

CAL STATE
MONTEREY BAY
Dec. 2nd 2010 | STUDENT-RUN NEWSPAPER

OTTER REALM

AND @ OTTERREALM.NET

GRAD SCHOOL SUPPORT



Students Prepare With
Real World Experience

on
Page 5



NEWS
Diversity Center
page 4



**ARTS &
ENTERTAINMENT**
High School Art Day
page 10



SPORTS
Soccer Season
page 14



100% recycled materials & soy based ink

WHAT YOU OTTER BE DOING

2 | Otter Realm | Dec. 2nd 2010 | www.otterrealm.net

THUR 12/2 WE'RE JAMMIN - REGGAE NIGHT AT THE BBC

BLACK BOX CABARET 9 P.M. - 12 A.M.

A BSU sponsored dance featuring the hottest reggae, dance hall, reggaeton, soca, and hip hop. \$1 for CSUMB students and \$2 for guests.

SAT 12/4 AS POWDER PUFF FOOTBALL GAME

MAIN SOCCER FIELD 1 P.M. - 4 P.M.

Before the game there will be a tailgate for the players and fans, the game starts at 2 p.m. and there will be cheerleaders on each side for the two different teams. There will be a half time show where the cheerleaders will perform. The winning team will be announced and be awarded with their trophy.

SUN 12/5 MUSIC & PERFORMING ARTS

WORLD THEATER 3 P.M. - 5 P.M.

CSUMB's Music and Performing Arts Department presents its annual Winter Concert. Free Event Featuring Nuovo Plaisir, the CSUMB Gospel Choir, Community Concert Band, Community Chamber String Ensemble, and Guitar Ensemble, CSUMB Singers and Special Guests.

MON 12/6 HIDDEN VOICES: THE LGBT MUSLIM PERSPECTI

UNIVERSITY CENTER LIVING ROOM 6 P.M. - 8 P.M.

Sponsored by the Out and About & Cultural Enrichment Committee, guest speaker Faisal Alam will discuss the issues of the LGBT Muslim community.

TUE 12/7 HIDDEN VOICES: THE LGBT MUSLIM PERSPECTI

STUDENT CENTER 6 P.M. - 9 P.M.

If you are interested in performing your own poetry or recite a poem of your choice or just to come and listen to great poetry.

TUE 12/7 FALL GRAD FEST 2010

ALUMNI & VISITOR'S CENTER 8 A.M. - 6 P.M.

Graduating seniors can visit the Professional Attire Closet, purchase alumni gear, learn about Honors Convocation, check in with financial aid, order your class ring, sign up for the Alumni Association, check your name on your diploma, take senior portraits, buy a cap and gown and order graduation announcements.

WED 12/8 KOREAN CULTURE FESTIVAL NOREUM MACHI

WORLD THEATER 7 P.M. - 9 P.M.

2010 Korean Culture Festival featuring performance by Noreum Machi. Doors open at 6:30p performance begins at 7:00pm. For more information email: lkoamco@yahoo.com

SAT 12/11 GEORGE KAHUMOKU JR & SPECIAL GUESTS HAWAIIAN HOLIDAY CONCERT

WORLD THEATER 10 A.M. - 10 P.M.

Grammy award winning slack key guitarist, master storyteller, songwriter, painter and sculptor. In the true spirit of Hawaiian family tradition, George will be joined on stage by his son Keoki, an accomplished musician and entertainer. Celebrate the holidays the Hawaiian way! Bring the entire family for this evening of story, song and dance from the enchanting islands.

GET AN
EVENT?
LET US KNOW!
OTTER_REALM@
CSUMB.EDU

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

DECEMBER

EDITOR'S COLUMN

No TIME 2 Dive



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

It's one in the morning on the last production night and I am finally sitting down to write my column. To say the least, this semester has been stressful. It has been filled with long assignments in subjects that barely interest me, early morning classes which prevent my sleep deprived brain from absorbing information and some of the most time consuming editing I have ever done. I have had to micro-manage my time to the point of detriment; I have even had to schedule "wife time." And despite my efforts to "have a life," I still think about the Otter Realm most of the time. With the next few months riding the horizon like a tsunami carrying waves of school, graduation, internships, job applications, moving and so forth and so on, I tend to only see the option of drowning ahead.

Contrary to popular belief, stress is not something I put on myself. Yes I chose to take 22 units this semester and work 40 hours a week, but I did because I am trying to graduate early. How many people can mirror this sentiment? That's my point exactly. I have been conditioned to constantly strive for the next big thing, never enjoying the day to day life. In grade school I strived to be in middle school and high school after that. There, I was trained to work hard and go to college. When I got a job, I worked hard to get a promotion and a

promotion after that, constantly working to the future, for the job I want not the job I have. Why do we as a culture focus so heavily on the future and care so little for the now?

Because of this mentality I have lost time I could have had with my friends and family all under the guise of "investing in the future." As students we all want to graduate and get paid doing the things we love. The reality is, for the majority, SCUBA diving and photography doesn't pay (these are two of my favorite things). So we settle for the money and chant to ourselves, "I'll do it on the weekend." By day by day we get trapped by the little things and put the enjoyable things off to the next weekend saying, "SCUBA can wait, my broken car can't."

But in the end, what does it all matter? I'm not advocating giving up school to go paint, unless you understand that life has its drawbacks. Sure you'll be content with your job, but food may be hard to come by without money. You should work for your living, not live for your work.

So as finals approach, school ends and for some a new life begins, stay focused but remember why you are attending Cal State Monterey Bay. Remember the day to day amongst the slew of tests, projects and papers. It is easy to lose yourself in all of the chaos. I know I did this semester and will have to try not to next.

Finals Week Breeds Bad Health

Use School Resources to Cut back on Finals Week Stress

Ashley Rourk, Staff Reporter
AROURK@CSUMB.EDU

Stress, increased irritability and sleep deprivation are just a few of the effects students suffer from during finals week. As a result of the notorious pressure brought on by finals students often neglect their health. Water, exercise and sleep are replaced by all night study sessions, coffee and energy drinks.

Cal State Monterey Bay (CSUMB) has a variety of on campus organizations dedicated to relieving the impending anxiety and supporting good health all year round, especially during finals.

Flu season seems to run parallel to finals week. So, for those who have caught it; feel like they are catching it, or are doing everything in their power to avoid catching it the Campus Health Center (CHC) has their back, in terms of fostering good health. "Get plenty of sleep, eat well, wash your hands, and stay hydrated" are just a few of the simple tips offered on the CHC website to help prevent and/or treat the flu. Flo Miller, CHC Director, said, "All the staff at the CHC as well as the Marina DOD clinic are aware that this is a high-stress period of time for students and will do whatever we can to mitigate that stress."

Taking the edge off finals with a little distraction may help relieve stress. The Otter Student Union, an organization focused on programming for students has, in the past, been discouraged to have events near finals, which was once referred to as "Dead Week."

However, Edward Sena, Otter Student Union Chair said, "We are on a new approach to program events towards the end of the semester to give students a break from the stress of finals." Such stress relievers include a concert and an art show with live DJ's for the first week of December. "We are looking into having a few more events to

capture the students interests," Sena said. "We're always open to suggestions from the students."

Associated Students has also organized an event to help calm stressed students during finals. The event is called WTF (Welcome to Finals) and will be held Dec. 8 from 7 to 10 p.m. Sae-sha Hall said, "We wanted to create an event that would not only help students relax before finals, but also give them study tips to use for their upcoming tests." Along with supplying "brain food," AS will host workshops on stress management and test anxiety.

For those students who need more than just a distraction from

studying to relieve their stress the Personal Growth and Counseling Center (PGCC) on campus offers free confidential counseling services to students. Gary Rodriguez, prevention specialist, said, "we provide support for students dealing with issues or problems concerning anything in their lives that is interfering with their education." During finals week the PGCC continues to do what they do throughout the semester. Rodriguez said, "reach out for help when you feel you need it. Don't put it off." Even during winter break PGCC, is available to anyone who needs their services.

Finals commence the week of Dec. 14. If you are a student plagued by stress, anxiety, and irritability as a result of finals, they should be sure to take advantage of CSUMB's organizations dedicated to helping relieve the stress.

Water, exercise, and sleep are replaced by all night study sessions, coffee, and energy drinks

De-Stress Before the BIG TEST

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

With Finals Around the Corner, Here
are Some Tips to Reduce Some Stress

For some they can be the difference between passing and failing, for others they can mean the difference between an A and a B. For most, finals bring stress. Exams are looming, there are papers to be written and projects to be worked on. Finals are among us.

There are many options available to students to reduce stress. Groups and counseling at the Personal Growth and Counseling

Center (PGCC) on campus are always available. Aromatherapy is also an alternative. What some students do not realize is, everyday activities can be stress relievers.

The saying "laughter is the best medicine" is actually true. Well, when it comes to reducing stress it actually is. According to Madeline Vann M.P.H., laughter is proven to reduce tension and increase blood flow. Taking a break to laugh with friends (that some people try to avoid) can actually reduce the stress that comes with studying.

While hanging out with friends during a break, students might find a few rounds of karaoke to be helpful. When singing, vibrations go through the body that can release blocked energy and relieve tension. According to Stephanie Lazzara, a nutrition counselor, deep breathing is also a necessity during singing, which also relieves stress.

Although stress seems to be most prominent around finals week, there are times it might get worse. For example, right before a test stress can be extremely high due to anxiety. During a test students can become highly stressed if they do not know an answer or appear to be taking longer than other students.

The classroom is not an appropriate place to break out into laughter or start singing at the top of your lungs. Luckily, there are more subtle approaches to relieving stress in such situations. Breathing is thought to be one of the best stress relieving techniques out there, and it is subtle enough to go unnoticed in the middle of test. Different breathing techniques include, deep breathing

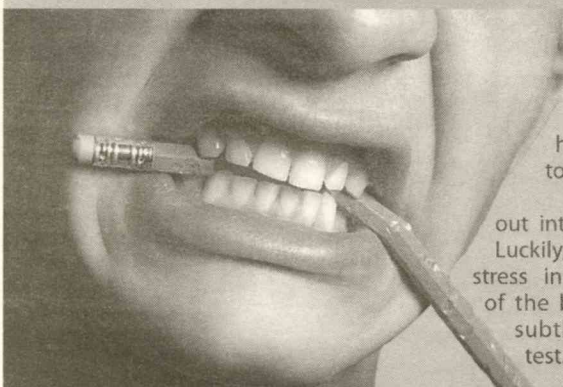
(also known as abdominal breathing) and complete natural breathing. Either can be done any time, any place, because they can both be done while sitting in a chair. This works perfectly before or during a test.

These breathing techniques have a list of instructions on how to perform them properly and efficiently. According to Dartmouth the steps to deep breathing are as follows: Sit in a relaxed position with eyes closed, then focus on your breathing by putting both hands on your belly. Make sure to continuously breathe through your nose while making sure you are still belly breathing. After this inhale deeply and slowly into the abdomen, then exhale through the mouth. Lastly make sure to focus on the breathing to relax.

Other ways to reduce stress are journaling, mediating and exercising. A 20 minute walk can result in up to 12 hours of improved mood according to Madeline Vann, M.P.H.

This year during finals, take a breath, go for a run or blast your favorite music on the way to class. The brain and body will be thankful for it later.

A 20
minute walk
can result in up
to 12 hours of
improved
mood



NEWS

Paving the Road Toward Diversity

Tuba Abbasi, Staff Reporter
TABBASI@CSUMB.EDU

CSUMB Starts Thinking About a Diversity Center

Cal State Monterey Bay (CSUMB) prides itself for its dedication to diversity. A glance at the Vision Statement reveals the school's "commitment to multilingual, multicultural, gender-equitable learning." Now, Andy Klingelhofer and a team of faculty, staff and students, are trying to bring a diversity center to CSUMB.

Klingelhofer, Judicial Affairs Officer, explained that the "thought process for a safe haven started with the racially motivated messages scrawled outside of the Otter Express last spring." When Ronnie Higgs, Vice President of Student Affairs, asked Dean of Students Christine Eriksen to put together a plan for a diversity center, she created a task force to arrange the proposal.

Klingelhofer envisions a diversity center that "focuses on race, class, culture, gender, sexual orientation. It will provide programming, and peer counseling opportunities for groups that have been marginalized."

There are two avenues for the center's foundation. If the group decides to start smaller, the center will be concentrated toward specific cultural parties. If they decide to create a larger center, it may take longer to pull everything together, but the base will be more inclusive.

"This is just the beginning. There is room for growth. We are currently on an information collecting path through our sessions with different organizations including MeChA, Associated Students, BSU, and Out and About. These are some of the constituency student groups," said Klingelhofer. There have, however, been concerns that these organizations do not necessarily represent all students on campus. As a result, Caliah Hill, junior, HCOM, has been in collaboration with Student Housing and Residential Life to create an area in the "weekly question" arena regarding the diversity center.

Jameel Smith, a student representative involved with the diversity center, has also worked to do student outreach. "I created a website for student input. I didn't want to rely on surveys because students don't like long surveys that treat them like a number. It is all about accessibility."

Smith emphasized the importance of the diversity center being directed specifically toward student use. As a result, he is eager to hear student input. "It's not going to go anywhere if students don't go with it. I want to open the lines for communication – I want to develop empathy."

Funding for the center has not been cemented, but it will probably come through student affairs. Although brainstorming for the center is underway, it seems that the center will not materialize for another year or so. Although the mission of the center is clear, it is still in the process of establishing a concrete plan and the committee is eager for student input.

Young and Fabulous

The Monterey County Young Professionals Group Entertains and Educates

Christy Khoshaba, Staff Reporter
CKHOSHABA@CSUMB.EDU

Empowering young professionals and soon to be professionals through motivational forums and social opportunities, the Monterey County Young Professionals Group (MCPYG) serves as the largest networking organization for young professionals on the Monterey Peninsula. With over 800 members from a variety of cities, this organization operates as the center for networking, personal development, leadership, and recognition opportunities.

The coveted demographic consists of 21-39 year olds, who are "moving up in their career," said Christina Pollack, Past President 09-10. Students wishing to establish their own careers have the opportunity to benefit from other young professionals. In addition, students have the chance to gain leadership experience by fulfilling a position on the MCPYG management team, learning the ins and outs of planning events, collaborating with

community partners, and taking on responsibility within the organization.

Through "mixers," which are social gatherings, members come together to create connections, while munching on appetizers and participating in collective activities. Averaging 100 members per mixer, the themed events indicate success. "The events are great to network with young professionals, plus I always have fun too," said Jennifer Martinez, CSUMB alumni. "We want to offer them a great opportunity to explore the Monterey Peninsula," said Pollack. In terms of mixer locations, "We always like to go to the new hot spot," said Pollack.

Past events have occurred at local restaurants Esteban and Mundaka. The nontraditional venues include "places that you wouldn't think about going on a regular basis," said Pollack. A past nontraditional mixer took place at Orientations Art Gallery. While attending these mixers, members are "learning something about a hobby or interest, as well as meeting new people."

Recent mixers occurred at Mazda Raceway Laguna Seca and Poppy Hills Golf Course. "We have a wide variety of events because it keeps our membership alive and interested," said Pollack. There are nine events per year, six which are exclusively for members and three which are co-hosted with the community partners of MCPYG, which are the Salinas Jaycees and the Central Coast Young Farmers and Ranchers.

For the more adventurous, there are "activity oriented events," said Pollack, such as dodge ball and bowling tournaments. There are also "more professionally orientated" events said Pollack, and these consist of speaker colloquiums, where local experts provide the keys to success through presentations and seminars.

Pollack recommends membership for both those who were raised in the local area and for newcomers as a way to "reconnect with the community and also offer a great resource for new people." The diverse locations mirror the member city population, consisting of 30 percent from Monterey, 20 percent from Salinas, 10 percent from Carmel, and 40 percent from surrounding cities.

Membership is free and "super easy," said Pollack. Simply log onto www.mcyppg.org and register. Once registered, most mixers range from five to ten dollars. The fee includes admission, appetizers, and a participatory special activity. A monthly newsletter will accompany registration as a way to keep up with events and offer exclusive discounts from local partners.

"MCPYG is essential to a positive social life here in Monterey County," said Steve McShane, President 10-11. "Unlike larger metropolitan areas, groups or organizations are what attract and network young people entering the workforce." Run entirely by volunteers, Pollack encourages members to attend regularly. "We really want to be your resource and we want to connect you to community partners."

PHOTO PROVIDED

Graduate School Relief

Take Advantage of CSUMB Graduate School Assistance

Christy Khoshaba, Staff Reporter
CKHOSHABA@CSUMB.EDU

Graduate school applications for fall 2011 are very near; creeping up like an essay or an exam, but unlike undergraduate institutions, no late applications are accepted. Graduate school entails two to seven years of research, commitment, and energy to obtain a higher credential, such as a Masters or PhD, paving your scholarly pathway. Before you overwhelm yourself in selecting schools, programs, and locations of study, take a deep breath. Look to CSUMB to be your resource in three ways: The Undergraduate Research Opportunities Center (UROC), The Career Development Center, and specific programs organized by the faculty of each major.

UROC, which works across campus provides mentors, group workshops, and research placements, with the main goal of "preparing students for graduate school and their professional life," said Jessica Brown, Assistant Director of UROC. Research and real-world experiences are vital components in the acceptance of graduate school, since "they provide evidence that a student will succeed in graduate school," said Brown. To paint this picture, Jesse Mangiagli, senior, Psychology, is a current student involved with UROC, who has emphasized that this program has "helped in lots and lots of ways."

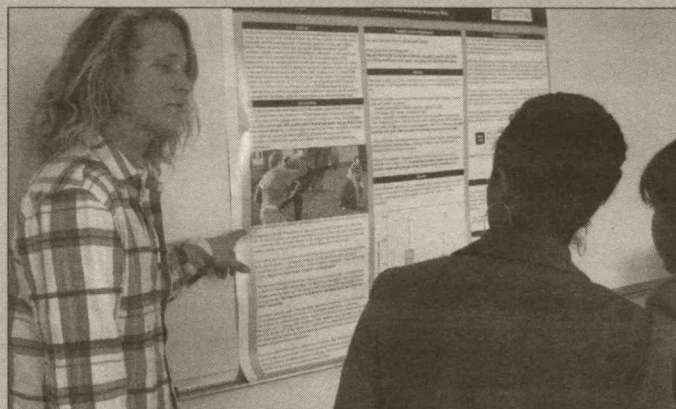
With the help of an assigned research mentor from CSUMB, Mangiagli has worked with Professor Mrinal Sinhatto to conduct research for his own psychology experiment. Mangiagli has traveled to Charlotte, North Carolina to present his research at a professional conference, in which all expenses

were covered. It is engagement in research like this, which shows experience. With his experience, Mangiagli said, "It added a lot of rigor." He confidently declares, "I am substantially more prepared and competitive now."

At the Career Development Center, a career library full of preparatory graduate school texts and career assistants aid students along the process. "We prepare students so that they're on track," said Grace Cardenas-Leal, director of Academic and Career Advising Services. In order to get on track, assistants create meaningful plans, ultimately "preparing students for the world of work and what it demands," said Cardenas-Leal. Through clarification of students' interests and strengths, the course of action becomes a personal one.

Within each major, professors organize and present a graduate school orientation session. "The orientation is a way for faculty to share our expertise and provide the best support we can for students who want to get professional training," said Rina Benmayor, HCOM's Graduate Studies Orientation coordinator. This gathering is open to all students within the major and offers a blueprint of the graduate school process. Benmayor encourages students to attend since they will learn how to "make informed and strategically smart choices about a field, a program, and a school."

When applying to graduate school, Brown emphasizes the importance of producing a strong "Tool Kit." Components within consist of a personal statement, a curriculum vitae, graduate school test scores, and letters of recommendation. "Starting in your senior year -it's just hard to make that happen," said Brown. Given this information, Brown recommends "Students need to start early by maintaining solid grades, building relationships with mentors, and engaging in research and internship experiences."



JESSE MANGIAGLI PRESENTS ON HIS RESEARCH

PHOTO PROVIDED BY UROC

Eggs After Dark Gets Better

Keosha Griffiths, Staff Reporter
KGRIFITHS@CSUMB.EDU

As school gets closer to the end of the semester, the word finals starts to come up in a lot of sentences. Students spend countless late night hours in the library, hoping not to be burnt out before their final. The Otter Express closes at midnight and the Dining Commons (DC) closes at eight. It is past midnight and students have forgotten to eat, where to go?

For several years, Eggs After Dark has been one of the most highly anticipated late nights. Eggs after Dark is exactly what it sounds like, eggs after dark. The DC normally closes at 8p.m. but on Dec. 7, from 9p.m. to 12:05a.m. Breakfast foods will be served. Breakfast foods such as pancakes, eggs, sausages, and various types of toast will be served. There will also be a vegetarian and vegan options for vegetarians and vegans.

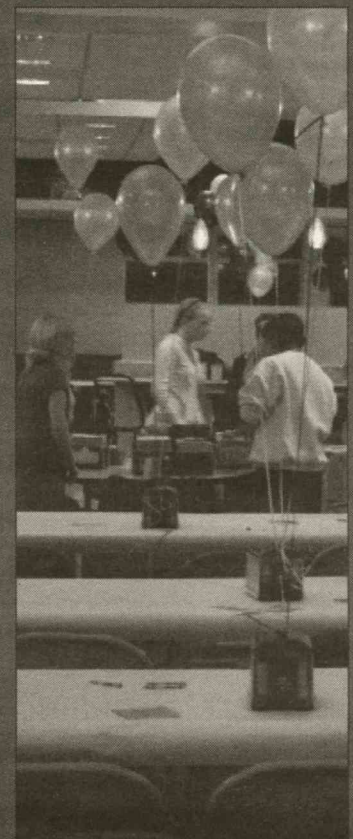
"The best thing I love about Eggs after Dark" are the raffles and the DJ that plays music the whole time," said Jennifer Montalvo, sophomore, CHHS. "Its like a breakfast concert" The best thing about Eggs after Dark is the fact that during the last couple of weeks, students are running low on blocks or have already ran out of blocks and Eggs after Dark is a free event for the whole entire Cal State Monterey Bay (CSUMB) campus.

Every year, the committee that plans Eggs after Dark tries to make it bigger and better. This year, the plans are in the works. There will be the traditional DJ, music, better raffle prizes, more accessible seating and even a lounge area located near the exit for those in need of a massage after a full belly.

"Our goal this year was to make it a lot better," said Briana Hale, sophomore, LS, "Since we can't make it bigger, only better!"

Hale sits on the committee of Resident Advisors who are currently planning Eggs after Dark. The committee is working closely with Sodexho in order to make this a better Eggs After Dark. There were plans of extending some of the festivities outside, but limitations and typical Monterey weather quickly put a fog on that plan.

"I'm excited for Eggs After Dark," said Joanna Hernandez, senior, CHHS, "This is my 7th semester attending eggs after dark, it gets hot but its definitely worth it"



EGGS AFTER DARK

PHOTO PROVIDED BY RHA

NEWS

Giants of the Sea

Monterey Bay, Whale-Watching Destination on the California Coast

Brian Remas, Staff Reporter
BREMAS@CSUMB.EDU

Monterey Bay is one of the only locations on the California coast that has whale watching close to shore, year round. This is largely due to the underwater canyon that is approximately the size of the Grand Canyon with its deepest part being about two miles below the surface. This canyon brings cold water and nutrients to Monterey Bay, which attracts krill (a tiny shrimp like crustacean) and larger marine animals, like whales.

One of the whales that can be seen on the Monterey whale watching tours is the Humpback Whale, which is an endangered species. The central California population of Humpback Whales migrates from their winter calving and mating areas off Mexico to their summer and fall feeding areas off coastal California. Humpback Whales can be seen in Monterey Bay from late April to early December. They come to Monterey Bay to feed on anchovies, sardines and krill.

As time goes by, fewer of the

endangered species are seen on these tours. According to Cascadia Research Collective, "The population of Blue Whales off California has been estimated to number about 2,200 individuals. Blue Whales are endangered with only about 10,000 existing in the world." The population off California appears to be the largest and healthiest population of Blues in the world.

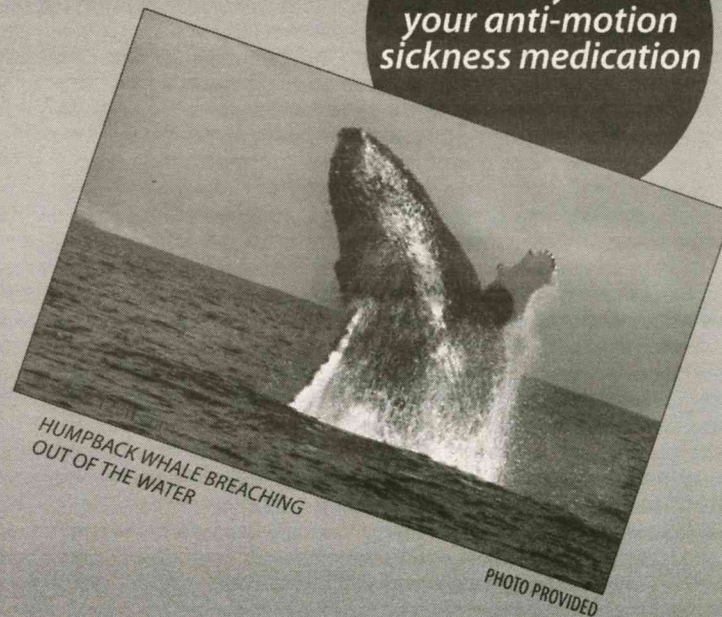
In 2000, a new whale to Monterey Bay was photographed, the Orca Whales. These whales have been seen on whale watching tours in Monterey year-round and are occasionally seen in pods that average 8 to 20 whales. There are two types of Orcas that travel through Monterey Bay, the "transients" and "offshores".

"Transient" Orcas prey on marine mammals, travel long distances, and tend to have pointed dorsal fins with closed saddle patches. Within Monterey Bay, these whales attack Gray Whales, California Sea Lions, Harbor Seals, Elephant Seals, and Dall's Porpoise. "Offshore" Orcas are a recently discovered form that tend to travel in large groups of up to 100 whales, and tend to have more rounded dorsal fins. These whales are thought to feed on fish and squid.

On these tours, passengers see a slew of other marine animals besides whales. Some of these creatures are sea lions, sea otters, baskin sharks, mako sharks, risso dolphins, Pacific white-side-dolphins and many more. There are many different animals and views that a patron is exposed to, but there are ways not to enjoy one's experience.

According to Captain Carry Anders, "The number one reason that passengers do not have a pleasant whale watching experience is due to seasickness," which is motion sickness that occurs on ships. Anders advice is to, "Keep occupied, drink plenty of water, stay on deck in the fresh air, and focus on anything other than the moving ship."

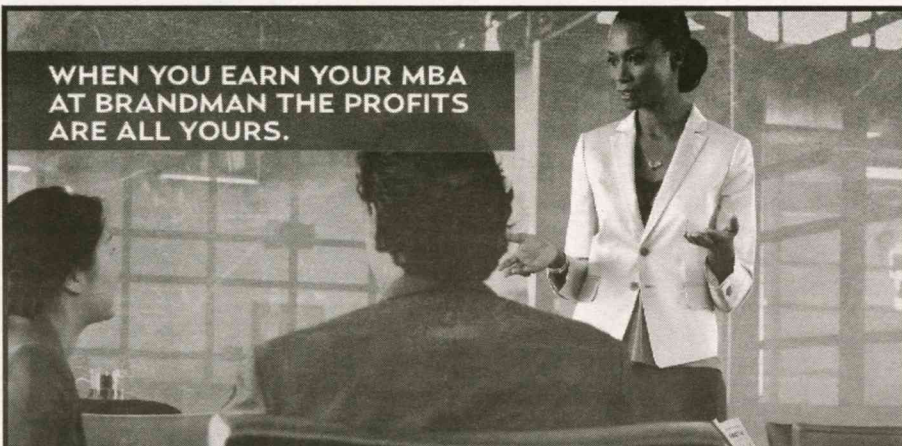
Make sure you have your anti-motion sickness medication



HUMPBACK WHALE BREACHING OUT OF THE WATER

PHOTO PROVIDED

WHEN YOU EARN YOUR MBA AT BRANDMAN THE PROFITS ARE ALL YOURS.



Some business programs put their bottom line ahead of your education. Not Brandman. We're a non-profit school within the prestigious Chapman University System.

The Brandman MBA is a degree designed for the real world. We offer a flexible mix of evening and online classes taught by experienced entrepreneurs and business leaders.

At Brandman, you can earn your business degree from an institution you can trust.

 **BRANDMAN**
University

CHAPMAN UNIVERSITY SYSTEM

Brandman University is accredited by, and is a member of, the Western Association of Schools and Colleges (WASC).

MONTEREY CAMPUS

EARN YOUR MBA FROM BRANDMAN IN ANY OF THESE DISCIPLINES:

- ACCOUNTING
- E-BUSINESS STRATEGIC MANAGEMENT
- ENTERPRISE RESOURCE MANAGEMENT
- ENTREPRENEURSHIP
- FINANCE
- HEALTH ADMINISTRATION
- HEALTH RISK & CRISIS COMMUNICATION
- HUMAN RESOURCES
- INFORMATION SECURITY MANAGEMENT
- INTERNATIONAL BUSINESS
- MARKETING
- ORGANIZATIONAL LEADERSHIP

GET FREE EXECUTIVE COACHING WHEN YOU ENROLL (A \$1,200 VALUE).

Receive free Executive Coaching if you apply by December 31, 2010. For more information, call 800.581.4100 or visit brandman.edu/MBA

twitter  Find us on Facebook

 **ISLANDS**
fine burgers & drinks

Gourmet Burgers
Fresh Soft Tacos & Salads
Ice Cold Beer • Exotic Drinks
Endless Island Fries

Convenient Takeout & Party Platters
Complimentary Curbside To Go
831-655-1552

www.islandsrestaurants.com

20% OFF

Enjoy 20% off your next purchase at Islands Monterey!

Del Monte Shopping Center
300 Del Monte Center • 831-655-1552

Offer Expires 1/1/11. Just present this coupon to your server. Not valid with any other offer or discount. Offer excludes alcohol, happy hour, lunch specials, gift card purchases, tax & gratuity. Valid only at Islands Monterey location. Complimentary offer subject to change without notice. No cash value. © 2010 Islands Restaurants, L.P. CSUMB

Faculty of the Issue

A Life of Design

Kevin Cahill

Sam Pereira, Copy Editor
SPEREIRA@CSUMB.EDU

Think back to what was enjoyable before school began. Before kindergarten, before preschool even. "Most likely, there's a passion and talent in those memories that can suggest a career that is both fun and rewarding," said Professor Kevin Cahill.

Cahill is an ITCD professor at Cal State Monterey Bay (CSUMB). His passion for the ITCD field came from an early age. As a child, he would design the environments he and his friends would play in. He also found a love for journalism. "In second grade, I published my school's first newspaper which I wrote, typed on a manual typewriter, mimeographed and assembled,

and then distributed to everyone all by myself," he explained.

He then entered Chico State as a freshman ready to study journalism. "I liked researching and writing stories but I also liked the process of organizing and designing the publication," said Cahill. His first semester, he took a journalism class and a graphic design class. This was when he knew design would be his designated field and he has been doing it ever since.

Cahill came to CSUMB in 1998 to work as the art director for the new CalStateTEACH online teacher program. He began teaching a class or two a semester and was hired as a tenure-track Assistant Professor five years ago. "I actually applied for a position before the campus opened but nothing ever came of it. However, I knew the first time I read the Vision Statement that this was where I wanted to teach," said Cahill.

The diversity promised by the vision statement is something Cahill has seen first hand. "I've taught at four other universities and none of them have the culture that celebrates diversity like this campus has," he said.

The proudest moment in his teaching career thus far came in the form of a comment made by a student on a course evaluation which read; "He made me think too much."

Cahill hopes to continue to make students think too much by contrib-

uting to education in the Monterey area in the future. "I love the work I've been doing with Imagine College, helping at-risk high school students get into and succeeding in college. Hopefully, I can continue doing something with the Imagine College team," said Cahill.

His one ultimate goal at CSUMB is clear. "My goal before I retire is to make CSUMB's web design program the best it can be."

"He made me think too much"

I knew the first time I read the Vision Statement that this was where I wanted to teach



PHOTO PROVIDED BY KEVIN CAHILL

Student of the Issue

Scotty Bell

Tuba Abbasi, Staff Reporter
TABBASI@CSUMB.EDU

When asked about his initial reaction to being chosen as student of the issue for the Otter Realm, Scotty Bell reacted with surprise. "I was confused - what did I do to deserve this? I'm just me." Described by his peers as "humble" and "motivated," Bell, senior, Psychology, is a member of the McNair program. He is also responsible, with the help of Ajamu Lamumba, Vinnie Carr, Meg Nielsen, and a few others for reintroducing the A.S. Capstone Grant.

Prior to his enrollment at Cal State Monterey Bay (CSUMB), Bell attended a junior college in San Diego. He failed his first year of classes and was forced to apply for academic renewal. After graduating, he was charged with a DUI. Frustrated with his environment, Bell packed his bags and headed out to Big Bear.

"I spent 9 months in Big Bear. I had time for reflection and introspection and I grew up a lot be-

cause I didn't have all the distractions I had back home. It was an escape," said Bell.

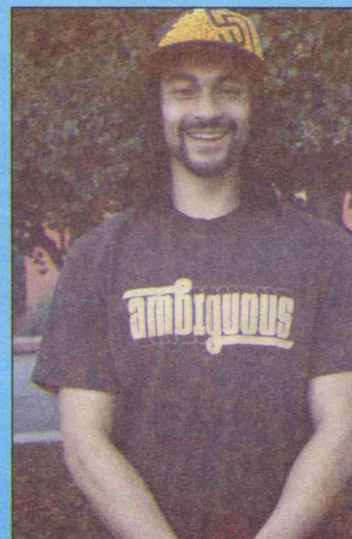


PHOTO PROVIDED BY ERIN O'BRYAN

After his academic hiatus, Bell enrolled at CSUMB in Fall of 2009. By that spring, Dr. Jennifer Dyer-Seymour, an associate professor of Psychology, approached Bell about the McNair program. The program boosts the amount of low income, underrepresented and first-generation college students who work toward doctoral degrees. McNair scholars receive summer research opportunities and assistance with the graduate school application process.

"Scott seemed to be a perfect match for the program because he is intelligent, hard-working, and focused on graduate study in psychology," said Dr. Dyer-Seymour.

In 2009, Bell spent his summer with Dr. Berteaux researching a paper on the continued evolution of religion and its significance to humans. This past summer, Bell worked at Sonoma State University on Shamanism.

"McNair allows me to do what I

want to do. I hated high school and I hated being told what to study. I have a new appreciation for research. Without McNair, I wouldn't be as passionate about school."

Bell, senator at large for Associated Students, also worked to revive the Capstone Grant. "I came into A.S. later in the semester and I was going through the by-laws when I learned about the grant. I had so many questions about my responsibilities" said Bell.

Confused, with little background knowledge of the grant, Bell set out to reintroduce the inactive endowment. He approached the Academic Senate Executive Committee (ASEC) for faculty support,

searched through paperwork for the original grant application, and managed to pull together a committee within several weeks.

Since the grant had been dormant for a few years, Bell and his committee had to work hard to get the word out about its existence.

They relied on classroom presentations, fliers, and the school website to promote the grant. Twenty students applied, and eight of them were given either full (\$1000) or partial grants. Applicants were evaluated on project feasibility and relation to the school vision statement among other criteria. "The grant allowed students to pursue their capstone without financial restrictions."

Described by his peers as humble and motivated

POLITICS

CSUMB Celebrates Winter Graduates 2010

YOU'VE GRADUATED, NOW WHAT?

Susana Silva, Staff Reporter
SSILVA@CSUMB.EDU

Imagine all the late nights put in working endless hours to achieve the goal of attaining the college degree. And finally the day has come where your college professors, peers and the university faculty all recognize your efforts and hard work. Grad fest will be held on Tue, Dec 7 at 8:00 a.m. to 6:00 p.m. Grad Fest is held in fall and spring and is a one day event which provides a central location for candidates graduating. Students will not walk in cap and gown until commencement.

"Why stick around and drag it out?" said Ryan Cuadros, ITDC. He further explains "Sure they may

have to come back in the spring because technically there are no ceremonies in the Winter. What people must know is that they don't have to walk in the ceremony if they don't want to."

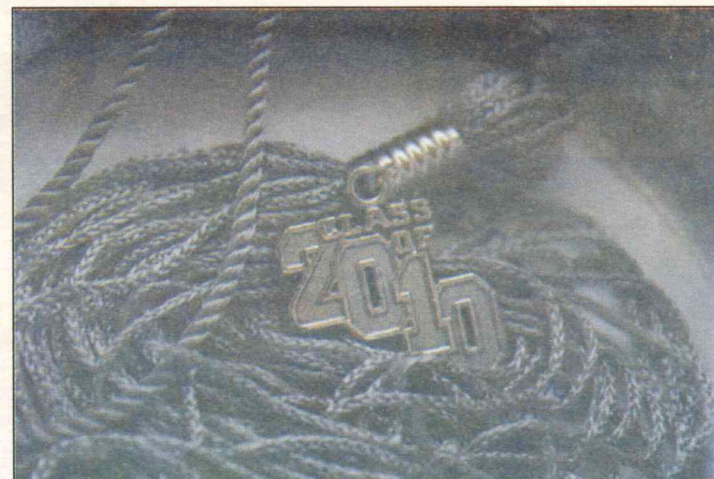
Cal State Monterey Bay (CSUMB) is expecting "800 plus degree candidates for this academic year that would be eligible to walk in commencement this May 2011" said Giselle Young, Graduation Coordinator.

Commencement, which is often confused with graduation is a celebratory party usually held once in May of each academic year, where suitable graduating candidates gather to celebrate their academic accomplishments. No degree or diplomas are received at commencement; diplomas are mailed out 12-16 weeks after graduation.

Students who have dedicated themselves to graduate in fall will receive confirmation of the status of

their degree through campus e-mail in January. All candidates graduating are invited back to campus to participate in the May commencement ceremony. Degree candidates should visit the Professional Attire Closet

"I'm really excited to graduate though & move on to the next phase in my life!"
Lauren Walters,
Kinesiology



where students can purchase alumni equipment along with caps and gowns, order class rings, take senior portraits, order invitations and Join the Alumni Association. The bookstore is the place to contact for obtaining memorabilia for graduation.

For some, Graduation is a time of celebration as well as a time to reflect about all that has been accomplished, but now what? "To me graduation is a right of passage and shows that you are an individual that is able to commit to something you put your mind to and succeed in that pursuit," said Lauren Walters, Kinesiology. She went on to say, "After graduation I am planning on going to grad school for Public Health with a global concentration." Walters added "I'm really excited to graduate though and move on to the next phase in my life!" Graduation is only a stepping stone to the next chapter in life and what you plan to achieve for yourself.

So, why do students choose to graduate in Winter versus spring? According to Cuadros, if people graduate in the Winter it may be due to how they chose to space out their classes or their workload each semester. "I know that I was scheduled to graduate this Winter but due to a giant setback with my previous capstone project, I have to stick around for another semester. I would love to have graduated this winter opposed to the spring but I have no choice in that now" said Cuadros, who plans on moving back home to Los Angeles after graduation.

SENIOR CAPSTONE

BUILDING THE HOUSE CALLED CAPSTONE

Keosha Griffiths, Staff Reporter
KGRIFITHS@CSUMB.EDU

It is the first semester of your last year of college, while sitting in pre-capstone class, the teacher is talking about something called Senior Capstone. If you currently have 20 units, a job and a social life, kiss all that good-bye for next semester. Although most professors advise to take only 12 units for your last semester, capstone might as well be, or feel, as a 50-unit class with all the work it involves.

At every school the senior capstone can go by a different name but they all serve for the same purpose. According to the American Association of American Colleges & Universities, the Senior Capstone is a representation of different stages of transformation in the academic career of students in college.

Senior Capstone starts a whole semester before the actual presentation to the entire community during the end of the year Capstone Festival. Picture Capstone as building a house in which each

brick represents knowledge crated by your own research. During pre-capstone, you lay all the groundwork, the structure, and then pour the cement. After your cement has settled, and your house's structure is ready, you enter the capstone class where you start taking off extra parts of the house and finish it up. After making the house, which is a creative piece or an original research, to the best of your abilities, you turn it into the capstone director, or the building manager, who tells you what is wrong and what needs to be fixed before you can complete it. All of this work is done the last year of college.

"Personally, if you ask me, the Capstone is a crapstone" said Maggie Aguilar, senior, HCOM, "it's so much work to do for someone to thumb through and be like, hmm, okay." While the academic community believes that the senior capstone is the proper representation of acquired knowledge from the last four years, some senior students beg to differ about that idea.

In order to evaluate and improve the capstone experience, HCOM Professor David Reichard has worked over the last three years with Business Professor Pat Tinsley and Social, Behavioral and Global Studies Professor Gerald Shenk on an effectiveness study of the Capstone at Cal State University (CSUMB). As a way to implement and test some initial changes this year, the Human Communications (HCOM) department launched a pilot capstone program that has addressed some issues from the structure of past capstone classes and processes.

According to professor Reichard, this section has been charged with researching of what the future lies in this new model. As a test run, all

the findings will be reported back to faculty about the exciting experience that took place." Pilot capstone students express diverse views on their experience. "I feel really lucky to be a part of a collective and diverse project," said Christy Khosaba, senior, HCOM "it offers me the opportunity to work with my fellow HCOM peers."

"In all honesty, capstone sucks, and if people tell you otherwise, they are just lying to you," said Chris Rankin, senior, HCOM "I took this class because I thought it would be the easiest way to get through this process while still being able to extract some form of a sense of self worth."

One criticism of capstone is how it needs to be closely connected to graduate school curriculum. It meant to be accumulation and synthesis of knowledge and skills learned during undergrad years, but in some cases capstone work does not play into the graduate curriculum some are going to embark on.

"I like Capstone," said Paul Adrian, senior, ESTP, "I like it because I am a horrible test taker and a better public speaker." There should be a mid way of how the capstone is done.

Some universities that do not require the senior capstone project, students either just graduate or they take a comprehensive exam in their major to show their competency.

Capstone is very important to Cal State Monterey Bay. Every spring and fall semester, the Capstone festival displays the student's creative and scholarly work that represents what students learned over the years. The bright side to the completion of capstone is that graduation is most likely in the near future.

Capstone, in general, is like building a house that you'll abandon after Graduation

FACT vs. FICTION

CSUMB and Law School Acceptance

FACT: *Nationally, approximately 67% of undergraduates applying to law school are accepted.*

FICTION: *The other 33% need to give up their dream of attending law school.*

Monterey College of Law, a California-accredited law school, is located adjacent to CSUMB and welcomes CSUMB applicants who are serious about studying law. As an "opportunity law school" our full-file review process and conditional admission program creates opportunities for CSUMB applicants who might be overlooked by traditional law school programs

FACT: *Law school tuition will likely exceed \$120,000 for a J.D. degree.*

FICTION: *You have no alternative to a six-figure debt if you want to go to law school.*

Monterey College of Law tuition for students enrolling in Fall 2011 will be \$60,200 for the entire J.D. degree program . . . almost one-half the cost of large urban law schools. Monterey College of Law is also the only law school in California with a tuition protection program that guarantees that a student's tuition rate will not increase between enrollment and graduation as long as they remain in good academic standing. Evening classes also allow students to work while attending law school and reduce the reliance on student loans.



MONTEREY
COLLEGE OF LAW
A TRADITION OF EXCELLENCE SINCE 1972

Apply to law school early and you may win a free Apple iPad!

Between January 15 and March 11, Monterey College of Law will conduct eight weekly drawings for a free 16G iPad from its pool of early action accepted students. If you apply before March 1, 2011, once your application is complete, you will receive notice of your status from the MCL admission committee within 48 hours. If you are admitted to MCL you will be placed in the next iPad drawing. Accepted students who do not win will remain in the drawing for each subsequent week . . . so the earlier you apply, the better your chances of winning one of the eight free iPads. If you are accepted to MCL and subsequently decide to enroll in another law school . . . you still get to keep the iPad.

For information about MCL and law school applications, go to www.montereylaw.edu or call 831-582-4000 and ask for Dean of Admissions Wendy LaRiviere.

ART & ENTERTAINMENT

HIGH SCHOOL ART DAY

Every December for over ten years, the Visual and Public Arts (VPA) department has opened their doors to Seaside High School students.

The event they come for is High School Art Day, a day designed for them by college students. For many of the high school students it is the first time they get to experience hands on art on a college campus.

"THE EVENT TURNED INTO A NEW WAY FOR VPA STUDENTS TO CONNECT WITH THE COMMUNITY"

Professor Stephanie Johnson, the VPA department chair and founder of High School Art Day said it was originally started, "as a way for the local students to envision themselves on our campus in the future after graduation."

The event turned into a new way for VPA students to connect with the community. Thirty five high schoolers were chosen to participate in this annual event put

on by the students of the VPA 300 Pro Seminar class.

Students in Pro Seminar chose between two activities, High School Art Day or Public Art Committee. Those who chose High School Art Day were given a list with numerous committees on it. Some of the options were transportation, documentation and activities.

This year the activities committee made a theme of recycling and holidays.

The activities planned for the day are broken up into two separate categories, 2D and 3D. The activities that take part in the 2D category for half of the students are making cards of recycled materials and sending them to charities. The other 2D activity is making picture frames, also made out of recycled materials and doing portraits of other students in the group.

The other half of the group will start by making 3D gifts. The activities committee planned for students to make gifts out of recycled materials. No particular gift is going to be given to the students to make, it's up to the creative minds of the high school students to decide what to make.

The other activity planned for

the 3D aspect of the day is a collaborative sculpture with the VPA 300 Pro Seminar class. The Pro Seminar class will create the base of the sculpture and start it out for the high school students. The high school students will have the opportunity to add onto the sculpture. After the sculpture is finished it will be donated to Seaside High School.

Nastacia Perales, junior, VPA who is on the activities committee thought the sculpture would help connect to the students even more. Perales feels High School Art Day is "a good way to connect with the students in our community." Perales who gave input on the collaborative sculpture thought giving the sculpture to the high school would show that connection.

From 9:30 a.m. to 2:30 p.m. on December 2nd, almost a full school day of art has been taken in. By the end of the day the connection between students from both schools becomes apparent. After four activities together along with lunch, the day has been not only a learning experience but also one of bonding.

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

CREATIVE WAYS TO GIVE AND SAVE THIS HOLIDAY SEASON

Jonaiza Simbre, Staff Reporter
JSIMBRE@CSUMB.EDU

Big boxes or better yet small boxes wrapped in decorative paper are filled with mystery. Whatever the gift is being given, make sure to make it meaningful. Though, that holiday gift should not put a college student's bank account at negative.

There are ways to give a thoughtful and appreciative gift and not break the bank. "The best gift I ever received was my car," said Cody Daniel, freshman, KIN. Gift giving is sometimes hard, and it is difficult making those holiday wishes come true. Especially, if there are limits.

One problem is thinking about what the person wants. Instead, think about being creative. One way is food, and sweets can fulfill it. "The best gift I ever got was

a cheesecake," said Tomas Salinas, Senior, LS. Safeway sells \$2 Betty Crocker's cookie dough easy to prepare. Don't have cookie cutters? Target sells cookie cutters in their dollar section. If you don't feel like baking cookies, the bag of cookie mix has recipes on the back. "I usually do baking, it's another way to show someone I care because I prepared it, and wrap it in special paper. Sometimes I place an ornament on it," said Chedsey. Simple sweets can be inexpensive, yet easy, decorative, and tasty.

Some gift can be made without a dime. Give with thoughtful gestures. "I once wrote a poem for someone," said Salinas. Words that are meaningful, warms the heart. Though, for those who don't have that creativity to write poems try writing a letter. It's about caring,

and making sure to present there was care put into the gift. Yoana Mendoza, senior, CHHS says, "I also like to get blank cards and decorated them with stickers and so much stuff." More innovative ideas can be the use of images.

"I like to take pictures, I go through the photos and buy an inexpensive frame and give that," said Esther Vargas, Senior, HCOM. Consider making the gift even more personalized by thoughtfully picking picture of the person's likings: a good trait of the person, a memorable time, and accomplishments a person participated in. Moreover, Bed Bath and Beyond carry \$6 glass photo coasters which could be a great memorable gift.

Inspiring gifts are taking things to a different level like creating a

calendar. Choose pictures that are gracious to a special person. It is specialized to that person, and useful. If there is no way of getting ahold of any photos. Take photos of important events, clever pictures of anything that relates to that person's favor. It is about having fun while creating the gifts as well. Then take the photos over to a Fedex Kinkos to create a calendar as cheap as \$12. Another option could be to buy a \$7 motorized revolving photo cube at Bed Bath and Beyond.

Call it gift appreciating. It can be easy, less costly, but more importantly it is meaningful.

"There's no better gift than a big hug from someone you love," said Vargas.

WINTER COAT

Samuel Martinez, Staff Reporter
SMARTINEZ@CSUMB.EDU

As the holiday season arrives, most enjoy the festivities excessively. According to Askmen.com the average person puts on an additional 4 to 10 pounds during the winter season.

We are all genetically programmed to retain weight from an evolutionary standpoint as our ancestors had to prepare for the harsh times when food was scarce and extra body weight provided insulation against the cold, according to Dr. Lawrence Cheskin, founder of the John Hopkins weight management center.

Twenty thousand years later, civilization now frowns upon excessive weight gain, yet our biology still proceeds to let us put on the pounds. Here are some strategies to help hamper this process.

With all the holiday foods and snacks, what you eat and how much you eat can affect your waist line. Dustin Driver, nutrition correspondent, holds that during the winter, we look passed healthy snacks for prepackaged, high-fat pleasures like chips, nuts and crackers.

He also holds that less sun light has a negative impact on mood which leads to us consuming carbohydrates, fats and sugars, which can have a delightful affect. Once one is aware of this, an effective way to stop this gain is by eating healthier snacks and avoiding the mentioned unhealthy delicacies.

Askmen.com advises for individuals to refrain from eating at least 3 hours prior to sleep. It holds that your body burns far more calories while awake and any excessive consumption close to slumber will turn into stored fat as the body will not have the ability to burn it.

If one continues the talked about negative practices above for weeks or months, the weight gain comes fast. Joshua Larios, Senior, Computer science says "During the holidays, I workout extra hard because I know what's coming." This is another recommended method to offset weight gain.

Even if one has a good exercise routine, the extra food consumed during the holidays may through one's body off balance into gaining weight. Askmen.com recommends you stay active by hitting the gym at least three times a week and devising a workout routine that will tax your biggest muscles.

It holds that on should focus on the legs; they burn more calories than any other part of your body. Also, to add a little cardio to the routine, at least 15 minutes worth and if all of this is maintained it will do a lot to avoid packing on the pounds.



PHOTO PROVIDED

GET YOUR PERFECT CUT

A Few Tips to Ensure Full-Proof Holiday Hair

Ashley Rourk, Staff Reporter
AROURK@CSUMB.EDU

If you are attempting to get the latest celebrity crazed hairstyle or just the average run of the mill trim, a common client stylist understanding of the end result is a must in order to achieve it.

You may think you know how to communicate exactly what you want to your stylist; chances are you could be doing a much better job.

"Spending more time in the consultation with the proper communication will most likely result in exactly what you want," said Ari Ahrary, owner of Salon Vie Menlo Park.

In terms of getting a desired haircut there are three basic steps the client can take to ensure great results.

First and foremost, pictures are the most effective way to clarify what you like or don't like. So, show, don't tell.

Stacie Askew, southern California hairstylist, said "everyone's definition of an inch, short, or long is completely different," hence showing as opposed to telling is more affective.

When looking for pictures Askew said, "choose someone with the same color and texture of your own hair that way the end results are more attainable."

In addition, to bringing in your picture come in to the salon with your hair in its natural state. Michelle Davis, Santa Barbara hairstylist said, "being able to see your clients natural texture makes the end results more predictable."

Finally, if you haven't decided on a cut and you don't have a picture do not give your stylist free reign.

Discuss how much time you spend on your hair as well as your willingness to style and use products.

Because chances are your hair will look great in the salon but if you aren't willing to put the effort in at home you will be disappointed and stuck with a cut you hate.

Davis said, "it isn't a big deal if you don't style at home, but your stylist should know that."

Before making your appointment there are a few things to keep in mind. Salons are usually closed Sundays and Mondays and the holidays are one of the busiest times of year.

Davis said, "make sure to book ahead during the holidays, because it gets crazy."

Whether you've seen the same hair stylist for years or you are in a new town with not a clue of who's the best these tips may save you from a potential beauty crisis.

Keep these helpful guidelines in mind and enjoy the holidays with nothing short of great hair.



PHOTO PROVIDED

ART & ENTERTAINMENT

Prosecution Protects Big Business

America's DMCA & COICA: An Editorial

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

Tuesday, Nov. 30 marks the first criminal trial against modding video game hardware. The case is simple. The alleged criminal Matthew Crippen had a personal business modding video game consoles for a price of \$60 to \$80. Modding means he changed the hardware to allow game consoles like the Wii, PS3 and XBOX 360 to play burned games; many people believe this means pirated games. If convicted he faces up to three years in federal prison as reported by Wired.com.

Crippen, 28, was a student at CSU Fullerton, studying Liberal Arts. He states his efforts were to help gamers who had legally purchased games, made burned back-

ups to play as opposed to risking the original disks. Optical media such as CDs, DVDs and Blu-Ray Discs are problematic to say the least. Those of you who have Netflix know the ease of getting a scratched disc.

However, his efforts violated the Digital Millennium Copyright Act (DMCA) citing, "no person shall circumvent a technological measure that effectively controls access to a work protected under this title." Basically, you can't mod consoles to play burned games, backups or pirated.

Coincidentally, on Nov. 18 the Combating Online Infringement and Counterfeits Act (COICA) was set on the agenda for the Congress. If passed, the COICA will effectively make downloading copyrighted media without consent a federal crime, similar to the crime Crippen has been accused.

On Nov. 3, a similar trial awarded the Recording Industry Association of America (RIAA) \$1.5 million from defendant Jammie Thomas-Rasset, a mother of 2 from Minnesota. Thomas-Rasset traded 1700 songs on the peer-to-peer file sharing software Kazaa, though she was only sued over 24. This is the third verdict on this case.

Is this really what the federal government is spending time and money on? Not including prosecution, it costs on average \$45,000 to house and feed an inmate in California for one year; meaning if Crippen gets the

maximum sentence he will cost California \$135,000. His crime was charging \$60-\$80 per unit. For Crippen to have cost that much money in damages he would have had to modded 1688 units. Thomas-Rasset traded 1700 songs. To put it in relative terms, that's 77 copies of Lady Gaga's The Fame Monster. That CD costs \$17 on Amazon. Do the math.

I consider myself a liberal. I believe in socialism since it theoretically benefits everyone. I think a large federal government is a good thing, having the ability to accomplish things smaller entities cannot. But the DMCA and the COICA are not protecting the people, nor are the benefiting society. We are in the midst of a war, our economy is in the worst recession since the Great Depression and unemployment is at nearly 10 percent. In California, our budget is so screwed up that the once cheep education system, the CSU system, is now putting student into debt that rivals well renowned liberal arts schools.

I see a system that is broken; one which values guns and money, and not education and ingenuity. The fact the federal government is fighting court cases which benefit only the rich corporate owner shows an allegiance, and it is not to the American people.

Vision & Volume

Chris Rankin, Copy Editor
CRANKIN@CSUMB.EDU



Black Moth Super Rainbow Dandelion Gum Band

Black Moth Super Rainbow are a group of friends with funny nicknames like Father Hummingbird, and Tobacco (solo stuff is amazing), who prance around in odd clothing, wear masks, and make music together off in some isolated rural area near Pittsburgh. Whatever, the backstory doesn't matter; the first thing to do with a record like BMSR's latest, Dandelion Gum, is to forget about who made it: The music really depresses the notion of any engagement with personality. For one thing, the album's vocals are distorted by vocoder (Tobacco); as a result the album occasionally veers towards a mutant automated version of folk-pop. You can't understand 99 percent of the lyrics, so don't expect a nice sing along album. Nevertheless, somehow through the magic of music the meaning of the Dandelion Gum comes through regardless.

Much of Dandelion Gum sounds like something recorded at home on the cheap voice recorder. It is that rawness demonstrates Black Moth gets the most out of their modest set-up. Like much of their past work, it comes over like a spry, airy, and tremendously evocative instrumental Boards of Canada interlude, from back when the Scottish duo still did that sort of thing. And the acoustic guitar loop in "Jump Into My Mouth and Breathe the Stardust" has the old-tape-found-under-a-tree-stump vibe that gave BOC's The Campfire Headphase an appealing sense of water-damaged psychedelia.

I love Dandelion Gum, I put this album on when I am feeling lonely and need a distorted voice to pull me away from the edge.



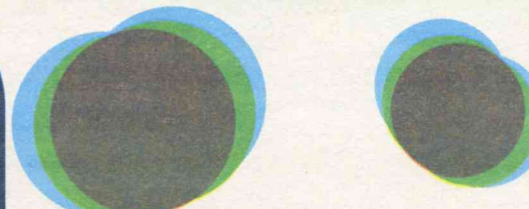
My Left Foot (1989) Director: Jim Sheridan

Daniel Day-Lewis certainly doesn't need my help to pump his résumé, but he is the best actor in the business today, and that is a fact. There Will be Blood, Gangs of New York, and Last of the Mohicans, we all know his movies, but let's go back and look at the film that got Day-Lewis his first Academy Award. My Left Foot is the extraordinary biopic of writer and artist Christy Brown, whose life as a cerebral palsy sufferer is here recreated from his autobiography.

Day-Lewis transcends the meaning of the word 'act' and instead simply inhabits the part of the adult Brown. Despite the presumption that he's a retarded child, the teenage Brown proves he isn't when he chalks the word 'MOTHER' on the ground. He goes on to achieve acclaim as a poet, novelist and painter (all achieved with his left foot), but resorts to alcohol to quiet his handicapped wolves.

Day-Lewis' dominance of the screen is at times almost unfair on the other actors, but Brenda Fricker (as his mom), Ray McAnally (as his dad) and Hugh O'Conor (as the young Brown) are superb as members of the large Dublin family that struggles with the often difficult genius in its midst.

Even if all My Left Foot had to offer was Day-Lewis's performance, it'd be a must-see movie.



JOIN the FRIDAY AFTERNOON CLUB

3 - 7pm Every Friday



Sierra Nevada
Gordan Bierch
Fat Lip
Blue Moon
Black Horse Ale
Bud Light
Draft Beer \$2

Local Wine \$4
Chardonnay
Pinot Grigio
Merlot
Pinot Noir
Cabernet Sauvignon
Well Drinks \$3

Inferno Hot and Sweet
BBQ Wings
Chili Verde Nachos
Vegetable
Spring Rolls
Texas Chili Potato Skins
Monterey Bay Calamari
Honey Mustard Chicken Strips
Appetizers \$5



1/2 lb. Burgers \$6



1 McClure Way, Seaside - 899-5954

Interested in *Making a Difference?* Become a Math or Science Teacher!

CSU Dominguez Hills is proud to offer two programs designed to help you reach your dream of becoming a successful teacher!

Urban Teacher Residency (UTR)

- Earn your credential and Master's in 18 months!
- \$20,000 living stipend for one year as you complete a residency (student teaching) in one of our partner schools in LAUSD
- Placement assistance after program completion



Interested in UTR?
Call us: 310.243.2337

Email: utrprogram@csudh.edu

Both Program
Offer Participants:

- Individualized coaching
- Ongoing advisement and support



Interested in TTT?
Call us: 310.243.2668

Email: ttt@csudh.edu

33778326



FRANKLIN STREET TIRE & AUTO

\$MONEY\$ Saving Coupons

please visit
franklinstreettire.com
for details

(831)373-3625
598 E Franklin St.
Monterey, CA 93940

Make it **myo** 

491 Alvarado
685 Cannery Row

pure frozen
yogurt

25% OFF

When you bring in this coupon!

•Discount can not be combined
with other discount.

HAPPY HOUR SPECIALS

Peter B's
BREW PUB

DAILY 4:00 PM - 7:00 PM

Catch your favorite sports teams
compete on out 15 HD TV's while
enjoying items off our
Happy Hour Menu

\$3.00	MARGARITAS
\$5.00	LONG ISLANDS
\$5.00	SHOT OF THE DAY
\$6.00	DRINK OF THE DAY
\$4.00	16OZ. BEER



PORTOLA HOTEL & SPA | TWO PORTOLA PLAZA
MONTEREY | 831-649-2699

SPORTS

SEASON STRAINED WITH TRAGEDY & TRIUMPH

TOUGH SEASON FOR CSUMB MEN'S SOCCER

Sam Peters, Copy Editor
SPETERS@CSUMB.EDU

The story does not always lie in the numbers. If one were to look at the record of the Cal State Monterey Bay (CSUMB) soccer team, they may think the one win and 14 losses is a waste of a season. Maybe a rebuilding year? Maybe there was a talent drop off? The answers to these questions lie beyond the pitch.

CSUMB men's and women's soccer coach Artie Cairel was enthused throughout the tough season. "It was an amazing year. This was probably the best group of players I've ever had; including the playoff runs and the championships we have won here," explained Cairel. The youth and the plague of injuries were two factors the coach gave for the sub-par record.

Then came the tragedy. "Within a week we had five players lose someone close to them. Within a week," said Cairel. "Recently we had a player whose best friend, 19 years old, passed away from a car accident... and we found out at practice, and the entire team just circled around this young man, who was just distraught and just showed pure love for another human being." As a coach, Cairel could focus on wins and losses, but it's really the journey and the character they build along the way, he said.

The result of their last game was indicative of their year. They were down 2-1, with 25 seconds left, CSUMB had 10 players and they have 11, and CSUMB was firing shots on goal to no avail. With 1.3 seconds left, the other team counter attacked and scored. The final score was 3-1, but "you look at it and you say 'ehhh 3-1 tough loss' but you can look at it and say, 'we just missed a chance to tie it,'" said Cairel of the loss. And never at one point did they ever give up, he added proudly.

But don't jump to call the season unfortunate. "I think unfortunate is when you have five to six seniors and you get bad breaks. I think when you have one senior playing and seven first year players, in the CCAA, which is by far the toughest conference in the country, I think you pay your dues," explained Cairel.

The team never once started a game with their initial starting 11. They started five to seven freshmen and one senior at points during the season. "When you look at one win for the entire year and it's game 18, and they're still fighting, as a coach, you're thinking, 'I know we're doing something right. That's the kind of stuff they're going to take outside of this university,'" said Cairel.

MEN'S SOCCER COACH, ARTIE CAIREL
PHOTO PROVIDED BY OTTER ATHLETICS



As a coach, Cairel could focus on wins and losses, but it's really the journey and the character they build along the way

Returns with a Bang!

WINNING STREAK FOR LADY BALLERS



JULIE HUERUNG SHOOT TO WIN

PHOTO PROVIDED BY OTTER ATHLETICS

Grecia A. Garcia, Staff Reporter
GGARCIA@CSUMB.EDU

"I have to say our chemistry overall is better and that's why we've had the early bird of success," said Renee Jimenez, head women's basketball coach.

According to the women's basketball team they believe they are fiercely well prepared to enter this years conference finals in shot to take down last years defending champions UC San Diego where they hope to take the conference title.

The Otters believe they have the most talented team the university has ever had in program's history. "This is the most talented team we've ever had. We have talent in general, a lot of the women come from winning teams. We shoot the ball well, and our three point shot is strong. I have to say our chemistry overall is better and that's why we've had the early bird of success," said Renee Jimenez, head women's basketball coach.

The Otters will face defending champions UC San Diego tomorrow in hopes to bring in a victory and stand high in the rankings. "UC San Diego will be a great test to see where we stand," said Jimenez.

"UC San Diego will set the tone,

it will be really great for us and it will help us build our confidence as a team, said La Shawn Johnson, Collaborative Health and Human Services.

Johnson will be graduating this Spring where she hopes her team will excel highly and bring home the championship title. "This is it for me and I will hang my shoes up for basketball so I have a lot of expectation," said Johnson.

Last year the Otters won 11 games and got defeated 15 times where this year the ladies have already started their season with a bang. The ladies took their first title in the season after winning the Notre Dame de Namur Tournament against the Montana State Billings with a 77-47 final score.

"Last year I wanted to make it to the NCAA tournament," said Johnson. According to Johnson she hopes this year the women's basketball team will make it to the finals.

The women's basketball team fell short last year in defeating Chico

who are under the same conference (CCAA).

"Chico was the only team in our conference we couldn't beat but they're next on the teams we want to beat," said Jimenez.

"This year we'll be better prepared for Chico," said Johnson.

to the women's basketball team, in preparation for the upcoming games this season they strongly believe they have the necessary strengths to defeat and conquer the CCAA conference. "We have the competitiveness that we need to get far. We have great shooters, drivers, scorers, and our defense is strong," said Johnson.

The women's basketball team remains undefeated with six wins under their belt. The women's basketball team have began their mark into the conference with their first victory game against San Francisco State. The women's basketball team will face up against their much anticipated rivals UC San Diego tomorrow, Friday December 3rd at 5:30p.m. at our home turf.



MICHELLE SANTIZO DRIVES THE LANE

PHOTO PROVIDED BY OTTER ATHLETICS

Kenny Curtis Tattoo & Body Piercing

831-883-8435
3074 Del Norte Blvd.
Marina, CA 95933

Dancing their way to the top

Dance Team Struggles to Gain Their Rights

Jessica Blackwood, Staff Reporter
JBLACKWOOD@CSUMB.EDU

The dance team has been performing for Cal State Monterey Bay for about 15 years. The team of ladies perform at the end of each quarter for the basketball and volleyball games. "We love what the dance team does, they help support the games," said Vince Otoupal, Director of Athletics. The dance team is categorized under clubs but because they have a tryout process and do not allow membership to all they are not considered to be a club but more a hybrid between a club and a sport.

According to Kelly Maily, the dance team must request funds in order to receive their money. These funds do not cover half of the costs and each girl can expect to pay \$200 to \$300 dollars out of their pocket said Erica Lewis, Dance Team captain, Senior. The girls are not considered to be a part of athletics



PHOTO PROVIDED BY OTTER ATHLETICS

even though they perform at games. "Athletics has a division 2, we sponsor teams that compete. They would have to compete against division 2 dance teams," said Otoupal. Schools like Cal State Fullerton and Cal State Long Beach have dance teams that compete in the division 1 category.

Practicing also seems to be an issue for these girls since the gym holds so many events with its sports, intramurals and classes. According to Otoupal, the athletics department does try to get them the space they need when they request it. "It shouldn't be this hard, as we are not only providing a place for CSUMB students to dance, but a source of entertainment and spirit for the entire CSUMB Community" said Megan McNicholas, Dance Team captain, senior.

The team currently has 12 girls

but they will take up to 14. Lewis and McNicholas are both captains and have been on the dance team for 4 years. "We want to leave dance team better than when we were on it," said McNicholas. The dance team being stuck in the middle without an actual title is appreciative for all the help they do receive. "Being considered an actual athletic sport would be the best outcome; we feel that we work just as hard as the NCAA teams currently on campus." Currently, the team just tries their best with what they have even if that means paying for things with their own money or having to fight for their space to practice they are on board to do so.

College Football Bowl Schedule

Throughout the College Football Season, Teams are Playing for a Championship Bowl Game

Brian Remas, Staff Reporter
BREMAS@CSUMB.EDU

November marks the end to fall season sports and for those teams that did especially well, it means that the championship games are coming. All of the teams in the NCAA college football league are in a division. There are 27 divisions with anywhere from 3-13 college teams in them. Throughout the college football season, all of the teams are playing for a championship game called a bowl game. There are 35 different bowl games that colleges compete for, and the teams are placed in them according to their division and their ranking in it.

Colleges have had bowl games for nearly 100 years. This age old tradition is a way for different universities to play each other in a game of football. More than that, it is the pride of the universities involved that comes with the match. At one of these bowl games, one will see people displaying the colors and the mascots of "their" team. However, these games are not solely open to college students. Fans of the team will generally be current students and faculty, alumni, residents around the university, and some just because they like the mascot or the schools colors.

It is an honor for these teams to go to a bowl game, and winning benefits the players with pride and the university. The games have gained increased importance for the revenue they bring to participating programs and the opportunity to recruit new players to the teams. There is a lot of money that can be awarded to the football programs for their university's team to go to a bowl game. Depending on which bowl, the university can receive anywhere from about \$300,000-\$17,000,000.

It is true that the football programs of the universities can earn a lot of

money, but the bowl game is more than just a game, it is a show. The different bowl games all have their own way of starting off the experience. It starts in the parking lot with tail gate parties and games with friends. Then the two colleges have some sort of pregame show to get the crowd excited for the game. When the fan decides that it is time to go into the stadium, it feels like line of ants going into the ant hole as thousands of people form lines to go through gates. Everyone has an assigned seat and it is a race to it to see the inside of the stadium and curious to see what they might have missed.

Just before game time, there is usually some dangerous and exciting event to get the crowd's focus onto the field. A flip of a coin to see who gets the ball, and then the game starts. That is not all the

show business that occurs during the football game. In the middle of the game, or half time, a show is put on. It usually involves music, fireworks, and each of the university's bands. To finish off the event, a trophy is awarded to the victor, and fireworks signify the end of a season. For the patron, it is not over until you are through the traffic of hundreds, sometimes thousands of cars trying to leave the stadium parking lot.

There are 35 different bowl games that colleges compete for

The Robbery of Culture

Why Do Americans Have Such Bad Taste?

Martin Hardenberger, Staff Reporter
MHARDENBERGER@CSUMB.EDU

Americans aren't only being fooled they are getting fat too; the fattening of a population isn't news to most. However, many go to Chipotle Mexican Grill to get a burrito thinking they are getting Mexican Food.

For the uninformed, Chipotle was founded 1993 in Denver, Colorado. Does this sound very Mexican to you? Founder Steve Ells was born and raised in Indianapolis, not even

close to the Mexican border.

Those of Californian descent should be able to tell the difference between Chipotle and real Mexican food. Come on, it is not even close!

The unauthentic burritos you can get at the popular "wannabe" Mexican restaurant is incredibly Americanized to please taste buds or gut of the growing citizen. As an international student, this becomes overwhelmingly obvious.

Chipotle is not the only example of how to twist a culture to fit the standards of the Ameri-

can. Swedish meatballs will never be served with Marinara sauce in my home country (Sweden), and they don't call tomato sauce Marinara in Italy, they call it pummarola, and they've never heard of Alfredo sauce either.

Speaking of Italians, Olive Garden is at the essence of Americanization; in fact the pseudo Italian restaurant (all 700 of them) undermines everything Italian culture stands for. If you were to find something similar to Olive Garden in Italy, it would be a tourist trap on Via Veneto, a restaurant solely for loud Americans.

To burn off the calories from a Chicken Parmigiana, the rather cheesed-up bird, from Olive Garden, one would have to walk for 302 min-

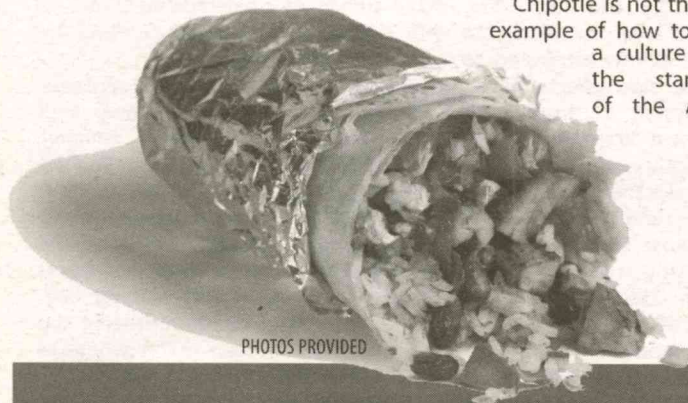
utes, jog 125 minutes or swim 91 minutes.

So why do Americans have such bad taste? Americans are the largest consuming people in the world. The rest of the world is trying to get into the American market; they are losing their culture, taste and values.

Once at a Chinese restaurant, very capable chefs settled for characterless Sweet and Sour Chicken and Broccoli Beef. I shared my feelings and asked why they didn't turn the restaurant into a special one. The owner replied, "If you were to choose, would you take love or money?" Being the romantic fool I am, I said, "Love of course." The middle aged male owner took a while before he said, "Well, most business owners would go for the money." I never came back.

Dear American, please look over your values. It might keep you from getting fat too.

The popular "wannabe" Mexican restaurant is incredibly Americanized to please taste buds or gut of the growing citizen



PHOTOS PROVIDED



Hannah Morrow, Staff Reporter
HMORROW@CSUMB.EDU

Having healthy alternatives to the standard vending machine chips or cookies is always nice in between classes. On days when I don't have time to drive home and eat, the Otter Express (OE) is there to help satisfy my hunger. Run-of-the-mill hamburgers are under three dollars, yet a turkey sandwich is almost six. I go into the OE and attempt to eat healthy (a cup of fruit is almost four dollars) and end up spending around ten bucks on my healthy in-between-classes snack. That amounts to around eighty dollars a month, even if I only go twice a week. On my college budget, it's tempting to forfeit the healthy foods in lieu of something cheaper (and unfortunately, more unhealthy.)

In ancient times it was seen as a sign of wealth when a person

was on the heavier side, because it meant they weren't dying of starvation. Nowadays, it seems to be the opposite. Health foods are so expensive which is why the majority of people take the easy road and eat cheap, unhealthy food. Words like "organic" and "natural" imply that foods are somehow better for us and are therefore more expensive. The word organic, by definition, means "food produced with the use of feed or fertilizer of plant or animal origin without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides" according to Merriam-Webster dictionary.

It's tempting to forfeit the healthy foods in lieu of something cheaper (and unfortunately, more unhealthy)

Obviously it's better to eat healthier. But foods that are organic are not necessarily better for us. For example, some supposed "healthy drinks" say things like "naturally sweetened with sugar". Right, because the fact that it's naturally sweetened makes the sugar better for you.

Sodexo, the company who provides food for our campus facilities claims that it has "organic and natural foods", like tumblers of vanilla pudding

topped with whipped cream. Maybe it is "organic" and "natural" but it's definitely not good for you. They also offer cups of fruit, containers of hummus, sandwiches, wraps, and other on-the-go types of food. Granted, most of these options are better than choosing a 400 calorie "toaster pastry" from a vending machine. But the facts remain; some of those "healthy alternative" sandwiches have tons of sodium, something that is known to be

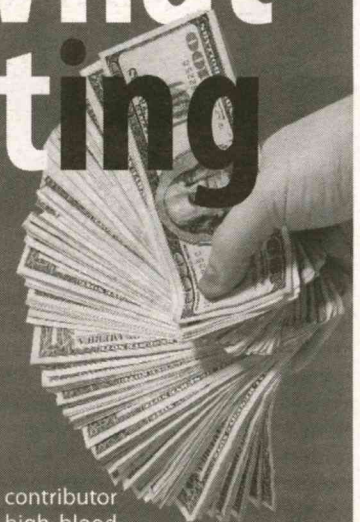
a contributor to high blood pressure. Not to mention, white bread, processed meat, cheese and maybe a tomato slice or two; nothing of much nutritious value. Most of the grab and go foods that Sodexo offer aren't much more than fancy, attractive packaging with promises of convenience as well as health benefits and a hefty price tag. The next time you are about to shell out another precious ten dollar bill, check the nutrition label first.

Be Wary of What You Are Eating

...and What You Are Paying



PHOTOS PROVIDED



OPINION



PHOTO PROVIDED

Mission Accomplished!

Say NO to Drugs or We'll Say it For You



Brandt Barstad, Staff Reporter
BBARSTADS@CSUMB.EDU

Oh what a wonderful victory it was for freedom in the United States of America; California's Proposition 19 failed, maintaining the sober state of its inhabitants and freeing citizens from fearing the evils of drugs. Following the words of the greatest president, Richard Nixon, and the actions of the second, Ronald Reagan, we strive forth in this war on drugs.

Prop. 19 had no specifications about employers' ability to drug test and would leave employers helpless when deciding to test or not.

Surely not being able to figure it

out for themselves, these free capitalist employers would not have had the government involvement they so desperately need.

If those in power don't think for us, who will?

Now that we've defeated dope, it's time to take offense. I'm speaking, of course, of the illegalization of grandpa's cough medicine and cause.

According to drugwarfacts.org, alcohol and tobacco are the leading killers of these United States, leaving over 510,000 combined deaths every year. Allowing individuals to consume these substances directly

undermines protecting the sanctity of life and must be ended. We fight for life, not living.

The abusers of these foreign chemicals can drink right before getting behind the wheel; how are we supposed to keep these junkies from driving their death machines in any other way but prohibition? Tobacco, guilty of 435,000 homicides each year according to drugwarfacts.org, appears to be humans' favorite way to commit suicide.

Suicide, however, is a sin and "everyone who sins also commits lawlessness," John 3:4, proving that even America's past top cash crop must be illegal.

We cannot stop with alcohol

and tobacco alone; people need protection from themselves on all fronts. Prescription drugs, such as Vicodin and Oxycontin, may provide relief for some, but with 32,000 deaths attributed to adverse side effects of prescription drugs each year according to drugfacts.org, we must take the moral high-ground and save those suffering from dying in peace.

Even aspirin claims 7,600 lives a year, 100 times the number of deaths from ecstasy in 2001, according to the DEA. Bought over-the-counter in

drug stores across the country by Aspirin Freaks in the name of "pain relief," these artificially manufactured cyclooxygenase inhibitors are gobbled by the handful for their analgesic effect.

Now the time has come. We must do away with the choking smoker, the pill popper and the sauce sipper; there is no other option in our crusade to maintain the United States' position as the world's shining beacon of freedom, freeing the minority to stop doing whatever makes the majority of citizens uncomfortable.

If those
in power
don't think
for us,
who will?

We
fight for
life, not
living

Pursuit of Nothing

Chris Rankin, Copy Editor
CRANKIN@CSUMB.EDU

A lot of people have been writing me expressing, as best they could, their displeasures with my invaluable commentary. Let me say this, to all who think I am trying to pick a fight with inflammatory commentary, I have to be honest with you—that's the dumbest thought you've had in a while, and you, of course, have had a lot of dumb thoughts in your life.

I look back at the people I have singled out as lessers: Tea Party Republicans, frat boys who like trucks and the Metal Mulisha, Kings of Leon Bro's, Dan Brown novels and his supporters. I look back at these people and think, they all know how fucking stupid they are. They have to. There is no way these people wake up every day and think

they are going to take part in society in any meaningful way.

Honestly you can't be offended by what you were already certain of...Can you? I don't hate any of you; I just hope I never have to see any of you, because you guys and gals really truly suck— you all really, really suck. And for those of us who are not you, you make our day worse-- a lot worse.

So was I trying to make people mad? No, I honestly thought the people I made little jokes about would either never see them or brush them off because some fruity nerd at the paper press wrote about them on his clickity-clack board.

I guess what I am trying to say is, I am sorry; maybe we can go to Ozzfest together sometime?

I cannot understand the anger. You write me as if I had just finished dancing around your grandmother's house wearing blackface, albeit in this hypothetical, your prose would invariably come without any trace of the historical perspective or sensitivity as to why that would even be offensive in the first place.

It is the end of the semester, and now I must leave you to your own devices. I will see you all in February, when I will then inevitably have to undo all of the bad habits you picked up while on break. Remember I am not your enemy, I am your teacher, I am your role model, I am your light at the end of the tunnel. Follow me and I will show you the way, just don't follow too closely I have an image to maintain.

*Chris Rankin's middle fingers do not represent the opinions of the Otter Realm

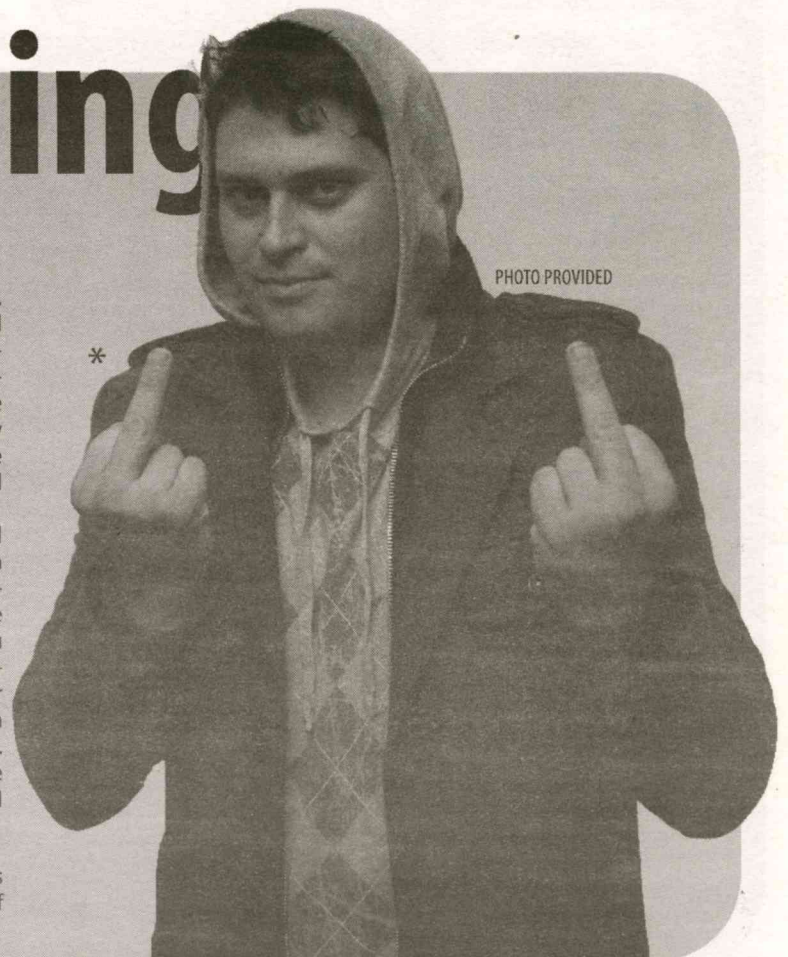


PHOTO PROVIDED

News: (831) 582-4066
 Advertising: (831) 582-4348
 Fax: (831) 582-4349
 E-mail: otter_realm@csumb.edu
 www.otterrealm.net

Editor-In-Chief
Cameron Fuller
 CFULLER@CSUMB.EDU

Production Manager
Sarah Varsik
 SVARSIK@CSUMB.EDU

Advertising/Distribution Manager
Dana Keller
 DKELLER@CSUMB.EDU

Webmaster
Brianna Wagner
 BWAGNER@CSUMB.EDU

Copy Editors
Brad Boatwright
Sam Pereira
Chris Rankin

Staff Reporters
Grecia A. Garcia
Tuba Abbasi
Brandt Barstad
Jessica Blackwood
Keosha Griffiths
Martin Hardenberger
Christy Khoshaba
Samuel Martinez
Hannah Morrow
Erin O'Bryant
Brian Remas
Ashley Rourk
Susana Silva
Jonaiza Simbre

Production Staff
Lauren Axworthy
Ryan Cuadros
Martin Hardenberger
Sergio Herrera
Adriana Nishio
Susana Silva
Michael Wilson
Taylor Zompolis

Newspaper Advisor
Estella Porras

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,

Reading the Otter Realm, as staff alumni, I have noticed quite a positive progression in its content and delivery. The paper now has a Spanish language article, the first of its kind for CSUMB; op-ed pieces have continued to be more and more provocative and outstated; reader interaction and response through comments and email has been more than ever. It takes a surprising amount of work to produce a printed publication, and this semester's crew has done a stellar job.

Brad Boatwright
 Guest Ombudsman

OTTER OOPS

Issue 5:

The Bishop Swing article on page 7 was unattributed. The article was written by Susana Silva, Staff Reporter.

EDITORIAL POLICY

The Otter Realm is a bi-weekly student publication produced by the Otter Realm club and HCOM 389. Opinions expressed herein do not necessarily reflect the views of the Otter Realm, CSUMB administration, faculty, staff or college policy.

The Otter Realm serves two purposes: It is a training lab for students who wish to 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

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.

su·do·ku [sōō-dō'kōō]

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



Sexual Healing



Sex Sounds

Christy Khoshaba, Staff Reporter
 CKHOSHABA@CSUMB.EDU

Whether you and your partner go up and down, side to side, or in circles, your activity will be accompanied by noise. Noise that's either shared in the tight space between you and your partner or noise reverberated throughout your play zone it's so loud others can hear. Whatever the case may be, we all want to please our partners. While some tease, squeeze and do it with sleaze, it's the noise that can be, but not always so, a determining factor.

Some deed doers are loud. Really loud. Upon screaming, yelling, and intensely moaning, there are two types of rambunctious characters. There are some who are loud for show, purposely wanting others to take notice. You think, okay [insert your annoying neighbor here] we get it, you're getting laid. Increasing the decibels and overreacting can also mean you're faking your frenzy. And when you fake your frenzy, you're the one missing out.

But for others, being loud is the only way they can enjoy themselves during sex. They can't control their strong, steamy sounds, and it is natural every bit of the way, the sum cum total. For these peeps, rising to crescendo in voice will make their bodies do the same, helping them reach their peaks.

Your partner's full mouthed ohh-ahhs can indicate that you're pleasing them in one way or another. It can be a turn on and might naturally spark you to tiptop. But, those same partners might only turn up the volume with the goal of getting you off if they're not being pleased. It's deceiving. But if they do this, ultimately they lie to themselves and to you.

Quite the contrary to the heavy, high sounding humankind, there are silent creatures in the bed/car/fitting room/laundry room/ pantry, wherever. This is not to say the animal doesn't come out of its cage. Being rowdy is unnecessary and feels awkward for some. Releasing light sighs, whispering, and listening to your partner's breath, crossing your fingers it doesn't reek, and then using your fingers elsewhere, can be entirely intimate. If your partner makes no noise at all, you tend to wonder if you're doing something wrong. But if you're used to the silence, it's no problemo.

Whether you're booming with pandemonium or speechless and serene, as long as you're being true to yourself and your partner, you do both a favor, and more than just one. Please your partner in your style. Yes! Yes! Yes! Return the favor and hit the spot while you're at it.

OTTERS ON CAMPUS

If a movie about your life was being made, what actor or actress would you want to play you?



"I have no clue who would play me, but I know that I would want lots of actors or actresses casted for the roles to play the different stages of my life. It would be like that Bob Dylan movie *I'm Not There* where seven different people played him."

-Alexander Schenck, junior, HCOM



"Kellan Lutz because he is uber buff and a 100 percent sex god!!!"

-Laurel Harris, freshman, Biology



"For sure Amanda Bynes! She is clumsy and falls a lot... Like me."

-Kelly Littleton, freshman, Biology



"I would have Johnny Depp play me. He would have to do some crazy abstract role like his character in *Alice in Wonderland*."

-Patrick Holub, freshman, Environmental Studies



I would choose Lucy Lu because she is one bad-ass Asian!"

-Nicole Mina, freshman, Marine Biology



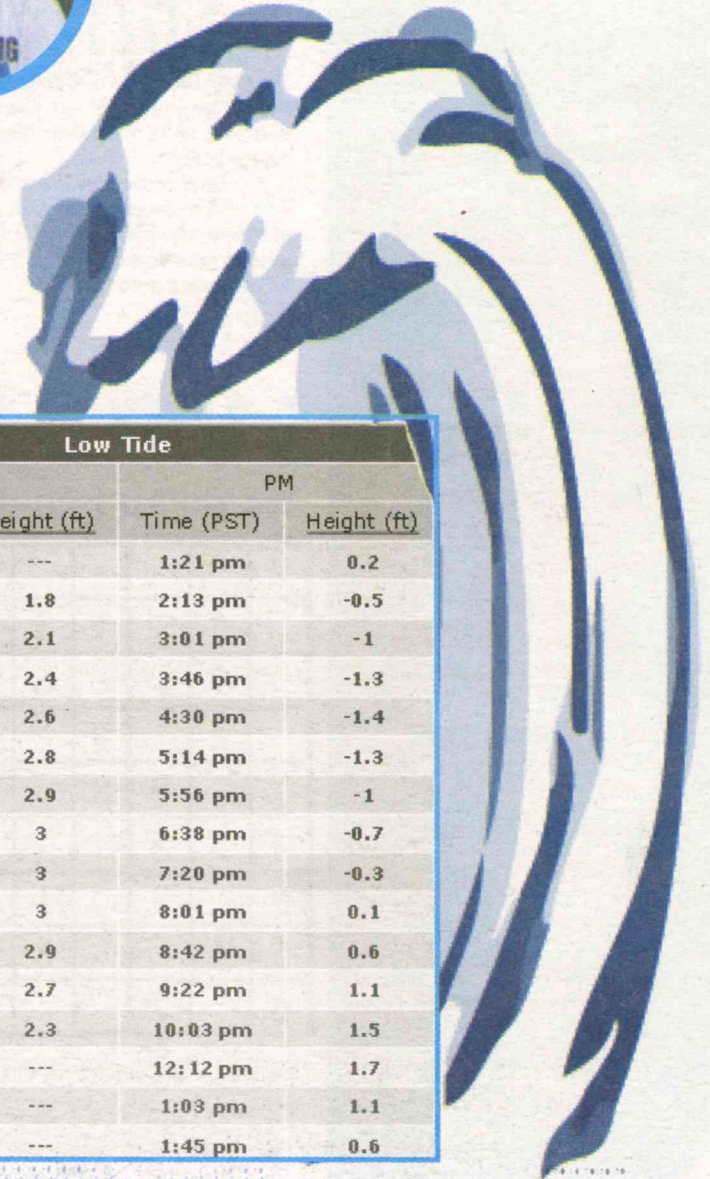
"Alyssa Milano because my brother said we share a lot of the same features, and she is in really good shape."

-Karysa Lofgren, freshman, Undeclared



"I would choose Beyonce because she doesn't take shit and she is fierce... oh plus she can really sing too."

-Mojola Osifeso, sophomore, HCOM



Tide Chart

Date (Dec)	High Tide				Low Tide			
	AM		PM		AM		PM	
	Time (PST)	Height (ft)	Time (PST)	Height (ft)	Time (PST)	Height (ft)	Time (PST)	Height (ft)
1	6:17 am	5.8	7:29 pm	3.6	---	---	1:21 pm	0.2
2	6:57 am	6.2	8:39 pm	3.7	12:25 am	1.8	2:13 pm	-0.5
3	7:37 am	6.4	9:39 pm	3.8	1:13 am	2.1	3:01 pm	-1
4	8:18 am	6.5	10:34 pm	3.9	2:01 am	2.4	3:46 pm	-1.3
5	9:00 am	6.5	11:24 pm	4	2:48 am	2.6	4:30 pm	-1.4
6	9:42 am	6.3	---	---	3:35 am	2.8	5:14 pm	-1.3
7	12:12 am	4	---	---	4:22 am	2.9	5:56 pm	-1
8	1:00 am	4	---	---	5:12 am	3	6:38 pm	-0.7
9	1:47 am	4.1	---	---	6:06 am	3	7:20 pm	-0.3
10	2:33 am	4.1	12:36 pm	4.7	7:10 am	3	8:01 pm	0.1
11	3:18 am	4.2	1:29 pm	4.2	8:24 am	2.9	8:42 pm	0.6
12	3:59 am	4.4	2:37 pm	3.6	9:48 am	2.7	9:22 pm	1.1
13	4:36 am	4.5	4:03 pm	3.2	11:08 am	2.3	10:03 pm	1.5
14	5:11 am	4.8	5:38 pm	3	---	---	12:12 pm	1.7
15	5:43 am	5	7:03 pm	3	---	---	1:03 pm	1.1
16	6:16 am	5.3	8:11 pm	3.2	---	---	1:45 pm	0.6