Cal State Monterey Bay, most likely due to proximity. I would rather drive the 6 hours in blistering hot weather and traffic that never seems to move to see the Dodgers actually win a playoff series, as they did the past two seasons, than mosey up San Francisco to watch the Giants lose one, as they will this year.

And even if they do make it to the next round, the Giants subpar offense will be shut down by any decent pitcher with a right arm. Good luck, I know you'll need it.

OPINION

The Single Life Isn't Always the Simple Life

We started going out the first day of my freshman year, it has been a little over two years since that day. College is usually the best years of our lives, you meet people, you make mistakes and you learn from them. It's our chance to be independent and free.

Going back to August 21, 2008, if I would have chosen single life versus being in a relationship, my life would be very different. If I would have chosen the other pathway I would have met a lot more people, people who may have become my close friends. Partying would have been a thing to do and I would have felt obligated to go out instead of staying home all alone. I would have learned to be independent and to rely on myself for things instead of others. The friends that I did make would have been the people I spent the most time with and I would have probably made mistakes, lots of them.

The thing that I have learned, being in a relationship, is that I wouldn't have it any other way. Sure the independence is great and going out to party with your friends sounds fun but I would rather just stay home eating popcorn and watching movies with him. I have someone that will help me, inspire me, tell me the truth even if it hurts or tell me when I'm wrong and most of all someone that loves me.

He has influenced me in so many good ways to be a better person and

to get involved and from that I have gotten to meet so many people. I don't have to worry about what my plans are for the weekend because even if I don't have anything planned I can always hang out with him. It's a comforting thing to know that I have someone there for me, to tell things to and talk to and who will make me feel better when I'm feeling down. Whether you're single or in a relationship, it doesn't matter just as long as you're enjoying what you do. I'm sure I could have met a

lot of cool people and experienced different things being single but then I wouldn't be who I am now and I wouldn't have the best friend I have now, My boyfriend.

College is usually the best years of our lives, you meet people, you make mistakes and you learn from them.



Jessica Blackwood, Staff Reporter
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You Got DUMPED on Relationship Statuses Are Just for Facebook....



Gossip

What's your facebook status? Single, engaged, married, it's complicated, in an open relationship, widowed, separate, divorced, or is in a relationship. It is only official if you post it on facebook; that's stupid. My sister and her boyfriend had to have a talk about it. A whole conversation of wasted words about when they should announce their boyfriend and girlfriend status on facebook? Yea, some say posting your relationship status makes them more in the open about the relationship. I think having a status is not important.

It's like proof to the world that you own each other, and it is to tell that "other girl" to keep her hands off your man! Facebook is just another form of eHarmony seeing a single status means you can hit up that girl or guy. Sometimes posting your status is a sweet gesture letting your significant other know you really care for them. Well who knows why some decide to showcase their status? The problem is your status is out there! You and your status are revealed to the world of friends; friends since kindergarten, people you don't even remember you had on your friends list, your mom, dad, co-workers, and neighbors.

We don't get what being in a relationship is anymore; it should be all about knowing and having satisfaction that this person is your boyfriend or girlfriend. It's a deep understanding that this person likes you, without having doubt. It is when you are introduced to other friends, "Hey, this is my girlfriend Jo." That acknowledgment is more important than a update on facebook. Briana Rognlin, reporter for the Huffington Post discovered, "out of 1,000 respondents, 25 percent found out their relationship was over on Facebook." This stupid status is now a wimpy way of breaking it off. Therefore, more confusion develops when your significant other also decides not to put any status up, talk about what the heck?! According to a recent study, "7.4 percent of respondents referenced how Facebook can be ambiguous, without context, jealousy can be spurred over misunderstandings."

Even worse, Briana Rognlin said 21 percent would break up with someone on Facebook by changing their status to single. At this moment, drama slaps you across the face. The whole world of your Facebook social will get the update single. Quickly, the chatter will start, all about your relationship, your business, your life. It's soo not worth the trouble.



Jonaiza Simbre, Staff Reporter
JSIMBRA@CSUMB.EDU

It's only official if you post it on facebook

When should we put we are boyfriend and girlfriend on facebook?

Support Our Iraq Afghanistan Veterans

Where:

Peace Resource Center
1364 Fremont Blvd. Seaside

When:

Sunday October 17 2p.m.- 4 p.m.

What services are available locally for veterans and their families?
How can they be made more accessible?

Local support services for veterans will be available

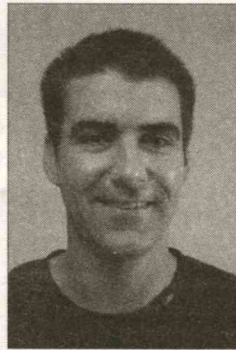


OPINION

What the Fuck Police?

Police Make Their Presence Known

Ryan West, Staff Reporter
RWESTI@CSUMB.EDU



I've just cranked a wiffle ball long, deep, and gone. Nothing like hearing that plastic on plastic smack for some simple satisfaction. I stand in and prepare to launch another ball into orbit, when from around the corner of an East Campus apartment, two Campus Police appear, walking towards me, with hands on holsters.

Police will generally proceed to sit everyone down and check identification, wasting valuable drunk bonding time with friends, but giving the police relief from boredom

Apparently the police came to investigate a complaint about noise (damn maybe yelling after every bad swing was a poor idea) and the possibility of a BB gun (wow I hit the ball hard enough to scare my neighbors, gotta lay off the cream and the clear). But this is not about a neighborhood complaint, this is about the presence of police on East Campus over trivial matters also known as bullshit.

From the week before school began until who knows, it seems there has been a concentrated increased police presence. I understand the police want to establish a standard of acceptable behavior and lawful action, but there is a fine line between setting a standard and habitual harassment.

Look, I am not trying to downgrade or harp on the police because they perform a vital duty in the community like hiding in their cars behind dumpsters so

they can pick off students for such egregious violations like rolling a stop sign. Although I find it odd when they know I'm a student, where I live, but ask me for my phone number and I say, "I don't understand why the police would need my number," and the reply is, "Why? Do you have something to hide?" Umm yeah I do my privacy and my massage parlor contacts.

Apparently as told to me by an officer it is required by law for a student to give their phone number when asked by police. Of course police are more cunning than criminals when it comes to the question and answer game of lies. Honestly though what the fuck is that? As soon as they started asking for my number I got that creepy feeling up my spine like when I was a little kid and a man offered me candy to get into his windowless white van (I declined his invitation).

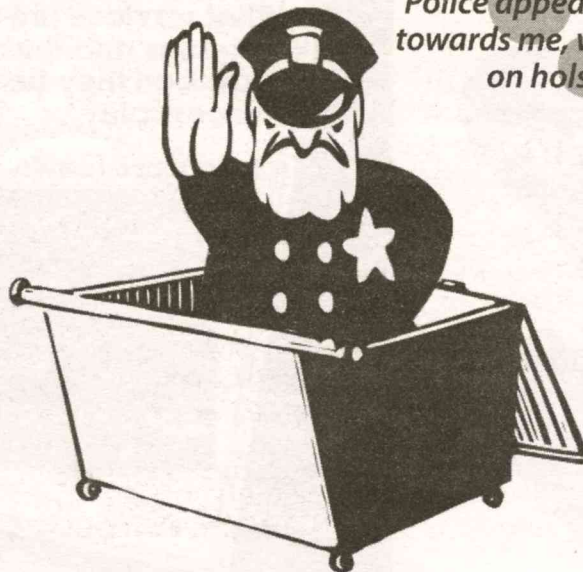
The biggest complaint I have are the police patrol various neighborhoods on Friday and Saturday nights, known party nights, and then spotlight and question students walking back from their next

door neighbor or walking back from another court in the neighborhood rather than irresponsibly driving (however their walk may have a lean to it). Police will generally proceed to sit everyone down and check identification, wasting valuable drunk bonding time with friends, but giving the police a relief from boredom.

Aside from my own "don't bust me for drunk in public" complaints, other students have expressed frustration with automotive burglaries. The police cite this as a top priority and a reason they patrol neighborhoods and spotlight residents at night, but would a group of loud drunk people be the ones likely to break into cars...nah they wouldn't so flush that excuse down the toilet.

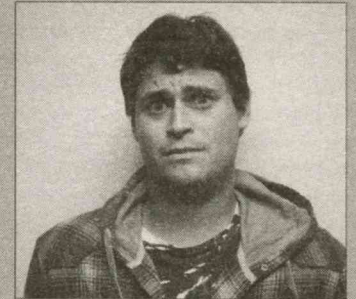
Granted it's illegal to be drunk in public anywhere in California, or have an open container in public, but discretion needs to be use by officers. Students don't need to spend time and money in court defending themselves against unnecessary charges, one would think police would know how much time is wasted in court.

Police appear, walking towards me, with hands on holsters



Pursuit of Nothing

Yes, it is true I wanted a big lifted truck once. But I also used to literally take shits in my pants



Chris Rankin, Copy Editor
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I'm here to help— I really am. I know many of you have come to rely in my advice and opinions. I know none of you will ever again listen to a song or watch a movie without my explicit consent. That's why this issue; I am going to make it easy for you by offering some as much free advice as possible:

Mixed Martial Arts fighting is dumb and you're especially dumb for liking it. Also, the truck you drove in to go watch the latest UFC fight you spent \$80 on is even dumber and you are, in fact, a moron with a childlike sense stupidity for owning it. Yes, it is true I wanted a big lifted truck once. But I also used to literally take shits in my pants.

Moving on. That frat you are in is dumb. Absolutely nothing about it is worthwhile. I promise. Now, I know some people are going to say I am taking the easy way out picking on those who cannot retaliate— Is the Grand Poobah of Delta Sigma Theta Phi Chrome Gamma Ray actually going to write a letter to complain? Yeah I didn't think so. I am purposely leaving sororities' alone for a reason. I understand women's need to purchase friends, how else would they actually get worthwhile acquaintances, and heck this is Cal State Monterey Bay so power in numbers right?

The next on my list are Hookah's... yep they are dumb too. If you own

one of these awful smoking devices do us all a favor and smash it on the ground. At ease stoners, I am not attacking the act of smoking pot. I am high right now, only I smoked a joint like an adult. Also if you are solely smoking flavored tobacco, there is a special place in Utah for people like you, and I don't wish that on many people. Seinfeld is dumb... Ooh, that's right I went there. I attacked your go-to show, the one that everyone likes. Choke on this Mrs. Lovelace, it ranks just two-steps above Friends, and just below penis mutilation videos on the "fun to watch" list. It is just not very good, it was ahead of its time, like Jesus or Mohammad, but now, in this decade it makes no sense. I love Larry David, and you have all been tricked by his genius, he got you to laugh at absolutely nothing, all he had to do was get drunk and blindly put his drunken garble on screen. Larry much like myself recognized that the masses are mostly uneducated, only he profited off your stupidity... I am actually trying to help you.

The buzz is now wearing off and my senses are slowly coming back. I truthfully don't care if you listen to me. Chances are you probably won't, that's fine live your lives submerged in crap, just remember that's dumb, and you're dumb.

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om·buds [äm-bu-dz]

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

Hey CSUMB,

As a student-run newspaper, we can publish almost any article we want. We respect the opinions of our talented contributors to our paper, but we also try our best to keep our opinion out of strictly hard news stories. We also accept and expect emails that serve as counterpoints to our articles. If you disagree with an opinion of one of our writers, please let us know.

We received a counterpoint article to last issue's "Pursuit of Nothing" column, and we look forward to publishing this article in the near future. Any student is free to email a counterpoint and it has the opportunity to run in our paper, if you so please. We look forward to hearing your opinions, as well as any other questions and/or comments you may have.

Sincerely,
 Sam Pereira
 Copy Editor

OTTER OOPS

Issue 2:

Initiating Marina's University Town Vision: The last two paragraphs are from a separate article and should not have been added.

The Race for Sacramento: The Spanish version of this article was written by Chris Rankin and translated by Dr. Estella Porras.

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.

SUDOKU

su·do·ku [sōo-dō'kōo]

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.

2			6	9			8
	8		7	1		6	
		6			4		
		3	4	5	7		
4							9
		7	2	8	1		
		4			2		
	6		8	3		5	
5			9	4			3



Sexual Healing

SEXY Hair Time

Christy Khoshaba, Staff Reporter
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After comparing the characteristics of men that have tickled my fancy, I've realized they all have something in common. Cue the cliché, the fact is they're all tall, dark, and handsome (I know, I have good taste). But truthfully, what's more intriguing is their sexy hair. Hair that's washed, hair that's nicely cut, hair that's thick, and hair that consists of natural, beautiful colors. It's hair that allows me to run my little red painted fingernails through from beginning to end. And no, I'm not being pretentious at all, because upon reminiscing, I've seen it on many men.

With these attractive features in mind, it's almost subconscious for me to seek men with sexy hairstyles. To support my thinking, in case you might view me as crazy hair obsessed, a recent study by MSN Lifestyle reveals that one of the first aspects human beings notice about each other is their hair. So, it's not just me. Now, let's talk about you.

You know when you first look in the mirror you look at your hair. Usually, a woman's hair is more aesthetically expressive than a man's, so I believe men have it easier. Nonetheless, when your hair looks good, you feel good. A

good haircut will transform your emotional state of mind. Go for it if you have yet to do so or simply try something new.

Your hair is a tool of mass seduction and major sex appeal. When you flip, lift, shake, tease, twirl, and slick you are, with or without knowing it, being playful and flirtatious. You're inviting others, particularly a companion, to play with and caress your hair.

Once you feel comfortable enough with your partner you begin embracing their hair. While you are embracing and then some make sure your hair smells clean because your scent will travel onto the hands of your companion. With the invention of dry shampoo there is no excuse. So keep those strands smelling fresh.

All in all, a flattering haircut has the ability to boost your aura, so hold onto your hairstylist by the roots. But remember looks can only go so far. Confidence is key, and that comes from within. I know you can find it within yourself, all while sporting shiny, radiant tresses. While doing so, you will have answered the prayers of the holy hair gods. They would be proud because they themselves have sexy hair.

OTTERS ON CAMPUS

What's the one thing you would change about CSUMB?



"A whole lot of Monty Ray the Otter wandering around campus"

Chris Calitano, junior, Psychology



"I would like there to be a much greater variety of food, it really gets old. They should change it every week."

-Jessica Rodriguez, freshman, Biology



"Put more vegetarian items on the menus around campus"

-Renee Vincent, senior, HCOM



"I would like to see more student participation with-in the campus activities"

-Erin Clancy, senior, HCOM



"More dorms that will hopefully lead to a better social environment"

-Pebbles Lopez, freshman, TAT



"Nothing, I like it the way it is"

-Juan Lizarde, freshman, undeclared



"Finish the library. When is the third floor going to be done?"

-Marty Schmidt, junior, Biology

Tide Schedule

Date (Oct)	High Tide				Low Tide			
	AM		PM		AM		PM	
	Time (PDT)	Height (ft)	Time (PDT)	Height (ft)	Time (PDT)	Height (ft)	Time (PDT)	Height (ft)
14	6:11 am	3.9	4:08 pm	4.7	10:33 am	3.2	11:47 pm	0.4
15	7:06 am	4.1	5:28 pm	4.4	---	---	12:03 pm	3
16	7:46 am	4.3	6:40 pm	4.3	12:44 am	0.5	1:12 pm	2.6
17	8:17 am	4.5	7:41 pm	4.3	1:31 am	0.7	2:03 pm	2.2
18	8:42 am	4.6	8:34 pm	4.3	2:09 am	0.9	2:46 pm	1.7
19	9:05 am	4.8	9:20 pm	4.2	2:42 am	1.1	3:23 pm	1.3
20	9:26 am	5	10:04 pm	4.2	3:10 am	1.4	3:58 pm	0.8
21	9:49 am	5.2	10:47 pm	4.1	3:37 am	1.7	4:33 pm	0.5
22	10:12 am	5.4	11:31 pm	4	4:04 am	1.9	5:08 pm	0.2
23	10:38 am	5.5	---	---	4:30 am	2.2	5:44 pm	0
24	12:17 am	3.9	---	---	4:58 am	2.4	6:24 pm	-0.2
25	1:07 am	3.8	---	---	5:28 am	2.7	7:07 pm	-0.2
26	2:03 am	3.7	12:14 pm	5.6	6:02 am	2.9	7:56 pm	-0.2
27	3:08 am	3.6	12:58 pm	5.4	6:44 am	3.1	8:51 pm	-0.1