

OTTER REALM



CALIFORNIA STATE UNIVERSITY, MONTEREY BAY'S STUDENT-RUN NEWSPAPER

SEPTEMBER 29, 2016

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EDITOR'S ELUCIDATIONS

Kelly Galten

Everyone knows, nerds are not cool. Yeah, we all have that copy of GTA 5 shoved under our family's PS4 or Xbox One, but it takes a serious dork to have the gaming mouse, headphones, and specialized computer. Only a true geek would go to the store for groceries and come back with arms full of books. It is okay to read the biggest, but for pete's sake, do not make it look as though reading should happen all the time. Everyone knows that. Thing is, sometimes everyone knows the wrong thing.

Why was being a nerd condemned for so long? Why did people who were not afraid to be passionate about something cast off from society? Luckily, the millennial generation has stood up to this stereotype. Nerds, geeks, and dorks have risen from our bookshelves, computers, and game boards.

In my mind, the problem starts with our parents. Now, before you jump to conclusions, I want to say that not all parents are detrimental to a kid's nerdy intuitions. However, a great many are proud that at least their son is the quarterback, and not one of those Robotics Club nerds with the glasses thicker than the walls at Fort Knox. Our moms and dads teach us the basics of living in this world, and whether they know it or not, instill our earliest prejudices. It is good, adorable even to have glasses as a young girl, but you had better grow into one of those sexy-librarian types or you will never have any friends. Young boys can like math all they want, but they should be calculating how many touchdowns they need to score to be the MVP.

In short, our parents sometimes forget that obsessions with nerdy things are good for us. Daniel Radcliffe once said, "If you're going to be obsessed with something, books or films are pretty good. Some people are obsessed with heroin." While morbid, Radcliffe makes an excellent point. What harm am I causing by having a deep-seated love for the Harry Potter books? If I am not threatening to beat you over the head with Harry Potter and the Deathly Hallows, or to force you to listen to me read each word aloud, what danger are you in from my nerdiness?

Books, especially series, account for a large part of said nerdiness. Obviously, the Harry Potter series touched millions and millions of people all over the world. For some of us, it grabbed us and will not let go. We are the people that will shamelessly wear our House colors around campus (Puff Pride!), know what our patronus forms, and are generally ready to defend our love. What is so wrong with that? If you do not want to read it, do not say it is stupid or weird. Just do not read it.

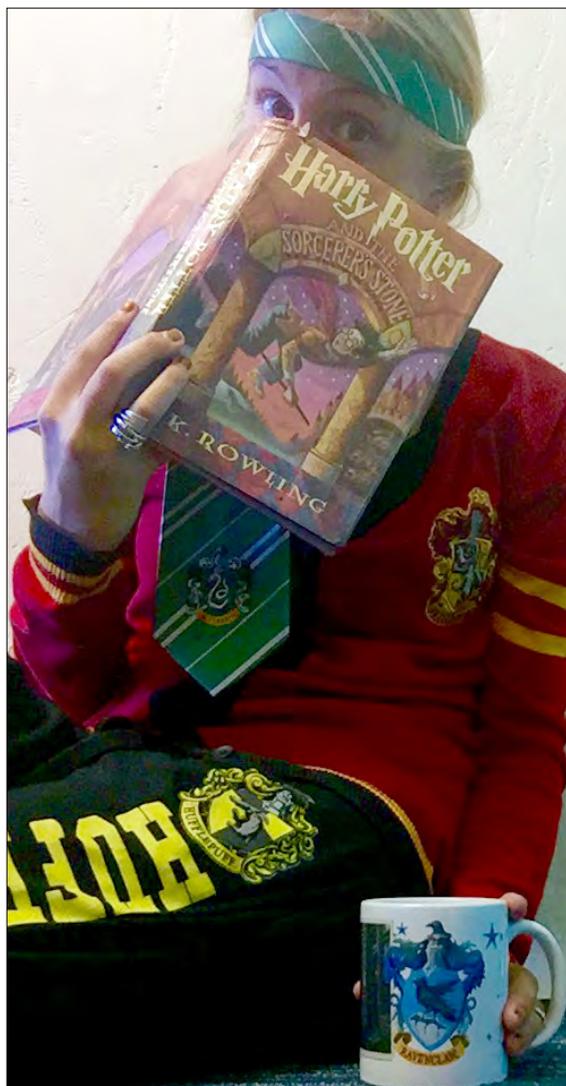
We Potterheads are not alone. There are the Hunger Games, Divergent, Lord of the Rings, and John Green fandoms, along with hundreds of others. Book Nerds are unique in the nerd spectrum; we rarely have a visual representation of our favorite stories, before movies and such. Once a movie or show is made of our series, there is almost guaranteed that every single fan is going to love it and hate it with all the fiber of their being.

But movies and shows have their own following. Take the recent surge in superhero movies. Now, I

like Chris Evans as much as the next person, but I do not even touch the level of enthusiasm the Captain America franchise has incurred. The same goes for Deadpool, Iron Man, Hulk, and Thor. Even smaller characters, such as Hawkeye and Black Widow (I see you drooling), have their own fan bases. Here is my question though - how could superheros not be cool? What is wrong with being dedicated to characters that are larger than life? Even TV shows apply to this question. Who would not be enchanted with the idea of travelling through time and space in a police box, or dashing around London with the world's one and only consulting detective, or clutching a box of salt in one hand and pointing a Colt revolver at a demon with the other? That is the secret of nerds. We can put ourselves in a world, and we leave a piece of our hearts there so we can return time and time again.

And who says we do not have any friends? Yeah, jocks have their teams, and society darlings have their BFFs, but nerds have something even better. We have a widespread network of support, debate, love, jokes, and dorkdom. We have a place that people can express their obsessions and find them reciprocated across the world. We have a home. We have Tumblr.

And we are not afraid to use it.



OTTER REALM

The Otter Realm is a student publication produced by the HCOM 389 class. Opinions expressed herein do not necessarily reflect the views of the Otter Realm, CSUMB administration, faculty, or staff.

The Otter Realm serves two purposes: It is a training lab for students who wish to develop journalism skills, and it is a forum for free expression of campus issues and news. The Otter Realm Editorial Board will determine what to print based on these pages and reserves the right to edit for libel, space, or clarity.

Advertising revenue supports Otter Realm publications and events. Letters to the Editor should include first and last name and should be submitted via email. The Otter Realm reserves the right to reject any Letter to the Editor for any reason, and anonymous letters will not be published.

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WHAT YOU OTTER BE DOING

SEPTEMBER 29 - OCTOBER 12

SUN

MON

TUES

WED

THURS

FRI

SAT

09/29

Mental Health Awareness Week
Main Quad
in front of OE
12-2PM

Startup Monterey Bay Tech Meetup
University Center
6-8PM

09/30

Giants vs Dodgers
Student Center:
Lobby
7:15-11PM

Candyland
Black Box Cabaret
9:30-11:30PM

10/01

Open Mic Night
Student Center: East
Lounge
7-9:30PM

10/02

What is Domestic Violence?
Student Center:
West Lounge
6:30-8:30PM
Creating a Thousand Lights
Main Quad in front
of OE
7PM-9PM

10/03

10/04

NS&LS Club Speaker
Broadcast
Student Center:
West Lounge
3:30-5:50PM

10/05

Mindful Madness
Main Quad in front
of OE
11AM-2PM

Swap Shop
Student Center:
West Lounge
4-7PM

10/06

Jacqueline Patterson
Student Center:
East Lounge
6-7:30PM

Vagina Monologue Auditions
Mountain Hall:
Suite F
8-9PM

10/07

Vagina Monologue Auditions
Mountain Hall:
Suite F
3-8PM

10/08

Vagina Monologue Auditions
Mountain Hall:
Suite F
6-8PM

10/09

Presidential Debate Viewing Party
Student Center: East
Lounge
6-7:30PM

10/10

Lunch & Law Panel
University Center
11:30AM-1:30PM
Managing Test Anxiety
University Center:
RM 114
12-2PM

10/11

Midnight Madness & Volleyball Cookout Tabelaing
Main Quad
5-6PM

Poets with Attitude
Black Box Cabaret
6-8PM

10/12

Pizza with the President
Student Center:
West Lounge
12-1PM

JOB FAIR OFFERS BUSINESS EXPERIENCE OPPORTUNITIES



Michelle Ortiz/The Otter Realm

Michelle Ortiz

Local employers willing to offer the first step into the workforce to young, future employees gathered on campus during the Job and Internship Fair on Sept. 12 in the University Center. Students had the opportunity to practice dressing in work attire, handing out their resumes, and talking one-on-one with employers. This event was a first time experience for many students to enter into the realm of the business world.

Rhonda Mercadal-Evans, one of the event organizers, said employers are aware participants are young employees looking to build on their work experience, and the job fair is a stepping stone into their future career development. The campus job fairs are held twice a year, once during the Fall and again in the Spring. The Fall Job Fair is intended to get students to branch out and start to see the job and internship opportunities while they are in school, as well as to build up their resumes. The Spring job fair is called the Career Fair, and is held for students to directly interact with companies that focus on the specific career focuses of students.

Albert Contreras, a senior Business Administration major, said, "I actually found four places I want to apply." He noted his inquiries and interest in what the employers are looking for in young people upon a call back for an interview. Contreras said, "A source of tips would be useful to me as well as other students."

Employers and students talk during the Sept. 12 Job and Internship Fair about hiring, careers, and business in the University Center.

The employers for this student event came from law firms, business management companies, IT-based corporations, and social work organizations. Generally, employers were looking for people who were outgoing, driven, energetic, and interested in learning.

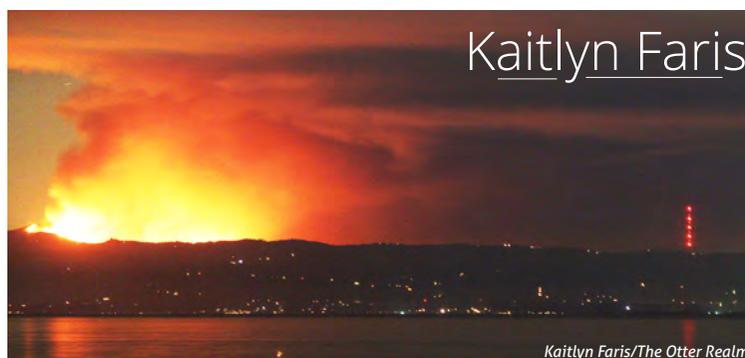
Representatives from Global Connections, a company which employs people with disabilities, said, "It is quite important for employees to be team players and just have an open mind." Some companies specifically stated being 'tech-savvy' was a star quality. Preferences also included reliability and communication skills, working well with others and a willingness to get the job done.

Dressing for the job was also a definite plus.

One unnamed official said, "People who ask questions and are open to constructive criticism are ideal." One employer said, "It is appealing when a person walks into an office and has done their research on the company. What the company is about, what their message or mission statement is, and the most importantly, if they are qualified and fit for what the company is looking for."

Major interview mistakes that employers said students should avoid included: Not making eye contact, a lack of preparation or disorganization, not showing interest or gratitude for consideration, and not being oneself.

SANTA CRUZ MOUNTAINS LIGHT UP THE NIGHT



Kaitlyn Faris/The Otter Realm

Kaitlyn Faris

A devastating brush fire started Monday, September 26 in the Santa Cruz Mountains at approximately 3:00pm. An orange glow and smoke cloud can be seen from across the Monterey Bay. The fire is localized in Loma Prieta. 500 acres have burned, and if not contained within a couple days, the fire could potentially reach over 1000 acres. 300 structures are threatened and one structure has already been destroyed. Three evacuation centers have been put in place by the Red Cross: Soquel High School, Morgan Hill Presbyterian Church and the Jewish Community Center of Silicon Valley.

JAPAN CLUB LEADS EXPLORATION OF OVERSEAS CULTURE



Sean Roney/The Otter Realm

Japan Club President Christina Streitz leads 11 participants in learning the moves to Soran Bushi, a traditional Japanese dance, on Sept. 23. The club has a focus on sharing knowledge of Japanese culture, from dance to tea ceremonies.

Sean Roney

The Japan Club will host a tea ceremony on Oct. 7, which is a continuation of their exploration of Japanese culture that is open to everyone on campus. They practiced Soran Bushi, a traditional dance, during their Sept. 23 meeting.

"It's a universal dance that's standard in Japan," said President Christina Streitz of the club's choice to learn the Soran Bushi. "They do it at festivals, schools, and sports events. Like us knowing the hokey pokey."

"Being in a Japanese minor means learning about the culture, and experiencing the dance itself was fantastic," said DaShaun Lemelle, a sophomore and Japan club member. "It adds an in-depth view of culture as well as history."

The dance moves included mixed movements in the arms and legs, squats, shouts, and hops. "It's definitely a workout, but a fun one," said Lemelle. "You can have fun as well as do a nice workout."

The upcoming tea ceremony will take place at 3:30 p.m. on Oct 7 in the west wing in the Student Center. As one of the club's bi-weekly meetings, it is open to everyone. There will also be a kimono demonstration, teaching guests about a traditional formalwear found in Japan.

"We'll teach them how formal ceremony works," said Streitz. "We'll perform the ceremony involved in serving tea. Present it and then serve it to everyone in a traditional Japanese formal manner. We'll also serve some sweets." She explained that the ceremony is considered an art form in Japan, with careful attention to small details.

YOUR NEWS, YOUR STORIES, YOUR VIDEOS

Sean Roney

More news videos are coming your way from the Otter Realm's online division. Our increased focus on content for the internet has allowed us to look into the idea of video news clips. After initial tests, I'm proud to say we're ready with increased and streamed video content!

This all started as a concept this semester, with the hiring of Multimedia Manager Dylan Avnet, and myself as Online Editor. We've brainstormed, reviewed ideas, and discussed possible video production methods. But directional confirmation of the online content came as I finished uploading a clip of a roaring crowd, just moments after recording and while they continued to roar.

It was the Sept. 23 home game for the Otter volleyball team, and I was working on video coverage



from the stands while Sports Reporter Noah Owens worked on the print report. I recorded clips from two different cameras and uploaded key moments on the spot. Fans of Otter athletics were able to view these clips just minutes after they happened, watching the action on Twitter, Instagram, Facebook, and Tumblr, in case they couldn't make it to the Kelp Bed to watch in person.

It was more than live Tweet coverage. I was able to patch together the clips and footage of

Noah's interviews to make recap footage of the game that was ready to upload within an hour of the game's conclusion. We successfully combined elements of written reporting, TV reporting, and live TV news. Except people could view our coverage anywhere, on the device of their choice. As likes came through and the footage was shared, it was clear there was public interest in more videos among our digital content.

This is something we would have never have been able to do if

we put our full focus on the print edition. We're truly harnessing the best of both print and digital media to reach you, the reader, and to prepare our student journalists for the news careers of the future.

Funny thing is, that future is uncertain and anyone can define it. That's exactly what makes it so exciting, at least for me. We can experiment with different forms of video. After all, we're going to cover far more subjects than sports, we might not even stick with just news. There's room to do short documentaries or academic discussions in addition to event recaps and source interviews.

What's the next step for your campus news team as we press forward with more online and video content? I'd invite you to give us your feedback and to let us know what types of videos you want to see on the Otter Realm's online media outlet.

Join us online.

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RESEARCH ASSISTANCE AVAILABLE TO STUDENTS OF ALL MAJORS

Sean Roney

The Oct. 31 application deadline is approaching for undergraduate students, and the Undergraduate Research Opportunities Center (UROC) is spreading the word before it comes along. They recently held scholar information sessions through September, but continued to encourage students to seek out research assistance.

"We are a resource and we're here for you to help you get the most out of your undergraduate experience," said Outreach Coordinator Megan Bassett of the program. "We pay you to research for two summers. Then pay you to present your research, pay you to visit grad schools." In return, Bassett explained, "We also ask that you take one course per semester.

In order to qualify for the program, students need a personal statement, academic resume, and two letters of recommendation. Though based in undergraduate

research, it is open to all majors, as Bassett explained to a group of Human Communication majors on Sept. 23.

Though the September information sessions are over Bassett said students should go to the UROC office and schedule a consultation appointment.

The Friday workshops within the program go along with the summer research. "It teaches you how to turn all the research you do into presentations," said Bassett.

For those students moving beyond the bachelor's degree, UROC is a suggested avenue to prepare. "If you're on a grad school path, you have to do these things anyway," said Bassett. "That bar is going to be set high and we want our scholars to be ready for that. We're there to support you along the way."

The program does take four semesters of involvement, which means students who are less than four semesters away from graduation will not be able to enroll in UROC's required courses. But there is still research



Sean Roney/The Otter Realm

Outreach Coordinator Megan Bassett discusses the research funding opportunities available to students through the Undergraduate Research Opportunities Center.

assistance available with which UROC can assist.

"If the scholars timeline doesn't fit with your current timeline but you're still interested in research, check out our researchers program," said Bassett.

Students interested in the UROC program can learn more at their website: csumb.edu/uroc

OVARIAN CANCER AWARENESS IS IMPORTANT A EVERY AGE



Sean Roney/The Otter Realm

Sigma Omega Nu members Andrea Topete, left, Tori Bush, and Alyssa Hernandez hold a tabling to raise awareness and raise funds for ovarian cancer. They held tabling events at the Student Center on Sept. 26 and Sept. 28, where people could stop by to learn about the disease. They also held an informational presentation on the evening of Sept. 28. The sorority members said people were surprised to learn about female anatomy and how women often don't find out about ovarian cancer until the final stages, since symptoms can be as mild as bloating and getting full quickly. Procedures like vaginal ultrasounds can prevent such complications. College-aged women can benefit from early detection, as stress from studies can overshadow symptoms if they exist.

FIRST TIE OF THE YEAR FOR MEN'S SOCCER

Otters finish fast-paced home game against Wildcats scoreless

Noah Owens



Chris Koski, left, races towards the ball in an attempt to gain possession from the Wildcats. The men's soccer team played against Chico State on September 18, ending in a tie. Photo by Noah Owens/The Otter Realm

A long war with many different battles was the story for the Cal State Monterey Bay's (CSUMB) men's soccer team as they faced Chico State at home. A high energy match between the two schools was fueled with high energy play, yellow cards all across the field, and conflicts between opposing players. "If anything I think the conflicts really benefited us because we were able to keep a level head and it made us want to get the victory more," said Sophomore Adam Voloder.

The first half of play was a struggle up and down the field. Both teams had many opportunities to score but were never able to finish. The Otters were able to get four shots on goal but they were either slightly

off-target or the opposing goal keeper was able to fend them off. The Otters continued to play strong throughout the first half but were not able to score to put the team ahead. The second half was a similar story to the first. The Otters were able to put up a high number of shots towards the goal but they were never able to put the ball in the back of the net. The two teams battled with each other greatly, with a few yellow cards and many conflicts between the two teams. Even after a hard fight, the two teams were unable to score.

After a scoreless regulation the two teams went on to play in a 10-minute sudden death overtime where the first team to score would win. The two teams went

head to head and fought to get the score that would lift them ahead of their opponents, but it never came. After a hectic first overtime came a second overtime for the teams to play. Another 10 minutes of play left the score unchanged at 0-0, resulting in the Otter's first tie of the season.

Looking forward, Coach Cummings believes there is a lot of potential for his team. "I think we have a good and talented team with very good players. We just happened to be a little unfortunate," Cummings stated. This tie leaves the Otters with a record of 2-2-1 and 0-1-1 in CCAA play. The team returns home on Friday 7 October when they play CSU, San Marcos at 3pm.

WOMEN'S SOCCER GOES 2-0 AT HOME

Otters finish fast-paced home game against Wildcats scoreless

Noah Owens



Valeria Tellez, left, sends a ball towards the middle of the field in an attempt to set up one of her teammates. Photo by Noah Owens/The Otter Realm

With only a day between matches, the women's soccer team was still able to come out with a victory in both of the home games they played in the past weeks. The victories against the Academy of Arts and Chico State were hard fought and each ended with a score of 1-0.

On the Sept. 16 the California State University, Monterey Bay (CSUMB) women's soccer team went up against the Academy of Arts. After a scoreless

first half, both teams looked for a goal that would lead them to victory in the second half of play, but neither of them found that goal. A scoreless regulation led to the Otters' first overtime game of the season, which only lasted a few minutes thanks to a pass from Madison Aguirre to Ashlee Cortez who put it away for the Otters.

"Going into overtime is always unfortunate because you have to finish what we could not finish in regulations," said

Ashlee Cortez, who scored the goal that led the Otters to victory in the overtime win against the Academy of Arts. "It was nice to be able to put the game away in the first few minutes of overtime." This victory allowed the Otters to move to a 3-2 record as well as some momentum moving into the upcoming game against Chico State.

Two days later, on Sept. 18, the Otters went up against the Chico State Wildcats. CSUMB

was able to hold out a slow start and constant pressure from the Wildcats and end the first half with a 0-0 score. "We started off a little slow, but in the second half the energy and positivity that the girls showed proved they wanted to win," said Coach Erin Reinke. The energy showed as the Otters continued to grind out the rest of the game. Goalkeeper Alyssa Noh's 13 saves kept the Wildcats scoreless while Taylor Greenwood went on to score the only point of

the game for either team. "It felt great being able to help the team in scoring that goal. I got a great service from Miranda and I was able to finish," said Greenwood in a post-game interview.

These two wins would raise their overall record to 4-2 and 1-1 in CCAA play. The CSUMB Women's Soccer team returns to the bay Friday Oct. 7 where they will be playing California State University, San Marcos at 12pm.

OTTERS GO UNDEFEATED AT THE KELP BED

Women's volleyball finishes first weekend at home with two wins

Noah Owens

After several weeks on the road, the Volleyball team of California State University, Monterey Bay (CSUMB) was finally able to come back to The Kelp Bed in two thrilling matches. The first home games for the Otters were a treat for fans as the team played their heart out and put on a show for the fans.

In their first home game of the season, the women's volleyball team was able to start strong and take a commanding lead in the first set which would end with a final score of 25-17. "We want to play fast and aggressive and when we can come out and show that in the first set I think it opens up the

slow, falling behind in sets 0-2. Even after a slow start the Otters would come back out and pick up the pace in the third set winning 25-22. "We all had a lot of confidence and put the pedal to the metal. We figured we had nothing to lose," said Ashlynnne Armstrong about going into the third set behind. Not only did the Otters pick up the pace in the third set, but they also picked it up in the fourth winning 25-16.

The fifth set was a tough battle. Both teams fought back and forth as the score slowly rose higher and higher. With a score of 14-11, the Otters were just one point away from securing the win. But it

"We all had a lot of confidence and put the pedal to the metal. We figured we had nothing to lose,"

floodgates for us the rest of the match," said coach Moe Melhart. The second set was no different as the Otters were able to keep up the pressure and finish with a score of 25-13.

The third set would be the final as the Otters beat San Francisco State 25-15, securing a 3-0 set count to finish up the game. "Being able to get a win at our first home game was incredible. We have been working so hard without anyone seeing what we have been working so hard on. Tonight was a great showing of what CSUMB volleyball is all about," stated Maddy Underwood

The next game for the Otters proved to be a difficult one. While playing Sonoma State on the Sept. 23, the Otters started off a little

would not come as quickly as they hoped as Sonoma State scored, putting the score to 14-12. That did not shake the Otters though as on the next serve they were able to put the set away with a score of 15-12 and a final set count of 3-2.

"I think these games are confidence boosters for us. We have a lot of things to work on but we get to be home again next week so we are just going to make some adjustments and continue to get better," said coach Moe Melhart about how these two games will affect her team looking into the future. These two wins move the team to an overall record of 7-4, 2-2 in CCAA play. The CSUMB volleyball team returns home on October 30 at 7 p.m. when they face Cal State San Marcos.



Photo by Noah Owens/The Otter Realm

WHAT'S GOING DOWN IN SEASIDE

What the Monterey Downs could mean for the community
Carolyn Hinman

A decades old plan for development is culminating in a controversial proposal for an equestrian center and cemetery at the edge of the Fort Ord National Monument, a place that has become a haven of hiking trails, coastal oak habitats, and wildlife preservation. Students, staff, and faculty of the neighboring Cal State Monterey Bay (CSUMB) campus avail themselves of the serene landscapes and quiet space as a means of reconnecting with nature. A portion of the former military base is earmarked for conservation, leaving other areas in planning for development.

On September 21, Seaside Planning Commission voted to send the project to City Council for approval. A City Council Environmental Impact Report (EIR) study session is scheduled for Sept. 29, and if council members approve the project at meetings tentatively scheduled for Oct. 6 and Oct. 20, Seaside and parts of the former Fort Ord could house a 6,500 seat arena, grandstand, hotels, restaurants, and a horse racing track. The Monterey Downs, Monterey Horse Park and Veterans Cemetery development would span 711 acres across northeast Seaside and parts of unincorporated Monterey County, all within blocks of the CSUMB campus, near Gigling Rd. The Specific Plan lays out proposed developments including 1,280 residential housing units, and about 832,801 square feet of other buildout encompassing a recreational sports facility, open air shopping mall, retail and dining spaces, and the highly contested equestrian complex.

Teri Wissler Adam, Senior Principal at EMC Planning Group, Inc. has been contracting with city on the project since 2012. She presented the Monterey Downs Specific Plan and EIR to the Seaside Planning Commission on Sept. 7. Her delivery of the plan elicited mixed reactions from the more

than 200 Monterey County residents in attendance that evening.

Wissler Adam's explanations of word changes for the plan, such as swapping the word "or" for "and" and "exhibition" to "attachment," drew protest, as one man in attendance said, "This should have been done in closed session!" That man was reprimanded for being out of order and the recitation of changes continued. A group of Monterey Horse Park supporters said that the perceived stalling for time would cause Downs protesters to "drop like flies".

Proponents of each side of the issue stayed to voice their opinions during the public comments forum. The group was split on whether the park would be a boon to the Seaside economy, or a bust to the Fort Ord ecosystem. Wissler Adam said 315 acres of coastal oak woodland would be removed to prepare the land for development, and water is in short supply.

When the Base Reuse Plan was initially adopted, the Fort Ord Reuse Authority (FORA) made a legal settlement with the Sierra Club to cap annual groundwater expenditures at 6,600 acre feet per year. This limited water supply is divvied up between multiple entities within Monterey County, and as it stands, there is only enough of that water allotment in Seaside for a project half the size of the Downs. The thought of breaking ground on a project requiring so much water

during historic California droughts had some attendees of the hearing scratching their heads. "There is no water! There really is no water," exclaimed Rolof Wijbrandus, a Seaside resident and opponent of the Downs project.

The water may not be flowing, but promises of boosted tourism and increased tax revenues are. The projected 10 to 13 year build out timeline may push that reward farther into the future, and while the removal of the horse

race track and gambling from the plan for time being assuaged some concerns, racing is still within the scope of possibility for future development.

The public hearing continued long into the evening, prompting a postponement of the vote until October 20. On this date, City Council is slated to review the EIR once more before voting on the matter. A City Council Downs EIR Study Session will be held on Sep. 29, and an EIR Public Hearing will be held on Oct. 13. All meetings are open for public attendance.

While many citizens of Monte-

rey are informed and opinionated on the project, CSUMB students seem to be in the dark. "I haven't heard of it," said Alyssia Goodwin, a second year computer science major. Neither had her friend Nolan Guzman, also in his second year of the computer science program. Sarah Petty, a fourth year Biology major said, "We don't know anything. We only know what's taught to us here." David Meade, a Computer Science major from Ireland, was unfamiliar with the project, but said "certainly something we don't need around here is something soaking up what little water there is."

Some who are aware of the project are not sure what to think. Jen Crompton, Director of Student Housing, said, "I've heard a lot about it. I think it could be interesting for the community as far as bringing business, but from what I've heard it doesn't sound like they have their Environmental Impact Report figured out." She said she wished there was more transparency around the details of the project. "I don't know if I'm for it or against it. It sounds like there needs to be more information shared about what benefit it will bring to the community."

Full bar!



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MASTER PLAN, OR TRAFFIC NIGHTMARE?

Rebecca Caladiao

Kaitlyn Faris

With 7,200 students attending CSUMB, commuters often complain about parking space and traffic jams at the peak hours. The situation will be further impacted when the university reaches the 12,700 student enrollment expected by 2030. In order to prepare for the future and meet the needs of a growing campus, university officials have designed and started to implement a development Master Plan.

The path toward growth and expansion has already started with the demolition of blighted buildings and the closing of parking lots along Inter-Garrison Rd. At the Academic Senate meeting on Sept. 12, administration presented updates to the Master Plan and what will be expected to be a sustainable, pedestrian-only campus, with parking lots along the perimeter of campus.

The unavoidable demolition and construction could be a headache for current commuters. For instance, impending clusters of vehicles caravanning toward class are about to increase as road construction begins on Oct. 3, for the roundabout on 8th Ave. and Inter-Garrison Rd. This construc-

tion will impact east-end traffic, especially going to and from East Campus.

The progression of this road project could offer a preview of the anticipated congestion to come once the construction of the new Student Union building begins. The art on the mural wall, to be demolished, is planned to be preserved in some way while still keeping up with plans for the building.

The Director of Campus Planning and Development, Kathleen Ventimiglia, put an emphasis on the long term value of the changes. "The campus is growing and developing - it will have periods of inconvenience for a while, which when projects are complete, will make campus better for students."

The implementation of the Master Plan requires that parking lots will be relocated to the campus perimeter, most of them between 7th Ave. and 8th Ave.

Parking plans were presented at length at the Academic Senate meeting on Sep 12. To clarify concerns about parking space, Kevin Saunders, Vice President in charge of administration and finance said of the campus, "We've always had the same amount of spaces and won't be losing the mandatory amount of spaces the university requires."

Saunders pointed to the culture

of driving that needs to change. "It's about convenience," he said referring to the trend of commuters driving around campus to hunt for a spot closer to classes rather than parking on the perimeter of campus and walking.

However, some faculty members expressed other views. Jennifer Dyer Seymour, chair of psychology, noted, "Very tight schedules for commuter students and faculty make it necessary to find a convenient spot."

Another senator added, "Let's be honest...staff is aging. We need spots!"

Professor George Baldwin called attention to the limited amount of motorcycle stalls, and Rob Weisskirch of Liberal Studies denounced that faculty do not have allocated parking spaces. Besides, limited parking forces travelling students to compete with teaching and administrative staff for the existing 3,377 parking stalls, a number that includes service and disabled spaces.

There were comments about the lack of lighting, especially on Divarty St., resulting in a series of automobile break-ins. Another issue was the cost of parking fees. Parking Services Manager Valerie Tingley explained, "The parking developments and fixtures must come from funds which aren't there because of the low cost of

permits and daily fees; separate from other payments and fees."

"Our campus has the [second] lowest parking fees of all the CSUs," said President Eduardo Ochoa, in response to a question from fourth-year Human Communications (HCOM) student, Jessica Trujillo during the Pizza with the President event on Sept. 14. Trujillo asked if student and building expansion were possible without having to increase parking fees on campus. President Ochoa's response echoed statements made earlier at the Academic Senate meeting; the narrative being that CSUMB cannot physically prosper as much as other universities because of the revenue disparity between CSUMB and the other, more costly CSUs.

"Parking lots are great building sites," said University Police Chief Earl Lawson at the Academic Senate meeting. He noted that, due to the inheritance of the school grounds from the military, buildings do not reach current specifications. "The campus is planning to spend money wisely... incorporating larger parking around the perimeter and integrating that with transportation and planning." Officer Lawson asserted that it is worth it to bring buildings up to code and see physical progress.

The environmental studies, planning addendums, and previous construction and demolition information can be found at the campus Planning and Development Page on the CSUMB website, which states: "The master plan will envision the future of our campus as it grows over the next 20 years."

The road to 20 years of growth and expansion of CSUMB's recreational and academic student facilities set to be built upon existing parking lots are planned to be funded by student union fees, which will mean an increase of hundreds, even thousands of dollars for students in future semesters.

Despite the physical expansion needed, Zsanna Lorenzo, HCOM practical and professional ethics student said, "As if it's not hard enough already to find a spot, now I'm going to have to leave extra early to park at these newly designed lots along the perimeter of campus."

Administration has two decades to support their argument of the befitting changes to the campus. Surveys will be sent out in the future about changes faculty and students would prefer for the new buildings and parking lots.



BEHIND THE APRON

Kelly Finlay

A look at the hand that feeds us



There are no idle hands in the Dining Commons when it comes to feeding 1500 students a day, and to an outsider's perspective, it looks like pure chaos. Workers rush from station to station, carrying pots of boiling water or armfuls of ingredients, shouting 'corner!' every time they round a bend. They dodge collision by millimeters. With only an hour and a half before doors open, they have to prepare enough meals to feed the morning crowd of as many as 500 students, and that is just breakfast.

The 61 workers of the Dining Commons have to start early, 5:30 am to be precise. They come from all around, Castroville, Marina, Salinas, to converge on the steamy, bustling kitchen while most students are still face down in bed. The moment their non-slip shoes hit the floor, they are chopping vegetables, whisking eggs, and firing up the ovens.

"We all pull together" says Alan Benites, Production Supervisor and six year veteran of the food industry. The most challenging part of the job, he says, is the unpredictability of the demands. Some days, a lunch service will draw more than 500 hungry students, and making sure they have quality, healthy meals and diverse options are the top priority. Benites is happy to rise to the occasion. "I've always wanted to work in the food industry," he beams with enthusiasm. "I get to learn about food on a daily basis. Every day is different." To explain the success of the coordinated madness behind every meal service, he credits the tight-knit relationship of the workers. "We're like a big family. All the ladies here, they treat me like I'm their son."

A factor of the family-like dynamic is that many of the people who work in the Dining Commons have been with the company for decades. Noma Galbiso, originally

from Hawaii, has worked for Sodexo for 26 years, seven of which have been on campus at CSUMB. The bright orange flower tucked in her bun peeks out of the mesh hairnet over her head, a cheerful nod to her home state. Before she began her work in the food industry, Galbiso was a corporate accountant. "It was a big office, they had people who came and gave massages and everything, but I didn't like sitting down all day, looking at a computer." She worked in accounting for three years before taking the advice of a friend and leaving it all behind for a simple job making salads and sandwiches. "At a certain time in your life, you just want to do something different." For Galbiso, the change to the food industry has been a positive one. "I like it because I move around, and I see a lot of people."

Luz Ramirez has worked in the Dining Commons for 16 years, and currently handles the dessert station. Ramirez, while plating chocolate cakes, admits that sometimes the job is stressful. "Sometimes they ask for more than we can do in the time we have to do it." But then she shrugs. "Sometimes it's easy, sometimes it's not." Ramirez moved from Jalisco, Mexico in 1973 to be closer to her family. To this day, she and her mother take walks together on the beach. Like the other workers, she never pauses in her task, but is happy to talk. When asked if she had anything to say to students, she laughs: "I hope they like my desserts!"

While many, if not most of the Dining Commons' employees have worked for multiple years at CSUMB; Marco Ayala is one of the very few who can claim to have been here from the start. He has worked at the university in the Dining Commons for 22 years, since the school first opened in 1995. "I do everything here," he says while

arranging frozen sausages on a tray to be cooked. "I remember when the school had only 200 students, and one dorm. Now it gets bigger and bigger every year." Ayala has two children of his own in college, a daughter at San Jose State University, and a son at the Monterey Peninsula College. He says that growing and supporting his family is the reason he has worked so long, but he also enjoys taking care of the students here. "I like my job. I come happy to work every day. I like to feed the students."

Gladys Mejia, the Floor Supervisor, puts it this way, "We become like their second home." She has raised five children in her 20 year long career with Sodexo. Mejia radiates warmth as she talks about her work. "I like the environment. I love working with customers." When the parents come for orientation, she goes out of her way to assure them that their kids are in good hands. "I tell them, 'Don't worry, we'll make sure they eat!'"

To explain why so many employees have stayed for as long as they have on campus, Executive Chef Tim Ramirez proposes that the university's mission statement has special value to them. "A lot of what the school stands for means a lot to them. They have a vested interest in the community. The school becomes like family. They have seen students grow up before their eyes and graduate." In all his thirty years of experience, he says he's never seen so much loyalty to a particular workplace. "They have a vested interest in keeping people happy." As he approaches his first anniversary as CSUMB's Executive Chef, Ramirez remembers how the staff adopted him as well. "They take everyone under their wing."

So what does it take to feed 1,500 students a day? The right people.

HAVE YOU SEEN THEM?

Wildlife living among us

Myka Menard

According to Bruce Delgado, Mayor of Marina and a botanist at the Bureau of Land Management (BLM), as we wander around the open space “We can find animals like the California ground squirrel, red-shouldered and red tail hawk, crows, various songbirds, western fence lizards,” and maybe a raccoon here and there. However, raccoons are nocturnal, and not the only nocturnal animals in the area.

Other animals we might see are the “red fox, gray fox, skunk, possum, bat, barn owl, great horned owl, black tailed deer,” and even the occasional bobcat!

Our Outdoor Recreation Center, inside the Student Center, can identify and inform us about the animals on and around campus. They are also a great place to go if you have questions about the animals you might see. In an email, a representative said, “The early morning is the best time on campus to see wildlife. The animals move from the urban areas back to the woods during that time, making them more visible. This would be before 8am.”

Those of us who must force our eyes open for that early class might get the chance to see some of these

animals! However, if we want to get a glimpse of wildlife around campus, all you need to do is hike. In an email, a representative of the Outdoor Recreation Center said that you “Are likely to see wildlife any time of the day if you are hiking silently. Animals avoid groups of people, staying quite enhances your chances.” The email goes on to say, “Wildlife is always closer than you think, the tricky part is spotting them. During the evening and morning you are highly likely to see coyote, deer, bobcat, turkey, ect. During mid day you can see various hawk species, lizards, snakes, and the occasional bobcat, turkey or deer. Spotting some types of wildlife is highly likely. If you want to see wildlife it is important to stay silent, and to keep your eyes and ears open.”

According to The California Department of Fish and Wildlife’s website, “More than half of California is considered deer habitat. And where there are deer, there are mountain lions. That’s because deer are the mountain lion’s primary prey.

Allowing deer access to your garden and landscaping, or intentionally feeding deer, can be deadly. Wild animals naturally fear people, keep a distance, and will not bother you, so long as they remain truly wild. But if they

become accustomed to humans, their natural ways are ruined. Their normal wildlife and fear of humans is lost. That’s when conflict occur.”

According to the Bureau of land Management the “Fort Ord National Monument you will find common landbirds such as the California quail, chukar, California towhee, acorn woodpecker, western scrub-jay, wren, California thrasher, Hutton’s vireo, and tri-colored blackbird. Rails and several species of heron populate the vernal pools on the former Fort Ord in the wetter months.” The rich amount of bird diversity would allow for some great birdwatching while hiking.

Even on East Campus we can find many birds, lizards and the occasional bobcat or coyote, and very common raccoon. It’s because we share this common living space that making sure little Fido or Fluffy the cat is well looked after. Also, making sure we bring our pets in at night is very important for their safety. Raccoons, are cuddly looking but can be very vicious especially around food, so it’s best to feed pets inside or make sure that you are with them when they are being fed outside. Even if we think our big, buff, Fido can take care of a little raccoon.... It’s better safe than sorry!



The praying mantis, above, was found on the backpack of our staff reporter Noah Owens. The lizard, below, was seen in the yard of an East Campus apartment. Top photo by Kelly Galten/The Otter Realm, bottom photo by Myka Menard/The Otter Realm.



LET'S GET HACKING!

Sean Roney

Two Tech-Boot camps in October and a Hackathon in November are on their way to provide local students a chance to learn about the business of game design. The Institute for Innovation and Economic Development (IIED) will host Startup Tech Boot Camps on Oct. 7 and Oct. 21, meant to introduce students of all backgrounds to game design, including the business end, while the Nov. 4-6 Hackathon will center around a game design competition.

“The two boot camps are definitely open to non-computer sci-

ence majors,” said IIED Program Specialist Mary Jo Zenk. “Anybody who is into it, interested, and has a game idea. But you need to know how a basic game is put together.”

“It won’t be directly coding, but it will be very similar, a high level,” said IIED Executive Director Brad Barbeau. He explained participants will learn the game creation platform hyperPad.

The nature of the boot camps will guide people through learning how to design games. “The first is an overview of what constitutes a good game and walking you through how to put a game into hyperPad,” said Zenk. “The

second one is on more advanced features of hyperPad. All the bells and whistles.” She added, “You’re not going to be creating your own game over those two boot camps. You’re learning a tool for that. It’s a basic tool, but it’s a way to get some introduction to it.”

The Hackathon this year will focus on those game creation skills, a new direction from previous years, which have focused instead on mobile apps.

The selection of problems could range from parking on campus or saving water. Then, Zenk said, participants will use their skills to answer: “Can we create a fun game that also addresses that?”

The Hackathon will include computer science students, but the aim of IIED is to get participants of other backgrounds as well. “The artists, the designers, the people that kind of are into games and understand the user interface and user psychology,” said Zenk. “They’ll form a team with techies and artists and gamers and they’ll figure out a game, then over the weekend they’ll have to build a basic prototype of that game.” The Hackathon’s final day will end with an afternoon display of games before the community and a panel of judges.

The boot camps will be free for CSUMB students, but the Hackathon is still in the process of funding collection. Students from other area colleges are welcome to attend. Zenk explained the Hack-

athon, being a three-day event, will require food and caffeine for the participants. Prizes for the winning team of the Hackathon have yet to be determined, and while the judges haven’t yet been finalized, Barbeau said, “Typically it’s some representation from the faculty and some representation from tech people in the area.”

The shift to game development rather than mobile app development was inspired by more than just industry interest. “It’s the application of principals to games.” In noting an industry standout, he said, “Duolingo is an online and app for learning languages, and it uses game principals to engage you in the process of learning a language, rather than sitting there and memorizing.”

MODIFIED PERSPECTIVES

SAFE TATTOOS AND PIERCINGS

What to consider before going under the needle
 Carolyn Hinman

Photo by Kelly Galten/The Otter Realm

You are an adult. This is college. You go to bed when you want, eat what you want, and go to class if you want. No curfew, no parental accountability (unless yours are the helicoptering sort), and for the first time in your life, you make the decisions about what goes into, or onto, your body. Cue the intoxicating rhythm of a tattoo machine, needle strobing at hummingbird speeds. Body modification: the final frontier of personal expression. Whether you are coveting the triple forward helix piercing or white ink infinity sign finger tattoo you have been ogling on Pinterest, there is a lot to consider when putting needle to skin.

Terminology is important here. There are no “guns” in body modification. If you find yourself tempted by the trigger-happy teenager at the mall kiosk, heed the warnings of the Association of Professional Piercers (APP) and run the other way. The APP is the upper echelon authority on safe practices for the body modification industry. They have been around since 1994, and they set the standards by which body art professionals ply their trade.

According to the APP, plastic piercing guns, like those used at various mall establishments, cannot be properly sterilized using heat and pressure. Simply wiping the surface of the gun with an antiseptic wipe does not sanitize the inside of the tool. Blood borne pathogens like Hepatitis can survive for weeks on hard surfaces, and HIV can linger for over 60

seconds.

Choosing to get pierced by a gun not only increases the risk of dangerous infections, but ups the chances of damage to body tissues. Compared to the precision of free hand needles used in professional studios, piercing guns puncture ears with dull, thick jewelry, so more pressure is needed to force the blunt object through tissue. This can shatter cartilage and lead to angry, irritated, ill-gotten helix piercings.

“Body modification: the last frontier”

If there are no guns in piercing, there are certainly no guns in tattooing. The instrument your tattoo artist uses to embellish the canvas of your skin is called a machine. A machine is a tool of the trade; a gun can be wielded clumsily as a dangerous weapon. Choose an artist who crafts a tattoo with a machine, and beware the “scratcher” who charges \$20 to ink you with a “gun” in a dirty kitchen next to a stack of crusty cereal bowls. You get what you pay for. Good work isn’t cheap, and cheap work isn’t good.

Cody Vaughn owns Vaughn Body Arts, a piercing and body jewelry studio on Del Monte Avenue in Monterey. He has been piercing for 12 years, has owned his studio since April 2013, and has served as the Vice President of the APP since 2014. Vaughn wears his long hair in a low po-

nytail, and the Saturday afternoon sun glints off his golden nostril and septum jewelry. A pair of teardrop shaped plugs fits snugly in his stretched earlobes.

Vaughn estimated about 50% of his clientele are college-age people, and while the majority have been pierced elsewhere before they make their way into his shop, a lot of them have had negative experiences. He said, “people have unrealistic expectations sometimes with the piercing process, and they don’t understand how long the healing process takes.” Most piercings take several months to heal, and cartilage piercings in particular can take up to ten months to mend completely. When people fail to realize this, they may believe their piercing has become infected if they experience pain, redness, swelling, and irritation beyond the first few weeks of healing. “Infections are possible, but in my experience they’re pretty rare.” Vaughn said in his 12 years of piercing thousands of people a year, he has only seen four true cases of infected piercings. Three of those were hot tub-induced. “Hot tubs are pretty gross. If there’s one way to get an infection with a fresh piercing or tattoo it’s taking it into a hot tub.” Vaughn urged those with fresh piercings to avoid water outside of their daily showers for three to four weeks.

When choosing a piercing studio, Vaughn said asking the right questions about procedures and jewelry materials can have the biggest impact on the quality of the experience. Be sure the piercer is



Photo by Carolyn Hinman/The Otter Realm

using implant grade steel or titanium for fresh piercings. The same material used in knee and hip replacements is used in high-quality jewelry. It is compatible with the human body, and makes for smooth healing and healthy piercings. The way the jewelry fits together is also important. Internally threaded or threadless jewelry slides seamlessly into a new piercing, while externally threaded jewelry is rough, jagged, and has the potential to damage sensitive tissue.

Quality in materials and in practice do not come cheaply. Vaughn said the one word he wished those seeking piercings would drop from their vocabulary was “cheap”. He knows that college students are often on budgets, and is willing to work with a multitude of cash flow situations. “Don’t ask for cheap jewelry, ask for the least expensive.” When making the decision to introduce a new piercing into your body, cost should be low on your list of concerns.

On the top of that list of concerns should be the cleanliness of the studio. Bloodborne pathogens can live for a long time on the surfaces of improperly sterilized equipment, so do not be afraid to ask your piercer for an explanation of their sterilization procedures. A good studio will enthusiastically take you on a tour of

the clean room, walk you through their set up and break down process, and be transparent about the equipment they use.

This same transparency should also be evident at any tattoo studio you visit. Orlando Ferron, owner and artist at Iron Crown Tattoo on Foam Street in Monterey has been tattooing for almost 14 years, and is in his 7th year of studio ownership. Ferron estimated between 60% and 70% of his clientele to be between the ages of 18 and 25. Of those, about 30% are receiving their first tattoos.

Ferron echoed Vaughn’s sentiment regarding cheap work. He said the biggest mistake people make when deciding where to get tattooed is worrying more about the price than the quality of work. “You should always focus more on the quality of your tattoo than the price point of it.” Instead, Ferron said people should be discriminating about the cleanliness of the studio and the caliber of the work coming out of it.

Doing thorough research before rushing into a lifetime commitment to a piece of body art is also imperative. Ferron said before getting tattooed, people need a “sense of knowing what you’re doing, what you’re getting yourself into beforehand.” Doing research, asking questions, checking out artist portfolios, and handing over the reins of creative liberty to the

tattooist will make for a positive experience for all parties involved.

Ferron also confessed that he wishes people did not feel the need to have a complicated emotional reason for getting tattooed. The rise of tattoo-themed reality shows has perpetuated the belief that the meaning of life must be encapsulated in every drop of ink. “I wish people would just get

tattooed. I think because of all the TV shows everybody has to have some sort of deep meaning for their artwork, and I think what people have stopped doing is enjoying their artwork. Get tattooed because it’s rad, because you like artwork, because you think it’s funny, because you think it’s great,” Ferron insisted. “It’s a little time capsule that takes you to

that exact moment.”

Ferron had one last piece of advice for college students. “Wear condoms. Don’t just be safe in tattooing and be unsafe during your sexual activities.”

And that, my friends, is a tattoo-worthy nugget of wisdom. Be safe. Be knowledgeable. Ask questions. Have fun. And always tip your artist.



Anthony Swift (left) and Cody Vaughn peruse the extensive jewelry selection at Vaughn Body Arts.

Photo by Carolyn Hinman/The Otter Realm



Travis Amaral (left) of San Jose travels has been traveling to Monterey to be tattooed by Orlando Ferron (right) for eight years. They are currently making progress on a Harry Potter sleeve.

Photo by Carolyn Hinman/The Otter Realm



**AT THE
MOVIES**
WITH
OTTER EBERT

(Travis Mattos)

Illustration by Scarett Miller

BLAIR WITCH VS. THE MAGNIFICENT 7

Too often nowadays I find myself sitting down in some theatre, eagerly anticipating the sequel to some film that I had a genuinely wonderful experience with. I regret to say that I hadn't seen the original Blair Witch Project until fairly recently, though I will admit I was overjoyed at the prospect of watching and reviewing the sequel. Ladies and gentlemen, I am sad to say that this movie is a classic example of a bigger budget not necessarily leading to a better movie. Now this isn't to say that Blair Witch wasn't by any means a good movie! For those new to the franchise, it would make an excellent introduction. But the magic of the original is lost in gimmicks like drone filming,

gross out foot wounds, and a computer generated monster. The movie played it safe as far as sound design (which, admittedly, was one of the eeriest aspects of the original) and the reliance on more expensive and complicated visual and special effects really detracted from just how simple and terrifying the original was. All of that aside, however, and there are still some accomplished actors, a decent narrative, and an EXCELLENT twist at the end. While Blair Witch didn't necessarily live up to the creative and artistic reputation of its predecessor, there is still a pretty good movie there I would recommend to any fan of the macabre once the film hits Redbox.

Leaving the theatre with a sense of mild disappointment, I knew I couldn't let my first review of the semester steep you lovely readers in negativity, so I took advantage of the lovely new Cinemark in Marina and watched another movie I've been anxious to see: The Magnificent 7. I have never seen the original from 1960, but reading through a brief synopsis of it shows me that the two films tell mostly the same story.

I will admit, my initial interest in the film was with America's sweetheart: Chris Pratt... but let me tell you, folks, that there is so much more to love about this movie than that glorious human

being. A handful of shots that struggled with focus, and a moment or two of music that was just a bit too loud did nothing to diminish my joy watching this film. From start to finish, I could imagine myself 50 years in the past, just as my father may have been, watching the original. The landscapes were awe-inspiring, the gun battles were epic, and each moment presented new emotions and resonance that I love to experience as a moviegoer. This movie was, in one word, MAGNIFICENT, and I would highly recommend it to any and all looking to see a great movie while it's still in theatres.

LEAGUE OF (PROFESSIONAL) LEGENDS

The world of eSports and
the students involved

Noah Owens

League of Legends is a popular game that is played by millions of people all across the world. While not seen as something that can be competitive, League of Legends is just one of the many video games that are becoming what people call electronic sports, or eSports.

While it is not the only eSports, League of Legends (LoL) is the most popular esport with professional teams all around the world. Colleges have also put together teams that compete against other colleges for scholarships. California State University, Monterey Bay (CSUMB) students that started playing LoL that never expected they could be playing competitively.

"I started playing League of Legends senior year of high school and at first I thought it was really stupid,

but I decided to come back to it last year. I came back to it because of the environment of the eSports and I just wanted to be good at it," said Francisco Javier Hernandez.

League of Legends is often played with friends, at least when people first start playing it. After a while some friends will give up on it while others stick with it. Finding more people to play the game with that you know can be a difficult task for some, but there are many ways to find a gaming buddy. Playing with friends is a great way for players to get better because they have someone that will play with them and point out the mistakes that they may be making.

"I want to join the schools league team because I want to share the experience with some people and to become part of the team," said Zeid

Andrés Tisnés. Having a League of Legends team here at CSUMB has given students an opportunity to make new friends that they share a common interest with.

Making friends isn't the only thing that collegiate League of legends has to offer. Some players look to joining the team to get better at the game. "I really enjoy being good at video games and I feel that joining the team is another step at being good at the game," stated Josh Fulton. Being a part of the team can allow players many different opportunities depending what they want to pursue.

If you are interested in joining the League of Legends club at CSUMB, they meet every Friday from 6-10 pm in the Business and Information Technology (BIT) Building in room 104.

FLIPPING OUT

Shanghai Acrobats
visit CSUMB

Kelly Galten

Darkness surrounds the crowd. An ethereal tolling rings out, and someone coughs. A single piano key is pressed, its high tone shivering through the World Theater. This is the opening of the Shanghai Acrobats on their first tour of the United States.

The acrobatic group debuted their first performance in America with a choreographed routine involving half a dozen female dancers juggling with their feet. A clown-esque personality balanced on a teeterboard while flipping an increasing numbers of bowls onto his head. To top off the first half, 20 jugglers each tossed three straw hats while forming a human pyramid.

At the intermission, the audience flowed into the night air to revel in the art of the acrobats. Toni Derr was quite happy with the performance so far; "It's awesome! My son is very into all things 'China,' so it's great for him to see this." Her fellow viewer, Tom Hawkins, agreed with her

sentiment, saying, "I'm impressed with the talent!"

In a departure from the separate themes of the first act, the second half revolved around a story which incorporated themes presented in the first half. The couple who performed at the beginning were torn apart by evil forces of flipping, twirling, somersaulting performers led by a black-and-gold clothed boss. The audience gasped, laughed, and even mourned for the characters of good faith as they raced to retrieve the woman they love from the clutches of the baddies. In the end, with her reunited with her love and happy once more, the finale seemed to be a celebration of their joy.

Dee Parker, a native of Carmel, has seen a previous iteration of the Shanghai Acrobats and declared the performance more dramatic than previous years. She explained, "They had many more tricks!" The pleased chatter of the audience echoed Parker's statement.



Photo by Noah Owens/The Otter Realm

OTTERS OF THE BAY

A Otter Realm collaboration introducing the members of the CSUMB community

Nimar Chaudhry

Cinematic Arts and Technology

What made you choose your major?

"I went to Cinematic Arts so that I could create a better platform, and a better, vast-er scope for filming, music, directing, and composition. In general, it started from music. It just became an addition, and that's how it started, and then it became a passion. My dream is to be one of the best. One of the best musicians, start from music, go into acting, I want to be a director, I want to do all of it! I don't really want to do just one thing. I don't know how to say it, but it's just passion in general. It's probably because, firstly, I suck at everything else, except what I do best. I wouldn't say I'm the best yet, because nobody's the best in this field, and it takes them time to obviously learn. I'm still finding my way through it."

Amanda Waldon

Communication Design and Business

How did you decide what to study?

"Up until halfway through my final year at high school, I was set on studying architecture, but a project we did in one of my classes completely turned me off. I knew I really liked graphic design and when I heard about the double degree I knew it was the right thing to do. Also, I was told that having a double degree is great for my resume! My favorite part of the graphic design is definitely getting to let out my creative side. Being able to visually see my ideas come to life is really amazing. On the business side, I am very interested in the psychology-based elements. Ultimately I would like to be a top-level manager in a creative workplace. Whether that is at a makeup, fashion or even a homewares company. I really want to be a part of how the company runs but have the fun, creative and active workplace."

Brighton Hollis

Human Communication

What is your proudest moment so far?

"It's difficult to say that there is one thing I am most proud of. I suppose pride isn't really something I am known for. Buying some cold water for a homeless man today because it was extremely hot made me feel good. Not sure if that counts as being proud though. I guess there was that time during the general election when I called that Bernie Sanders was going to win the Presidential election over Trump and Clinton II - and it actually happened. That was pretty cool. I'm actually quite proud of that."

REGISTER TO VOTE & WIN EXTRA CASH!

NAACP@CSUMB holds registration contest for student opportunities

Steven Goings

The National Association for the Advancement of Colored People (NAACP) CSUMB chapter, with support from the Catalyst Center, is hosting a campus wide voter registration drive Sept. 24 to Oct. 24. For an opportunity to be drawn for the top prizes of \$100, \$75, and \$50, exchange a hard copy of someone's voter registration card at either of three locations: The Catalyst Center, the Service Learning Institute, or the NAACP mailbox at the Student Center Front Desk. Off campus, you can find these cards at local post offices or the Monterey County Elections Office at 1370 South Main St. Salinas.

Contest Rules: You may enter the contest as a single person or on behalf of an organization. Once you have turned in your voter registration cards, fill out the NAACP@CSUMB Voter Registration Contest Form through Google docs to receive your Opportunity Drawing Ticket Number(s).

Every person who turns in a hard-copy voter registration card and fills out the Contest Form will receive one Opportunity

This contest does not include online voter registration.

Ticket Number by email. Persons or organizations who register other voters will receive two ticket numbers for each person registered. Individuals who registered at the Monterey Peace and Justice Center on Tuesday, Sept. 27, on National Voter Registration Day, will receive five ticket numbers.

This contest does not include online voter registration. The three prizes will be drawn on Friday, Oct. 28 and the three winners will be notified by email. Good luck!

If you still want to register to vote, but do not wish to participate in the drive, you can register online now through CMS; just sign-in to your Dashboard, click on "CMS" (between the iLearn and Email tabs), look for the "Student Services" tab on your right near the bottom and click on "Register to Vote."

Founded in 1909 by W.E.B. DuBois, Ida B. Wells, and other prominent civil rights activists and leaders, the NAACP is the oldest and largest civil rights organization in

Three prizes will be drawn on Friday, October 28

the country. The first major blow against segregation was the Supreme Court decision of Brown V. Board of Education, which was won by Thurgood Marshall of the NAACP Legal Defense Fund. It was NAACP Secretary, Rosa Parks who inspired the Monterey Bus Boycott and sparked the Civil Rights Movement of the 1960s.

Unfortunately, our nation's first African American U.S. President also set off a massive backlash. A rash of voter suppression tactics that started in 2011, reminiscent of generations old Jim Crow laws, culminated in the 2013 Supreme Court ruling that gutted the enforcement provision of the Voting Rights Act of 1965.

Meanwhile, an epidemic of violence against Black Americans continues unabated. High profile citizens and police brutality victims included Oscar Grant, Trayvon Martin, Keith Scott, Terrence Crutcher, and Keith Lamont, echoing the cry of the defiant anthem, "Black Lives Matter!"

The campus NAACP meets every other Thursday at 8 pm in the Student Center, room 120. This semester's meetings are Sept. 29, Oct. 13, Oct. 27, Nov. 10 and Dec. 8.

BEYOND THE BLUE

My interview with UPD Officer Heather Murphy

Dylan Avnet

The disconnect and tension between some student activists and the police department is hard to ignore. With growing tensions over recent police related incidents creating a clear divide, it is important to cross the line that separates the two sides and try to understand everyone's perspectives; to look past a uniform and get to know the people involved. This is when I entered the world of UPD Officer Heather Murphy.

Our interview starts in the campus police station, which looks a lot like any other routine office, except this office has a couple of jail cells. Maybe its because of all the movies I've seen, but I have had this idea of police work as non stop action and excitement. That perception is quickly changed when I'm told that the majority of police work is dealing with the mundane, like writing reports and sitting in court all day. I even have some paperwork to fill out myself in the report writing room before we could proceed to the next part of our interview: the ride along.

I ride shotgun as Officer Murphy, a CSUMB alum, drives us around the campus she knows all too well. At the age of 21, she took a year off of school and joined the police academy. While majoring in Social and Behavioral Sciences with a concentration in Social History, Heather Murphy took a job as a CSO (Community Service Officer) which is where she fell in love with police work, while also being mindful of the negative stereotypes associated with the police, "Some people don't like the police...and they have this idea in their heads of what police officers are." She continues, "but I saw more of the positive side of that, getting to know the police officers as people [while] working with them as a CSO." It's hard to fully understand just how differently people look at police officers unless you are a police officer and experience it first hand. I got a small taste of it though, imagining what someone who knows me would think if they saw me riding in the front seat of a police car.

With controversy surrounding the multiple police related shoot-

ings that have happened recently, it's impossible to ignore the rising tensions toward police officers across the nation. Officer Murphy says, "It's upsetting for us to think [people] hate us, but we live in America and that's the whole reason we're here, doing what we do, is to support that first amendment right... And that goes back to the Colin Kaepernick thing...You have a lot of veterans saying 'Cool, he sat. I don't care. The whole point of me serving in the military is so he could sit during the National Anthem.'"

"Officer Murphy is an Otter, and she is proud to be one."

We speak about the tragic events that took place in Dallas over the summer in which five police officers were shot and killed after a Black Lives Matter protest, a protest against earlier police killings of Philando Castile and Alton Sterling. Officer Murphy says, "Police officers live their lives every day in a hyper vigilant state, knowing that some people don't like us. Some people may want to hurt us." A hyper vigilant state. I can't imagine going to work every day feeling the need to watch my back, knowing that people might try and hurt me solely based on the uniform I wear.

Our ride along is cut short when officer Murphy has to once again deal with the mundane: she has to go to court. We continue our conversation a few days later in the police substation in East Campus, where I am once again underwhelmed by the unglamorous substation, which looks just like my own apartment (and every other apartment in East Campus for that matter.) I sit down again with the intention of seeing beyond the uniform, looking past false perceptions and discovering more about Heather Murphy.

Something you can't see through her uniform are her 5 tattoos, which speak volumes about her character. They show that she is many things all at once: a romantic, as evidenced by quotes from Hamlet's love letter to Ophelia; an idealist, as shown in a latin quote roughly translating to

"while there's life, there's hope."

The compass on her leg represents her firm grip on morality, while Athena, the greek goddess of wisdom and war, proves her striving desire to gain knowledge.

Officer Heather Murphy is many things: a history buff and a nerd (not unlike myself.) And while she is many things, there is one thing that stands as tall as the rest. It is an unspoken certainty that can be read all over her face: Officer Murphy is an Otter, and she is proud to be one. She is a self-proclaimed nerd when it comes to history, and it's almost poetic examining her deep rooted history with CSUMB. She started as a student, and quickly become enveloped in the campus community as an RA and a CSO. Now, she couldn't be more thrilled to serve and protect that very community.

"I really enjoy working with students, especially ones that I meet freshman year...I develop a relationship with them over the next four years and I see them at commencement and they run up and give me a hug...being able to build that relationship and see those students develop and move on from here to go do what they're going to do is awesome."



Before becoming a UPD officer, Murphy attended CSUMB, majoring in Social and Behavioral Sciences with a concentration in Social History and working as a Community Service Officer. Photo provided by Scott Roark

Beacon House & **Health Promotion and Education Presents:**

Otters in Recovery

Location and Time:

Date: Thursday, October 6, 2016

Time: 4-5:30pm

Location: Student Center, West Lounge

Substance abuse is an issue that touches the lives of millions of people. Individuals can get better, both physically and emotionally, with the support of a welcoming community. Join us to discuss strategies for building that community and celebrating recovery here at CSUMB.

***Snacks and Refreshments will be provided.**

To request disability-related accommodations please contact Gary Rodriguez at (831) 582-4437 or via email at grodriguez@csumb.edu

WELCOMING DIVERSITY: REINTRODUCING NCBI!

Steven Goings

Before the Otter Cross Cultural Center, the Office of Inclusive Excellence and the Title IX/Discrimination Harassment and Retaliation Prevention Office, the best place to get support at CSUMB for issues related to diversity was the Personal Growth & Counseling Center (PGCC). For over 15 years, the PGCC has housed the CSUMB college affiliate of the National Coalition Building Institute (NCBI). NCBI is an international non-profit, leadership training organization dedicated to ending discrimination and intolerance of every kind. This includes mistreatment based on nationality, race, gender, class, religion, sexual orientation, age, physical difference or life circumstances. NCBI's proactive approach

develops leadership teams in government agencies, corporations, schools, and law enforcement agencies.

But as the campus grew and demands on the PGCC increased, diversity trainings began to take a back seat to other individual and group counseling services. Now, thanks to the development of a new Masters of Social Work internship at the PGCC, NCBI is being re-introduced to the CSUMB campus.

As an undergraduate, I co-founded Out and About, the predecessor of Pride and LGBTQ Allies and Advocates. During my time on campus as an AmeriCorps leader at the Service Learning Institute, I created the Purposeful Service Opportunities program which has now been institutionalized as the Catalyst Center and I co-founded the NAACP@CSUMB. Now as a MSW grad student, I serve on the MSW Student Asso-

ciation as the Multicultural Equity Officer.

Watching the toll that the demands of activism was having on many of our student leaders that inspired me to lobby PGCC and MSW for the development of an internship that could provide mental health resources, diversity training, and moral support for students struggling on the front lines against racism, homophobia, and oppression.

On Sept 30, a team of NCBI trained leaders will lead a Welcoming Diversity workshop for CSUMB students from 8:30 to 4pm at the PGCC Conference Room (located within Health and Wellness Services, Building 80). Thanks to a generous donation from the Office of Inclusive Excellence and the Associated Students, lunch is also provided for this free training. NCBI's Welcoming Diversity is an experiential workshop in which participants learn about the

impact of oppression on their own groups through the sharing of stories. It is an ideal training for those who wish to develop their multicultural sensitivity, learn to be better allies, and take pride in their own complex identities and cultural affiliations. NCBI does not take the place of advocacy and civil rights organizations, but by emphasizing skill development, healing from the impact of oppression, and developing systems of support it makes long term social justice and civil rights advocacy sustainable for the brave people doing that important work.

Student Leaders and members of identity-group organizations are especially encouraged to register. The training will be capped at 25 students. To register, email Steven Goings at sgoings@csumb.edu or just type "Welcoming Diversity" in the CSUMB search bar and will take you to our page with the link on the PGCC website.

CSUMB Health Promotion & Education and the POWER Peer Education Program invite you to participate in

Creating a Thousand Lights

Monday, October 3rd

7pm-9pm on the Main Quad, in front of the Otter Express

Join us to remember those who are or have been impacted by mental health issues.

Unite with thousands of people across California.

Light a candle to create hope, care, and compassion.

To request disability accommodations or sign-language interpreters, please contact Sarah di Grazia at (831) 582-3988

SPIRITUAL... AND NOT

This is a story in a series exploring religious and/or spiritual identities in the CSUMB campus community. Stories are based on interviews with students and faculty about their respective religion, spirituality, and/or belief system. The beliefs represented do not necessarily reflect the beliefs of the broader faith communities, the university, the Otter Realm, or its reporters. Do you have an interesting or underrepresented religious and/or spiritual identity? If so, please contact Alex Jensen at rojensen@csumb.edu

Alex Jensen

Imagine the following scene: you are traveling along a ridge overlooking the ocean. The loud roar and crash of waves mingled with the gentle rustle of leaves echoes around you as you inhale deeply, allowing the fresh salty air to fill your lungs. Gazing up at the night sky, you see the pale full moon accented in all of its glory as it rests enthroned in the flurry of starry expanse. The ground before you, littered with thousands of small shell pieces, glows with an opalescent luster in the moonlight, beckoning you to continue further along the path. Examining the horizon, you notice the ocean is bathed in bright white light. You feel all of your senses engaged in witnessing this magnificent sight.

Moments like these are rich with spiritual meaning for Emily Smith, a senior Social and Behavioral Sciences major, with a concentration in Archaeology and a minor in Biology. Entering her fourth year at CSUMB, Smith spiritually identifies somewhere between labels like agnostic and spiritual, but not religious (SBNR); if she had to choose just one label, it would be agnostic.

When prompted to talk about her personal faith, Smith typically replies with, "I don't know," as she often finds it difficult to explain to those who are extremely religious or those who want nothing to do with religion, spirituality, or faith in general. Smith grew up with non-religious parents who encouraged her to think for herself and to find meaning wherever she could find it.

As a child, she often attended church with some of her Mormon or other Christian friends in the community, but never felt she could completely identify with their beliefs. For Smith, life and the realm of what is "spiritual" cannot be summed up through the eyes and perspective of one single faith or religion. "For me, that's not enough," Smith said. "I understand that it's a wide necessity for a lot of people... but it doesn't work for me."

Seeing the world through a scientific lens, Smith believes that our world is a result of completely natural processes. While she does not believe in a deity behind the creation of this world, she does feel there is some purpose higher and greater than her own single existence; she is hesitant, however, to name what she experiences as this ultimate higher power. "I can't just be experiencing everything for no other purpose," Smith explained. "There's got to be a bigger picture than that."

Smith finds a disconnect with organized religion and how it is practiced institutionally, recognizing that there are really good and excellent people within the realm of organized religion. Likewise, she experiences how organized religion has often not made room for the many questions she has about the world we live in. Smith knows, without religion, what she values, what she considers to be morally just, and how to encounter a wider sense of awe and wonder. She holds space in labels like "agnostic" or "SBNR" for her wide array of unique experiences, yet remains

comfortable in not assigning labels.

In her own form of spiritual practice, Smith enjoys going on hikes and experiencing moments of spiritual awe, much like the opening passage, where she loses herself in the vast and intricate world around her. She finds deep fulfillment in retreating from her busy life as a university student to the calm sanctuary that is, for her, nature. "I can tell when I haven't made time to retreat into nature," Smith elaborated, explaining what happens to her when she does not make time in her life for this sense of spiritual awe and wonder. "I need to just be outside, smell fresh air, and be in the sunlight. In a way, that is spirituality for me."

While she cannot point to a single source for more information on her beliefs, Smith deeply encourages everyone to continue to ask hard questions about our living reality. She believes we all need to find our own paths in life, with both components of the spiritual and the secular; we alone must seek out what enhances our own understanding. Smith wishes you well on your life's path and journey, wherever they may lead.



Photo by Alex Jensen/The Otter Realm

The Pacific Grove Museum of Natural History presents

Night Owl

OKTOBERFEST

Saturday, October 1st, 8-11 p.m.




Get in on Oktoberfest!
Home brew tastings
Live music by David Holodiloff
Nuernberger's German Sausages

\$20 general admission
\$15 Museum members

Register online at
pgmuseum.org/night-owl/

165 Forest Avenue
Pacific Grove, CA 93950
pgmuseum.org



HOW NOT TO MAJOR IN OVERCOMMITTING

The struggle to embrace our own needs in conjunction with life and its responsibilities.

Alex Jensen

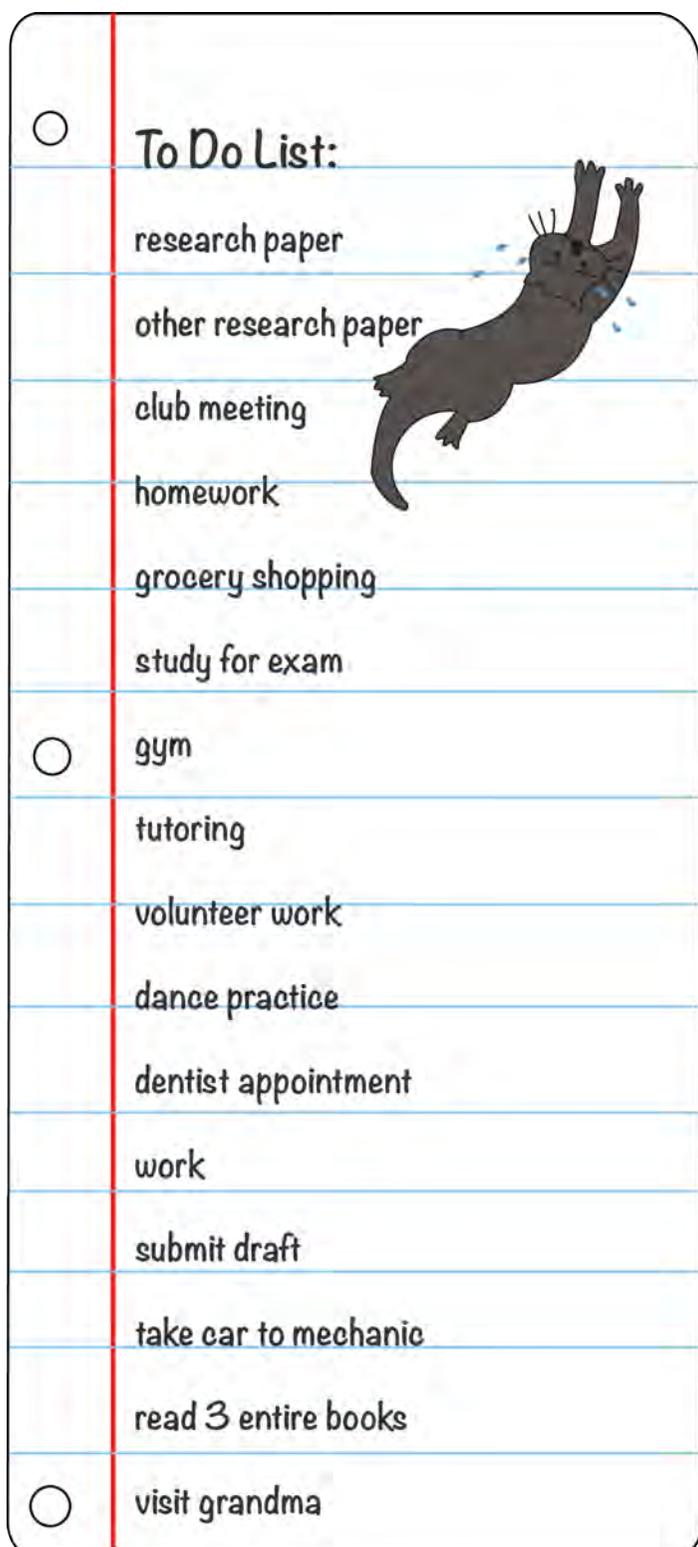


Illustration by Carolina Caldas

I've always been good at doing too much. If CSUMB had a major in Overcommitting, I like to think I'd have a lot of those major requirements covered! The truth is, I love to pack as many things as possible into my very finite schedule. Let's take the previous semester, for example:

Last Spring, I successfully spread myself too thin; I carried 22 semester units with all As, 30 hours of service learning, prepared for my first summer research experience as a UROC scholar, performed with the CSUMB Chamber Strings Ensemble as a violinist, and served in my roles as a resident advisor, president of the campus' LGBT and Allied Advocates club, an incoming POWER peer educator, and a representative on the HCOM Student Advisory Committee. Needless to say, I had a lot on my plate.

What this semester taught me, I later realized, was that I effectively knew my limits, and yet I continued to push right up against them. I felt those limits stretch, tear, and rip as I tried harder and harder to serve, give, or do more. I absolutely didn't have time for anything additional.

What was worse was the voice deep inside me that kept telling me it wasn't enough. "There's something else that you could be doing with your time," the voice would prod, spurring and jabbing me to my core. All of this hard work, no matter how much I carried, wouldn't suffice to meet the

harsh demands and expectations I placed on myself. I wasn't enough.

This negative outlook is common amongst activists, leaders, and countless others who work hard in varying capacities and place too much pressure on themselves. We get so caught up in the problems of the world that we feel a deep sense of responsibility for all of it. We create these elaborate constructs and views of ourselves, where we privilege self-neglect and being busy as badges of honor, instead of examining the detriment they can cause in our own lives. The world's problems

Give yourself permission to say "no" to the vicious cycle of self-detriment.

become our own and they become our sole responsibility to solve.

In caring for ourselves, it's important to realize what saying "no" to other responsibilities is not: It is not evidence of your failure in meeting goals and expectations. It is not showing weakness. It is about knowing your limits, valuing what you are spending your time working on, and consciously choosing to care for yourself in the midst of chaos.

Had I known this lesson before embarking on such a difficult semester, things might've been different: I might've had longer meals, instead of ten minute food rushes. I might've enjoyed more time for myself, spending adequate time to unwind or relax. I might've valued myself enough to care for my own needs in ways I now realize I desperately needed to.

To a degree, it's essential to mention that there are times in our lives where we can't say "no." We have to work innumerable hours and jobs to pay the bills. A dear friend of ours reaches out for support in a time of great need. A close family member asks us to do something we can't put off. Time to replenish the self can become a challenge, an obstacle, or simply something we are unable to afford.

How can we effectively nurture our inner selves? Grasping and realizing our limits becomes step one. Following self-reflection, doing little things to recharge our inner batteries are also invaluable required. As cliché as it sounds, we are only capable of helping others and honoring our responsibilities as much as we help and honor those responsibilities to self. priority. Give yourself permission to say "no" to the vicious cycle of self-detriment. It is only in caring for ourselves that we can truly care for the wider world around us.

GOLDFISH SYNDROME

How our ever decreasing attention span affects our... oh, look, something shiny!



Lydia Martin

Did you know, according to Statistic Brain, goldfish have longer attention spans than humans? The Microsoft 2015 study shows that in the last 15 years, our attention span has decreased from 12 to 8 seconds; the average attention span of a goldfish beats us by 1 whole second. There are several studies that indicate in a classroom setting students have a 10 to 15 minute slot of time of avid attention. However, after that our attention begins to wane and we become distracted or in most cases, reach for our phones in hopes of something more exciting. If our attention span does pan out in the first minutes of a class, how can we possibly be expected to sit

through a 4-hour long lecture?

When discussing our decreasing attention span, the ever-evolving realm of the internet and social media is usually the first to blame. In our society, the way we communicate and intake information is continually being reduced. Twitter's 'tweet' function allows users to type up to 140 characters, a study released by 'Social Media Today' show the most liked Facebook statuses have 70 characters or less, Vine allows 6 seconds worth of video to be uploaded, Instagram is just 1 picture. Even text messages are recorded to be no longer than 160 characters, and yet we still feel the need for 'text talk', with acronyms such as "atm," "btw," "omg," and "wtf." With a small information outlet our ability to be patient

is also steadily declining. The Guardian explains how a study discovered that if there is a 1 second delay on loading a webpage, it can result in 11% fewer views of that page. This also means that when reading longer texts (from textbooks, for example), more often than not we merely skim the text, doing a shallow reading.

According to the 2015 Microsoft study, 77% of us grab our phones when we are bored. Sound about right? According to a Harvard survey, 92% of students use their phones during class. Maybe it is our constant need for something new to hold our attention, or maybe it's because we really need to see if there's a party happening that night. Either way chances are: when our attention begins to fade, the majority of us

reach for our phones during class despite the professors' constant pleas. But why? According to Microsoft: heavy social media usage. 67% of people find they have to concentrate really hard on staying focused, if they use social media a lot and 45% get sidetracked by distractions or day dreams. Kelly Finlay, Otter Realm reporter and Human Communications (HCOM) major, comments that she she tries not to go on her phone because it's disrespectful, but she ends up doodling instead.

Now obviously we're not going to all stop using the internet and delete our social media accounts, just so we can stay focused in class. No one is that dedicated. But something must be done to endure those 4 hour long lectures. Maybe the answer is using our

social media obsessions to our advantage. The Microsoft study states "Neuro readings show higher usage of social media increases short bursts of high attention", so shorter classes that require bursts of high attention may be the way forward. Alternatively, introducing different teaching methods in a single class could help in keeping students engaged. Laura Buchanan, a Cinematic Arts major, says "In the first 2 hours we watch a film and in the second 2 we talk about it, so the lecture seems broken up a bit", thus by switching how the class is taught, they don't feel so daunting. By making small changes to the structure of classes we can accommodate for our shorter attention spans without jeopardising our education.

CLOSE AT HEART, FAR APART

A guide to a lasting long-distance relationship in college

Kelly Galten

We all know the saying, “absence makes the heart grow fonder.” Coincidentally, we have also all heard the horror stories of couples in long-distance relationships simply fading away, or falling victim to any number of plagues of the heart. Jealousy, temptation, distance, work, school, distractions and miscommunication are all factors of long-distance love, just as they are for couples close together. So, is there a way to wrestle the demons and come out on top, or are lovers far apart doomed to fail.

Most of my friends and I are currently in long-distance relationships, so I can tell you from experience that it is really hard. It is worth the work, but work there is. There are four factors, though, that I think truly will help whatever relationship there is stay healthy. I am not saying they are foolproof, but they can be used as a starting point; in no particular order, communication, honesty, trust, and patience.

I am not just suggesting communication because it is my major. There is a reason to converse, people. Human beings crave communication with others. But in a long distance relationship, communication is key. What I am talking about here are the little things. Just a text to say good morning or ask how they are feeling is a perfect start. A phone call is even better. If the Wifi Gods are with you, perhaps even a video call could be in your power. Find a day, once a week, and make it a point to keep that time open to talk to

your partner. If it comforts and reassures you, chances are it is the same on their end.

Speaking of talking, honesty is integral to communication and relationships. This is a difficult endeavor for many people, unfortunately. But what better time to build that skill than when your relationship needs it the most? Being fully open and truthful with your partner will save both of you all the worry and doubt and anger that so often infiltrates long-distance relationships. I do not mean to say there will be none of those feelings. They are a natural part of loving someone, and being a human. However, if you take the time and sincerely tell them what they mean to you and be honest, the two of you can rest easy.

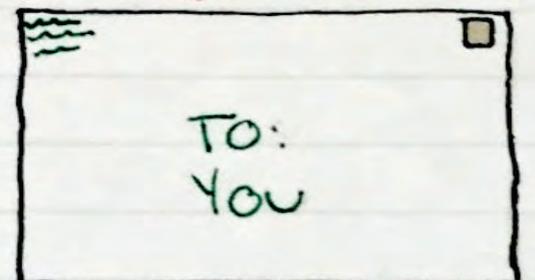
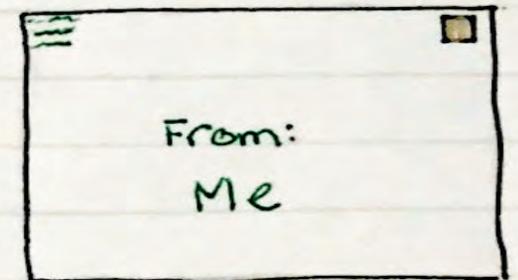
There is a flip side to honesty, of course; trust. Trust is a tricky idea. Maybe you trust your partner, but not them, this faceless group of people that could destroy your relationship. Maybe something has happened in the past that makes trusting difficult. Look, I get it. I understand the long night starting at your ceiling and imagining all the horrible things that could be happening. Here is the thing; they are with you, maybe not physically, but they are, and you have to trust that they will stay. I also know the feeling of getting that random message that just says “I love you,” or the feeling of seeing the pet name that only they use, or answering the phone and hearing their voice. That is the best part about trusting someone you

love; if you give them a chance, they will make it worth every second.

This brings me to Factor Number Four. Patience, the skill that all grasshoppers must learn, is the most important part of this whole long-distance thing. I will admit, I am guilty of being way too excited when my boyfriend replies to my messages. I have always had a problem with being patient (sorry, Mom and Dad). But take it from me, if you do not at least try to have some patience with your relationship, the constant checking and rechecking will exhaust you. Remember; they are in the same boat you are. Give them a chance.

Now, one last thing; chances are that sex is a factor. Sex is a large part of a relationship at some point, like it or not, and it can make long-distance love that much harder. This can be the worst part. Having sex, sleeping with someone, even just the feeling of their skin can haunt your memory and do some serious damage to your sleep patterns, let me tell you. So, let your partner know. Even if you are not one for pillow talk, simply telling them that you miss them and trusting that they miss you just as much is so much better than keeping it to yourself.

All in all, long distance is doable. Sure, there is some effort involved, but there is a payoff, a huge one. If it works out, you can survive just about anything. So cue up some love songs and remember the little things. You will both thank you for it.



FUN & GAMES

FIND THE SUDOKU ANSWERS ONLINE!

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A COMMUNITY SERVICE OF CSU, MONTEREY BAY

**LISTEN,
LEARN,
LIVE** 

KAZU:
YOUR CONNECTION
TO THE WORLD

LISTEN TO:
HERE AND NOW
TED TALKS RADIO
THE WORLD
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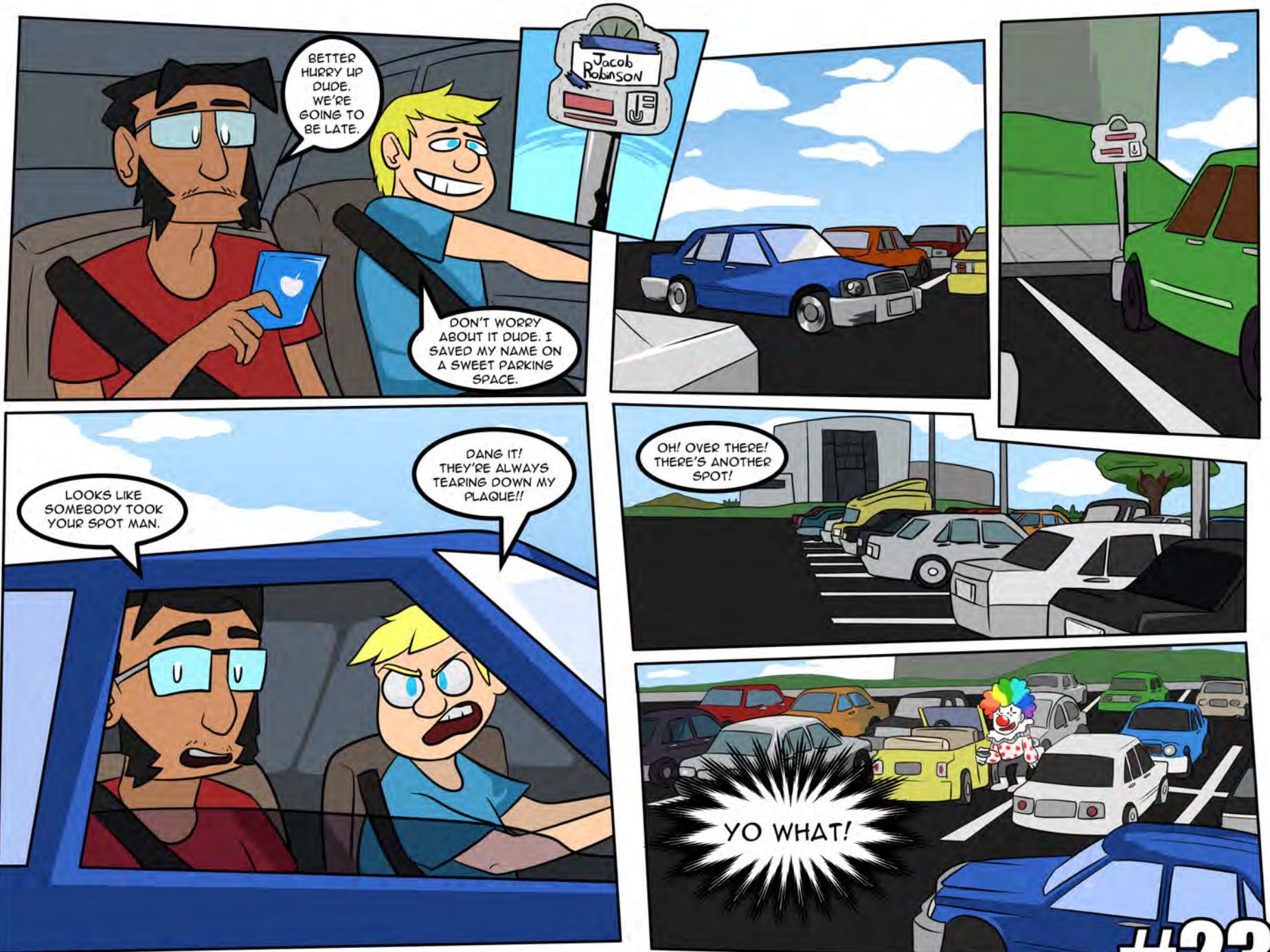
LISTEN LIVE AT 90.3 KAZU OR KAZU.ORG

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	5				4	3		8
				5			6	4



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