Making Cents of your tuition dollar

By Samantha Gray, Sarah Ontiveros  Audy

California State University, Monte-
rey Bay (CSUMB) is ranked as one of
the top ten California State University
(CSU) campuses. The tuition rate has
ever been increased since the 2011-2012
academic year. CSU’s tuition rate is the
same in all campuses, $8,472, which is
more than double what it was in 2006,
$3,225. This is not because of cost in-
crease, but the national trend. CSU will
have a streak of five consecutive years
with no change.

“What we are putting in for this No-
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starting in the summer of 2016-17. That
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words will be the same as in 2015-2016
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White in an October interview.

The budget for the CSU system in the
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Two of the sources that fund the CSU are
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State General Fund is a taxpayer money
that is allocated by the State Legis-
lature and Governor.

“A great proportion of our funds is for
general support which is state tax

By Achille Reynoso

The California State University (CSU) system might be facing a difficult situation if the California Faculty Association (CFA) has its way. The union has voted to strike if talks fail to resolve its demands for a 2 percent raise. The vote was 94 percent in favor of a strike.

In all, there are 49,400 professors, lecturers, librarians and staff from the 23 CSU campuses.

The main point of contention is the per-
centage of salary increase. The CFA wants a
5 percent raise, while the CSU is only will-
ing to offer a 2 percent increase.

“Negotiations have been at a standstill for quite some time.” said John Fitzgibbon, CSUMB associate

The CSU values our faculty and we believe they should be compensated for their contribution to our students and campuses”

The obstacle so far has been the CSU

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CSU’s new’s approximately $5 billion and
half state dollars and tuition dollars,” said John Fitzgibbon, CSUMB associate
president for Finance.

At the worst financial point, the CSU
state General Fund was reduced by one-
third, approximately $1 billion. Current-
ly, about 90 percent that $3 billion has
been restored.

“That (the cut) was a significant im-
peachment on our campuses and still linger-
today,” said Ryan Stemp, CSU associate
vice chancellor for Budget. In 2013-14 the
Governor committed to a multi-year
planning budget plan to reinvest into the CSU
system. “So far we have met or exceed-
our planning goals.

With 23 campuses and almost 300,000 students to serve, dividing up the budget can be a challenge.

CSUMB’s tuition and fees CSUMB is one of the most affordable State University campuses in the country. The higher education is relatively inexpensive compared to private institutions.

To find out what you pay at CSUMB, click on the link below.

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CSUMB Colleges

Dissenting the life of a Biology student

By Achille Reynoso

The Institute for Innovation and Entrepreneurship (iiED) will host Start up Hackathon Monterey Bay on Nov. 20-22. This is a competition for people who are interested in creating an application (app) and code. iiED will bring in experts in the field of entrepreneurship, innovation skills, and such experts to get people involved in entrepreneurship and most importantly create a “community” of entrepreneurs within the university and out.

In more traditional households, things are different. The largest thing that it does is promote responsibility and teaching toward the university. (Jr. students and faculty, also should be proud and say their name and the regard) Dr. Brad Barbeau, associate professor in the College of Business and the iiED executive director of iiED.

The Institute for Innovation and Entrepreneurship (iiED) also offers other events that include entrepreneurship forums, innovation salons and coding. This is a competition for people who are interested in the sciences. With Monterey Bay (CSUMB) is one of the best places to be if you are interested in the sciences, and yet be curious to know more.

The Biology major, like all majors, does not go in a linear or straight path but there were a few things that you have to do while you are in school.

For many, this time of year signifies that the holidays are near and family time begins. As a country, we celebrate Thanksgiving on a day that many of our nation’s history and a day to express our gratitude for the bountiful gifts that we have in our lives. Whether you are celebrating with a turkey, frosty climate, or a beach party, the Hmong community is celebrating a different holiday. Monterey, New Year celebrations begin and end with the harvest season. Depending on the family, ceremonies begin as early as September and go all the way through December. The fall New Year’s ceremony lasts for three days. Within those three days, traditional Hmong rituals are performed. The first day is New Year’s Eve, the most important, consisting of the Reed dance (kpop), which is when the Hmong call the spirit of everyone in the family back.

Hmong community is small, many still stick to their roots and traditions. New Year students celebrate Hmong New Year at different times and some even have families in other cities who share their Hmong New Year Celebrations in how they do it and how they do it. “Whether you’re going to own your own business or not, it’s all about understanding the viewpoint of entrepreneurs, which is the process of learning to be creative, to test if you like and out it on the market. Being an entrepreneur is not typically how it exactly is to start a business but to know that it’s a better idea,” said Barbeau.

Kayno Vang, sophomore Biology student.

“Family is not to be spent. To register for the Startup Hackathon visit: https://csumphackathon.eventbrite.

Startup Hackathon Monterey Bay

Monterey Bay kicks off on Nov. 20

By Achille Reynoso

In more traditional households, the focus is on the future, not the past. For many, this time of year signifies that the holidays are near and family togetherness. As a country, we celebrate Thanksgiving on a day that many of our nation’s history and a day to express our gratitude for the bountiful gifts that we have in our lives. Whether you are celebrating with a turkey, frosty climate, or a beach party, the Hmong community is celebrating a different holiday.

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Kayno Vang, sophomore Biology student.

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Tap into your taste buds

By Dana McCartney

What walking into English Ales Brewery and Pub Café in Marina on a weekend night, the smell of classic English home-brewed cooked food and bubbling beer fill the space. Mugs hang from the ceiling and locals chat up the latest sports game. Peter Blackwell originally from England came to the U.S. in 1967 as a workers for the Vietnam War. Blackwell moved to the west coast in 1974 and opened English Ales Brewery and Pub Café in 2000. He wanted to create a local, representation of true English ales. The brewery opened in 2000 and produced only four beers, in 2015 more than 1,500 gallons of beer a week. English Ales Brewery and Pub Café can be found at 233 A Reindollar Ave., in Marina. Open every night from noon to 11 p.m.

Types of beer

The atmosphere is warm,” said Bob Hodges, owner, said English Ales started the specialization of fresh traditional English Ales and Pub Cafe in 2000. Hodges explains that the malt brews with the hops for about an hour. The more hops added to the mixture the more bitter the beer is. They and malt contribute to a beer is well cured to be non-fermented beer.

Malt

First the cereal grain or heart of the beer is boiled, which provides the sugars for the yeast to ferment into beer.

Cereal grains include oats, barley, wheat, rye and corn. Malt contributes to the color and texture of the beer. Types of beer can taste bitter, herbal, woody, floral, even refreshing with orange, grapefruit or lemon bitter.

Malts

The hops

Golden Ale

For those who enjoy amber ale, golden ale is a great alternative. This beer is light yellow to deep gold in color and strongly flavored with hops.

The medium to high hopped between the hops and malt flavor make it good for any drinker.

Golden Ale

Hops

Amber Ale

Amber ale ranges from copper to clear in color with a slightly fizzy and hazy look. It is served in the pub today. The [entire brewing] process takes about five days. The beer is chilled for about a week, which in my opinion is a perfect alternative. This beer is light to medium color, which can taste bitter, herbal, woody, floral, even refreshing with orange, grapefruit or lemon bitter.

Amber ale

Beer guide

Key ingredients

Malt

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Hops

Amber ale

Amber ale is light to medium color, which can taste bitter, herbal, woody, floral, even refreshing with orange, grapefruit or lemon bitter.

Amber ale

Yeast

A flower with different colors that is added to the malt, hops provides a balance to the beer. Beers that are high in hops can taste bitter, herbal, woody, floral, even refreshing with orange, grapefruit or lemon bitter.

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Pale Ale, Extra Strong Bitter, Best Bitter

For somewhat experienced beer drinkers, pale ale is a fit for you. The light golden to deep copper color sits slightly higher on the hops than malt, but is still overall balanced. The moderately fizzy drink ranges from a caramelized, slightly fruity taste to a bitter dry taste.

Pale Ale, Extra Strong Bitter, Best Bitter

IPAs

Indian Pale Ale is a golden lighter to copper color with an orange glow. The taste is sweet, toast, and bitter due to the high concentration of hops.

IPAs

Tuition

Each semester in addition to the $2,795 for CSU tuition, Monterey Bay students pay an additional $1,725.50 in fees. This includes a $2 system-wide Student Involvement and Representation fee that students can opt out of paying.

These fees, which are Category II, are campus-based student fees. Many fees are charged at the same rate for all students, a few are categorized specifically through the MFP fees and have varied over the years.

Only 27 percent of students pay the two MFP services and 23 percent utilize on-campus fitness facilities, according to an Otter Realm survey of CSUMB students. Will such a number of students utilizing these services, some question the mandatory fees that support them. However, 90 percent of students surveyed the fees should be kept and considered them to be very useful. If the students surveyed don’t use these benefits, that doesn’t mean they don’t use its value for CSUMB.

Category Fees

There are four sections in- volved in this category including tuition fees, mandatory fees, application fees and professional program fees. These are state-mandated fees. Some of these include campus police report, diploma fee, alcohol and substance abuse, ID-cards, University fees, withdrawal fees and more. If new fees must be added or changed by the university, the President can approve or make necessary changes.

Category I fees

Category I fees are mandatory fees and charged at the same rate. It has the same purpose throughout all campuses, and controlled by the CSU Board of Trustees. The Chancellor and campus Presidents are unable to adjust these fees, except by an- nunciation given by the Board.

Category II fees are broken down into several categories in previously listed, but these vary through the CSU campuses.

Category III fees are course fees that are state-mandated like housing, campus parking, textbooks and more.

Category IV fees consists of a long list of facilities and cam- pus fees through state-supported afflatus. Some of these include campus police report, diploma fee, alcohol and substance abuse, ID-cards, University fees, withdrawal fees and more. If new fees must be added or changed by the university, the President can approve or make necessary changes.

Category V fees involve around housing, campus park- ing, textbooks and more. These are not state-mandated. The President delegates and oversees any changes and decisions for these fees.

CSUMB MSF Allocation Fees

Program

2014-2015

2015-2016

2014-2015

2015-2016

2014-2015

2015-2016

Shuttle and UPASS Program

$232,834

$211,107

Athletics

$180,843

$180,843

Fitness Facilities

$66,112

$128,612

CSIC Identification Cards

$23,000

$24,500

Student Enrichment

$144,243

$98,916

Commencement

$41,000

$41,000

Otter Realm

$36,007

$34,000

Special Events Funding

$30,000

$30,000

Otter Media

$10,500

$10,500

Intramural Sports Program

$42,500

$42,000

Outdoor Recreation

$23,484

$116,409

Nightwalk

$48,379

$55,118

Affinity Graduation Celebration

$1,000

-
Hello Otters,

Welcome to November! As students cuss concerns they are having with their job search: Are startups for you?

Newark, CA, 94563

By Kendall Avila

More gender neutral bathrooms needed on campus

Kendall Avila

College of Arts, Humanities and Social Sciences

Some days are more difficult and challenging than others. As our student population grows, we should create a more gender-inclusive environment, allowing for students to identify as transgender on our campus.

Spoto, Feminist Theories and Methods instructor at CSUMB.

Achelle Reynoso

Hi there. I'm writing to address the issue of gender on the bathroom door.

The problem we have here is a disconnect between students. Students who do not identify with the sex they were born with do not feel accepted by their peers and do not feel comfortable when using the restrooms. CSUMB is a logical institution that has the ability to properly support the transgender population.

Explore Monterey Bay

For starters, Salsa Magic is coming to campus.TITLE

With a steadily growing transhensive community and the restrooms in some of the most prominent locations on campus felt threatened or scared to us. I know that when we see these restrooms, we don't think twice. How about discussing ways to make these restrooms more gender inclusive? I believe we need to take some time to ourselves to decide what our priorities are, and then make a plan. Let's start by making our campus more inclusive and welcoming.

Hello Otters,

When will we ever get it right?

There are a lot of students who identify as transgender on our campuses. In the past few years, we have seen a lot of growth in this area, and there are a lot of resources available to help students in this transition.

For many people, the choice of being ‘round in the world was never an easy one. It is important to understand the reasons why we are here and why we exist as an organization.

Ricardo Jones

The problem is that we have only a finite number of bathrooms. The majority of these restrooms are in places that students don't normally use. “We always have a gender-inclusive need for change,” said Jones. “We want to provide the space for students to discuss concerns they are having with their job search: Are startups for you?

By Kendall Avila

Are you interested in starting a business and do you want to know more about startups? Then you're in the right place. In this issue and it will eventually reach social acceptance by everyone. It is a very exciting time for startups and there are many exciting startups on the market. But what is a startup? A startup is a company that is trying to change the world for the better and make a positive impact. These startups are often led by passionate and dedicated individuals who are driven by a desire to create something new and innovative. These individuals often face many challenges, such as getting funding, finding customers, and dealing with legal issues. But they are always driven by their passion and dedication to make a positive impact.

There are different levels of startups. Brand new startups offer a little of everything along with your salary.

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There are different levels of startups. Brand new startups offer a little of everything along with your salary. This allows you to get a feel for the company, see some people who work there and find out about the environment before you apply. It offers the “Network with the World” that most companies do not.

One of my favorites is TheMuse, which I've mentioned before. They have a wonderful ‘job finder’ which shows you how many startups are out there. This allows you to get a feel for the company, see some people who work there and find out about the environment before you apply. It offers the “Network with the World” that most companies do not.

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Shooting to kill

By Dave Rudolph

Carlos Mejia is dead. His body lay near the Southside Plaza grocery and bakery doorway. Seven shots fired from 5 feet and inches away by two Salinas police officers killed this 44-year-old Latin man. What would have been a normal day turned into a nightmare for the family he presented to the community.

Carlos was in final moments in a client, in abbreviated distance of two undefined men before that abruptly opened fire on him. The crime is imprinted into his family’s mind. He probably thought his thoughts too similar in thought once again did not get a way to once again. He had a family, friends and sounds around. That’s a fact. He had a woman and five kids.

The shooting was legal; the officers were justified in it. The Salinas Chief of Police, Dave Shaw, administered the policy directions.

Carlos Mejia was legally dead. His decline was due to a moment. But at those times, it was upon general sensitivity. When it has become deadly, a greater discernment between threat and reasonable force is of the utmost importance.

Carlos was not a part of an officer’s job description that suggests they put themselves in unnecessary risk to perform their duties.

Understanding the procedure

Dave Shaw, Administrative Commander for the Salinas Police Department explains procedural justice technique.

By Dave Rudolph

Many Latinas living in Salinas face an unbridgeable cultural and emotional insurmountability. There is an ongoing and intricate cultural and communication misunderstanding. They are angry as they count Carlos Mejia as one of the Latin men and families in the generation killed by the police within a few months in 2014. The Latin community shifted as well. The Salinas Police Department explains procedural justice technique.

Carlos Mejia as the Salinas Chief of Police, Dave Shaw, said that victims of burglary, attack, assault or whatever is happening within Carlos as well, but at the decision to pull a trigger, it was not the visitor against another human this case from it could not make it deadly, and in the context, it was deadly, and in the context, it was in deadly situations.

Determined that: “the officers acted reasonably and in self-defense, Police Department.

In the Carlos Mejia case, the Salinas Police Department and the California Attorney General’s Office received a funding each of the Salinas Police Department. In any case, Carlos no longer lives. His eight-year-old daughter, his extended family and the community surrounding him, now has no longer Carlos Mejia. Their Carlos lied, in their own blood at the market. A driver of a white Jeep is always departed by seven pace-delaying cracks of the gunfire, somehow caught airing in the wrong red light. A number is a daughter, a son, as the daughter records the video to the沙发 with the sounds. Nobody asked for this. We might wonder how this night have resolved a little more time and real or even a better plan better training, better equipment, more service, response, a better homicide survivor on a better bed. But, right now is going to be good.

My rule in the article: to lead and teach and to teach a greater understanding of procedural justice technique. As an outsider to both the Latin community of Salinas and the Salinas Police Department, I learned about the wisdom of the Mejia or the officers involved in this. The Mejia family were in a shared huge for improved justice. They presented calling for justice and the Mejia family. As a family of the Mejia family,卡拉

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Some deal. Some love. Whatever your stance may be, holiday season is here and with it holiday shopping.

Black Friday, the day after Thanksgiving, will officially kick off the shopping season when stores open their doors in the wee hours of the morning, while some even open Thanksgiving evening.

Consumers stand in line for hours in crowds to get Black Friday deals. Occasionally, these shopping mobs get out of control and people are injured.

Since 2004, there have been seven deaths and 88 injuries as a result of Black Friday shopping, according to the Black Friday Death Count website. The statistics cover the United States and a couple of incidents in the United Kingdom, encompassing a wide range of injuries and deaths from people being trampled on by a stampede of couponers, shoppers, car crashes, lights, fires and so forth.

Black Friday originated in Philadelphia in the 1960s during the Army/Navy gaming season when stores open their doors in the wee hours of the morning, while Santa Claus will magically be in town. It’s that time of year again to give thanks and spend the holidays with the ones we love most. Photos provided by wikimedia

Some Thanksgiving history
Thanksgiving was first celebrated in 1621 in Plymouth Rock, Mass. Today’s holiday has its roots in the Pilgrims and the Wampanoag. It was the birth of Jesus Christ.

In its modern form, Thanksgiving is a federal holiday that celebrates the Pilgrims and the Wampanoag, friend and foe. For Thanksgiving, Pilgrims and Native Americans praised gods for their food and health. Similarly, Pilgrims and Native Americans might pray to their god in thanks for their food.

Further, it wasn’t until the early 20th century that the nation more commonly began to associate Pilgrims and the Wampanog with Thanksgiving. For Black Friday, vendors research promotional deals online to map out which stores shoppers will visit.

For door-buster deals, they’ve gotten deals in line for as much as 4 a.m. on Thanksgiving Day, for stores to open at midnight. This is done in shifts with friends. Arcilla noted. On the downside, Arcilla admits this day entails an extremely busy atmosphere while some stores are “cramped.” He recalled a time in a Target, near San Francisco, when he saw a man throw a punch at another man over a Xbox 360.

In response, the man being attacked threatened to pepper spray the assailant. “People’s primal instinct came out,” said Arcilla. “You can go for the sales or for the fights. Either way, it’s fun.”

Aaron Vasconcelos, also a student at CSUMB, also resents the fact many stores have started opening on Black Friday in order to remain competitive, some are saying to this trend. On this day, Arcilla pets his Amazon credit card to use, which gives access to more discounts on items he values like software and electronics. On this day, Arcilla pets his Amazon credit card to use, which gives access to more discounts on items he values like software and electronics.

While many businesses feel the need to open on Black Friday in order to remain competitive, some are saying to this trend. On this day, Arcilla pets his Amazon credit card to use, which gives access to more discounts on items he values like software and electronics. Some Thanksgiving history

Thanksgiving was first celebrated in 1621 in Plymouth Rock, Mass. Today’s holiday has its roots in the Pilgrims and the Wampanoag. It was the birth of Jesus Christ.

In its modern form, Thanksgiving is a federal holiday that celebrates the Pilgrims and the Wampanoag. It was the birth of Jesus Christ.

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Thursday, November 12, 2015
otterrealm.com

What are you looking forward to during fall break?

JASON MORRIS
JUNIOR, KINESIOLOGY

“Just being back home, get to be with my family cause I do miss them.”

REBEKAH BORON-TROTTER
FRESHMAN, KINESIOLOGY

“I’m looking forward to going home to see my family and going camping.”

KEEGAN KOVACH
JUNIOR, BUSINESS

“I’m excited to go home. I can’t wait to see my brother, sister, dogs, and the beach. San Diego beaches are a lot different than here.”

NATALIE BROWN
FRESHMAN, KINESIOLOGY

“I am looking forward to spending time with all of my family; seeing all their faces and having a big buffet!”

SETH GARZA
KINESIOLOGY, SOPHOMORE

Take a sneak peak into the life of Monterey’s largest residents

By Georgette Ward

The Monterey Bay is world renowned for its pristine waters and the sanctuary that resides below them. Even at the surface, with common sightings of dolphins, seals, sea lions and whales it is not hard to see that the Bay is an incredible biological location.

The Monterey Submarine Canyon is comparable in size and shape to the Grand Canyon. The canyon extends over 50 miles offshore, reaching depths near 12,000 feet,” according to Monterey Bay Whale Watch.

A large part of why the Bay is so healthy and lively has to do with the deep submarine canyon (an underwater ocean canyon) that leads into Moss Landing.

“Check out seemonterey.com to find out the numerous tour companies you can use to book your whale watching trip,” said Michelle Pournia, a Marine Biology major. “I saw so many humpbacks, it was incredible to witness their huge bodies lunge out of the water when they breach.”

The best time to go whale watching: “depends on the season. This last year was amazing from about April to August. During the winter we experience a lot of offshore flow which brings up nutrients that the whales feed off of. In this stretch of time you are able to potentially see blue whales, killer whales, minke, etc. This time period provides less swell in the water making for better conditions and also you are able to potentially watch humpback lunge feeding and breaching behavior,” said Brown-Carman.

A large part of why the Bay is so healthy and lively has to do with the deep submarine canyon (an underwater ocean canyon) that leads into Moss Landing.

“I went [whale watching] last month for the first time,” said Michelle Pournia, a Marine Biology major. “I saw so many humpbacks, it was incredible to witness their huge bodies lunge out of the water when they breach.”

Check out seemonterey.com to find out the numerous tour companies you can use to book your whale watching trip.

“The Monterey Submarine Canyon is comparable in size and shape to the Grand Canyon. The canyon extends over 50 miles offshore, reaching depths near 12,000 feet,” according to Monterey Bay Whale Watch.

This deep ocean trench creates an upwelling, a process in which nutrients from the sea floor are brought to the surface where other species consume them. This makes for the perfect feeding grounds for the whales along their migrations.

“I went [whale watching] last month for the first time,” said Michelle Pournia, a Marine Biology major. “I saw so many humpbacks, it was incredible to witness their huge bodies lunge out of the water when they breach.”

Check out seemonterey.com to find out the numerous tour companies you can use to book your whale watching trip.

The Monterey Bay has been named one of the best locations to go whale watching in California.
Monarch butterflies make Pacific Grove their home

Thousands of monarch butterflies can be seen in the eucalyptus trees of Pacific Grove

By Georgette Ward

Pacific Grove isn’t labeled “The Butterfly Town, U.S.A.” for no reason. Between the months of October and February, it is a resting spot for thousands of monarch butterflies during their migration. It’s an unique experience being able to witness a species migrational pit-stop. With the Monarch Grove Sanctuary located only 13 miles south of Califormia State University, Monterey Bay campus, it is worth the trip.

You can view the monarchs during their designated migration months at the Monarch Grove Sanctuary, located at 290 Ridge Rd, Pacific Grove. Here, you can view hundreds of butterflies clustered in the trees and if you don’t look carefully you may mistake them for leaves.

Visitor of the sight, Timothy Lin said: “It was my girlfriend’s idea to come check this place out and I’m glad we did. It is incredible to see so many butterflies in one place.”

These butterflies come to spend their winters in less intense climates where they are more likely to survive. This results in one migrational pattern leading a group into central Mexico and the other group into the mild climate of the central California coast. Monarch Grove Sanctuary is owned and operated by the City of Pacific Grove. Free to enter, the three-acre plot of land has one short designated trail for viewers to walk along and admire the monarchs. The majority of the property is off limits for the sake of protecting and preserving the species.

“The proliferation of Australian eucalyptus trees, first introduced into this country in the 1850’s, has affected traditional overwintering patterns by providing a tree that is not only well-suited to sheltering Monarch clusters, but also provides the butterflies with a convenient nectar source since it blooms in winter,” according to the City of Pacific Grove website.

The property is operated by volunteers who are happy to provide interesting facts about the monarch and its life process. They also set up binoculars and telescopes along the trail so viewers can get an up close perspective of the massive clusters. Make sure you visit on a sunny day. The best time to visit while it’s warm because the monarchs stay lower on the tree’s due to less of a need for sunlight. This makes it easier to view them without the aid of a telescope. Even without any equipment, these butterflies are easily visible flying across the sky from tree to tree and some remain on lower branches.

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**Thursday, November 12, 2015**

**Enjoy eating your favorite Thanksgiving foods without the need for yoga pants**

**Ways to lighten up traditional dishes**

**By Heather Audyasaki**

You know it is Thanksgiving when a mouth-watering smell emanates from the kitchen and parades in our nostrils. This holiday which is traditionally associated with a turkey and calorie-rich sides, can now be as lean as what fills our bellies.

The turkey also allows students to face a new healthy-cooked meal compared to the final fried at Mom’s or Dad’s. Exercising the top members helped in slimming.

A filling and satisfying lunch can be served with mashed potatoes with butter, a combination of cauliflower and potatoes, which still lowers the calorie count.

You also can use a combination of vegetables and protein, which still leaves the calorie count. You can have a larger slice of pie if you make it without crust. Cutting the crust eliminates calories per slice. Slapping the whipped cream can cut an additional 35 calories.

- **Stuffing**: Rather than the traditional bread stuffing, try a mixture of fresh vegetables, nuts, or other ingredients.
- **Sausage or ham**: Substitute traditional sausage or ham with leaner options.
- **Mashed Potatoes**: Instead of butter, try olive oil or a small amount of butter.
- **Savory Pecan Stuffing**: Use pecans instead of bread crumbs to add a rich flavor and crunch.
- **Pumpkin**: For a sweet option, bake pumpkin with cinnamon and nutmeg for a healthy alternative.

**Experiences of a first time half marathon runner**

**By Katie Kishi**

It’s not all that bad running 13.1 miles when you have thousands of classmates at a side of the ocean. It was a beautiful brisk morning on the Monterey Peninsula, with colorful skies and a cool ocean breeze. Thousands of runners gathered at the starting line on Del Monte Avenue, many stretching, many taking in deep breathes and getting ready to prepare for the 6:30 a.m. start time.

The Big Sur Half Marathon took place in Monterey Bay, which held on Nov. 8th and had approximately 5,000 participants. It is one of four Big Sur Foundation races and began in 2005. The event welcomes runners and walkers and strives to increase environmental sustainability by recycling, composting and donating the resources and products to make the race more sustainable after 12 weeks of training. I was able to experience the race first-hand, participate in it and was one of the best experiences of my life.

On the day of the race I woke up at 5 a.m. to a hearty breakfast filled with eggs and bacon and was ready to head to the starting line with my parents. I ran with my friend and fellow California State University, Monterey Bay student, Savannah Staley. We started in the eighth spot of runners based on our predicted finish times. There was an immense amount of adrenaline and energy filling the street. As we crossed the starting line, I was sure that this race would be something that a friend helped me to get a good pace and fall into a pretty good start.

The course start was on Del Monte Avenue at Cachtice Exit in downtown Monterey. The first few miles took runners around El Estero Lake, down Alvarado Street, through the tunnel on Lighthouse Avenue, down Four Post and onto the Monterey Bay Bridge. After making the long way back up the hill to Lighthouse, runners then continued on the beautiful Ocean View Boulevard through Lover’s Point and Pacific Grove for another three miles. Ocean View turned into Sunset Drive, where runners passed Arlington State Beach and turned around at 7.5 miles. The course was the same on the way back, except it was transferred to the sidewalk instead of taking the island streets. The finish line was located at Cactus House Plaza just before Fisherman’s Warf. What it was a beautiful course and I couldn’t have asked for better running weather.

There were eight stations along the course, each with water, Gatorade and Gu. Also on the course was live music entertainment that gave runners a cute boost of encouragement. Spectators and volunteers cheered the whole way. My friend and I ran the first miles together, which was extremely motivating. We were able to trick at most of the stations and I prepared me for the hills and first big push of the race, which she had run this race before. These tricks were one of a roller coaster of emotions throughout the race. Encouraged, excited, content, tired, energized, excited, exhausted, proud, etc. – I felt them all. Before the start, I was nervous and thought that I would never make it. However, I didn’t know what I was capable of when I first started running. I was relieved that all the hard work and time paid off and that I accomplished something I never thought I could. Training for and running this race had its ups and downs, but the end result made me want to run another one.

Each runner also received a medal in and shirt. There were several booths with merchandise and information for runners to check out as they screened and found their finishes and booths.

This was Savvy’s second time running the Big Sur Half Marathon and her third half marathon overall. Running in me as a means of mental exercise than physical. It’s mind over matter. Running this race a second time I went in more mental prepared and I felt less nervous, which helped me get to the finish line faster,” she said.

As a first time half marathon runner, I didn’t know what was capable of when I first started training. I was relieved that all the hard work and time paid off and that I accomplished something I never thought I could. Training for and running this race had its ups and downs, but the end result made me want to run another one.

“I was on a roller coaster of emotions throughout the race”
17th Annual Monterey Cowboy Music & Poetry Festival

By Stephanie Leon

Why wait to head to the country when the county is coming to you? Nov. 20 to 22 the 17th Annual Cowboy Poetry and Music Festival will take place at the Monterey County Fairgrounds. Artists will be expressing themselves through music, poetry and storytelling along with custom, hand-made artifacts inspired by traditional goods.

On Friday the Cowboy party will start at 4:30 p.m., where you can meet with the entertainers, artists and sponsors before the event begins. Following happy hour will be a Western Gear and Art Show starting at 6 p.m. and continuing throughout the weekend.

To end the night, the Balancers of the Plains, a group of musicians and poets, historically skilled to represent the history of the cowboy lifestyle will perform.

On Saturday, Karen Ross will host various short story telling sessions. If you’re feeling your inner western voice needs to be heard, there are open mic sessions for adults at 10 a.m. and kids at noon on Saturday. You can take part in a dance at 2 p.m. on Saturday with Bruce Foreman.

This year’s focus is celebrating a blending of the vaquero and cowboy cultures that make up the western lifestyle we know and celebrate today. Events are inspired by the traditions of cowboys who migrated west from Texas, Arizona and Nevada.

Individual events range in price from: $20 to $40
Annual Membership: $25
All-Event Passes: $75

For more information on the event and ticket prices visit www.montereycowboy.org

Interfaith expressions of gratitude at Thanksgiving time

By Andres Hernandez

Judeith Blonski is the newest chaplain to the chaplaincy within the Personal Growth and Counseling Center. Blonski has organized Interfaith Expressions of Gratitude at Thanksgiving Time with support from students and several academic units, which includes the Division of Humanities & Communication, Visual and Public Art, and several entities within Health and Wellness Services.

The event will occur at noon on Wednesday, Nov. 18 in the main quad in the area surrounding the flagpole. Accompanied by music, several community leaders of various faiths will be expressing gratitude in their respective forms including the president of Temple Beth El of Salinas, Calif. There will also be campus faculty and staff in attendance.

“This is truly an inclusive campus community Thanksgiving service,” said Blonski. “Everyone is welcome to attend and is encouraged to participate in the closing expression of gratitude which will take place in the quad. All participants are invited to express on canvas what it is that they are most thankful for.

The canvas will later be placed in a campus building, yet to be determined. Blonski along with the rest of the campus chaplains hope to bring awareness to the multiple forms of faith present on campus and unify them through a spirit of gratitude. Celebrate and give thanks with your fellow Otters.

Motivating Individual Leadership for Public Advancement

On Nov. 15, Motivating Individual Leadership for Public Advancement (MILPA) will be holding an event in Salinas from 10 a.m. to 3 p.m. It marks the one year anniversary celebration of the passage of Proposition 47.

Proposition 47, also known as “The Safe Neighborhoods and Schools Act” reclassifies six low level non-violent felonies to misdemeanors. These low level non-violent felonies include simple drug possession, petty theft under $950, shoplifting under $950, forgery under $950, writing a bad check under $950 and receiving stolen property under $950.

Local social justice organization MILPA, in collaboration with the Village Project, Monterey Bay Central Labor Council and Building Healthy Communities of East Salinas will present the event “Breaking the Chains” from legislation to liberation.

Come find out what Proposition 47 entails, as well as getting information on other community resources. Among this informative and cultural event there will be free food, live music, entertainment and rituals that include tabling. All are welcome. Organizers hope to make a considerable change in the community of Salinas with regards to the school to prison pipeline.

Salinas Valley 5k at Toro Park

By Dayshia Yang

The 5th Annual Salinas Valley Turkey Trot 5k Run/Walk will take place on Thanksgiving Day, Nov. 26 at 9 a.m. at the Toro Regional Park, off Highway 68.

If you pre-register before Nov. 23 the cost is $33 for ages 10 and up, kids under 9 are free. Race day registration is $40.

Every participant will receive medals at the finish line. All fundings will go towards the youth leadership program at First Presbyterian Church.

Salinas Valley 5k at Toro Park

Thursday, November 12, 2015
Caption Contest

Each issue, the Otter Realm will feature a photo that needs a caption. Send your caption to us, and we will post the winner in the next issue.

Any CSUMB student and resident of Monterey County may enter their captions. Good luck!

Send your submissions to otterrealm@csumb.edu

Oct. 29 winner:

“Dude why is he taking a picture of us?”
“I don’t know, but he doesn’t want to mess with me, alpaca punch.”
Submitted by Lena Truong

Sudoku

Find the answers at otterrealm.com

Registration Games

May the classes be ever in your favor

By Andre Sitolni
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