

April 17–April 30, 2008 | www.otterrealm.net

California State University Monterey Bay's Student Run Newspaper

OR

[otter realm]

NEWS p.5 | College Drinking: Potential Alcoholism or Just a Good Time?

ARTS p.11 | CSUMB Students Rock Out for Planet Earth

SPORTS p.16 | Fair Winds and Rough Waters for Sailing Team



Excited Students, Nervous Parents: An inside look at campus tours

Jessica Diers, Staff Reporter
JESSICA_DIERS@CSUMB.EDU

Nightmares of dropping first-born children off at college may lead parents to precariously question everything during a campus tour at CSU Monterey Bay (CSUMB), or any college campus. CSUMB's tour guides have heard their fair share of uncomfortable questions while leading tours given for high school graduates eager to begin the college journey and their parents that dread nothing more than the child's departure from the safety of home-sweet-home.

"Parents will always worry about their children, it doesn't matter how old they are or where they live, and these strange questions are mainly generated through the parent's fear of actually letting their child go," said freshman and Liberal Studies major Angelica Meier.

Parents and students meet in CSUMB's Alumni and Visitors Center. A general uneasiness lingers in the air — similar to the calm before a storm. Students tend to sit restlessly awaiting the start of the tour while parents sit nervously, eyes wondering over every spectrum of the pre-tour room, waiting to prey on potential tour guides with risqué questions.

"An elderly woman came on one of my tours with her daughter in October. She began with a variety of questions concerning religions on campus and then went on to ask how many students were virgins," said Freshman and Biology major and tour ambassador Sarah D. Rullhausen-Brown. "I initially did not want to touch that question with a ten foot pole, but went

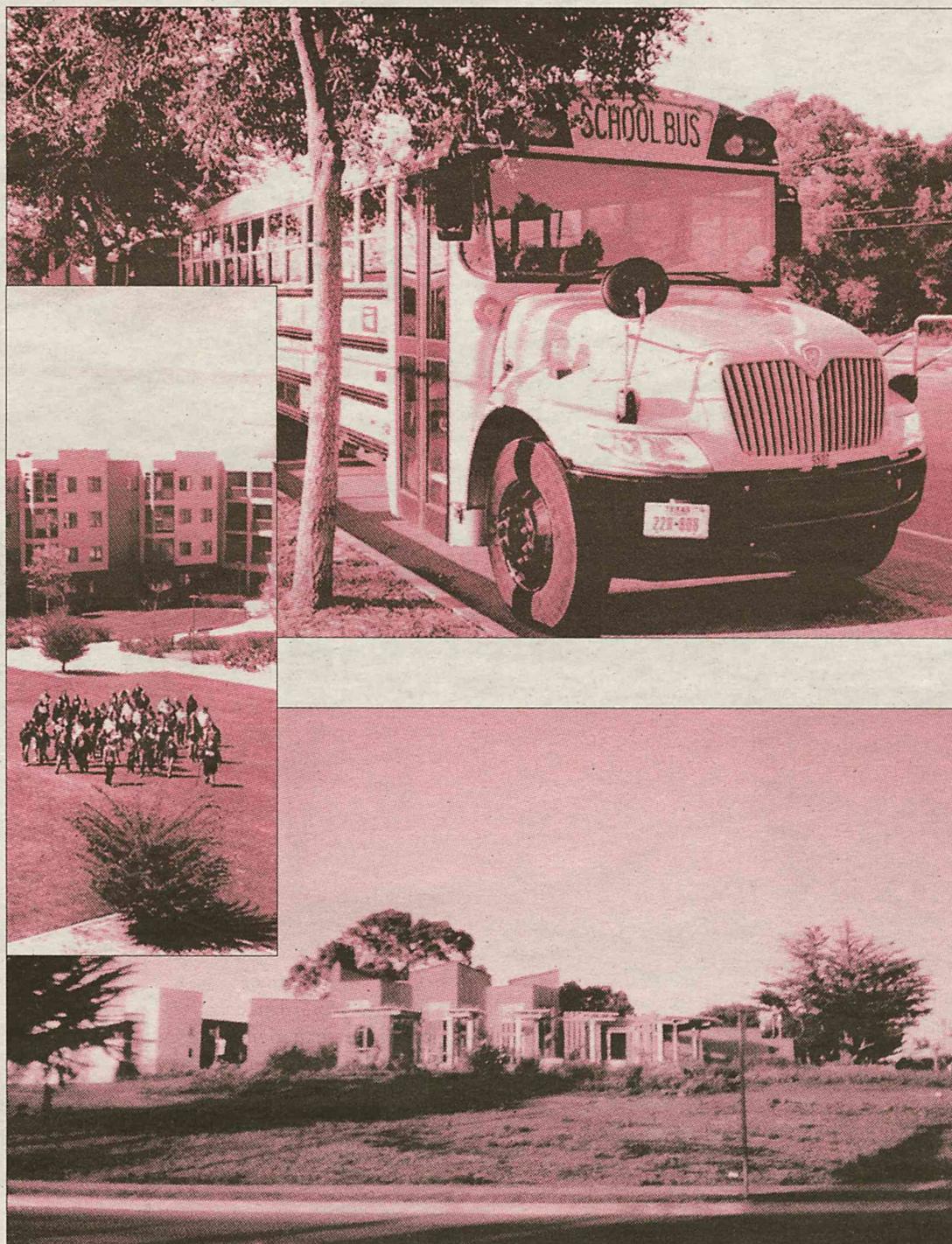
on to tell her that each student has different backgrounds and viewpoints. Students can make their own decisions about what goes on in their personal lives."

She went on to say that the school does not keep statistics on virginity because this is a free country and sexual intercourse is not putting innocent bystanders on campus at risk.

Alarming questions are targeted at weary tour guides because they are already students and are expected to have the answers to everything, even questions that sometimes dig too deep. Parents tend to push boundaries with tour guides and occasionally focus questions on personal lives rather than life on campus.

"The most personal question I've been asked was if I was a virgin and I just starred at the parent with a blank face, speechless that they were actually serious. I disregarded the question by laughing it off and moving on to the next building on our tour, aspects of my personal life are not part of the tour," stated freshman and Liberal Studies major Kasey L. Rowe.

Tour guides are prepared to deal with uncomfortable questions and form answers that reflect the positive aspects of CSUMB's campus. Unfortunately, innocent tours of the campus may lead freshmen to think twice about letting parents wander outside of the boundaries of home and stumble into the personal lives of CSUMB's tour guides.



Middle: Spring 2008 Campus Tours. Bottom: CSUMB Alumni and Visitors Center

TOP AND BOTTOM PHOTOS PROVIDED, MIDDLE PHOTO BY JESSICA HERNANDEZ

Increased Cost Sends Spring Formal Home

Hayley Alaniz, Staff Reporter
HAYLEY_ALANIZ@CSUMB.EDU

Ricky Welshiemer, Assistant News Editor
RICHARD_WELSHIEMER@CSUMB.EDU

The sun is shining more, flowers are starting to bloom, and CSU Monterey Bay (CSUMB) students are beginning to see the light at the end of the tunnel. With the semester coming to an end, students are starting to prepare for the annual Spring Formal. The formal is a chance to forget hectic schedules and studies and dance the night away.

CSUMB puts on two dances in an academic school year, one in the fall and one in the spring. This year Spring Formal will be on May 3 inside the University Center (UC). In the past CSUMB has hosted dances at places such as the Monterey Bay Aquarium, Embassy Suites, and most recently at the Hyatt Regency of Monterey.

"The reason we are moving it back on campus is to see if we can cut the costs of the program," said Snehal Naik, CSUMB's Coordinator of Student Activities and Leadership Development. "I think by having it in the UC will save us some money in some areas," said Naik.

According to Michael Juarez, Otter Student Union Operation Chair, students wanted to have the dance off campus but there is not enough money in the budget to do so.

"The Hyatt has decided to significantly raise prices on us for the formal, and the Monterey Police Department is now requiring that we hire their police officers to be on duty during the event. In order for an off-campus formal to happen, ticket sales would nearly have to be doubled to accommodate this," said Juarez.

Having the dance on campus has raised various opinions amongst CSUMB

students. Erika Bent, freshman and Psychology major, has only attended one of CSUMB's dances in the past, but thinks "it's chill" to have the dance on campus. "Even though it is more adventurous to go off campus, like a hotel, it would be easier for students to get to [if its on campus]," said Bent.

Alexandra Collings, a senior and Business Administration major, wonders whether the UC is big enough to hold the amount of students who would attend. Also a believer of convenience, Collings feels that by having it on campus it would also better ensure students' safety.

"Many people choose to drink at dances, so if it's off campus, it creates the issue of getting back home safely," said Collings.

The change of location for the dance has left some CSUMB students wondering if excessive drinking and vandalism at past dances in hotels made it so the school was not welcomed back. "Though there have been issues at previous dances, the number of problems have actually gone down over the years since I have been advising it. We actually have been welcomed back to the hotel [Hyatt Regency] and developed a successful relationship with them," said Naik.

According to Juarez, "the production for this year's Spring Formal will be better than anything that has been put on before. There will be lots of attention to detail, and the night memorable for everyone."

The theme for this years dance is the Hollywood Red Carpet experience. The music will consist of a DJ playing the Top 40, Hip Hop and Club music, along with a live band. Tickets will start selling two weeks prior to the event.

"The Hyatt has decided to significantly raise prices on us for the formal, and the Monterey Police Department is now requiring that we hire their police officers to be on duty during the event. In order for an off-campus formal to happen, ticket sales would nearly have to be doubled to accommodate this."

MICHAEL JUAREZ, OTTER STUDENT UNION OPERATION CHAIR



CHAPMAN
UNIVERSITY COLLEGE
MONTEREY

Your Transfer Choice

Chapman University College, one of California's most respected universities for adult learners, is also your perfect transfer choice. Transfer a minimum of 60 credits with your AA degree. Chapman accepts UC/CSU IGETC lower division requirement certification. In addition, program specific articulation agreements help assure that the classes you're taking will transfer to Chapman.

With classes starting every 10 weeks, you won't have to wait long to get started on completing your degree and fulfilling your personal and professional goals.

BACHELOR'S DEGREE PROGRAMS

Liberal Studies (BA) Humanities • Organizational Leadership (BA)
Psychology (BA) • Social Science (BA)

Also offering graduate degree, certificate, and credential programs.

Call toll-free 866-CHAPMAN
www.chapman.edu/monterey

RSVP for an upcoming information meeting.

Monterey 99 Pacific Street, Suite 375B 831-373-0945

Chapman University is accredited by and is a member of the Western Association of Schools and Colleges. Teacher training and credential programs are accredited by the California Commission on Teacher Credentialing.

Starting an On-Campus Club with Ease

Janelle Pelzel, Staff Reporter
JANELLE_PELZEL@CSUMB.EDU

Students are privileged to have the opportunity and accessibility of starting a club on campus at CSU Monterey Bay (CSUMB). But, for some students the procedure may not be clear.

The process first begins at the Student Activities Office, located in Building 8. There, students will pick up a "Beginning Student Organization" packet, which is essentially the starter kit for every club on campus. With examples provided for clarity, the packet contains an organization registration card, roster, a signature authorization form and a place to include an organization constitution or purpose statement.

According to Vania Silveira, office manager for Student

Activities, students need to put together a group of at least eight students with a minimum grade point average of 2.0 in order to establish a club. Students also need to acquire a full time faculty or staff member to act as an advisor before completing their paperwork.

Denise Huey, an EMPOWER and Pacific Asian Students' Union member and eighth year student working towards a Masters in Education, expressed that starting a student organization was not a complicated process. "[Just fill

out the] beginning club packet ...along with a list of [students] that are interested in participating in a club," said Huey.

Global Studies senior Ashley Dusenbury is a club member for the Students for Global Awareness, and agrees with Huey regarding the ease of starting a club. Dusenbury explained that the most difficult part in starting the club has been

getting student participation after the club has been instated.

Silverira emphasized that the deadline to start a student organization for the current Spring 2008 semester has passed; however, students interested in starting a club should begin the process at the start of the Fall 2008 semester.

More information about starting a club can be found at the Student Activities website, activities.csUMB.edu, or through their First Class email at student_activity@csUMB.edu.

M.E.Ch.A

EMPOWER

Pacific Asian Students' Union

New Student Club...

College Drinking: Potential Alcoholism or Just a Good Time?

Destinie Schroff, Staff Reporter

DESTINIE_SCHROFF@CSUMB.EDU

“Enjoy it now, because after college it’s called alcoholism,” reads one popular and straightforward bumper sticker. The alcoholism that college students are developing while in school may seem like good times, but the times go downhill with diseases and disorders such as ascites, dementia, and portal hypertension.

A CSU Monterey Bay (CSUMB) alumni who wishes to remain anonymous due to work concerns, admitted to drinking “nearly every night” while in school. Now that he has a day-to-day job, the CSUMB graduate has limited his drinking to weekends; “Thursdays, Fridays, Saturdays, and a Sunday morning beer or two to cure the weekend’s hang over.”

Although the former student is somewhat concerned with the health aspects of continued drinking, he believes he is still in control. “I’m still young and if I want to stop later in life, I can quit whenever I want,” he said.

While this student believes quitting any time he wants will solve the drinking problem, Physician Assistant – Certified (P.A.-C) Victoria Pass of the Campus Health Center (CHC) warns students against excessive drinking because it directly affects the health of the liver. Alcohol, “makes [the liver] hard and eventually parts don’t function anymore,” Pass said, citing the hardening of the liver that can take place with long-term abuse.

A current student who also wishes to remain anonymous, stated that he drinks “whenever possible.” The student is a freshman and “is living it up with all the new freedoms of no parents.” This current student believes that “alcoholism isn’t a real concern right now because everyone does this in college and I don’t feel like my physique could improve any more.”

Another concern that forms from excessive drinking is swelling of the face

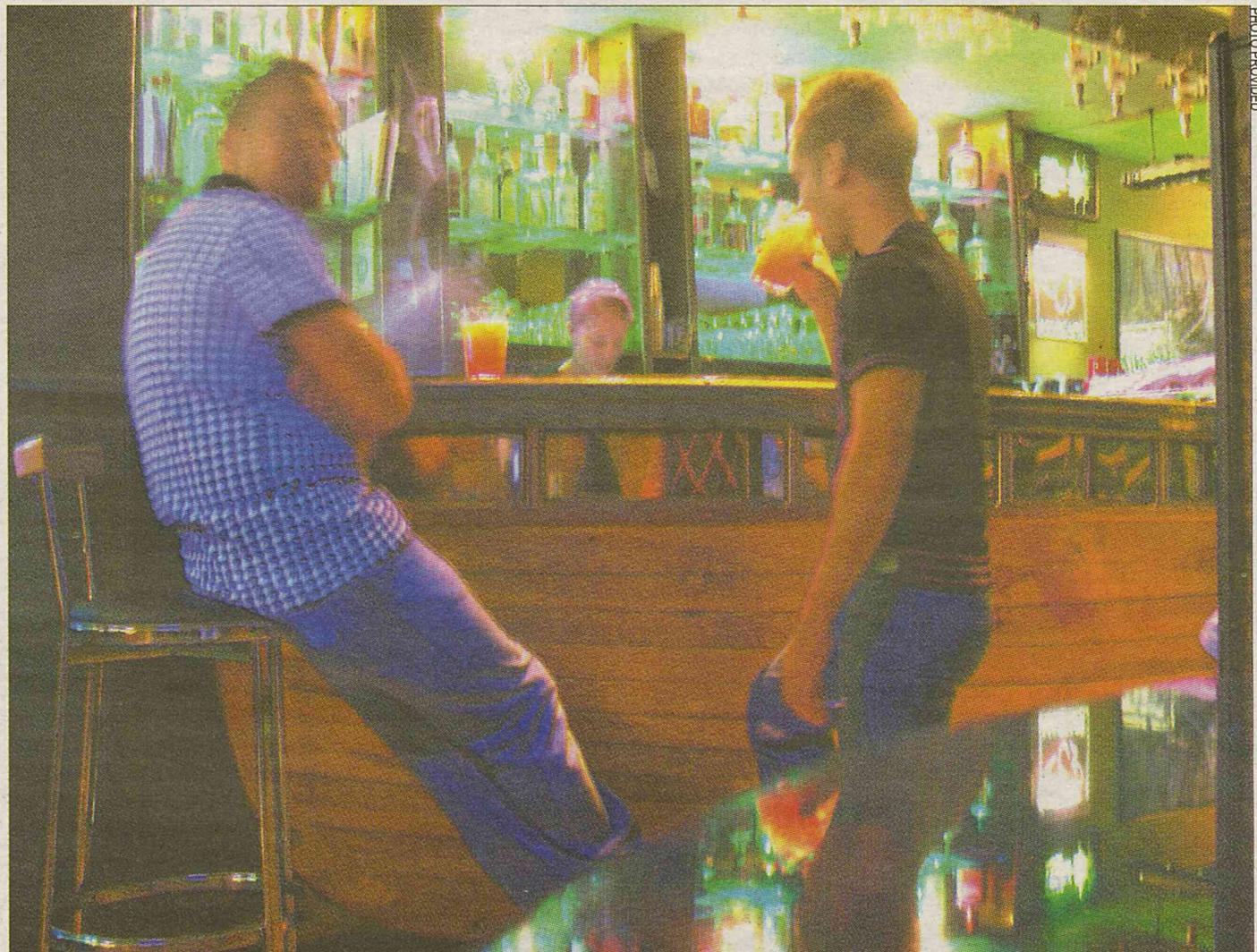


PHOTO PROVIDED

and the ever popular “beer belly.” The classic “beer belly” is actually ascites, Pass warned, which is excess fluid between the abdomen and abdominal organs. Pass also noted that long term abuse may lead to “dementia similar to Alzheimer’s disease where the drinker, even sober, is forgetful and agitated.”

Delirium tremors can also occur, which cause the alcoholic to hallucinate and run a fever. Portal hypertension is caused by cirrhosis, which is scarring of the liver which blocks the flow of blood to the liver and vessel pressure. “People vomit until they bleed out. It can take literally minutes.

It is almost the same as cutting the jugular vein,” said Pass.

On the bright side, the liver is one of the only organs that is able to regenerate itself if taken care of long enough. This is only, however, if the alcohol abuser has not passed the point of no return.

“Unlike withdrawals from heroin where you may wish to die, you actually can die from alcohol withdrawals,” warns Pass. “Alcoholism is one of the worst drug addictions in this country; it costs tax payers as the treatment is long-term and not very effective.”

For more information on alcohol abuse and prevention visit the Personal Growth and Counseling Center on Campus or their website pgcc.csUMB.edu/site/x10085.xml

Students Needed to Vote for a Better CSUMB

Patrick Makenen, Staff Reporter
PATRICK_MAKENEN@CSUMB.EDU

A hot topic among potential Associated Students (AS) candidates was the lack of activity on campus at the annual Candidate's Forum held in the Student Center. Candidates had a chance to prove to students their competency and explain their reasons for running for a position before the AS elections took place April 14 -17.

Sophomore Business major Lewis Hall and Senior Business major Kevan Mah are the two hopefuls for President, each of

which have drafted out plans about how to change CSU Monterey Bay (CSUMB) for the better. Mah wishes to develop a sense of social atmosphere on campus, while Hall wants to get more students involved in activities. Hall proposed the support of bonfire pits in North Quad.

As for things to do on campus, the three running Public Relations directors, pre-med Sophomore Jessica Nario, Human Communication Sophomore Randy Rigali, and Teledramatic Arts and Technology Sophomore De'Lante Johnson each wanted to help our current clubs and organizations on campus. When

asked about the lack of communication on campus Johnson stated, "I think sidewalk chalk is definitely effective since people tend to look down and see it." Nario vowed to better publicize all organizations on campus while Rigali focused on getting more people to sporting events.

Another change discussed was from undeclared Freshman Joshua Reed-Doyle, who is running for Technology Senator and wants to replace the First Class email system with a new version he developed. "First Class is really hard to use in general, and my system would be much better" he said. Dole is running unopposed.

Math major and freshman Margret Tom, a candidate for Residential Housing Senator believes the alcohol policy should be enforced in the dorms. She went on to say, "I don't want you all to hate me for my decision."

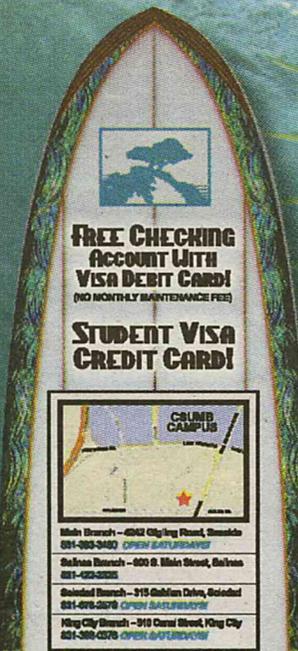
There have been talks of boycotting the election. In an email sent to the Otter Realm Conference on First Class, Justin Stie said, "some students are concerned about the election process as well as the lack of student knowledge about the elections." However, further investigation did not reveal any evidence that boycotts were likely to occur during election week.



CENTRAL COAST

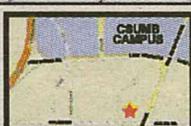
FEDERAL CREDIT UNION

EXCLUSIVE OTTER PACK!



FREE CHECKING ACCOUNT WITH VISA DEBIT CARD!
(NO MONTHLY MAINTENANCE FEE)

STUDENT VISA CREDIT CARD!



CSUMB CAMPUS

Main Branch - 6502 City/ing Road, Orinda 925-383-3482 OPEN 9AM-5PM

Redwood Branch - 600 S. Main Street, Redwood 925-422-3325

Seaside Branch - 315 Seaside Drive, Seaside 925-425-2670 OPEN 9AM-5PM

King City Branch - 310 Canal Street, King City 925-388-0370 OPEN 9AM-5PM

FREE GIFT CARD FROM

STARBUCKS!

JAMBA JUICE!

OR BURGER KING!

FOR STUDENTS OPENING A CHECKING ACCOUNT

Enrollment Fee Waived for CSUMB Students

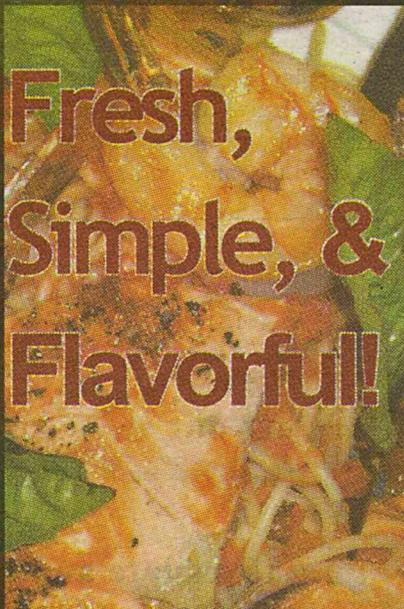
FREE On-Line Banking with FREE Bill Pay Service

Branch/ATM Locations throughout Monterey County

.25% off Current Auto Loan Rates

Savings Account

.25% Increase on Certificate of Deposits (CDs)



Fresh, Simple, & Flavorful!

Wild & Fresh...

Alaskan Halibut, Swordfish (#1 grade), Petrale Sole, Ahi Tuna, Seabass, etc...-
Grilled, Pan Roasted or Blackened

- Free Range Steaks: *Au Poivre* (Peppered) or Grilled *Filet Mignon...*, *Rib-Eye...*
- Braised Australian Lamb Shank, Chicken Breast Picatta, Pork Tenderloin Medallions
- Vegetarian and Pasta Dishes
- Home-made Desserts - Crème Brûlée, Tiramisu, etc.

"...what a gem..." 
Penelope LaFontaine
Monterey County Weekly



\$5 STUDENT DISCOUNT \$5

Take \$5.00 off - Dinner Discount - towards... your second entree* - Mon Thru Thurs only!

Expires May 31st, 2008

* one coupon per table

Dinner Nightly from 4pm
Reservations 831.883.1207
330 Reservation Road, Marina
Closed Sunday

Timely Tips for Tardy Taxpayers

Elaine Schumacher, Staff Reporter
ELAINE_SCHUMACHER@CSUMB.EDU

For students, tax season comes amidst busy school weeks, spring break and preparation for finals. April 15 was the deadline for filing federal and state income taxes to the Internal Revenue Service (IRS).

Taxpayers who missed the deadline should file all returns, regardless of whether or not full payment can be made. Depending on the individual's circumstances, it is possible to qualify to be put on a payment plan to pay the unpaid taxes.

"If you owe money to the IRS, pay it as soon as possible because there is a penalty for filing late and interest may be added to the unpaid balance, which is compounded daily," said Susan Wu of H&R Block, a leading U.S. tax preparation company. "There is also the possibility that the IRS could put a lean

on your assets," added Wu.

The practice of the IRS has been to not recommend criminal prosecution for failure to file tax returns on time, provided that they voluntarily file, or make arrangements to file, before being notified that they are under criminal investigation. As part of its long-term plan to improve voluntary tax compliance, the goal of the IRS is to get people back into the system and not prosecute people who made the mistake of filing late.

"If you think that you may be late, file the 4868 extension form by the due date of your return, usually April 15," said Marti Wilson, Certified Public Accountant, (CPA) Napa, California. If the form is not postmarked on time, the IRS may deny the extension and ask that you file your return within a specified number of days. "Form 4868 gives an automatic six month extension of time to file the return, it does not extend the time you have to pay your

taxes," said Wilson.

"If a taxpayer requested an extension by April 15, they now have until Oct. 15 to file, but will be charged eight percent interest on the amount owed," said Charles Boughton, Master in Business Administration (MBA).

"If a student worked a part time job and received a W2 form, they are required to file income tax," Boughton continued. In the event that a taxpayer missed the deadline for requesting an extension, the penalty is 25 percent of the amount owed.

"If a student did not work during the year, they are not required to file and if the taxpayer is due a refund, they have up to three years to file, but if a taxpayer fails to file within three years, they lose the refund," added Boughton.

For more information on how to file late taxes, visit www.irs.gov/media/resource



Free File Taxes at:

<http://www.irs.gov/efile/article/0,,id=118986,00.html>

Already filed? Find the status of your refund:

<http://www.irs.gov/individuals/article/0,,id=96596,00.html>

For more information on filing taxes late and getting an extension visit:

<http://www.irs.gov/newsroom/article/0,,id=181400,00.html>

Information on the Economic Stimulus Package:

<http://www.irs.gov/newsroom/article/0,,id=177937,00.html>

Information on students and the IRS:

<http://www.students.gov/STUGOVWebApp/index.jsp>

Education Rallies Demand Attention Across California

Johanna Estrella, Staff Reporter
JOHANNA_ESTRELLA@CSUMB.EDU

The teachers, administration, faculty and staff of the public education system of California have worked in unity, organizing rallies at pre-K through 12 grade schools as well as universities in the past couple of months in an attempt to send a strong message of outrage in response to Governor Schwarzenegger's proposed 10 percent budget cut to public education.

Although various organizations have put together different rallies all over the state, their common goal is to receive as much attention as possible before May, when a rewrite of the budget is scheduled. The proposed 10 percent budget cut to public education translates to about a \$4.8 billion cut from public schools, and a \$386 million cut to the California State Universities (CSU) system.

According to Jael Low, president of Monterey Bay Teachers Association (MBTA), if the budget cuts go through music programs, intervention programs, support services and STAR testing study programs would be just a few of the

programs that could face termination. The MBTA held a rally on March 4 at Window on the Bay Park in Monterey, and invited superintendents, teachers, faculty, and staff to join and to show their support. Demonstrations across the state have been a part of the Educational Coalition, an alliance working at both county and state levels. The coalition is composed of several organizations, such as California Teachers Association (CTA), American Federation of Teachers (AFT), the Association of California School Administrators (ACSA), and the Parent Teacher Association.

Another rally inviting all teacher associations is scheduled to take place May 14 at Central Park in Salinas.

Low recently met with Assembly members Ana Caballero and John Leird at a legislative breakfast on April 4 to discuss the looming crisis. Although Senator Abel Maldonado was invited, neither he nor his representative was able to attend. Low is deeply concerned for the future of the more than 10,000 teachers that would be laid off in California, 55 of which are from Monterey County.

Low shared that K-3 grade education

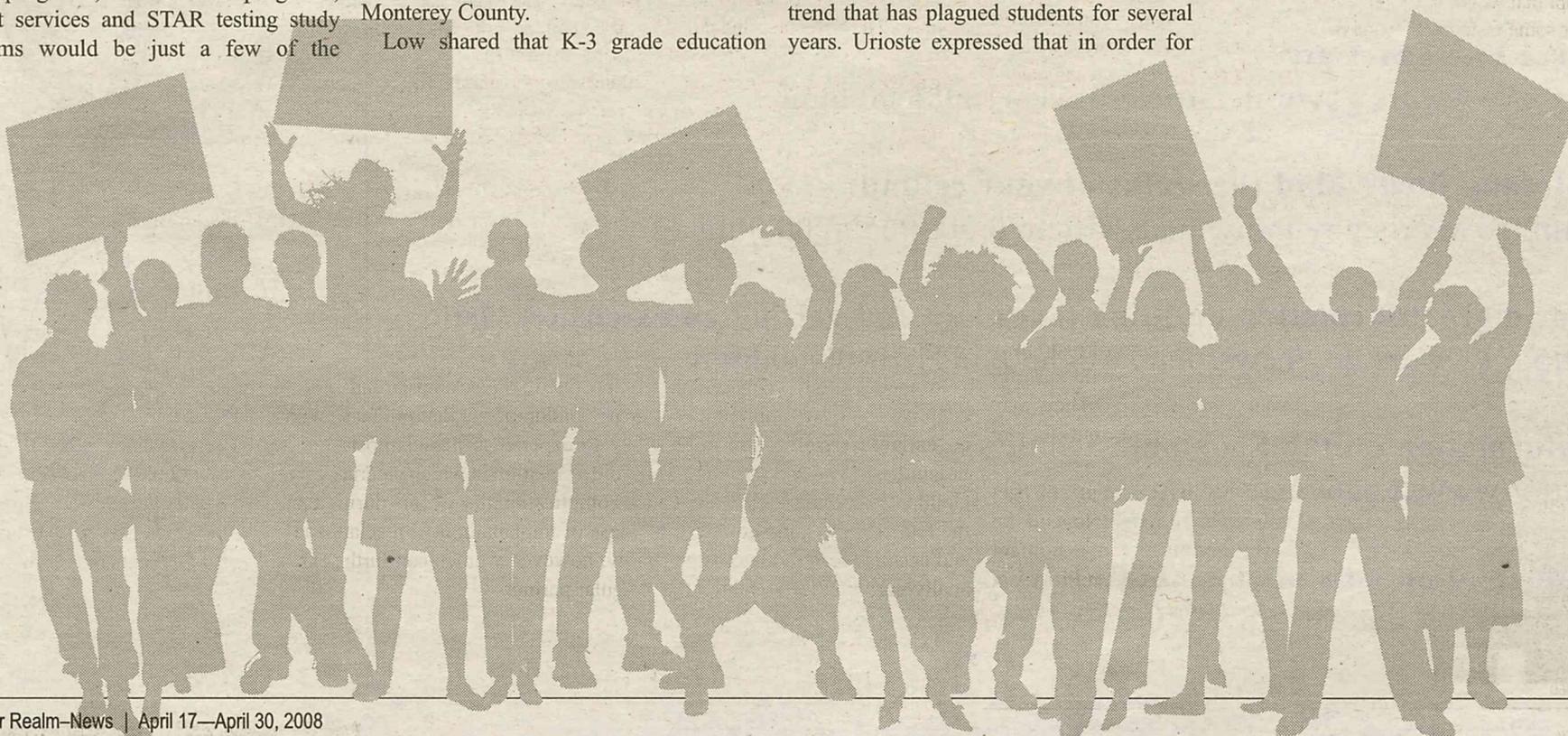
is the most important in preventing future criminal behavior. According to Low, prisons calculate the number of inmates they expect to have in twenty years by the literacy rate of children after third grade. Low expressed how the state cannot afford to cut funding from lower grades.

CSU Monterey Bay (CSUMB) Chicano studies and Spanish professor Donaldo Urioste also worries about the future of the California educational system. "If we were to invest in each student the way we do with prison inmates, my goodness..." Urioste said. Urioste is a member of the Alliance for the CSU coalition and helped organize a rally held March 13 in front of the University Center (UC). Urioste said that by cutting the budget of the CSU system, the governor is cutting the working backbone of California since 64 percent of state nurses come from the CSU system, along with 87 percent of teachers and 90 percent of criminal justice employees. Along with the long term effects the cut could have on California, students can expect a 10 percent increase in tuition fees for the upcoming school year, a trend that has plagued students for several years. Urioste expressed that in order for

the alliances to succeed we all need to have a united front and to send a powerful message to the governor that "education is too important to be on a chopping block."

Social and Behavioral Science (SBS) junior transfer student Shamaila Taj attended the CSU Rally at the UC. Taj volunteered to be a spokesperson for the CSU alliance and began to spread the word, asking for support by emailing everyone in her contact lists and informing them of the issue. Taj said that her acts were "easy but powerful," and she agrees with Low and Urioste that rejecting the estimated 10,000 new students applying for CSU acceptance would negatively affect California. Taj also speculated that even people without financial need would suffer from the cuts since many classes may face cancellation due to lack of funding.

Taj and Urioste both believe the CSU is truly the solution to the decaying economy of California, and cutting the funding for the knowledge needed would only worsen the crisis. All agree that it is fundamentally important to keep education a high priority for a prosperous Californian future.



A Movement of Large Porportions

Noelle Blair, Staff Reporter
NOELLE_BLAIR@CSUMB.EDU

The wave of anti-discrimination movements may have swayed public policy and opinion in the 1960s and 1970s, but some groups are still fighting, like with the Fat Acceptance (FA) movement, to seek acceptance in the general population's eyes.

Being targeted in the move to end the so-called obesity epidemic, members of the FA community contend that their sizes do not prevent them from enjoying life. Members of groups such as the National Association to Advance Fat Acceptance (NAAFA) and International Size Acceptance Association (ISAA) have been campaigning to end fat discrimination in the United States.

One example of the movement to discriminate against the obese was a proposed House bill in Mississippi that would have made it illegal for some restaurants to serve

obese customers based on "criteria prescribed by the state department of health," according to the Mississippi Legislature's website.

Although the bill was only created to prove a point about the high population of obese persons in Mississippi and not meant to be passed, it did raise an issue: when does fighting the obesity epidemic become fat discrimination?

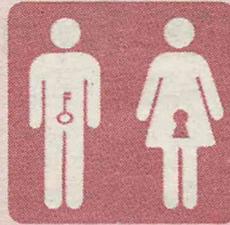
According to Tasha DabinPons, a flight attendant of three years, obese people are being discriminated against, especially with airline policies that require larger people to purchase an additional ticket for taking up extra space. DabinPons stated that, "I absolutely think it's discrimination. It's subjective, and it puts customer service agents in an awkward position. Are you supposed to put them on a scale? Are you supposed to measure them?"

CSU Monterey Bay (CSUMB) student's opinions differ on the whether or not the country is actually facing an obesity epidemic.

"I don't know that it's an epidemic, but I think with the lifestyle we have here, it's really on the go and no one takes the time to stop and eat healthy or exercise," said Jamie Kegerreis, a sophomore in Kinesiology.

"It so much harder to find healthier food, too," added Chandra Baughman, an Earth Systems and Science Policies (ESSP) sophomore. Hannah Potter, another ESSP sophomore, said, "I think Americans maybe have gotten carried away with fast food. We should push for organics and veggies. They may not taste that great but they're good for you."

Students who want to get involved in the fight to end fat discrimination can contact NAAFA at naafa.org and ISAA at size-acceptance.org.



Mary Freeman, Managing Editor
MARY_FREEMAN@CSUMB.EDU

Sexual Healing And All That Jizz!

Generally laid to waste, tied up in a condom in the trashcan, semen has been seen as merely one half of the baby-making process. Due to recent studies conducted by Gordon G. Gallup, Jr. professor at the State University of New York (SUNY) in Albany, this might change.

Gallup has found that semen might have more effects on the female body other than impregnation, and that "semen chemistry has evolved in part to influence and manipulate the female reproductive system in ways that would benefit the male."

In the study, titled "The psychobiology of human semen," Gallup along with colleague and professor Rachel L. Burch of SUNY Oswego examined the ways in which human semen effects mood, learning ability and memory, as well as menstruation synchronization. However, Gallup warned, "I'm not trying to promote unprotected sex. An unwanted pregnancy or a sexually transmitted disease would be a very high price to pay for mood modulation."

By comparing the moods of women who were having unprotected sex to those that were using condoms Gallup and Burch discovered that the moods of women having unprotected sex were generally more elevated than those who were not. Interestingly, those women that frequently had unprotected sex tended to experience lows and symptoms of depression after an extended period without sexual contact.

One of the explanations Gallup and Burch gave in their study about the mood elevating properties of semen is the fact that, "semen may be related to estrogen, serotonin, thyrotropin-releasing hormone, the catecholamine neurotransmitters, or even endorphins." They also found that the depression scores of women who refrained from sexual intercourse and those that used condoms did not significantly differ.

In addition to being an antidepressant, semen may even help with studying. According to the study, epinephrine, norepinephrine, oxytocin and vasopressin are all compounds found in semen, and all have been implicated in enhancing memory and learning skills.

The luteinizing hormone found in women that surges just before ovulation, explaining why women's libidos are much higher at this time, may also be increased by semen. Semen has a higher concentration of luteinizing hormone and luteinizing hormone-releasing hormone (trickier to say than Viagra, but at least it's natural!). This theory can be seen with the higher levels of female-initiated sexual intercourse in women who do not use condoms or the pullout method.

According to the study, "because so many seminal compounds have the potential to influence ovulation" semen may be a factor in menstrual-cycle regularity and synchronicity. Women who live with other women and also engage in unprotected sex seem to be more likely to become synchronized, as well as become more regular with menstruation.

In another study conducted by Gallup titled, "Preeclampsia and other pregnancy complications as an adaptive response to unfamiliar semen," Gallup posits that pregnant women having unprotected sex with an unfamiliar partner are more likely to experience preeclampsia due to the female body recognizing unfamiliar sperm and attempting to avoid a situation in which paternal investment is not likely. According to Gallup, "preeclampsia is a pregnancy complication that occurs during the 15-16 week of pregnancy, where the fetus fails to undergo a second phase of implantation." Preeclampsia many times leads to miscarriage and can also lead to maternal mortality; however, women can further preeclampsia by vaginally, orally or anally ingesting the semen of their regular partner.

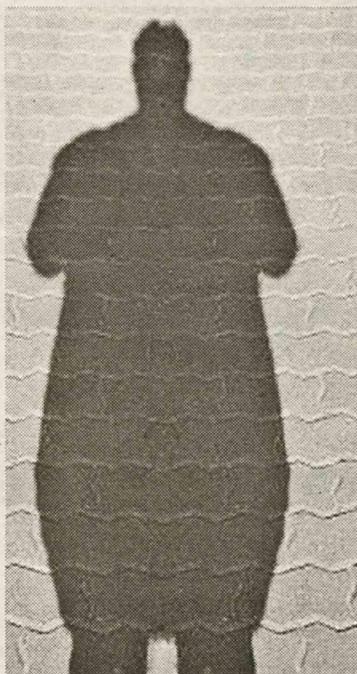


PHOTO PROVIDED

Rebels Continue Holding Hostages, France Attempts Negotiations

Patrick Makenen, Staff Reporter
PATRICK_MAKENEN@CSUMB.EDU

A new era of action could soon be taking place as France talks about giving new designation to the Revolutionary Armed Forces of Colombia (FARC) in return for hostages. Since a near crisis between Colombia, Ecuador, and Venezuela involving the death of 17 rebels weeks ago, many ties between these countries have been reinstated.

FARC is a leading example of the growing number of rebel organizations around the world that have been on the rise since the 1960s.

Recently, FARC lost a key leader, Raúl Reyes, when Colombia's military broke international law and raided a rebel camp a mile inside the border of their neighbor Ecuador.

The manner in which Reyes was killed created controversy with much of South America. Ecuador and ally Venezuela moved close to six thousand troops and armored vehicles to their border with Colombia but has since retreated these forces.

Ecuadorian President Rafael Correa said he wanted the international community to condemn Colombia's actions or Ecuador "will have to defend ourselves by our own means."

Venezuelan President Hugo Chavez has been acting the role of mediator for the FARC rebels in recent years resulting in the release of prominent hostages in return for money from other countries.

Native born Colombian and professor at CSU Monterey Bay (CSUMB) Rafael Gomez said, "For the internal politics of Colombia it was a triumph to kill Reyes and weaken the FARC, but for the rest of Latin America it was a questionable way to deal with the guerillas."

French Prime Minister, François Fillon has been trying for talks with FARC about the release of

a number of French-Colombian hostages in return for asylum. Adequate medical attention of Ingrid Betancourt, who is seriously ill, is of high priority since she has been held for six years, according to a BBC report. FARC has refused a French mission to help her though, saying it was unacceptable.

Juanita Darling, a former reporter who covered FARC issues and CSUMB professor of Human Communication (HCOM) commented, "They want social change and try to make progress, but often times they do more harm to the environment and to

the people than for the good of the state."

"The bigger problem is the inability of the state to control its own people. The state can not protect the people from the guerillas even inside its own borders." Gomez added.

France vows to continue with talks in hopes to compromise with FARC for the release of hostages.

This article was originally premiered on our website. For more late breaking stories, visit otterrealm.net.



PHOTOS BY ASSOCIATED PRESS

CSUMB Students Rock Out for Planet Earth

Claire Crosbie, Staff Reporter
CLAIRE_CROSBIE@CSUMB.EDU

Earth Day is coming up and CSU Monterey Bay (CSUMB) students can show appreciation for the planet and celebrate the special day during Earth Week from April 19 to April 26.

The student body can prepare for Earth Week on April 17, with the viewing of a documentary film, "The 11th Hour" at 8 p.m. in the World Theater.

There will be many festivities held throughout the week. The celebration kicks off on April 19 with a national clean up day. CSUMB will be hosting an event in effort to clean up the campus from 9 a.m. to 1 p.m. in parking lot 80. For more information and to RSVP contact Susie Hernandez through First Class, CSUMB's e-mail system. A BBQ will be held for the participants at the Black Box Cabaret (BBC) at the end of the day.

On April 20, the Environmental Committee (EC), affiliated with Associated Students (AS), will be biking to the Farmer's Market in Marina and are inviting other students to join. A bike will be provided at no charge for those without a bike at Building 14 at 10 a.m. on that day. Everyone interested in this activity should contact Mary Berube, chair of the environmental committee, through First Class.

The Service Learning student leaders group has organized a bike-in movie for the celebration of Earth Day. As stated in their press release, their goal is to "empower students through conveying consciousness as well as offer students the necessary knowledge and resources for implementing a lifestyle that is righteous to the environment." The bike-in, with the same concept as a drive-in, will take place on April 21 at 7:30 p.m. in front of Building 2. There will be a double feature of "Ghetto Ghetto" and "Convenient Truth." Popcorn and environmentally friendly treats will be

provided, as well as a raffle.

A picnic will be held on Earth Day, April 22, in the main quad from 11 a.m. to 2 p.m. where, as explained by Berube, students can use two blocks from their meal plan or pay \$10 to receive a vegetarian picnic basket equipped with a full lunch and a blanket. CSUMB students can enjoy their lunches with great music and informative tables from different environmental organizations. There will also be an "information scavenger hunt" where students can be entered in a raffle to win different prizes, such as bus passes, reusable water bottles, and much more.

An Earth Day concert featuring Vermillion Lies, an eco-minded musical group, will

follow at 9 p.m. in the BBC. On Wednesday, April 23, Rebelution, a Reggae band, will be performing as a part of the Earth Week concert in the BBC at 9 p.m.

Staff, faculty, and students are encouraged to bike to CSUMB on April 24. Everyone can also enjoy a free breakfast at the Otter Bay Restaurant from 7 to 10 a.m. Later that night, students can learn about organic farming, environmental economics, and green campus organizing from Monica Galligan, Brett Melone, and Nina Rizzo in the UC Livingroom at 7 p.m.

Another bike-in movie will be held on Friday, April 25. The films playing are "South Central Farm: Oasis in a Concrete Desert" and "The Power of Community: How Cuba

Survived Peak Oil." Colleen Butterfield, a Service Learning student leader, hopes that Earth Day and all of its events will help remind everyone that we are responsible for not only leaving the land, water, and everything in between how we found it, but in even better shape.

A camping trip to Arroyo Seco where students can get in touch with nature, will take place from April 25 to April 26. For more information on the trip contact AS Vice President Lewis Hall through First Class.

To end the celebration of Earth Week, Ben Kenney from Incubus and formerly from The Roots along with Dirty Heads will be performing at the BBC at 9 p.m. on Saturday, April 26.



Ken Rosenberg, Sam Adelson and Mary Berube hang out with Recycle Rex.

PHOTO BY MARY BERUBE

Wild Animals Make an Appearance in Monterey Bay

Noelle Blair, Staff Reporter
NOELLE.BLAIR@CSUMB.EDU

On March 30, CSU Monterey Bay (CSUMB) students were treated to a look at animals not usually found on a college campus. Representatives from the Wild Things Animal Rentals Inc. spent time on campus with several animals from their facility.

Aja Kase, the educational department manager for Wild Things, brought out, among other animals, a Hamadryas baboon named Georgia. Hamadryas baboons can fit three bananas in their cheeks and interpret eye contact and smiling as aggressive behavior.

Kase and her assistant, Joel Locke, an educational coordinator, also brought out an ocelot. The ocelot is also known as the Painted Leopard and is a good jumper. A raccoon named Ramsey, was also shown that day. Ramsey was given to them after being kept as a domestic pet.

Next, the two representatives showed the crowd a male and a female Madagascar hissing cockroach. This type of bug is the type typically shown on the big screen in movies that feature cockroaches due to their size and general appearance. Kase placed the cockroaches on Michael Mutshnick, community director for the residence halls, who was sitting in the crowd.

"It was a little creepy," Mutshnick said of the experience after the show. "I'm not too big a fan of bugs. But I did it for educational purposes," he laughed.

Kase also brought out an opossum, which is common to the CSUMB campus, a marsupial generally seen as a pest and sometimes as road



kill. She explained that the opossum could carry 22 babies in her pouch, though she cannot feed that many, and that the babies can survive for a while if the mother dies. Kase also said that opossums are often used in movies as large rats.

Locke showed the crowd a Burmese python. This particular python is a rarity because it is albino. The lack of pigment makes the snake appear to be a yellow color.

"We do educational outreach programs, so we can go to schools or they can come to us," Kase explained. "We also do weddings

and concerts; the animals can be involved with that."

"It was sort of nice to see the animals up close and in your face. It was real, not like what you see on TV," Colleen Jozaitis, a Kinesiology junior, said.

Students interested in seeing these animals and more can go to www.wildthingsinc.com to learn more about tours offered at their facilities. They are located at 400 River Road in Salinas. They also operate a bed and breakfast, which features an elephant delivering patrons their morning-time meals.



PHOTOS BY KATE KIECHLE

CSUMB Sorority Celebrates Breast Cancer Awareness

Monica Guzman, Staff Reporter
MONICA_GUZMAN@CSUMB.EDU

The ladies of Sigma Theta Psi, one of CSU Monterey Bay's (CSUMB) sororities, were seen lighting candles, Tuesday April 8, for the Luminaries display in the Main Quad promoting Breast Cancer awareness. This is one of the many activities the sorority planned for the spring Breast Cancer Awareness week.

Breast Cancer awareness is the sorority's main cause, and that is why they raise awareness twice a year.

A Human Communication fourth year and Sigma Theta Psi sister, Ashley Rodgers, stated, "Awareness is not just in October but everyday of our lives and that's why we do this both in fall and spring."

The week started off on Monday April 7 with a movie night showing episodes of "Sex and the City" where one of the main characters goes through breast cancer.

"The point of it was to show the reality of breast cancer and how it can happen to anyone," said Rodgers.

After the Luminaries display guest speaker Jan Dunn, Director of the Breast Care Center in Monterey, stressed the importance of breast cancer awareness in building 18 at CSUMB. "We really want to promote early detection when the cancer is easiest to cure." According to Dunn the reasoning for this is because early detection offers better treatment options.

Dunn explained that one in eight women will be diagnosed

with evasive breast cancer at some time in their life. Four out of five women that have been diagnosed with breast cancer will survive, and that breast cancer rates have dropped because of early detection she further stated.

The Main event of the week is the Pretty in Pink Benefit Dance. The dance was held April 10 at the Black Box Cabaret (BBC). "At the end of the week we always have a dance as a way to bring hope," said CSUMB Alumni and Sigma Theta Psi sister Jackie Elliott.

"The dance went extremely well, tons of people showed up. It was a great way to spread the awareness," said Rodgers.

The \$3 admission fee for the dance went to Community Hospital of the Monterey Peninsula (CHOMP) Breast Care Center and the American Cancer Society. The amount raised has not been released yet but the ladies are thankful for all the help they received towards the cause.

This week the sorority continues the breast cancer awareness activities with the Sigmas continues at Breast Fest. Breast Fest is going to be held tonight, April 17 from 9 p.m. to 2 a.m. at The Mucky Duck in Monterey.



PHOTO BY MONICA GUZMAN

Take a Study Break at Local Cafés

Noelle Blair, Staff Reporter
NOELLE_BLAIR@CSUMB.EDU

With the end of the semester quickly approaching students may want to take a relaxing break with a cup of coffee and a fresh baked treat. The Monterey area boasts a large restaurant population, including several bakeries and cafes. The following are great local bakeries where one can enjoy a fresh pastry or sandwich and take a break from studying and writing.

Paris Bakery and Café

Located at 271 Bonifacio Place in Monterey. Paris Bakery and Café is a quaint little shop filled with the smell of assorted pastries and baking bread. They sell a wide variety of baked goods, such as bear claws, meringues, and Danishes.

Customers can also order a fresh sandwich and a cup of coffee or choose from expertly crafted quiches. The at-counter service is typical of similar establishments with prompt and friendly servers. Paris Bakery and Café is open Mon. through Sat. from 6:30 a.m. to 6:00 p.m. and Sun. from 6:30 a.m. to 4:00 p.m.

Red's Donuts and Sandwiches

One of the only conventional doughnut shops in the Monterey area, Red's Donuts and Sandwiches offers a wide array of doughnuts made fresh daily. They offer the typical selection of doughnuts found at similar shops, such as the glazed, sugar coated, and maple bar doughnuts. However, Red's additionally offers the rare cake and crumb doughnuts. Red's serves made-to-order sandwiches with a variety of sides, such as chips,

macaroni salad, and chicken salad. Be sure to get there early because Red's closes at 3:00 p.m. and the doughnut selections dwindle around 11:00 a.m. They are located at 1646 Fremont Blvd. in Seaside.

Angelina's Bakery and Café

Angelina's is a small shop with a

large selection of goods to choose from. They have an extensive deli selection of basic sandwiches and wraps. They also offer several different types of pastries such as bear claws and fruit tarts. Customers can order from a wide variety of fresh cakes. Angelina's also bakes custom cakes for

different kinds of events and also offers a nice selection in-store for customers who want to take a slice to go. Angelina's Bakery and Café closes at 8:00 p.m. and is located at 1725 Fremont Blvd. in Seaside.

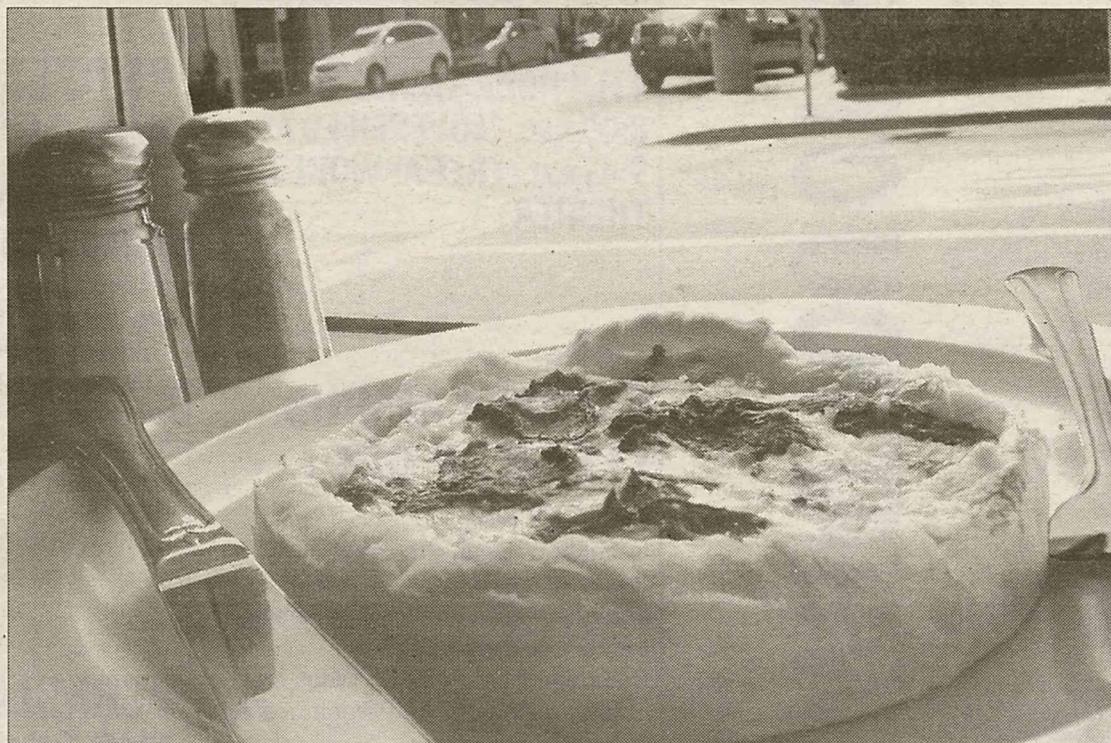


PHOTO BY NOELLE BLAIR

The Healing Power of Music and Art

Brennan Phelan, Staff Reporter
BRENNAN_PHELAN@CSUMB.EDU

This week a group of Visual and Public Art (VPA) Capstone students called the Artist's Collective are presenting "Healing Through Art," a project designed to teach the campus community about self-reflection. On April 18 from noon to 5:30 p.m. members of the Artist's Collective, along with campus staff and community

members, will be outside of the VPA buildings presenting workshops on yoga, mindfulness meditation, and various art activities.

Yoga classes will be led by teachers from the Seaside Yoga Sanctuary and by Christine Derr, from CSU Monterey Bay's (CSUMB) Kinesiology department. Nicole Wallace from the Personal Growth and Counseling Center will be teaching art activities for self-reflection, and students will lead meditation

workshops from CSUMB.

There will be live music and food throughout the event, and the photography club will be displaying student work. The Environmental Committee will be there with information about their organization, and the Watershed Institute has provided tools and support to tend the garden inside the labyrinth outside the VPA buildings. The Animal Friends and Rescue Project from Pacific Grove will be at the event from

3:30 p.m. to 5:30 p.m. with pets for adoption.

The members of the Artist's Collective, which includes Nicole Ricci, Theresa Juran, Laura Colla and Medline O'Neill, will be leading art activities and helping out with the other workshops at the event.

"We will be leading activities like sand art and chalk art, and we will be helping out with a collaborative art piece about self-reflection," said Ricci.

They have been working together on events like this throughout the semester as part of their Capstone project. In February they put on an event called "Inspiration," which consisted of a fashion show, an interactive gallery showing work from local artists, live music and dancing. They hope to host another event on campus sometime in May.

OR [Event Calendar]

APR 17-APR 30
WHAT YOU OTTER DO!

SUN 4/27
"DIA DEL NINO"
AT THE AQUARIUM
Children 12 and under admitted free all day, \$24.95/adults, \$22.95/students.

THURS 4/17
THE 11TH HOUR AND CLOVERFIELD DOUBLE FEATURE
11TH HOUR STARTS AT 8:00 P.M., CLOVERFIELD AT 9:45 P.M., FREE AT WORLD THEATER

SAT 4/19
CSUMB CAMPUS CLEAN UP DAY
9 A.M.-1 P.M.

In honor of Earth Week help remove litter from campus roads and afterward meet for a lunchtime barbeque at the BBC. See page 11 for a Earth Week story and full listing of Earth Week events

SUN 4/20
SOLAR POWER DEMONSTRATION AT MARINA FARMER'S MARKET
11 A.M.-1 P.M. MARINA VILLAGE SHOPPING CENTER, 215 RESERVATION ROAD.

See a water pump powered by a solar

panel and learn from environmental heroes Applied Solar Energy how solar power can work for your home. More info call (831) 384-6961

MON 4/21
PROTEST CSU BUDGET CUTS AT CAPITAL HILL BUILDING 12, 9:30 A.M.

Students are asked to meet at 9:30 a.m. in the building 12 parking lot between Residential Life and building 204. Bus leaving at 10 a.m. to go protest on the steps of Capital Hill to fight the tuition increase. Arrive back on campus at 10 pm. Bring you own food. Protest the \$386 million budget cut to the CSU system.

TUES 4/22
VERMILLION LIES AT THE BBC
9 P.M., FREE FOR CSUMB STUDENTS

Celebrate Earth Day with this local, eco-conscious band who have a unique style of their own.

WED 4/23
RILO KILEY AT THE RIO THEATRE IN SANTA CRUZ

8:00 P.M., DOORS OPEN AT 7:30 P.M., \$25

This indie pop/rock band make a stop on their national tour in Santa Cruz to play songs from their most recent release Under The Blacklight. Advance tickets available at ticketweb.com and at Streetlight Records in Santa Cruz, call (831) 421-9200.

THURS 4/24
LGBT FILM FESTIVAL AT THE SARATOGA COMMUNITY CENTER AT THE EAST CAMPUS APARTMENTS. 6 P.M.-9 P.M., FREE

A film festival exclusively about Gay and Lesbian issues and an invitation to Lesbian, Gay, Bi, Transsexual and Allies Students to meet and participate in conversations about re-establishing "Out and About" the LGBT club on campus in Fall 08. Refreshments will be served.

SAT 4/26
STUDENT TALENT SHOW AT THE U.C. BALLROOM
8 P.M.-10:30 P.M., FREE

BSU's bi-annual talent contest is offering 1st place winners \$300, 2nd place winners \$200 and 3rd place, \$100. (831) 884-1723 for more information.

Otter WAVES

BASEBALL

4-4 vs CSU San Bernardino Lost 12-14
 4-5 vs CSU San Bernardino Won 13-12,
 Lost 1-13
 4-6 vs CSU San Bernardino Lost 1-5
 4-8 @ St. Mary's College Lost 7-16
 4-11 @ Cal Poly Pomona Lost 10-15
 4-12 @ Cal Poly Pomona Lost 3-18,
 Won 9-3
 4-13 @ Cal Poly Pomona Lost 4-11
 4-18 @ Grand Canyon University
 4-19 @ Grand Canyon University
 4-20 @ Grand Canyon University

4-25 @ Western Oregon University
 4-26 @ Western Oregon University
 4-27 @ Western Oregon University

SOFTBALL

4-4 @ UC San Diego Lost 0-6, Won 3-2
 4-5 @ UC San Diego Won 2-1, Lost 4-6
 4-11 vs CSU Dominguez Hills Won 8-0,
 Lost 2-4
 4-12 vs CSU Dominguez Hills Won 3-2,
 Lost 2-4
 4-18 vs San Francisco State
 4-19 vs San Francisco State

4-20 vs Grand Canyon
 4-27 vs Notre Dame de Namur

WATER POLO

4-6 UC Davis Aggie Shootout Tournament
 team posts 2-0 record
 4-20 vs CSU Bakersfield Lost 10-12
 4-25 WWP Championship

MEN'S GOLF

3-30 Grand Canyon Invitational 10th

place
 4-6 Otter Invitational 4th place
 4-13 CSU Stanislaus Invitational
 4-21 CCAA Championships

WOMEN'S GOLF

4-7 Chico State Inviatiional 3rd place
 4-14 Rocky Mountain Athletic Conference
 Championships

Golf Team Shines Their Clubs for a New Season

Hayley Alaniz, Staff Reporter
 HAYLEY_ALANIZ@CSUMB.EDU

With the competitive spring season of 2008 underway, the CSU Monterey Bay's (CSUMB) women's golf team is off to a great start. The fairway is green enough to be played on, while the clubs are shined and polished for the CSUMB women to putt into the post season.

The women's golf team has participated in tournaments in San Antonio, TX, Goodyear, AZ, and numerous golf courses around California, most of which they have not only been on par, but also placed highly. For example, the team has ranked second twice so far this season, and there have been certain individuals who have proven their skills.

At the Notre Dame Demure Invitational in Livermore, Cecilia Chudivan, a sophomore and Business major, ranked number one of all players in the competition with scores of 75 in the first round and 77 in the second round. In that specific tournament, four other CSUMB players ranked in the top twenty and continued to make their mark in the collegiate golf world.

Terri Green, co-head coach for the second season, commented that one of the best things about this season so far was the women's scoring average.

"When we [the coaches] took over, the team was ranked forty-sixth. Now the team is ranked twenty-fifth," said Green.

With good team chemistry and a main goal to have fun, Green continued that the team hopes to make it to the invitational finals in late April in Phoenix. The finals consist of only eight teams. Green stated, "I have spoken to a few coaches and they think [CSUMB] has a good chance of making it."

Cecilia Chudivan, who has been on the golf team for two years, stated that not only has winning the tournament at the Notre Dame Invitational been the highlight of her season, but also the team has broken school records twice so far this season.

A Freshman and Social Behavioral Science (SBS) major Darcy Lake said, "I think we are doing very well. I believe we have a really good chance of making it to the post season; all we have to do is work hard and I think we can perform well."

The small yet strong team

of women holds full academic schedules as well as complies with heavy demands at practice and has still put up a fierce fight. Competing against teams like Chico State, who was once ranked above CSUMB, has been beneficial to the team. Coach Green stated, "The main philosophy for the girls is to enjoy themselves. By having fun in the tournaments, the women have no stress and play better."

On April 7 and 8, CSUMB finished third at the InterWest Chico State Invite with overall scores of 316 and 320. The women's golf team will compete in the Rocky Mountain Athletic Association Championships in Colorado on April 14 and 15.

"The main philosophy for the girls is to enjoy themselves. By having fun in the tournaments, the women have no stress and play better."

COACH GREEN

GOLF TEAM CO-HEAD COACH

Big Sur Marathon Challenges Runners

Jessica Diers, Staff Reporter
 JESSICA_DIERS@CSUMB.EDU

According to the Big Sur International Marathon website, bsim.org/ite3.aspx, "Spectacular, rewarding, mystical, and unforgettable" have been adjectives commonly used to describe the upcoming Big Sur International Marathon. April 27 marks the 23rd presentation of the marathon that will embrace sleepy eyed runners who will be rolling out of bed as early as 3 a.m. to compete. Races start at 6:45 a.m.

Some say it is the hardest marathon in the country and the fifth hardest in the world based on weather. However, there are numerous intangibles that must be taken into account when judging the difficulty and intensity of a course.

"If we were told that we could run only one marathon in our lifetime, Big Sur would have to be it." Bart Yasso from Runner's World tells Big Sur Marathon volunteers.

Runners will train anywhere

from a year to a month before a race depending on the experience of the runner. CSU Monterey Bay cross country student athlete Omar Mendoza, a Spanish and exercise science major said, "I trained for one solid month to run the Big Sur last year and I felt like I could have improved a lot more had I started my training earlier. My training consisted of one long run once a week with a five percent increase in mileage week after week. Basically, on average I ran six-eight miles a day with one day of rest during a week."

In the 2007 Big Sur Marathon Mendoza placed eighth overall. He finished in two hours and 47 minutes.

"I felt great most of the way with the exception of mile 25, which was the most memorable because it was the mile my body felt like it was shutting down enabling me to give into my inner demons and force myself to walk a minute. Little did I know for 15 miles I was running alongside the 1996 Big Sur Champion who eventually finished third," said Mendoza.

The Big Sur Marathon challenges all athletes who dare to run its path. It also serves as a nurturing way for runners to face fears while battling their own "inner demons," insistently trying to lead most astray from crossing the finish line.

Visit bsim.org for any more information on the marathon.



PHOTOS BY PATRICK MAKENEN

Fair Winds and Rough Waters for Sailing Team

Blake Northey, Staff Reporter
BLAKE_NORTHEY@CSUMB.EDU

Patrick Makenen, Staff Reporter
PATRICK_MAKENEN@CSUMB.EDU

The spring winds stirred up the waters while CSU Monterey Bay's (CSUMB) sailing team competed in determining regatta races in both Santa Barbara and San Francisco. Despite the fitful winds, the sailing team qualified in an overall fourth place ranking over Cal Berkely, CSU San Jose (CSUSJ), and Cal Poly Pomona.

Sophomore Danielle Walker, who is double majoring in Earth System Science Policy (ESSP) and Mathematics, is a skipper for the women's team and thinks that the reason for their placing is due to the fact that the team dynamics have been improving through this season.

The cold walkway leading to the docks in San Francisco only held the slightest bit of warmth from the sunlight before the fierce winds cooled it down again. As teams tried to hold on to their vessels and not capsize, the CSUMB team held strong in the first day of sailing.

"This is one of the most

difficult regattas and probably the roughest conditions these sailors will see," said CSUMB sailing coach Frank Degnan.

After almost being pushed across the bay into Oakland, day two held better conditions as a flawlessly sunny morning gave perfect sailing conditions. CSUMB women's and co-ed teams finished in eighteenth and twenty-third place, respectively, out of over 30 schools from across the country.

In Santa Barbara, the CSUMB women's sailing team managed to stay "mid fleet the whole race," according to sailor Kelsy Panno, a CSUMB junior business major. As for the co-ed sailing team, on day one, they seemed to stay on "top of the mid fleet," said crew member Bradley Schoch, a CSUMB junior Telecommunications, Multimedia, and Applied Computing (TMAC) major.

On day two, weather conditions seemed to get rough when it "started out windy then

it kept building through the day," said Schoch. Wind conditions reached a point where both Otter teams capsized into the icy Pacific. Schoch stated that the "sail broke when the co-ed boat capsized." Even with the minor setback, the teams "still finished strong," said Panno.

Rachel Donner, a newly appointed skipper on the women's

was set to travel to the University of Hawaii on April 19 for their championship race, controversy changed the trip. After a skipper quit the team Degnan decided not to buy tickets for the trip until it was certain that the replacement was ready.

Unfortunately by the time everything was in order, there was a significant rise in airfare

which prompted the women's sail team to decide not to go the race in order to save money for next year's team.

Walker said, "I'm actually really disappointed in that [not attending the Hawaii regatta]. We [the women's sailing team] could have really shown the girls from Stanford and USC."

Next year the team hopes to have repeat success despite the loss of many of the team's members. According to Walker, "we're [the sailing team] losing a lot of our team. I hope that new freshmen that know how to sail will join the team."

"This is one of the most difficult regattas and probably the roughest conditions these sailors will see."

CSUMB SAILING COACH FRANK DEGNAN.

team and junior Biology major was excited because they qualified in Santa Barbara for the Pacific Coast Championship (PCC). The co-ed sail team went on to finish last out of 11 teams at the PCC held at University of Southern California (USC). However, according to Degnan the team did not give up. "We started and finished each race," he said.

While the women's sailing team



CSUMB Sailing Team in San Francisco Bay

Sea Otter Classic to Draw Large Crowds

Elaine Schumacher, Staff Reporter
ELAINE_SCHUMACHER@CSUMB.EDU

The Sea Otter Classic, considered the season opener for bike races, will be held at the Laguna Seca Raceway on Highway 68 From April 17 to 22. The race is part of the California Golden State Championship series and it is the largest bicycle event in the world.

"9000 athletes will be participating and another 50,000 spectators are expected throughout the four day event," said Frank Yohannan, president and CEO of the Sea Otter Classic. "There will be professional race teams from around the world competing," added Yohannan.

"My event is the mountain bike cross country race," said Nick Kintz, a 19 year old from Marina, who works at Joselyn Bike Shop in Monterey. Kintz, who has been riding competitively since he was a freshman in high school, has competed in the race for the past three years.

"I am not sure how I will do this year since I haven't been able to get out there to train like I did in other years," said Kintz. "One of the advantages of having this event in our backyard is that local athletes can train on the actual course," added Kintz.

"What makes the Sea Otter Classic special is that it is synonymous with rain and that always makes it interesting," said Robin Dodd, a 20 year-old student from Hartnell College who plans to transfer to CSU Monterey Bay next year.

The festival atmosphere along with the variety of events, courses and levels of competition make this event popular for the professional and amateur athlete.

Parking is free, a day pass is \$10, and it is \$30 for a four-day pass.

Health Hints Strength and Flexibility with a Balanced Mind

Brennan Phelan, Staff Reporter
BRENNAN_PHELAN@CSUMB.EDU

In a dimly lit room filled with people on colorful mats, sitting quietly side by side, their eyes are closed and the room fills with the subtle sounds of deep inhaling and slow exhaling.

Walking into one's first yoga class can be an intimidating experience, but once the anxiety about the unknown wears away it can be one of the most fun and beneficial forms of exercise. An ancient practice that, over the past decade has become a popular trend, yoga offers a wide range of health benefits for people of all fitness levels.

Practicing yoga can benefit students through poses and breathing techniques that help relieve stress, enhance strength and flexibility, and bring the body and mind into balance.

"People assume that yoga is all about flexibility, but that's not true. You do not have to be flexible to take yoga or to gain benefits from it," said CSUMB yoga instructor, Christine Derr.

There are many different types of yoga. Some varieties provide a cardio workout, while others incorporate a slower pace and require poses to be held for longer periods of time.

"People are always amazed at how much strength yoga poses take," Derr added. In her class,



she makes a point to modify poses for her students so that they can slowly build up strength and flexibility without getting frustrated.

Supporting the idea that yoga can benefit both the body and the mind, scientific studies have indicated that yoga can reduce levels of cortisol, which is a stress hormone in the body. According to a report published in "Yoga Journal," the deep breathing done in yoga "elicits something called 'the relaxation response,' which invokes the restorative functions of the body."

The integration of poses, deep breathing, and meditation has shown to have therapeutic effects on health problems ranging from asthma to low back pain. In 2002, "The Wall Street Journal" published reports from doctors nationwide on the health benefits of practicing yoga. The reports concluded that yoga could be used as a therapeutic tool in conjunction with, or sometimes in place of, traditional therapy and medications.

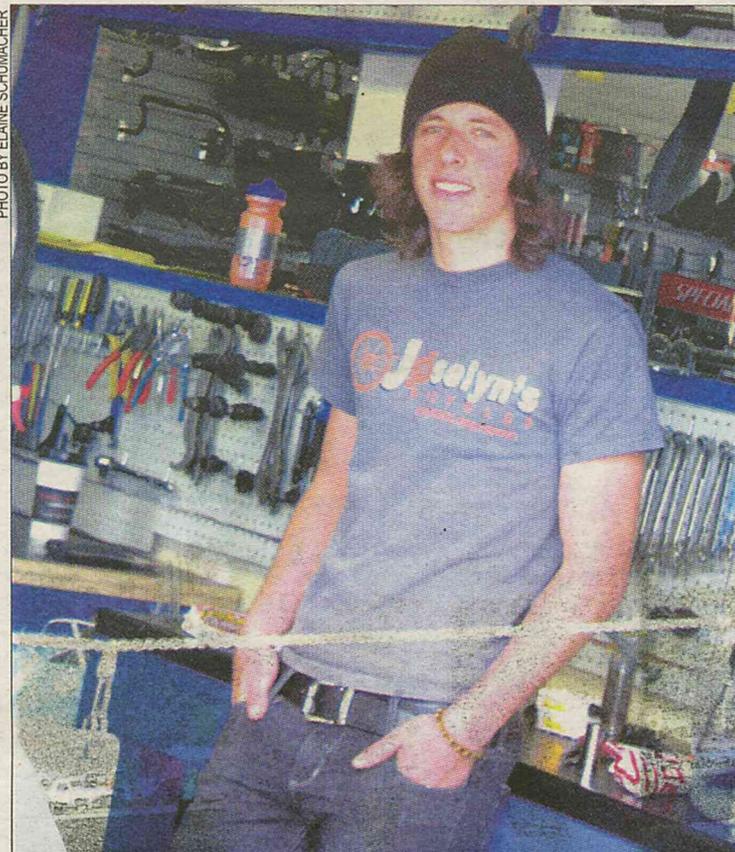
Students are usually very busy making it difficult for many to find the time and motivation to workout. For these reasons, yoga offers a perfect outlet for students to get physically active while easing their minds of everyday stressors. Yoga provides a fun way to learn techniques for both exercise and stress management, which are two

of the most important factors in maintaining overall health and wellness.

Enrolling in a yoga class on campus can fulfill the University Learning Requirement for physical activity, and is a good introduction to various poses and techniques. Yoga classes on campus are also offered through the drop-in fitness program, and are free for CSUMB students. If you are unable to fit the campus classes into your schedule, there are many private yoga studios in the Monterey area. It is always worth it to call ahead and ask about student discounts! The regular practice of yoga can bring about unimaginable changes in the body and mind, integrating balance back into the chaos of life.

"People assume that yoga is all about flexibility, but that's not true. You do not have to be flexible to take yoga or to gain benefits from it."

CHRISTINE DERR,
CSUMB YOGA INSTRUCTOR



Nick Kintz, 19 year old Marina local has competed in the race the past three years.

CSUMB Speed Demon Finally Slows Down

Claire Crosbie, Staff Reporter

CLAIRE_CROSBIE@CSUMB.EDU

I used to question stories where someone's life "flashed before their eyes." However, after recklessly driving as a result of cell phone use, I no longer question that saying. I used to think I was invincible and that I could never make stupid mistakes like almost hitting my boss or running a red light. I strongly believed that I was the perfect driver and an accident was impossible, when in reality, no one is a perfect driver and a life-changing accident could happen at any second.

My first accident happened because I was on my cell phone. I took my eyes off the road for a couple of seconds and tried to send a text message. Those couple of seconds of poor judgment caused me to slam my car into the back of another car, full of children. As I pulled over to the side of the road, I felt so ashamed and humiliated of my careless action. The accident did not result in death or injuries, but it was a severe lesson and I learned to stay off that phone of mine while driving.

The second accident, however, was more serious and included five police cars, an ambulance, a fire truck and a helicopter. No, I was not on my phone this time around. This time, it was way too dark and I was trying to get home way too fast. I was driving back to Monterey around 12 a.m. on a slow but steady freeway. In preparation for a safe exit, I switched off all electronics and turned my attention to be fully on the road. But, I forgot to take my speed into consideration. As my exit approached, my speed grew faster. Then, in what felt like five seconds, all 20 years of my life flashed before my eyes.

After seeing the exit sign at a speed of 75 mph, I quickly swerved to the next lane in front of another car. Putting both the safety of myself and the other cars on the road into consideration, I pushed on the breaks in an effort to slow down for the exit as well as avoid being rear-ended by the car behind me. After attempting to make a 55 mph turn onto a 20 mph exit, I freaked out and tried to turn back onto the freeway; but I landed in an irrigation ditch instead.

While I thought this was the end of my nightmare, due to the car's inertia after it hit the ditch, the momentum propelled my car forward only 2 feet from another onramp. All of this happened in an instant, but yet I felt like everything moved in slow motion, especially when the airbags deployed. After landing 2 feet away from what could have been my death, I sat in my car in a state of shock. I did not call the police; instead, I called my sister. I tried to explain what had happened as I panicked over every pain I felt on my body.

Police officers finally showed up 20 minutes later to find me shaking with tears pouring down my face. It did not take all of the police officers and fire fighters for me to realize I was lucky to be alive, it was seeing the scene of the accident as I walked away.

Both my accidents occurred because I was not able to think clearly under intense pressure. Most accidents on the road occur as a result of ones alertness being diminished by distractions, one including the use of a cell phone.

On September 15, 2006,

Governor Schwarzenegger signed bill SB-1613 or the California Wireless Telephone Automobile Safety Act of 2006. Starting July 1 of this year, the bill will prohibit the use of cell phones while operating a vehicle, unless drivers are using a hands free device. According to the bill, a fine of \$20 will be charged for the first offense and \$50 for each subsequent offense. Although the fine will not affect one's insurance after receiving the ticket, this bill should be taken seriously and will help the prevention of future unnecessary accidents.

The point of this was not to

publicly announce that I am a bad driver, and most embarrassing, an "Asian driver", it is to remind everyone that life is indeed too short. Cell phones and cars can be replaced, but your life can not.

Nothing is more significant than your life, not even a text message or a phone call from your crush. If the call is too important to miss, pull over and take care of it, or better yet, purchase a hands free device. It might be wasting some driving time or money, but those simple actions may save your life, or more important, someone else's life.



PHOTO BY THE HONOLULU ADVERTISER

YOU SAY TOMATO... by NOELLE BLAIR



om·buds [äm-bu-dz] 1. One that investigates reported complaints (as from students or consumers), reports findings, and helps to achieve equitable settlements.

Dear Otter Nation,

The Managing Editor and Distribution Manger of the Otter Realm (OR), Mary Freeman, would like to ask readers to please refrain from using the newspaper bins as trash receptacles.

In the past few weeks Freeman has encountered string cheese, underwear, beer cans, and even a hair weave while on her delivery route. Freeman stated, "I understand that sometimes it is hard to find a trash can, and in the darkness and sometimes drunkenness of the night an OR bin looks remarkably similar to a trash can. At the same time, I want everyone to remember that someone has to remove that stuff, and that someone is myself. I simply would rather not."

Freeman also continued that people have been vandalizing the newspaper bins. Recently she found one tipped over in the mud, another had the plastic viewing window removed, and yet another had been spray painted on.

The staff also wanted to let readers know that newspaper bins are school property and if vandalism continues the University Police Department will become involved.

Again, the Otter Realm respectfully asks that their readership takes into consideration the hard work they do in order to provide this free publication to the masses, and does not forget that someone, usually Mary Freeman, has to clean up after their mess.

Sincerely,
Ricky Welshiemer, Assistant News Editor

 **Stay Current Online at**
www.otterrealm.net

- **Castro Retires: Monterey Professors Discuss Cuba's Future**
- **IMAX Theatre nOpens on Cannery Row**
- **Rebels Hold Hostages, France Holds Talks**

Otter Oops

Page 8: In "Free Software Alternatives Encompass Students' Needs," website is openoffice.org.

Page 12: In "Bringing Character to Student Dorm Rooms," major is Earth Systems and Science Policies.

Page 14: In events calendar, Thurs 4/10, DJ Head spinning Hip Pop.

Editorial Policy

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

The Otter Realm serves two purposes: it is a training lab for students who wish to learn journalism skills, and it is a forum of 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.

Exploring Laura...

Laura Newell, Editor-in-Chief
LAURA_NEWELL@CSUMB.EDU

Drama, Drama, Drama

"He said she said...but I thought...I hate you!" oh the power of drama.

While watching an episode of "The Hills" on MTV I became overwhelmed with the drama-filled lives the adults lead on the reality show. I looked over at my roommate and said "thank goodness I don't have to deal with ridiculous drama like that." But as the night went on and my mind began to wander, I began to reconsider my statement.

I started thinking about my day and in 10 minutes picked out five examples of dramatic occurrences that had happened that day either to people that I know or myself.

While not every individual is a drama queen, they will always encounter it at some point during their life. Whether the drama is bickering roommates, an angry girlfriend, or just an instigator, drama will find its way into one's life.

As "The Hill's" came back from commercial, I wondered, do we all thrive on drama and the excitement it brings?

Over the past year I have watched the dramas of four roommates unfold. What started as a miscommunication between two people became the drama of four people; and soon the drama of the household became involved in my life. Quickly I found myself being a critical listener and almost-moderator within the house. And before I knew it, I was mixed up in drama that I did not have time or energy for.

So, do people find the drama or does the drama find people?

As the show ended I considered a friend of mine who seemed to swim in the drama pool daily. I thought about his personality and the issues that he faced in his life and realized that it may, in fact, be him.

I considered the complaints that he told me over the years and noticed as grudges formed in his life, issues did as well. Maybe holding grudges against people will not only allow drama to follow the individual, it will also cause everyone involved to "choose a side."

Quickly I realized that his life was filled with the same drama that I had just watched on "The Hills" and my earlier statement to my roommate was further undermined. I remembered Spencer saying "You're making yourself cry, thinking about what you did" to his sister after she partied with someone he held a grudge with, and began to notice a pattern.

Still, while it is true that some people start their own drama, others may be sucked into it.

Evie, a friend of mine, dealt with the loss of family members and the stresses of a leadership role all in the span of one month. While she is a strong individual and never complained about the drama of her life, the stresses of leading a group of inflexible people became overwhelming.

It seems that the key to leading a drama free life is to just forgive and forget. While some complain and turn the drama of others into their own, Evie chose to turn other's inflexible personalities into a learning experience and become more flexible in her own life.

Perhaps it is time to stop blaming others for all that "ridiculous drama" and start looking at our own lives for solutions. Maybe trying to be flexible and understanding, letting go of grudges, and remembering that most situations turn out better than we anticipate is the key to a drama-free life.

News 831.582.4066
Advertising 831.521.1501
E-mail otter_realm@csumb.edu
www.otterrealm.net

Editor-in-Chief
Laura Newell

Art Director / Production Manager
Brittany Fischer

Managing Editor
Mary Freeman

Online Editor
Kate Kiechle

News Editor
Sean Tibbitts

Assistant News Editor
Ricky Welshiemer

Arts Editor
Andie Aguirre

Sports Editor
Alex Hawes

Advertising Manager
Jennifer Seregots

Distribution Manager
Mary Freeman

Photo Editor
Gretchen Miller

Staff Photographer
Janelle Pelzel

Copy Editor
Jenna McKay

Staff Reporters
Hayley Alaniz
Noelle Blair
Claire Crosbie
Jessica Diers
Johanna Estrella
Evan FitzGerald
Monica Guzman
Patrick Makenen
Blake Northey
Janelle Pelzel
Myra Prado
Destinie Schroff
Elaine Schumacher
Greg Tomascheski
Ricky Welshiemer

Production Staff
Andie Aguirre
Dana Bengtson
Aashlay Brown
Chris Brunetti
Jenna McKay
Blake Northey
Sean Tibbitts

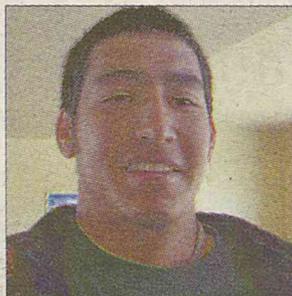
Newspaper Advisor
Juanita Darling

Person on Campus



"I don't really do costal sports, but I would surf."

-Kevin Panian, *Telecommunications, Multimedia, and Applied Computing, Freshman*



"Beach soccer."

-Xeronimo Castaneda, *Earth Systems Science and Policy, Senior*



"Surfing"

-Kevin Jimenez, *Teledramatic Arts and Technology, Freshman*



"I'm going to have to say boogie boarding because it is the only one I can do."

-Kari Nicolls, *Global Studies and World Languages and Cultures, Sophomore*

What is your favorite Coastal Sport?



"Skim boarding"

-Bryant Ezeji, *Business, Freshman*



Piper's Predictions

by Piper Waters

Capricorn (Dec. 22–Jan.19)

You've been so emotional lately that no one knows how to react you. During these next two weeks you'll slowly start returning to a more consistent state of emotions...one can only hope.

Aquarius (Jan. 20–Feb.18)

It's hard for you not to give your whole self to people even if they don't do the same in return. Remember: all relationships are give and take and should be equal...it's all about finding that balance.

Pieces (Feb. 19–Mar.20)

Many new ideas and opportunities are coming to you; it's a really great time to start taking advantage of everything headed your way... take a risk!

Aries (March 21–April 19)

People view you as being cool, calm and collected. Since many perceive you this way they become drawn toward you. Many will need your advice. Make sure you're available...be ready.

Taurus (April 20–May 20)

You have a burning desire to do something amazing right now! You are yearning to meet new faces and places...this summer sounds promising.

Gemini (May 21–June 21)

It's so easy to latch onto people for support rather than turning inward for answers. You may know the answers to the questions you've been asking...take a look within.

Cancer (June 22–July 22)

You are so lovable right now! You are full of love and most people are feeling the same toward you.

It's hard to resist your carefree and easygoing nature...you are a magnet right now!

Leo (July 23–Aug. 22)

You have been very consistent with your hard work, but you'll need to work that much harder in order to keep up with all the tasks at hand...don't worry, the outcome will be worth it.

Virgo (Aug. 23–Sept. 22)

Routine is a part of our nature. We are all creatures of habit, you especially. You'll need to break free from the mundane lifestyle you've been living... shake things up!

Libra (Sept. 23–Oct. 22)

You become so fascinated with the people and situations around you that you're starting to lose focus. Try and be that much more attentive to the immediate tasks you need to complete. When everything is finished...let your curiosity and fascinations go wild!

Scorpio (Oct. 23–Nov. 21)

You have been stuck in a rut for sometime; figure out how you will get yourself out of it. Ask for help if needed. It's not like you to stay down in the dumps for long...shape up or ship out!

Sagittarius (Nov. 22–Dec. 21)

You can be one of the most confusing signs of the zodiac or you can be one of the most straightforward signs. Unfortunately, now you are quite confusing to those close to you. Don't mislead others...be direct.

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

SUDOKU

su·do·ku [sōō-dō'kōō]

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.

