



Otter Realm

CSUMB news and information

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Fort Ord Toxic Clean-up Efforts

**Public Discussion About Toxin Clean-Up Efforts On Fort Ord:
Freshman Pro Seminar Class Organizes "Panel of Experts" to Answer Questions**

By Mary Patyten

"WHAT DO YOU KNOW ABOUT TOXIC WASTE?" asked the handwritten banner hung inside CSUMB's Meeting House. The panel of experts invited to talk about Fort Ord's cleanup process patiently sat at a long table before the banner, watching the crowd gather and be seated. ESSP professor Dr. Daniel Shapiro and his Freshman ProSeminar students, who conceived the idea for discussion, greeted and ushered in new arrivals, readied themselves to mediate the discussion and introduced the panel to the sizeable crowd.

The panel included Curt Gandy, Director of the Fort Ord Toxics Project; Scott Allen, who had come to the



Photo by Mary Patyten

Students from Dr. Dan Shapiro's ESSP Freshman Pro Seminar Class, who invited guest speakers to discuss the clean-up project at the ex-Army base of Fort Ord pose for a photo.

discussion as a concerned resident of Pacific Grove, though as an attorney he represented the Fort Ord Reuse Authority (FORA); Pat Cotter, an environmental scientist with the Monterey Bay National Marine Sanctuary (MBNMS); Lida Tan, Remedial Project Manager of the Fort Ord cleanup for the U.S. Environmental Protection Agency (EPA); and David Eisen, an Army Corps of Engineer manager and geologist who had been working on the Fort Ord cleanup project since 1990.

The discussion was conceived by Dr. Dan Shapiro's Freshman Pro Seminar Class. For weeks class members had discussed options for a class project, unable to come to a consensus. When a class member heard about the discovery of mysterious Army issue vials filled with a chemical substance, their collective interest was piqued. They invited speakers to talk about the situation at the ex-Army base: Scott Hennessey (Watershed Institute), Curt Gandy (Ft. Ord Toxics Project) and others. The dissenting points of view they heard only whetted their appetites for more information. Their quest for knowledge ended, after much string-pulling and innumerable games of phone tag, with the panel discussion which, they all agreed, was the best way to disseminate information about the cleanup process at the former Fort Ord, which is a designated Superfund site. (Note: A Superfund site designation is given to areas the EPA tests and declares hazardous, giving it top priority for cleanup action.)

Each panel member briefly expressed his or her concerns before questioning began. Curt Gandy said he

represented the Fort Ord Toxics Project, and would like to see increased community involvement in the cleanup of contaminated sites. Scott Allen questioned whether the Army was doing all it could to make the former base safe for residents and visitors. Pat Cotter stated that he had been on the FORA board since day one, watching the Superfund cleanup activities; he pleaded for more citizen involvement. Lida Tan established that her role was to assure that cleanup progressed as provided for by law, and said that she welcomed participation from the community. David Eisen said that the site was safe as long as people stayed out of "off limit" areas, but people that ignored the warning signs could not be guaranteed safety. Gail Youngblood, who was slated to speak for the Army, could not attend due to illness.

Many people lined up in the back to ask questions, which were directed at one or more panel members. Questions touched on many subjects, and resulted in interesting discussions.

One primary concern discussed was the landfill work under way near Imjin Road. Ms. Tan explained that Army motorpool and household garbage had been dumped there since the 1950's; this garbage, as well as DDT and lead contaminated soils are being consolidated and capped off at the site to the east of Imjin Road. When asked about the workmen seen wearing full-body protective gear during periods of high winds, Ms. Tan said the workers wore "data badges" which indicated whether or not the wind-blown dust carried dangerous levels of toxins. Mr. Gandy said that he once expressed his concern about wind-blown toxins to two students sunbathing a few hundred yards from protectively-garbed workers. The students were unaware of the proximity of a Superfund disposal site, he said.

Several vital pieces of information were missing from the sunbathers story, according to Dr. Sharon Anderson, an environmental soil chemist and ESSP professor. "What are the specific contaminants in that landfill?" she asked. "Was the heavy equipment simply removing soil that covered buried debris? Or, was contaminated soil being moved? If the latter, are the contaminants things that bind tightly to small, wind-blown particles? What are the concentrations of the contaminants in the dust? How toxic are these contaminants?" She said that careful assessment of potential risks from blowing dust, using estimates or measurements of dust deposition rates in the dry season and the concentration of contaminants in the dust, should be conducted so that each situation can be properly evaluated.

Many students at the discussion wanted to know why they "hadn't been told up front" about Ft. Ord's Superfund site status and the toxin disposal situation. A board member claimed that an Army handout had been

given to the CSUMB Housing department. "The military in general is not famous for its tendency to tell all..." noted one CSUMB faculty member. Curt Gandy claims there has been a concentrated effort by the Army to conceal (sometimes by omission) vital information from the public. Dr. Anderson, on the other hand, who has attended many Rehabilitation Advisory Board (RAB) meetings, believes the Army is doing what it can to clean up base toxins and unexploded ordnance it left behind. RAB meetings are open to, and welcome, public opinion.

Undiscovered live ordnance on base was also discussed. Dr. Anderson pointed out that, as she understands it, the army plans to clean up high risk areas according to their planned or estimated future use, and that most high risk unexploded ordnance areas are well mapped. She believes that the Army is trying hard to inform the community about unexploded ordnance areas. Another CSUMB faculty member recalled talking to some soldiers who had gone through training here, and wasn't surprised about ordnance being found where least expected. "Evidently, soldiers were required to fill out gobs of paperwork to return unused ammunition. As a result, it was often easier to simply bury or otherwise hide ammunition somewhere and then report that it had all been spent. No doubt this explains some of the ordnance found in unexpected places. Its probably best to err on the side of caution, particularly when in the backcountry, and recognize that we are operating on, at best, imperfect information about unexploded ordnance hazards present on the base."

Army toxin testing procedures were portrayed as somewhat questionable by the panel. Complaints stemmed from conclusions drawn from small numbers of test samples, and from winter runoff sampling conducted well after the first rains had washed most contaminants from the first meter(s) of soil.

Dr. Anderson is planning a new upper-division ESSP case-study course to investigate these issues in depth, and a video tape of the discussion will be available to all through the library soon.

Dr. Eden Rue's Chemistry class "all wanted to know more" after attending the discussion. According to Dr. Rue, "They want to know what those chemicals are, they want to know their effects, why they are there, how and or if they will degrade, etc. So, the bottom line is that the panel discussion got students interested in their immediate local environment. That is a great thing."

The Holly

By DeBorah Gadson

This evergreen was cherished as a natural symbol of rebirth and life amongst winter whiteness. But holly was particularly prized to decorate doors, windows and fireplaces because of its prickliness -- to either ward off or snag and capture evil spirits before they could enter and harm a household.

For more holiday trivia see page 4.



Csumb's Environmental Impact Report Available

By Trisha Lord

After two years of dedicated effort and input by the CSUMB Master Plan Task Force, the campus community and the Monterey Bay community, we are

goal of growing a campus that can ultimately serve 25,000 full-time equivalent students in 30 years or more. And because growth in enrollment and facilities will result in physical changes to

avoid these effects.

The EIR process is regulated by the state through the California Environmental Quality Act (CEQA). Pursuant to CEQA requirements, the

...members of the public and campus community have the opportunity to review the findings of the Draft EIR and submit written comments on the adequacy of the analysis of environmental topics such as hydrology, biological resources, land use, traffic, noise, hazardous materials, etc.

pleased to announce that the Campus Master Plan and Draft Environmental Impact Report (EIR) are now available for public review. The Master Plan will provide guidance to the University in its

the environment over time, the Draft EIR was prepared to analyze the potential for the plan to negatively effect various aspects of the environment and measures that can be taken to reduce or

Draft EIR is subject to a review period in which members of the public and campus community have the opportunity to review the findings of the Draft EIR and submit written comments on

the adequacy of the analysis of environmental topics such as hydrology, biological resources, land use, traffic, noise, hazardous materials, etc. This statute was created to ensure that the public and natural resources are considered as the state's communities grow.

Copies of the Campus Master Plan and Draft EIR are available for review on-campus at no charge at the CSUMB Library Learning Complex (Building 12), Student Activities (Building 44), Student Voice (Building 4), Office of Facilities Planning and Development (Building 80), as well as all Monterey County Libraries and local city libraries. If you prefer to have your own copy, they are for sale at the CSUMB Bookstore (Building 14). CD ROM versions of the documents will also be available shortly in the Bookstore and CSUMB Library.

If you want your comments on the Draft EIR considered by the CSU Board of Trustees as they decide whether to adopt our Campus Master Plan and certify our EIR, submit your comments in writing to: CSUMB Office of Facilities Planning, 100 Campus Center, Building 80, Seaside, CA 93955. Comments must be received in writing by 5:00 PM, January 20, 1998 in order to receive a written response and be included in the Board's decision making process. Hope to hear from you!

CSUMB Hosts "America Reads" Awards

Sylvia Panetta presents awards to local volunteers

By Jennifer C. Wilson

Monterey County America Reads program honored over thirty volunteer tutors on Monday, December 8 on the CSUMB campus. The award recipients received certificates given by the American Reads Task Force, the Alisal Union School District, and the Monterey Peninsula Unified School District. The certificates were signed by Sylvia Panetta and the Assistant Superintendents from each school district. The award recipients were college students representing CSUMB, Monterey Peninsula College, Hartnell, and Monterey Institute for International Studies.

"I feel like this is a threshold for Monterey County America Reads Program," said Sylvia Panetta, who formed the America Reads Task Force, comprised of local college and school district representatives and community leaders.

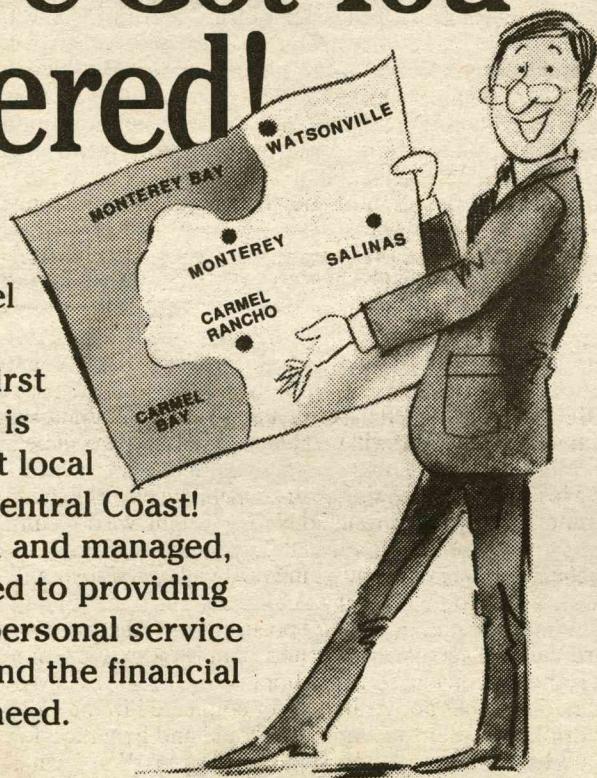
The American Reads program was initiated by President Bill Clinton in August of 1996 in an effort to promote reading proficiency in third grade level students. The goal is for children from kindergarten to third grade to be given the opportunity to excel in reading through this mentoring tutor program. The program includes service learning as well as work study for the tutors, and the next step, according to Panetta, is to develop volunteer departments and recruit parents to become involved. She continues to say that parental support is an important component to the success of the program.

The ceremony welcomed not only the award recipients, but members of the participating school districts, Alisal Union and Monterey Peninsula Unified, college presidents, task force members, school principals and elementary school teachers. After the certificates were presented, the group participated in a reflection procedure which enabled them to give written responses to questions about the experience, and participate in a discussion and interaction with all the members of the program.

Currently over 800 college campus across the country are participating in the America reads program.

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An Interim Draft Policy for Responsible Computing?

By Chris Horton

It all began when senior Network and Computing Technician Rob Stone was assigned to create a draft document for his department about the rights and responsibilities of users of the University Network. Rob collaborated with then Technology Senator Alicia Voyde and myself (Judicial Director for Student Voice) allowing us to read his well versed and concise draft of what he called an "Appropriate Use Document." The next step was to take this draft to The CSUMB Faculty Senate Technology Committee, and the campus-wide Technology Policy Advisory Committee. These two bodies decided to create their own version of this document, relying heavily upon Humboldt State University's version of Appropriate Use Policies for Computers. The result of their efforts is a twelve page policy draft, which begins with a quote from "The Cuckoo's Egg." This draft can be found on the University web-page at <http://library.monterey.edu/ober/AUP.html>.

The faculty senate generated document reads "Universities do try to promote the open exchange of ideas; however, an open, cooperative computing network can be vulnerable to abuse or misuse. As more and more schools, colleges, universities, businesses,



Photo by Holly White

Prof. Rosalie Strong instructs student Kirsten Miranda on computer use. Students should be aware of the new proposal for computer use at CSUMB.

government agencies, and other enterprises become attached to the world-wide computing and information networks, it is more important than ever that this university educate its students, faculty, and staff about proper ethical behavior, acceptable computing practices, and copyright and licensing issues. A modern university must also educate its students, faculty, and staff about how computer abuse can interfere

with the exchange of ideas that is integral to a modern education."

This document is intended to be relevant to individuals conducting University business and using University resources including, but not limited to, faculty, students, and staff. It spells out the general principles regarding appropriate use of equipment, software, and networks. This draft is

intended to be a basis for disciplinary action, revocation of computer privileges, and may subject the violator to civil and/or criminal liability under the California Penal Code 502 Computer Crimes and 502.01 Computer Crime Penalty; forfeiture of property.

Included in this documents contents are: User Responsibilities, Use of Internet resources, Responsibility; Right to Privacy; Commercial Activity; Fund Raising and Advertising; Use of the University Name, Logo or Seal; System Administrator Responsibilities; Creation of Additional Guidelines; Misuse of Computing and Information Resource Privileges; System Integrity; Administrative Process for Cases of Misuse of Computing and Information Resource Privileges and Penalties for Misuse of Computing and Information Resource Privileges; Academic Honesty; Disclaimer; and the Definition of Terms.

Again, the web page address for this document is:

<http://library.monterey.edu/ober/AUP.html>. All members of this University Community should read this draft and be aware of the potential consequences of this new set of rules, if this document becomes law at this school. Until that time, enjoy your happy computing.

John Trudell: Can You Respond?

By J. Berry

On November 23 in Santa Cruz the winter winds and rain did not stop the crowds from filling the Veterans Hall to capacity to hear and be inspired by John Trudell, Sioux poet and activist. Listening to Trudell is the education that can't be found within the four walls of an institution. He tells a story that comes from the experiences of generations, handed down verbally and through his D.N.A. Trudell defines D.N.A. as "Descendants N' Ancestors." Many concepts and words are re-defined and clarified in his Spoken Word presentations. This ability to discern truth and point out the beguiling lies is his gift. His perceptions strike like lightning, lighting up our minds. The night was filled with lightning and thunder outside and inside the building when Trudell was speaking. Issues that seem disconnected are connected and we begin to see the similarities and commonalties that join us all as humans. We begin to see the common cause of the sufferings, pollution and problems facing us as global citizens. In poems, his wisdom strikes to the heart of our current situations. A poem entitled, "Rich Man's War", states, "Central America bleeding from wounds same as Israel and Harlem, Three-mile island, Pine-Ridge and Belfast, human lives, burnt offerings to the Gods of Greed, sacrifice ritual for the profit of tech-no-logic, compliments of the industrial priests, forging chains, binding you to destruction."

Trudell spoke at length about personal responsibility. By taking this word apart he showed that, to be able to respond is the meaning and message of the word. He then connected how the evolution of our intelligence provides us with the ability to be able to respond, we will not be willing to live the lie. We won't want to sit down to dinner, eating food grown and picked by farm workers who are mistreated and poisoned. Truly intelligent people refuse to eat foods sprayed by poisonous pesticides. We won't want to look the other way when insanity and injustice happens. We will have gained back our natural intelligence and will be able to respond. We will be truly responsible.

Trudell just completed a national No Nukes Tour with the Indigo Girls and Bonnie Raitt. He is currently touring with Corbin Harney, Shoshone elder and spiritual leader. Two generations of unparalleled Native insight, wisdom and social commentary joined to bring to the public's attention the proposed radioactive waste dump site to be located on the Shoshone reservation in Ward Valley, California. "The company known as US Ecology, stands to profit millions by using our home, our reservation for the cheapest, most irresponsible method of disposing of its radioactive waste."

Ward Valley reservation is located 18 miles from the Colorado River. Governor Pete Wilson and the nuclear industry hope to bury long-lived and deadly radio-active waste in unlined trenches above an aquifer connected to the Colorado River. This river provides drinking water to 22 million people and irrigation for crops shipped worldwide. Surrounded by 8 designated Wilderness areas, Ward Valley is critical habitat for the desert tortoise, a 65 million year-old species threatened with extinction. Ward Valley, the Colorado River, and the tortoise are all sacred to the area's Native Americans, as they should be to all of us.

The danger of transporting radioactive waste across the United States highways brings danger into all our backyards. Intelligent people don't poison their water and carry deadly poisons on their highways. Native Americans have lead this struggle to protect our future, our home, sacred Mother Earth for 500 years; it is time to join in and follow their example. It is now our backyard, our drinking water and our future generations we are protecting. We are able to respond. Our unborn generations hope we will be responsible.

"Carry on the struggle, the generations surge together in resistance, Mother Earth embraces Her children in natural beauty that will last beyond oppressors brutality."

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12th Annual Christmas Dinner



This community event is free at the Monterey Fairgrounds. Please call 373-3720 for more information.

... the committee needs help from the community. They are now asking for cash donations to pay for many items needed to complete the event, clean clothing for adults and children, and food donations.

By Otter Realm Staff

No one should be alone on Christmas, so the Community Christmas Dinner Committee and the Monterey Peninsula Kiwanis Club are joining together again to present the twelfth annual Free Christmas Dinner at the Monterey County Fairgrounds on Christmas Day, Thursday, December 25th. It will be held in the Monterey room starting at 12:00 noon, and will go until 3:00 p.m. Along with complete holiday dinners, there will be entertainment, free used clothing, toys for the kids, Santa Claus and lots of love.

To make this special event a reality again this year, the committee needs help from the community. They are now asking for cash donations to pay for many items needed to complete the event, clean clothing for adults and children, and food donations. They

especially need turkeys, hams, pies, decoration or you can bring your favorite Christmas dish to share! And, volunteers to work to prepare or serve the dinner, please call Rich Hughett at (408) 373-3720 or Kathy Miller at (409) 625-4346 as soon as possible. Also, entertainers who would like to share their talents should contact Rich Hughett. Checks should be made out to: Monterey Peninsula Kiwanis Club and sent to Rich Hughes, 885 Abrego Street, Monterey, CA 93940.

People who need to have a meal delivered to their home or would like to volunteer to deliver meals should call the Sand City Police Department at (408) 394-1451 by noon on Wednesday, December 24th. Come one, come all, bring your family and friends and enjoy the true spirit of sharing this holiday season.

O! Mistletoe! A Symbol of Love

By DeBorah Gadson

There is a charming explanation for its origin that extends back into Norse mythology. It's the story of a loving, overprotective mother.

The Norse god Balder was the best loved of all the gods. His mother was Frigga, goddess of love and beauty. She loved her son so much that she wanted to make sure no harm would come to him. So she went through the world, securing promises from everything that sprang from the four elements—fire, water, air, and earth—that they would not harm her beloved Balder.

Leave it to Loki, a sly evil spirit, to find the loophole. The loophole was mistletoe. He made an arrow from its wood. To make the prank even nastier, he took the arrow to Hoder, Balder's brother, who was blind. Guiding Hoder's hand, Loki directed the arrow at Balder's heart, and the beloved son of Frigga fell dead.

Balder was restored to life and Frigga was so grateful that she reversed the reputation of the offending plant—making it a symbol of love and promising to bestow a kiss upon anyone who passes under it. Frigga's tears became the mistletoe's white berries.

Kwanzaa: An African-American Celebration

By DeBorah Gadson

What Is Kwanzaa? The word Kwanzaa means "the first fruits." Kwanzaa (Quansa) is a spiritual, festive and joyous celebration of the oneness and goodness of life, which claims no ties with any religion. It was started in 1966 by Doctor Maulana Karenga, Professor at the CSU at Long Beach, California.

The holiday lasts seven days, from December 26 to January 1, with each day focusing on one of seven goals, or the Nguzo Saba. The Nguzo Saba are: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumbwa (creativity), and Imani (faith). Karenga developed these goals, as well as the traditions and symbols of Kwanzaa, by studying the traditions of several African tribes' cultures; much of the ritual involved in Kwanzaa is derived from African tribes' harvest celebrations. The seven day celebration encourages people to think about their African roots as well as their life in present day America. The concept of Kwanzaa is to help African Americans relate to the past in order to understand the present and deal with the future.

Chanukah- Festival of Lights

By Marsha Moroh & DeBorah Gadson



Chanukah, which means dedication, is a holiday celebrated by Jews around the world. It lasts for eight nights and falls between late November and late December (it's on a lunar calendar, so it varies from year to year). The holiday commemorates a miracle that happened during biblical times in Palestine. Very briefly, here's the story:

There was a great battle, and the Jewish soldiers were victorious. However, their temple was destroyed, and the eternal light, which always burns over the holy altar, burned out. The soldiers managed to light it with a bit of oil they found, but there was only enough for one day. More oil was sent for, but it took 8 days for supplies to arrive. The light burned for 8 days on the single night's oil, and so it was a miracle.

The holiday is celebrated by lighting candles on a candle-holder called a menorah. It holds 8 candles, plus a "shammash", or leader, candle. The first night, the shammash is lit, and from it, one candle. The second night, the shammash lights two candles, and so on, until the last night, when all 8 (plus the shammash) are lit. Singing songs, dancing, exchanging gifts, and eating special foods (the most popular is potato pancakes, or "latkes") are also a part of the celebration. This year, Chanukah begins at sundown on December 23rd.

Christmas Traditions

By DeBorah Gadson

In many countries of the world, the celebration of Christmas on December 25th is a high point of the year. From November onwards, it is impossible to forget that Christmas is coming. Colored lights decorate many town centers and shops, along with shiny decorations, and artificial snow painted on shop windows. In streets and shops, Christmas trees, real or plastic, will also be decorated with lights and Christmas ornaments. Shopping centers become busier as December approaches and often stay open until late. By mid-December, many homes will also be decorated with Christmas trees, colored lights and a variety of decorations around the rooms. During this time, many more people also decorate outdoors with colored electric lights. In many countries, people mail Christmas greeting cards to their friends and family.

The custom of sending Christmas cards started in Britain in 1840 when the first 'Penny Post' public postal deliveries began. As printing methods improved, Christmas cards were produced in large numbers. They became even more popular when a card could be mailed in an unsealed envelope for one half-penny, half the price of an ordi-

nary letter. Traditionally, Christmas cards showed religious pictures; today, pictures are often jokes, winter pictures or an old man with a long white beard, red coat, and a bag of toys. Who is he? Santa Claus is based on a real person, St. Nicholas, which explains his other name, 'Santa Claus' which comes from the Dutch 'Sinterklaas'.

Nicholas was a Christian leader from Myra (in modern-day Turkey) in the 4th century AD. He was very shy, and wanted to give money to poor people without them knowing about it. It is said that one day he climbed the roof of a house and dropped a purse of money down the chimney. It landed in the stocking which a girl had put to dry by the fire. This may explain the belief that Santa Claus comes down the chimney and places gifts in children's stockings. Since about 400 AD, Christians have celebrated the birth of Jesus. 'Christ' means 'Messiah' or 'Anointed One' - the title given to Jesus. This observance falls on December 25th. Many say it seems more children believe in Santa Claus than in Jesus. If you want to read the Christmas story, it can be found in the books of Matthew and Luke, in the Christian Bible.



Wellness Classes Introduce Foundations For Healthy Living



Photo by Mary Ann Rinehart

Dr. Jo Ann Cannon, center, reviews research projects with students Wendi Klemen, left, and Heidi Hodgkinson.

By Mary Ann Rinehart

Two years ago, Hugo Villagomez lived at home with his family in King City. He ate a balanced diet low in fat, with very few fried foods, and enjoyed the support and comforts of his family.

"My mother always baked," Villagomez said. "She hardly ever deep fried and when I was at home I ate a lot of rice, beans and corn tortillas but not much meat. When we did eat meat, it was usually chicken."

His freshman year took Villagomez from the home-cooked hearth to the fast food firing line.

"I gained about 15 pounds due to eating fast foods when I first came here," Villagomez said. "I would just eat burgers and fries and wasn't really paying attention to it. I thought about reducing my calorie intake but didn't act on it."

Villagomez has since shed 10 of the 15 pounds he gained, and he's building his own foundations of wellness for a healthy lifestyle.

Currently enrolled in Foundations of Wellness (WRSI 161), Villagomez has learned to incorporate wellness into his lifestyle. CSUMB part-time faculty member and Foundations of Wellness course instructor Barbara Werner Sayad gave her students a choice of topics for a class assignment. Villagomez selected stress and analyzed his lifestyle habits.

"Wellness has a lot of different phases," the sophomore said. "If you're not well in one of those phases, everything else gets pulled down."

The 19-year-old wanted to focus on stress research and he took a serious look at his stress level and his tightly scheduled weekly activities.

"It turned out to be a lot more interesting than I had planned," Villagomez said. "I didn't expect anything to be covered in the class on nutrition or stress."

Villagomez looked at his weekly schedule on paper. In addition to carrying a full course load, the International Entrepreneurship student realized he

was averaging 52 hours per week working as a security guard. He wanted to reserve time to work out and run four to five days per week and needed to reserve time to interact with the student group MEChA.

"Hugo was really stretching his time and took a step back to analyze his own behavior," Sayad said. "In my class, I ask students to analyze a behavior, develop a plan, set goals, journal and reconstruct if necessary. People need to develop healthy outlets. We can't force students to start exercising. My hope is to help them begin to think about some of the unhealthy behaviors they've been practicing and to challenge the culture of 'eat, drink and be merry'."

Villagomez agrees that what he's learned will help him reach his goals.

"I needed something visual to see how much damage I was doing and to realize what I could do to change my lifestyle," he said. "I've cut my hours (as a security guard) from 52 to 40 hours a week. I have a little more free time to pursue other interests and I have more time to go to the gym. I feel less stressed and I have changed."

Across the hallway, in another Foundations of Wellness course, Dr. Jo Ann Cannon leads her class in learning team discussions. The course addresses 3 of the 4 units required of the Vibrancy University Learning Requirement.

"This course focuses on enhancing the health, well-being and self development of the whole person," Cannon said. "And a lot of what these students learn will be from each other as they explore throughout the semester. As students work in learning teams, they can teach each other."

Cannon's students have formed learning teams to research their projects. Topics include stress management, nutrition and the Dining Commons, human sexuality, mental health and depression.

Freshman Anna Gonzalez explored

depression.

"Foundations of Wellness teaches mental health and what you can do to be healthy," Gonzalez said. "They need this class on campus. Today I started looking through the internet and books and interviewing some people about depression and how it sometimes leads to suicide."

While Gonzalez gathered a lot of her material independently, Wendi Klemen, Lyn Clapham and Heidi Hodgkinson worked closely on their team project.

"Heidi and I are doing sexual preferences and Wendi is covering contraceptives," Clapham said.

Classmate Klemen is the senior among the group and is a transfer student to CSUMB.

"I had no idea what this class was going to contain and I hadn't fulfilled my (transfer) requirements," the Monterey native said. "I think I could have done without it or taken a shorter version."

For Hodgkinson, the perspective takes another twist on the class.

"Jo Ann's motivation helps me want to do things and learn," Hodgkinson said.

Both Cannon and Sayad agree that the course topics are based on student demand. And even when things are going well, Cannon

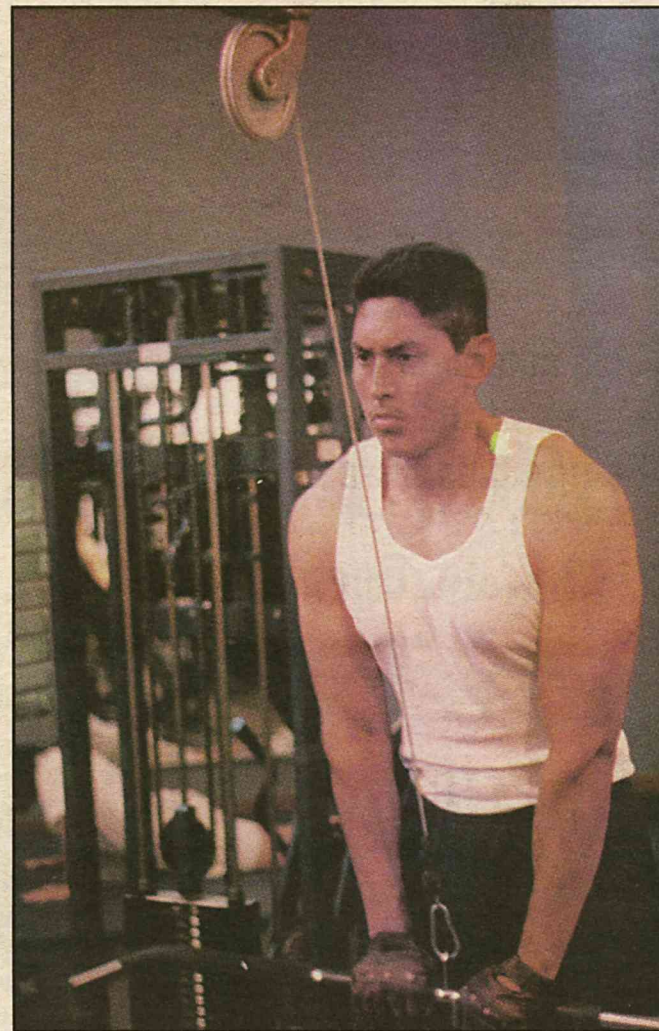


Photo by Mary Ann Rinehart

Hugo Villagomez, pictured at the Wellness Activity Center, adheres to a running and weight training regimen on campus.

elaborates on the fact that success also brings on stress. Foundations of Wellness won't change habits overnight, but it is the intention of the Wellness, Recreation & Sport Institute to educate the campus population and the local community on wellness.

"Wellness has a process of evolution," Sayad said. "All of us are moving toward a position of well being. We know behavioral change doesn't take place in a relatively short period of time. But this class hopes to take each student from where they are and move them on to a better place."

Financial Aid Announcement

1998/99 Free Applications for Federal Student Aid (FAFSA) will be available in the financial aid office on December 22, 1997. If you plan on attending CSUMB for the Fall of 1998, the Financial Aid Office would like to remind you to complete and mail in your FAFSA or Renewal FAFSA. Deadline for priority financial aid is March 2, 1998. Also, the Financial Aid office will be hosting "FAFSA Fridays in February". These workshops will be held every Friday during the month of February to help students complete the FAFSA/Renewal FAFSA. For more information, please call 582-3518.

BEAM and IMIE Collaborate to Introduce Entrepreneurship

Students Get Exposure to Business Operations

By Dr. Peter Hackbert

Sixty-five middle school students from five Monterey Peninsula Schools are experiencing the day-to-day workings of entrepreneurs and business managers through a joint effort between BEAM and CSUMB. The first of six sessions begins Thursday, November 20, at Slautterback Corporation directed by Marion Williams, Human Resource Director. Field trips are designed to excite and motivate middle school students about options for their future careers and motivate them to work in their educational activities with a better understanding of the benefits of a good education. Middle school students get a first-hand feel for what it takes to start an enterprise and how company departments are streamlining new product introduction and manufacturing processes to compete in the global marketplace. Participating public schools include: Pacific Grove Middle School, Carmel Middle School, Los Arboles Middle

School, Fitch Middle School, and Forest Grove Elementary School.

The Business and Education Alliance of the Monterey Peninsula (BEAM) was formed in August 1994 when area business executives and school administrators came together to discuss a common prob-

ing students for that world.

BEAM Board Members from education include: Dr. Joe Jaconette, BEAM Co-Chair, CUSD; Martin Puentes, BEAM Treasurer, MPUSD; Dr. Lisbeth Claus, MIIS; Rich Monitor, MPC; Dr. Barry Stimuli, PGUSD; and from businesses

learners organized the Quest Plus Program. Within IMIE, the management and international entrepreneurship learners are provided an opportunity to facilitate community economic development by applying management concepts, principles, and practices learned in the classroom in both the profit and non-profit setting.

The IMIE learners, like their middle school cohorts, want first-hand experience understanding the unique partnerships emerging in today's business world. The IMIE Service Learners have the ability to combine special event planning with the sensitivity necessary to meet the objectives of the BEAM alliance. According to IMIE learner Melissa Cuccio, a senior at CSUMB, this is an important opportunity to link community service activities with traditional classroom learning. The IMIE faculty crusades for ethical awareness and emphasizes social responsibilities of entrepreneurial leadership. We have seen how greater community activism and on-the-job leadership skills can shape different career choices significantly.

IMIE learners are responsible for the Quest Plus Program recruitment and registration process. The college learners visit seven middle schools to make presentations exciting educators about career opportunities. They manage the logistics across the Peninsula for picking up and delivering middle school students to six companies, and prepare the evaluation of the Quest Plus Program. Sessions will be held once a month on Thursday from noon to 4:00 p.m. Companies that will open their doors include the Slautterback Corporation, Silicon Graphics, the Monterey Institute for International Studies, Rancho Canada Golf Club, and the Pebble Beach Company. BEAM was awarded a grant of \$5,500 from Silicon Graphics to underwrite the event. Organizers include Nancy Pfof, BEAM Coordinator, Ann Anderson, Silicon Graphics; Fred Slautterback, Marion Williams, and Laura Warren, Slautterback Corporation; Roger Dahl, Forest Grove Elementary School; Dr. Peter H. Hackbert, Professor, and Dr. Sandy Hale, Professor, CSUMB/IMIE and IMIE learners Kirsten Fuhling, Melissa Cuccio, Krista Carpenter, Keegan Warner, Steven Bonar, and Ryan Silva.

Where better to learn about the required management and entrepreneurship... skills to compete in the 21st century than CSUMB's business program?

lem: how to bridge the school-to-work experience. Business representatives were concerned about problems associated with limited skills and poor work attitude among young people at all education levels. Educators were concerned about their own lack of understanding and contact with the rapidly changing world of employment and a recognition that schools need to do a better job of prepar-

include: Fred Slautterback, BEAM Co-Chair, Slautterback corporation; Anderson BEAM Secretary, Silicon Graphics; Brad Braillard, Kinko's; Robert DeVoe, The Doubletree Hotel; Dr. Michael Kean, CTB/McGraw Hill; Lou Lozano, Lozano, Smith, Smith, Woliver and Behrens; Teresa Merry, Monterey Bay Aquarium and Bill Scarce, Vice Chairman.

After discussion regarding how business and education agencies could work collaboratively to improve the quality of the educational experience, several BEAM projects were initiated. The first included a Professional Development Day for high school teachers, second, a career day for 30 Monterey High School Students and, third, the middle school Quest Plus Program. The Summer Quest Program, directed by Roger Dahl, Principle of Forest Grove Elementary School, involves 150 students who participated in an enrichment program which was extended into the school year through the alliance with CSUMB.

Where better to learn about the required management and entrepreneurship knowledge and global skills to compete in the 21st century than CSUMB's business program? Active participation in the learning process has long been recognized as a reinforcement tool. It is a cornerstone of the Institute for Management and International Entrepreneurship Program (IMIE). Through the IMIE Service Learning course, team-taught by Dr. Peter H. Hackbert and Dr. Sandy Hale, six college

Black Box Improved

1998 Grand Opening

By Anthony J. Montano

The Grand Opening on Friday February 6, 1998 at the "New and Improved" Black Box Cabaret (BBC) on the California State University of Monterey Bay (CSUMB) campus is going to be huge. We want to open our doors for both the new and returning students, faculty, and staff. We want to start the new year with a great event. The Black Box Cabaret is a student-run facility which prides itself on quality, convenience, competitive prices, and diverse entertainment.

For the Grand Opening, we are planning to have the first Beer Bash of the year. The BBC is the only on-campus facility that can obtain a Beer & Wine license at this time. We have been successful in previous events that we have hosted with beer and wine. We want this event to be big and include a

large majority of our on-campus population, as well as members from the community who do not attend CSUMB.

The entertainment we plan on showcasing for our Grand Opening is going to be filled with high energy in order to kick off the new year. We will have a great sound and lighting system to bring the extravagant sound and lighting of our entertainers to your eyes and ears.

One of the BBC's goals for 1998 is to host some events during the year that we are known for. With the assistance of our students, faculty, and staff we plan on making this happen. We want the students on campus to have a great place to hang out, relax, and a convenient place to watch diverse entertainment.

So mark your calendars now for February 6, 1998 for the huge Grand Opening at the BBC in Building #81 (on the corner of Third street and Fourth Avenue). For information please call the BBC Hotline @ 582-3597.



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Upcoming Spring Semester Events

FEBRUARY

- Multicultural Speakers Series: Betita Martinez: Long-time activist, journalist, and author of many publications including 500 Years of Chicano History
- West Coast Jazz Academy Series: Lecture/Demo.: World Saxophone Quartet
- West Coast Jazz Academy Series: Lecture/Demo.: Matt Haimovitz - Cellist
- Music & Performing Arts Series: Lecture/Demo.: Dance Theatre of Harlem
- Music & Performing Arts Series: Performance: Matsuri Shu-Japanese Taiko Group
- Visiting Artist Series: Lecture: Olivia Jude

MARCH

- West Coast Jazz Academy Series: Lecture/Demo.: Weber Drummond (Brazilian Jazz Pianist)
- Music & Performing Arts Series: Performance: Good Medicine - Blue Grass Band
- Music & Performing Arts Series: Dance/Music Performance: Professors John Loughton & John Purcell
- Visiting Artist Series: Lecture: Victoria Vesna

APRIL

- Multicultural Speakers Series: John Kuo Wei Tchen: Director: Asian/American Center, Queens College (CUNI) Co-Founder: Chinatown History Project
- West Coast Jazz Academy Series: Lecture/Demo.: Terri Lynn Carrington (Drummer/Composer/TV Personality)
- Music & Performing Arts Series: Voice/Piano Recital: Professor Paulette Gissendanner
- Institute for Visual and Public Art Grand Opening

CSUMB Editorial

MMmph!

By M. J. Oehlman

The nice thing about running a newspaper is that we print what we want to print when we want to print. Some may think otherwise, as we have been accused, and at times, rightly so, of being a mouthpiece for the university. Those of us who work on the *Otter Realm* are students as well, and we have ethics which we must follow as journalists and as students at CSUMB. We try our best to be critical where it is warranted; to print good news when there is good news; and all in all, we try to present a balanced picture of the university to the general public.

We do not run a "rag" sheet- that is, editorializing that everything is broken here at CSUMB, because in fact, not

We recognize that CSUMB is new and growing, and that their will be pains in that growth, but we will not ignore those pains, as to do so, would minimize the independent nature of the Otter Realm which we are trying so hard to establish.

everything is broken! By that same token, this is not the nirvana that we want it to be either. Yet despite our efforts, many people forget that we are a newspaper, which prints news, good and bad-- all this despite our fledgling status. People forget that when they are being interviewed everything they say is on the record unless stated otherwise. People also need to realize that a half hour

interview can equate to well over 1500 words, and well, we just do not have that kind of space to run whole interviews, so editing must take place. That's why we have editors!

So it comes as no surprise to us that we receive complaints on how certain individuals or stories are portrayed in the *Otter Realm*. What is a surprise has been the angry demands to have censorship

rights over our stories from individuals in administration, services, and even among the faculty before we go to press! We DO NOT give first right of refusal on any story that we run! We may at times, as a courtesy, offer a story for review to certain individuals to check for mistakes in facts and information, but the story is not up for review!

To those who would demand such a right, we say grow up! If we were paid journalists, we would say something stronger! As students, we balance our responsibilities at the *Otter Realm* against the possible repercussions from faculty and administration. We have a stake not only in the *Otter Realm*, but in this university as well! We recognize that CSUMB is new and growing, and that their will be pains in that growth, but we will not ignore those pains, as to do so, would minimize the independent nature of the *Otter Realm* which we are trying so hard to establish.

In short- do not attempt to censor us!

Let's Ask Zoey

You may send your questions to Dear Zoey on First Class or to:
dear_zoey@monterey.edu

Dear Zoey,

I hate the holiday season. For me, it's a time of loneliness. I grew up in foster homes and have no real family. Where can I go to not be alone? Signed: Lonely

Dear Lonely,

There are many places you can spend the holidays. Homeless shelters, food kitchens, churches and community buildings usually have plenty of heart work for those who want to share with others.

Dear Zoey,

I live alone in my apartment. Is it practical to have a tree? Signed: Ready to write a check

Dear Ready to write a check,

If you want a tree, and you are ready to write a check, then enjoy your holiday. Buy a tree.

Dear Zoey,

Are you going to throw a Christmas party here on Campus? Signed: Wanna Party

Dear Wanna Party,

No, but I'm sure there are students, staff and faculty members who might be.

Zoey would like to wish everybody a safe and happy winter break and I will be looking forward to answering your questions next semester.

The Otter Limits

M. J. Oehlman

Well, the semester has ended, and I for one am more than just a tad happy (meaning ecstatic!). After all, I have just finished 3 months (minus the 82 days I ditched) of higher learning, which now I am about to reflect upon. Hmmm. What did I learn this semester? As usual, this requires thought, because honestly speaking, I'm having a hard time remembering what I did learn this semester. Of course, I have a hard time remembering last week, but I have a doctor's note for that!

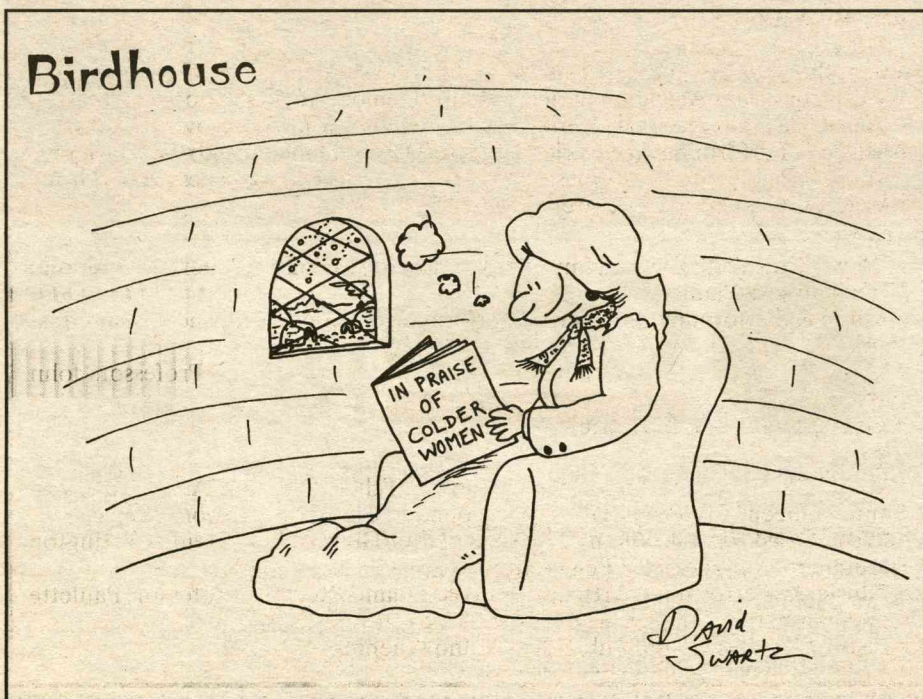
Without further ado (which means without delaying any longer), here are my top ten things I learned this semester:

10. When it becomes even remotely damp, the power will go out.
9. When the power does go out, don't expect professors to be sympathetic!
8. Mac's still crash way too often! Nuff said!
7. The cops are still reducing the state budget deficit with tickets given out on Inter-Garrison!
6. A promise is like the wind- you hear it, but will you ever see it? (Pick your favorite administrative gripe here!)
5. Every professor just knows that they are the only one giving out projects and papers the last two weeks of school!
4. If you change your address here at this high tech university, you must go to each individual office and change it in (gasp!!) WRITING!
3. The Dining Common's food is, well, common. This is nothing against those who work there, but well, speaking from experience, jail house food is just as common.
2. If I had a choice between toxic LA and toxic Monterey, I'll stay here thanks.

And the number one thing that I learned in school this year -that beer and Rice Krispies for breakfast after an all-nighter still tastes good after 20 years of being a student (oops!)

On a more personal note, money can be sent to me at any time, as well as gifts which are easily returned for refund. I usually get so teary eyed this time of year, so I thought I'd try the mercenary approach (not to be confused with missionary, complimentary, or parliamentary approaches). But really, (I was going to say seriously, but well, who am I kidding?) as we wander off to participate in our various endeavors over the Winter Break, I would like to say thanks for the fun. I don't know if I will return to the *Otter Realm* in the Spring. I may still be in Greenland where I will be studying the post-coital beak-picking habits of the post-adolescent-pubescent omnipresent Arctic Snow Bunny under a grant from the NEA. Whether I write this column next year or not, one thing does remain constant- I had a great time doing it! PEACE!

Birdhouse



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Classified Ads

WANTED

Looking for musician(s) to perform at my wedding ceremony at Big Sur 3/25/98. Contacted at the address dbleau@flash.net

Auto/Motorcycles

1990 Ford Taurus 180k miles, all extras (cd,air,leather,sun-roof,etc) excellent condition, everything maintained properly, \$3000 or best offer or trade for a truck that can haul a motorcycle. Call Big Mac at 883-1593.

'82 Suzuki GS650 motorcycle- crated until '84, 8k miles, good gas mileage, includes helmet, windshield and luggage box. \$1000 obo. 392-0467

1975 Toyota Land Cruiser, 4WD, body in good condition, runs strong, great cherry out prospect. \$4900 OBO. 384-7105

Furniture

For sale: 5 pc.queen bedroom set brand new \$ 425. Hollywood dresser w/ mirror and 2 night stands, excellent cond., \$150. Three-cushion earth-toned couch with wood trim, excellent cond., \$100 Cocktail and end tables \$50. 5 pc. Dinette Set in good cond. \$35. Queen mattress and foundation, very good cond. \$100. Panasonic/Technics 50/50 receiver and Altech/Lansing studio speakers \$125. Call days 242-7928 or 728-0522 eve. Or wknds.

Overstuffed brown sofa and loveseat for sale. \$100.00 or best offer. Please call 883-1078 to set up an appointment.

For Sale: double dresser and chest \$100. Outdoor "wide arm" adirondack wood deck chairs made to order. 883-4016

For Sale: Round, light oak table. Practically brand new (6 mos. used). \$150 obo. Call 583-2704 for more info. or for viewing

Miscellaneous

Do you have Writer's Block? If you need help with your writing, please drop by the ASAP Writing Center. We are located in Bldg. 12 east of the library. Hours: M-Th: 11-7, and Fridays from 11-3. Call 582-4104

Computer Tutors are now available in the ASAP Center. The friendly tutors are in Bldg. 12, east of the library. Our hours are from 9-7 Monday through Thursday and 9-12 on Fridays. Call 582-4104

MATH Tutors are now available in the ASAP Center, which is in Bldg. 12, east of the library. They are open from 2-7 Monday through Thursday and from 1-3 on Friday. Drop in and get some help with the unsolvable math problems. Call 582-4104

For Sale: Unisys laptop 486 Dx4,8 mb of RAM,Windows 3.1,HD, Extra battery, and Carry Case.\$800 please call 583-0841

To Place your ad in the *Otter Realm* please call 582-4066

For Sale: PC, DX 4-100 650 HDD,28 RAM 4X CD,1 mg PCI video, 33.6 MODEM (internal), Ethernet card, Sound Blaster sound speakers, keyboard mouse, Win 95 Plus OS Photoshop Premier, MS Office Authorware, MacAfee virus Win Delete other assorted programs \$475. With 14" Samsung monitor \$575. With monitor and HP 600C color printer \$675. Reply via e-mail marc_oehlman@monterey.edu.

For Sale: Walking Sticks, Private Beading Lessons, Beads & Bead Findings. Frankie_Yourgulez@monterey.edu or call (408)842-5098

All CSUMB students, faculty and staff, present student ID card or business card and get 15% off all merchandise marked with "Fly"@ The Classic Cottage" Location: 7515 Monterey (Monterey & 5th St.) Gilroy. E-mail Frankie_Yourgulez@monterey.edu or call (408)842-5098

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Are you a good student, but struggling with your writing? Established journalism professional will coach you on effective, lively writing. Gifted, patient teacher. Reasonable hourly rate. Call 374-7848.

Beautiful rust brown leather coat, size 8 w/ belt, worn once paid \$150 will sell for \$60 obo. Email: conni_blackwell@monterey.edu, if interested.

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Male preferred.You will get a room, full use of everything including washer and dryer for free. All for \$200 a month call 883-1003 if interested.

Individual Room in large condo in Schoonover. Shuttle Service to main campus, own garage. \$330 + 1/2 utilities. Female only. Oriental preferred. 582-4304.

FOR RENT

Room for Rent on campus. \$400 plus 1/2 utilities. Must be graduate student or faculty member. Call 659-0513 or 648-3679.

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Carmel-1 BR in shared apt.sm.balcony, appli. female only \$600/Mo., util. incl. 620-1046

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CALENDAR OF EVENTS

December

Dec. 16-18 Assessment Period
 Dec. 18-20 The Living Nativity, Pacific Grove, 372-5875
 Dec. 25-31 Campus Closed
 Dec. 31 Wednesday First Night Monterey, Monterey, 646-8054

January

Jan. 3 Saturday Women's Basketball vs. College of Notre Dame at HOME. 7:30 p.m.
 Jan. 5 Monday INTERSESSION CLASSES BEGIN
 Jan. 6 Tuesday Women's basketball vs. College of Notre Dame. AWAY 6:00 p.m.
 Jan. 6 Men's basketball vs. California Christian, HOME 7:30 p.m.
 Jan. 9 Friday Women's Basketball vs. Holy Names College, AWAY, 5:30 p.m.
 Jan. 9 Men's Basketball vs. Holy Names College, AWAY 7:30 p.m.
 Jan. 10 Saturday Women's Basketball vs. Patten College HOME, 7:30 p.m.
 Jan. 10 Men's basketball Vs. Patten College HOME 5:30 p.m.
 Jan. 17 Saturday Women's Basketball vs. Simpson College HOME 5:30 p.m.
 Jan. 17 Men's Basketball vs. Simpson College HOME 7:30 p.m.
 Jan. 18 Sunday Women's Basketball vs. Pacific Union . College, HOME 3:30 p.m.
 Jan. 18 Men's' Basketball vs. Pacific Union College, HOME 1:30
 Jan. 19 Monday Leon Panetta Lecture Series, Steinbeck Forum, Monterey Conference Center Congressmen Richard Gephardt & John Kasich, speakers; Cokie Roberts moderating
 Jan. 23 Friday Women's basketball vs. Menlo College HOME 5:30 p.m.
 Jan. 23 Men's' Basketball vs. Cal Maritime Academy HOME 7:30 p.m.
 Jan. 23 LAST DAY OF INTERSESSION CLASSES
 Jan. 24 Saturday Women's basketball vs. Dominican College HOME 7:30 p.m.
 Jan. 24 Saturday Men's basketball vs. Dominican College HOME 5:30 p.m.
 Jan. 26-Feb. 1 AT&T Pebble Beach Pro-Am (800) 541-9091
 Jan. 27 Tuesday Women's Basketball vs. Bethany College AWAY 5:30 p.m.
 Jan. 27 Tuesday Men's Basketball vs. Bethany College AWAY 7:30 p.m.
 Jan. 28 Wednesday Spring Semester Classes Begin
 Jan. 31 Saturday Women's' Basketball vs. Simpson College AWAY 5:30 p.m.
 Jan. 31 Saturday Men's Basketball vs. Simpson College AWAY 7:30 p.m.



7 Nights-A-Week!

TUE: Open Mike Spoken Word with the UNKOWN JEROMES
WED: Club Night with UNSHAKABLE TRIO • WIN Up to \$500 CASH!!!
THR: A. B. L. featuring TOM AYRES
FRI: Original Bands
SAT: More Original Bands
SUN: VIVA JAMS - Matty's Eclectic Review
MON: Songwriters Showcase with RANDY BALDWIN & Special Guests



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Otter Realm
 CSUMB news and information

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