

OTTER REALM

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

OCTOBER 13, 2016

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SUSTAINABILITY AND YOU

Kelly Galten

With the increasing demands for clean modern living, there have been numerous innovations: houses built to run on solar power, low-flow plumbing systems, and drought-tolerant plants dotting the yard are the new norm. For the first time, electric cars are increasing in popularity on the market. Even the food industries are cleaning up their acts. Of course, all of these things come with a hefty price tag; one that is out of range for many college students. Students are too stressed and busy to worry so much about their carbon footprints. So, how does one easily reduce a carbon footprint without increasing stress?

Consider the Monterey-Salinas Transit (MST) system throughout campus. Taking the bus provides a huge list of advantages for students. With our reduced traffic, the more people who ride the bus equate to less traffic clogging the streets. Without the responsibility of driving, homework can even be done en route to class! Granted,

the wifi system on the buses is not always fantastic and some lines do not have onboard internet. Even if online work is not possible, reading can be done, notes can be taken, and phone calls can be made (though fellow passengers could find this rude).

In addition to reducing traffic, we can also take our water usage into account. Many facilities on campus have efficient flow toilets. The true efficiency, however, comes with the water spigots and fountains across campus. Most buildings are equipped with water fountains and Brita Hydration Stations that deliver clean, cool water to students without the hassle and chemical leaching hazard of disposable plastic bottles. While reusable bottles may cost more initially, the potential to avoid purchasing disposable bottles ever again outweighs the expense. Students can purchase reusable bottles that are attractive and functional from the CSUMB bookstore, or from off-campus outlets.

Food is often a difficulty for college students, due to quality food

not always being affordable or accessible. The Dining Commons, the Otter Express, and Monte's are reasonable sources of food, but only to students with meal plans. Never fear, in farmer's markets CSUMB trusts! Across Monterey County, there are farmer's markets packed with organic food from local sources. Finding cheap and healthy staples, like rice, beans, and pasta, can help the body, mind, and wallet. The article "Where's the Beef?" by Carolyn Hinman, expands on health and veganism in this issue.

We all can't live a clean lifestyle all the time. This is college and we are running around, just trying to keep up with everything. Time to care for ourselves and the earth becomes hard to find. With limited time available, these are some small ways to enhance your life, while simultaneously revitalizing the life of our planet.



COLLEGE AND POLITICS: THE SAME LESSON

Sean Roney

If you wish for more out of life, and are unhappy with your current place, you owe it to yourself to take action. After all, life proves to us at every turn: Those who seize the day are those who prosper. It's all about action.

Both college and politics show us how to grab the reins of our lives. But many of us walk away from both, empty-handed and content to be bystanders in the shadows who apathetically watch the prosperous rush by into their happy sunset.

It is insufficient to only graduate or vote. To merely receive a piece of paper, or cast one into a box, are both such minimal actions, they may as well be considered inaction. To simply do the bare minimum is the effective equivalent of failure.

Those who show up to class and do the marginal studying to earn passing grades will only buy themselves an overpriced sheet of paper. Those who show up to vote and do marginal research to cast a ballot are only throwing away a slip of used paper.

However, those who engage

in critical thinking, who learn to take action, and who absorb lessons from everyone and everything around them, are those who will prosper from having gone to college or voted. They can think larger, learn larger, and act larger.

Have you taken the time to appreciate why a person would vote differently than you? Especially if it's for a seemingly repulsive candidate. Why would people from your society do such a thing? What does it mean about you that you're a part of the same society? What would you do if you realized you were the one in the wrong? This type of thinking not only happens in elections; we go through similar thinking everyday in class. The wise take these processes to heart and act on them to better their lives.

It is the driven who can make everything matter, from a supposedly useless required course to a supposedly insignificant ballot measure with no local effect, who learn one of the greater lessons in life: You are the one most in charge of how much you receive from each day.

It is a symbolic irony, unintended though it may be, that the degree we earn at graduation is

a meaningless placeholder. The real degree will show up in the mail the following October. It's fitting the degree appears out of nowhere when we've resumed a regular day-to-day grind. Like an epiphany, it's an unexpected flash of insight, the result of dedication to a course so strong we may have forgotten what the intended goal was supposed to be in the first place. But is it worth anything, even when it does show up?

The same can be said about the ballot. Voting on every office, proposition, and measure also results in a delayed reaction. Things may change or they may worsen, and they may be forgotten or reduced in emotional impact by the time they come around. But is that lone ballot worth anything, even when it is properly marked and cast into a box?

In both events, is the paper outcome only a product? Or is it a reminder of the journey and growth you've achieved?



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.

Newsroom: 831.582.4066

Advertising: 310.906.7252

E-mail: otterrealm@csumb.edu

Office Hours: Wed. 12-2pm,
Wave Hall (Bldg. 4)

Editor-in-Chief:

Kelly Galten

Production Manager:

Kimberly Haley

Online Editor:

Sean Roney

Multimedia Manager:

Dylan Avnet

Webmaster:

Toutoua Vang

Advertising/Distribution Manager:

Adrianna Miller

Production Assistants:

Valerie Balanon

Carolina Caldas

Staff Reporters:

Rebecca Caladiao

Kaitlyn Faris

Kelly Finlay

Carolyn Hinman

Alex Jensen

Lydia Martin

Myka Menard

Michelle Ortiz

Noah Owens

Advisor:

Estella Porras

Administration Support:

Wendy Rutledge

WHAT YOU OTTER BE DOING

OCTOBER 13 - 26

SUN **MON** **TUE** **WED** **THUR** **FRI** **SAT**

10/13
Educational
Movies about
Fracking
5-7PM
Student Center:
East Lounge

Carmel Barre
7-8PM
Black Box
Cabaret

10/14
Sugar Skull
Workshop
10AM-9PM
VPA Center

We the Kings
(Live in
Concert)
8PM-12AM
University
Center

10/15
The Second
City "Free
Speech! (While
Supplies Last)"
8-9:30PM
World Theater

Movie on the
Quad
9:30-11PM
Main Quad

10/16
Steve Jobs Day

World Food Day

National Dictio-
nary Day

National Feral
Cat Day

10/17
Resume,
Interview,
& LinkedIn
Workshop
12-1:30PM
BIT: RM 117

Halloween
Fundraiser
12PM-2PM Daily
Starbucks

10/18
Weigh
Your Waste
12-1PM & 6-7PM
Dining
Commons

Halloween
Fundraiser
12PM-2PM
Starbucks

10/19
Bree Newsome
Workshop:
2-4PM
Talk:
6:30-8PM
University Center

Halloween
Fundraiser
12PM-2PM
Starbucks

10/20
In One Instant
6:30-8PM
Student Center:
East Lounge

The Great
California
Shakeout
10:20AM
Campuswide

10/21
Startup Tech
Bootcamp -
Advanced
2-5PM
BIT: RM 105

Halloween
Fundraiser
12PM-2PM
Starbucks

10/22
League Cycling
Instructor
Meeting
7:30AM-8PM
Ocean Hall

Halloween
Fundraiser
12PM-2PM
Starbucks

10/23
League Cycling
Instructor
Meeting
7AM-5:30PM
Ocean Hall

Halloween
Fundraiser
12PM-2PM
Starbucks

10/24
Concentration
Lunch &
Conversation
12-1:10PM
BIT: RM 224

Halloween
Fundraiser
12PM-2PM
Starbucks

10/25
Rotaract
Halloween
Tabling
12-3PM
Student Center
Lobby

Halloween
Fundraiser
12PM-2PM
Starbucks

10/26
Haunted House
8-11PM
Black
Box Cabaret

Halloween
Fundraiser
12PM-2PM
Starbucks

CARMEL October
INTERNATIONAL 19-23,
FILM FESTIVAL 2016

OTTER OPEN HOUSE

New students and new developments



Sean Roney/The Otter Realm

Prospective students and their supporters take on a campus tour to learn about CSUMB and decide if it is the right choice for their higher education goals.

Carolyn Hinman

Thousands of people visited Cal State Monterey Bay (CSUMB) to learn about the campus offerings and atmosphere during the 2016 Open House on Oct. 8. An estimated 2,700 prospective students and supporters confirmed registration for the event, where they had the opportunity to meet professors and heads of departments, learn about the more than 50 clubs on campus, and attend presentations from each of the university's academic programs.

The day provided a chance to learn about upcoming developments and additions to CSUMB's courses and programs. Al Budris, a lecturer in the College of Business, said CSUMB's Sustainable Hospitality Program will hold a symposium in February in conjunction with Costa Rica. The purpose of the collaboration is for Costa Rica and Monterey to learn from each entity's respective sustainable hospitality models.

Jacob Long, Education Advising Coordinator in the Liberal Studies Department, said a new major has been added to the Liberal Studies program. Long said the Human Development and Family Studies Bachelor's Degree launched in Fall 2016 and is de-

signed for students interested in early childhood development, educational non-profits, social work, or non-medical health careers. With 20 students currently enrolled in the program, Long said he expects enrollment to increase next fall.

A new certificate program is being offered through the Master's of Instructional Science and Technology (MIST) program. Miguel Lara, Assistant Professor in the School of Computing and Design, said the MIST program will launch in Fall 2017, and is tailored for students who, "are not ready to invest all that time to a master's program. They can do the certificate and transfer the credits to the master's program later if they

want."

A new development will come out of Career and Advising Services in Spring 2017. Tami Pullins, Director of the Center for Advising, Career, and Student Services, said, "We're installing a four-year planner in CMS, so students can see the courses they need to take." She said the planner will show students what classes they should take, and in which semester to take them.

For more information on the Otter Open House, or any of the developments coming out of CSUMB academic departments, contact the Admissions Office at (831) 582-3738 or admissions@csumb.edu.



Carolyn Hinman/The Otter Realm

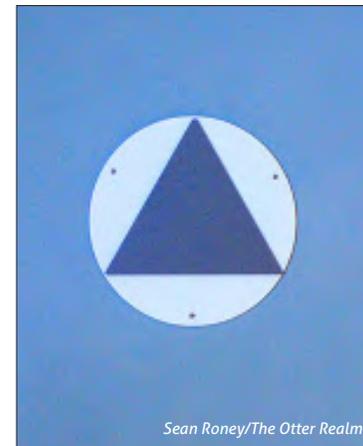
Families interested in CSUMB line up at the beginning of the campus Open House.

NEW SIGNS OPEN DOOR TO GENDER INCLUSIVITY

Kelly Galten

Gender labels on the doors of bathrooms around the Cal State Monterey Bay (CSUMB) campus are continued to be replaced with neutral signs. The gender-inclusive bathrooms uphold the campus' tradition of acceptance by replacing the traditional, gender

"There was a request from students to provide gender-inclusive restrooms throughout campus."



Sean Roney/The Otter Realm

der-inclusive restrooms does not refer to any sex/gender, it simply states 'Restroom' and includes an image of a wheelchair if the restroom is accessible."

Two multi-stall locations have new signage, but single-stall spaces have been changed in 18 locations, including Building 47 (Student Services), Building 6 (OtterMedia Studios and College of Education), and Building 4 (the realm of a certain newspaper). The funding for the sign update also includes money for updating the bathroom facilities in Building 47.

binary, pictographs consisting of a simple, geometric design of a circle and triangle, on each door.

"There was a request from students to provide gender-inclusive restrooms throughout campus," said Pamela Lapham of Campus Planning and Development.

"The campus standard for gen-

OCEAN'S FORUM SEEKS QUESTIONS

Regional candidates to discuss issues before public at World Theater

Staff Report

The coast of Central California has played a critical role in both the science and policy of ocean management across the state and the nation. The nonpartisan Ocean Candidates Forum provides an opportunity for interested stakeholders to see how candidates, seeking to represent citizens in Washington, D.C. and Sacramento, handle questions on marine science and policy.

Questions from the public are being requested in advance of the event, which can be sent to: MarineScienceCSUMB@gmail.com.

The forum, moderated by John Laird, California's Secretary of Natural Resources, will feature candidates competing for the U.S.

House of Representatives seat in District 20 (Casey Lucius and Jimmy Panetta) being vacated by Sam Farr. Candidates for State Senate District 17 (Bill Monning and Palmer Kain) and State Assembly District 29 (Mark Stone and Sierra Roberts) will also be fielding questions.

The community is invited to attend the forum scheduled for Oct. 20 at the World Theater.

The candidate reception will be held at 6 p.m., followed by the forum from 7 p.m. to 9 p.m. For RSVP information, call 831-582-4580.

The forum will be available via live-stream and local public television. The forum is sponsored by the James W. Rote Distinguished Professorship in Marine Science and Policy.

LIGHTING THE WAY

Kelly Finlay

In sharp contrast to the night sky, a spiral of glowing lights dotted the main quad on the evening of Oct. 3, comprised of as many as a hundred paper bags lit from within by candlelight. Students progressed through the display, where they could take pictures and read heartfelt messages written across white paper bags, decorated by CSUMB students throughout the evening with glittering rhinestones and multi-colored markers. The event, known as "A Thousand Lights," commenced Mental Health Awareness Week on campus.

Gary Rodriguez, the Health Promotion and Prevention Spe-

cialist at the Personal Growth & Counseling Center (PGCC) on campus, explained that the event raises awareness and educates students on how many lives are affected by mental health crises. "It's designed to allow people to write messages of hope, and to reflect on how mental health issues have affected their lives and those of their loved ones," Rodriguez said. The event has been observed on campus for four years now.

"It's important to reduce stigma and raise awareness," Amy Verbonich said. A psychologist at the PGCC, Verbonich spoke of how common it is for students to experience mental health issues, like depression and anxiety, while adjusting to their new conditions.

"It's a good opportunity for students to be aware of resources on campus," Verbonich said, speaking to the no-cost counseling sessions and workshops offered by the PGCC's trained, professional, and licensed staff. Rodriguez added that they also have Mental Health First Aid certification program for students, where the focus is destigmatizing mental illness, identifying the warning signs, and "giving them training and skills they can use to help someone."

The next scheduled training date is Oct. 14. More details are available on the PGCC's website, www.csumb.edu/pgcc, along with information about scheduling appointments.

Campus event helps fight the stigma of mental illness



Kelly Finlay/The Otter Realm

MINDFUL MADNESS EASES STUDENT STRESS HALFWAY THROUGH SEMESTER

Myka Menard

Mindful Madness was a showcase event on campus as part of Mental Health Awareness Week. The week ran from Oct. 3 through Oct. 7, which was perfect timing as midterms piled onto busy student schedules. The tents, tables, and activities were set up in the main quad to help students decompress and push through the last half of the semester.

"One of the best ways that we can take care of mental health and our well-being is by being connected and engaged in our community," said Jessica Flores, Personal Growth and Counseling Center (PGCC) counselor, who was among the hosts of the event. She added, "Taking care of our mental health is not only an individual but also a community responsibility."

Flores said Mindful Madness is a newer event, one which she hopes occurs regularly. "[It's] important that our campus provides events for students' mental health." She said she wants each event to be different, with new activities that fit and support different types of individuals and their needs.

As students meandered through the Mindful Madness booths and activities, they were

met with opportunities to draw, make stress balls, read and exchange inspirational sticky notes, and even write helpful tips on a poster board for others to read.

There were other clubs and organizations helping with the event, who shared the goal of improving mental health awareness on campus. One such group was the Cultural Enrichment Program. First year intern Hiovanni Gonzalez operated a booth where students could make stress balls. She said, "It is really important to take care of yourself and to take time to make sure you are okay, because you are your number one priority."

She guided participants through the simple process of making the stress balls, which entailed pouring flour through a funnel into a balloon. Students chose whatever color balloon they wanted and tied it off once it was full. All along the table were different colored sharpies in which people could write or draw pictures onto their new stress balls.

Members of the LGBT Allied Advocates, Vanessa Moreno and Veronica Sanchez, were running a positivity message booth with sticky notes. Sanchez said their table also provided information about meetings. Their booth invited visitors to both leave their own notes as well as take a note that



Carolyn Hinman/The Otter Realm

Students reconnect with their inner child as they are allowed to color inside or outside the lines at this Mindful Madness tabling activity.

communicated a positive message left my previous specators. The goal was to be able to make someone's day through positivity passed on through a little note.

Moreno was present on behalf of the Psych Society as well as for LGBT Allied Advocates. The Psych Society featured a large

poster where people could leave, "Mantras or self-care tips so that others can see and take note of them." She added, "Last year it was just the Psych Society, and this year we decided to mesh the clubs together that are related to mental health, and we thought the LGBT community has a lot of

mental health struggles as well."

With regard to the different groups coming together for mental health awareness, Flores said, "We want you to do well on your academics, but if you are not doing well mentally, or emotionally, or physically, then you are not going to be able to do your best."

OTTERS COME UP SHORT AGAINST COUGARS

Women's Soccer team loses to CSU San Marcos, 3-1

Noah Owens

The CSU Monterey Bay women's soccer team returned home on Oct. 7, after two weeks on the road, to play against CSU San Marcos. The Otters hoped to end a losing streak that began when they went on the road to Southern California.

Ashlee Cortez, assisted by Madison Aguirre, opened quickly on the offense with a goal for the Otters. This allowed Monterey to go up 1-0 early in the game. The Otters' defense held strong for some time, but at the 25th minute, San Marcos was able to break the lead and tie up the game 1-1.

"We were a little hesitant at first," said Cortez. "We got the goal and were content. When they

scored on us, we tried to get back into the game but it was a little too late."

Towards the end of the first half, San Marcos was able to score another goal, pushing the score to 2-1.

The second half was slow for the Otters, where their side of the scoreboard was locked down, unable to produce any points in the face of the rising San Marcos offense. The game ended with a score of 3-1 in San Marcos' favor.

"We need to be a little more consistent and show up and perform as a team which was something we didn't do today," said Coach Erin Reinke.

The Women's Soccer team returns home on Oct. 22, where they will play UC Santa Cruz at 12 p.m.



Sean Roney/The Otter Realm

Madison Aguirre, left, rushes in for a goal earlier this season.

MONTEREY LOSES HARD BATTLE AGAINST SAN MARCOS

Soccer team falls during defense of home field

Noah Owens

The CSU Monterey Bay men's soccer team returned home hoping to end a four-game losing streak as they played CSU San Marcos at the Otter Sports Complex. However, the Otters have been battling a plague of injuries that have caused the loss of many starters. The game against San Marcos would come with a reorganized starting lineup that included more freshman players. This would not stop the Otters from fighting hard against the Cougars of San Marcos.

The first goal of the game came early in the first half when San Marcos took a 1-0 lead and assumed command of the game. That changed around the 29-minute mark, when Nick Stanley received a cross from Michael Maul,

and was able to put the ball in the back of the net. This was Stanley's first goal of the season.

"It was bittersweet scoring that goal," said Stanley. "I wish that goal meant something and that we could walk away with the win."

In the second half, the Otters fought hard but they were never able to find the needed goal to lift them above San Marcos. In the 75th minute, San Marcos scored which led to their eventual victory. The Otters fell 2-1.

"The tempo was there for us to take," said Coach Rob Cummings. "We picked the wrong moments to make mistakes and we paid the price for it."

The men's soccer team returns home on Oct. 20, where they will face off against Holy Names University.



Noah Owens/The Otter Realm

Jose Torres looks to pass the ball ahead or look for a chance to score when playing CSU San Marcos. The Otter soccer team would eventually fall 2-1.

OTTERS STRUGGLE FOR COURT CONTROL AT KELP BED

Noah Owens

The CSU Monterey Bay (CSUMB) volleyball team returned to the Kelp Bed on Sept. 30 and Oct. 1, but struggled to secure a lead in either game.

The Otters played CSU San Marcos on Sept. 30. They were able to get off to a fast start, winning the first two sets, but San Marcos came back to win, 3-2.

“San Marcos made some really good adjustments and we struggled to generate some offense after those adjustments,” said Coach Moe Melhart.

Despite the loss, many players were able to step up and have a great game. Seaside native Anela Visesio recorded 19 kills in the loss and Amber Tygart was able to record 13 kills and 3 blocks.

Returning to the Kelp Bed the next day, the Otters played UC San Diego in their last game at home before a week on the road. The latter game was a similar story. There was a start, but CSUMB had trouble finishing the game.

“We started out very strong but in the end we weren’t able to keep that going,” said Tygart.

Even with the performance of Maddy Underwood, who recorded 9 kills, 4 aces, and a block, the Otters fell to the Tritons, 3-1.

The Otters volleyball team returns to the Kelp Bed on Oct. 11, where they will play Humboldt State.



Anela Visesio



Amber Tygart



Maddy Underwood



Noah Owens/The Otter Realm

Rachel Kjolberg goes up to serve the ball against CSU San Marcos on Sept. 30. The Otters would end up falling to the Cougars 3-2.

WORLD CHAMPIONSHIPS HELD IN SAN FRANCISCO

Campus League of Legends Club goes to see the pros

Noah Owens

While physical sports have their own championships, such as the Super Bowl and the World Series, esports also have their own tournaments to determine who amongst the player base is the best. While it may differ from game to game, they all have a similar tournament that determines who can be called world champion. For League of Legends fans, this tournament is known as the World Championships, or simply Worlds.

Worlds is a time for different teams around the world to compete. This year's Worlds took place in San Francisco, however every year it changes country and city. The CSUMB League of Legends teams took advantage of the proximity of the event, with a group of students attending the tournament.

Visiting Worlds was a way for the CSUMB League community to improve their skills through observing the game at the professional level. Professional gaming on display sparked conversation about in-game tactics and how to improve in certain situations.

Between games, those in attendance received a full breakdown of the game from an analyst desk.



Fans crowd around the main stage as the last game of the day in the League of Legends World Championship is played. Photo by Josh Shallow.

This gave players a more in-depth look at the game and an opportunity to learn what strategies worked best in certain situations. The analyst desk also broke down certain player performances and highlights how they most impacted the game.

Worlds is also a chance to relax outside of daily college routines. Those who attended were able to cheer for their favorite team as they played on one of the biggest

stages in esports. This also caused friendly competition within the local group, as some people were cheering for teams that were pitted against each other.

After the games finished and everyone put their differences aside, the CSUMB league of legends community was able to reflect for possible growth in their own play, both on a local and worldwide level.

WHO WAS ROBERT CHAPMAN?

Myka Menard

The name, Chapman, brings to mind California State University, Monterey Bay's (CSUMB) beautiful science and academic center. Robert Chapman and his wife, Patricia Tynan Chapman, were the lead donors in building our beautiful blue and brick science center, which sits diagonally from the library's main entrance. According to CSUMB's website, the couple put \$2.5 million into one of the biggest architectural mas-

terpieces on our campus. Without their contribution, this building would not have caught the eyes of many architects and go on to win the Merit Award, awarded by the Concrete Masonry Association of California and Nevada.

The building was the first building constructed on CSUMB's campus since its founding, officially opening in 2003. Though many great things have come from the Chapman Science Academic Center, it now also stands a monument in remembrance of the late Robert Chapman who died earli-

er this year at the age of 90 years old. It stands as a testament to his great generosity and what that can bring to a newly developing school and community. Through his generosity in the community, he will always be remembered.

The next time you look at the blue and brick building, take a moment to be thankful for the generosity of Robert Chapman and the many others who have invested so much in our wider community.

NATIONAL CLOWN SCARE REACHES CAMPUS

Recent clown sighting reminds students to stay safe at night

Kimberly Haley

A clown was spotted near the Tanimura and Antle Library by multiple students on the night of Oct. 4. Though there is limited information on the incident, this sighting follows the national trend of people dressing in clown costumes to scare others unsuspecting at night.

The clown sighting was reported to the University Police Department (UPD). When officers arrived at the scene they were unable to locate the clown in question.

"I've been at [CSUMB] for 22 years, and this is the first clown sighting that has been reported to UPD," said University Police Chief Earl Lawson.

According to CBS News, these clowns were largely dismissed by law enforcement officials up until recently, as the nocturnal jest-

ers usually targeted schools and colleges. With the rising internet trend of posting scary night clown photos, police have begun to reconsider. Whether these sightings are pranks, threats or actual sightings, police and other officials have started to take them seriously as a potential safety threat.

The officers on campus are no different, according to Lawson. "We are well aware of the national trend and know that it may be a prank. However, our concern for the safety of the [community] is our priority. I suggest people call and report legitimate sightings," he said.

There are no additional currently, but taking precautions throughout October is highly recommended. People should walk in groups and in well-lit areas, and UPD offers a night walk service through the Community Service Officer (CSO) program, which can be requested through (831) 655-0268.

WELCOME BACK TO THE BAY, SELKA!

& Kelly Galten
& Kimberly Haley

The Monterey Bay Aquarium student passes have returned. With free entry into the watery world, students can meander about the enclosures housing penguins, fish, sharks, turtles, and other aquatic animals. One aquarium resident, however, has stolen the hearts of visitors after her debut in August: Selka, the newest member of the sea otter family.

Selka joins Abby, Ivy, Kit, Gidget, and Rosa in the famous sea otter exhibit. Like her adopted sisters, she was rescued by the aquarium's Sea Otter Program four years ago. Selka was previously rehabilitated and later released, but within two months sustained serious injuries from a shark attack, resulting in her cur-

rent residence at the Monterey Bay Aquarium.

All of the sea otters at the aquarium were at one time wild but, after rescue and rehabilitation efforts, have been labeled non-releasable by the U.S. Fish & Wildlife Service. In Selka's case, there was widespread concern for "health concerns and several interactions with people," according to a press release from the aquarium.

Selka has provided researchers at UC Santa Cruz with a unique opportunity. Through observation of her activities, researchers gained knowledge of wild sea otter eating and hunting frequencies.

Those who wish to see CSUMB's mascots in the fur can catch the sea otter feedings, performed daily at 10:30 a.m., 1:30 p.m., and 3:30 p.m. The aquarium's website, www.montereybayaquarium.org, also features the Sea Otter Cam amongst its list of webcams.

THE WONDERS OF PEBBLE BEACH

World-famous sights right in our backyard

Kaitlyn Faris

There is always something to do in Pebble Beach, whether it's a hike in the forest or a day at the beach. People come from all over the world to visit the Central Coast, and it just so happens that Pebble Beach is in CSUMB's backyard. Here are five reasons students should consider taking a break from the books heading out to Pebble Beach for the day.

BEACHES

Pebble Beach has a variety of beaches along 17-Mile Drive, such as Bird Rock Beach, Fanshell Beach, Moss Beach, Seal Rock Creek Beach and Spanish Bay Beach. Each beach consists of teal blue water and fine white sand. According to the Pebble Beach Company's handbook, Pebble Beach Company sold pounds of their sand to Waikiki, Hawaii. Waikiki needed sand to cover up rocks that had been exposed after a storm and the only beach with equivalent sand for sale was Pebble Beach. When walking on that sand, keep in mind it's the same sand that was sold to Waikiki.



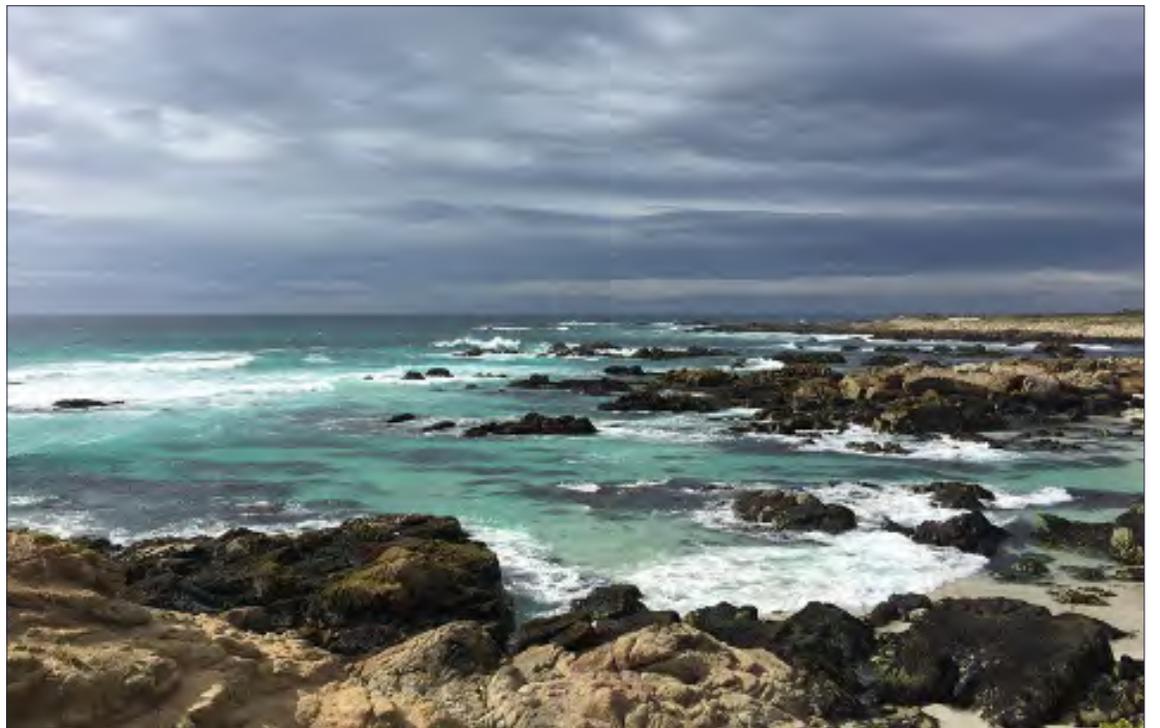
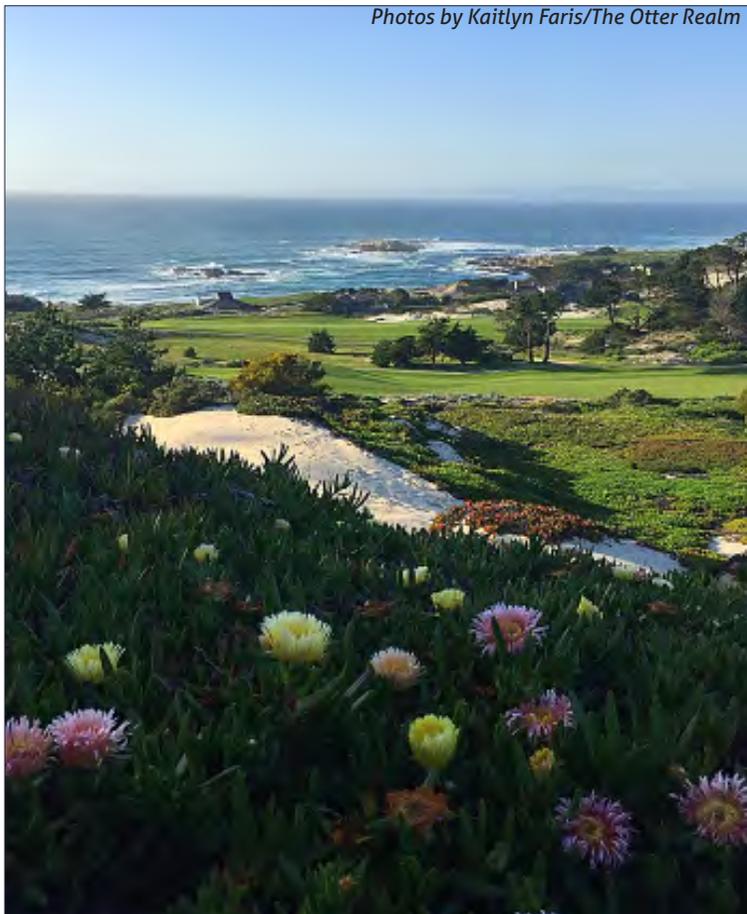
BIKE TRAILS

Scenic bike paths run all along 17-Mile Drive. Bike rentals are available at Adventures by the Sea in Pacific Grove. From there, it is just a 10-minute ride into Pebble Beach. The bike paths lead to 17-Mile Drive, where the ocean mist feels refreshing and the views of the ocean are hypnotizing.

LANDMARKS

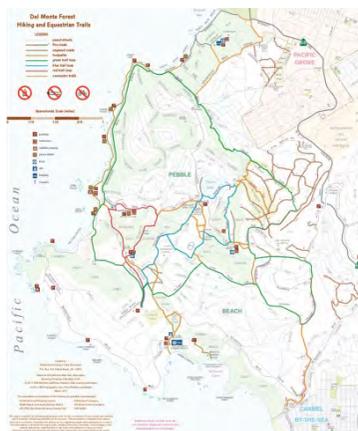
There are numerous landmarks which are a must-see when visiting Pebble Beach. The Lone Cypress Tree is a famous landmark and is the trademark logo for Pebble Beach Company. According to the Pebble Beach Company handbook, the Lone Cypress Tree is one of the most photographed trees in the United States. Another popular landmark is Bird Rock which is frequented daily by tour buses. The name says it all, an enormous rock filled with hundreds of black and white birds basking in the sun. There are built-in telescopes so viewers can get a closer look of the birds.

Photos by Kaitlyn Faris/The Otter Realm



HIKING TRAILS

There are 26 miles of trails throughout Pebble Beach. Depending on the chosen trail, some routes start along the water on paths of dirt or sand, which lead up into the forests of Monterey pine trees. Other trails loop around the lush forest and can run along the iconic golf courses or the wind swept mounds of sand dunes. Hikers should watch for the famous gingerbread house. Hint: It is near Spyglass Hill Golf Course.



JOB OPPORTUNITIES

Pebble Beach Company might just be a good fit for someone looking to work locally. Pebble Beach Company has many positions available, such as outside golf attendants, servers, florists, reservations specialists and much more. As far as benefits, Pebble Beach offers academic scholarships, golf privileges, and savings on hotel stays, shops, and restaurants. More information can be found at: Pebble-beach.com/careers.

Pebble Beach charges a \$10 gate entrance fee to get in. However, your gate receipt can be submitted to a server at any Pebble Beach restaurant or bar as credit toward a meal or beverages. The fee is also waived when biking into Pebble Beach. Visitors are encouraged to bring a camera and some friends to enjoy all the beauty to be found at Pebble Beach.

REAL FOOD CHALLENGE

RALLYING FOR SUSTAINABLE FOOD ON CAMPUSES



Carolyn Hinman/The Otter Realm

Carolyn Hinman

Students from colleges across the United States convened at the University of Georgia Sept. 23 to 25 for the Real Food Challenge's (RFC) Real Food Generations Summit. Participants strategized ways of bringing "real food" to their campuses and communities.

RFC is a national movement of college students taking action toward shifting \$1 billion of university food budgets away from corporate producers and investing in local, sustainable, fair, "real food." Universities who sign the Real Food Campus Commitment agree to purchase at least 20% real food by the year 2020.

Anim Steel, the RFC's co-founder, explained that the goals of the movement are based on research from the W.K. Kellogg Foundation during the mid 2000s they showed "healthy, green, fair, and affordable food amounted to less than 2% of the American food economy." Steel said the 20% goal post is anchored in "anecdotal evidence that some innovative schools were then sourcing about 20% of their food from local and sustainable sources."

Participants at the summit attended workshops and panels around the connection between food justice and social justice. "Dismantling racism in ourselves

and in all of our systems is the project that should occupy all of us for our lifetimes. It is still and must be the cause of our generation too," Steel said.

The RFC defines real food as nutritious, locally-sourced, and nourishing for everyone involved in its production. Real Food advocates think of food as nourishing for producers, consumers, communities, and the planet. This means sourcing from local growers using sustainable practices to cultivate seasonal produce. Fruit, broccoli, beets, and romaine at the California State University, Monterey Bay (CSUMB)'s Dining Commons (DC) should come from fields in the Monterey Bay area, not trucked in from out-of-state.

Opportunities to support local organic farmers are abundant, yet 4% of CSUMB's food supplies meet RFC standards for real food.

Opportunities to support local organic farmers are abundant, yet 4% of CSUMB's food supplies meet RFC standards for real food. Stephanie Yee, founder of CSUMB's Food Advocates for Real Meals (FARM) club and member of the RFC steering committee, conducted an audit of the DC last year using the RFC's "Real Food Calculator." Yee said her findings left her hoping to establish "an infrastructure to support the implementation of standards" by creating committees comprised of dining staff, faculty, and students at CSUMB.

In 2014, the CSU system integrated RFC standards into its 23-campus sustainability policy. As it stands, the Sustainable Food

Service policy requires all campus dining locations to track their sustainable food purchases; "such tracking and reporting will be grounded in the Real Food Challenge guidelines, or equivalent." At this time, there is

no accountability system in place for implementing the standards, and students who are active in the Real Food movement continue to push for real change for real food at CSUMB.

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WHERE'S THE BEEF?

VEGANISM 101: PLANT-BASED IN COLLEGE



Photo by Carolyn Hinman/The Otter Realm

Elsa Lillibridge (left) and Eliette Singleton share a meal of vegan pozo and salads loaded with veggies at the Dining Commons.

Carolyn Hinman

The vegan movement is enjoying its moment in the social media sun, but remains shrouded in a cloud of stigma. Public perceptions of vegans tend to include stereotypes

of granola-eating hippies, mustachioed hipsters, and angry moral-high ground plant pushers. Many think shunning meat, dairy and eggs is too expensive, too extreme, or too excruciating. But there are vegans at Cal State, Monterey Bay (CSUMB) who have gleefully pushed aside the pork-

Some of whom have never owned a pair of Birkenstocks, attended Coachella, or screamed “meat is murder” at an animal rights protest.

Environmental issues spur many people to reduce their meat consumption. The meat and dairy industries contribute to greenhouse gas (GHG) emissions, accelerate climate change, obliterate rainforests, lead to species extinction, and take an enormous toll on potable water supplies. A 2014 report published in the scientific Journal Climatic Change stated that 14.5% of GHG emissions can be attributed to livestock. The United States Geological Survey (USGS) reported it takes 1,800 gallons of water to produce one pound of hamburger. A pound of potatoes requires about 100 gallons.

Knowledge of environmental consequences inspires vegans to eschew all animal products, yes, even bacon and cheese. Eliette Singleton, a Freshman Marine Science major, has been living the plant-based lifestyle for 10 months. Her friend Elsa Lillibridge, a sophomore in the Cinematic Arts Program, also recently made the switch to veganism. Both cite a desire to live more sustainably as impetus for quitting meat cold turkey. Lillibridge said her decision to eliminate animal products was a globally-motivated effort. She com-

ments, “I can no longer hope for the world to get better. I have to be the change.” Singleton announced, “I want to be the Malcolm X of veganism.”

“I want to be the Malcolm X of veganism.”

This type of wide-eyed idealism is part of what earns vegans their reputation as moral absolutists with superiority complexes and penchants for judging the meat-eating masses. Lillibridge and Singleton say their passion comes from a place of empathy and an honest belief that a plant-based lifestyle can change the future of the planet. Singleton said she is trying to discover how to “communicate that passion in a way that doesn’t upset people.”

Sonia Olos, a third-year Business Major, has been vegan for three years. When her father began experiencing health issues a doctor recommended he adopt a plant-based diet. Olos dropped the meat in solidarity, and it stuck. She said her experience eating vegan at the Dining Commons (DC) left something to be desired. “They label things as vegan and the next day the same thing will be labeled vegetarian.” She and her vegan peers hope to see the DC and other campus eateries improve the selection of vegan options, and ensure items marked as vegan actually do not contain animal products. Vegan desserts would be nice too.



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THE RACE IS ON FOR MAYORS



Challenger Amit Pandya, left, and incumbent Joe Gunter discuss community issues in their run for Salinas mayor before a packed audience at the Salinas City Center.

Dylan Avnet/The Otter Realm

SALINAS: DECIDES ON HOME- LESS, VIOLENCE AND FRACKING

Rebecca Caladiao
&
Alex Jensen

The City of Salinas held its election forum Oct. 3. Incumbent Joe Gunter and challenger Amit Pandya met face-to-face

with the public to discuss approaches to solving city issues. Candidates debated concerns brought up by the community of Salinas, including homelessness, youth violence, and crime rates, as well as Monterey County ballot Measure Z.

To alleviate the homelessness issue in Salinas, Gunter and Pandya had different approaches. Gunter focused on development and proposed a "simple solution:" investing in the Alisal Marketplace nearest the most impoverished parts of Salinas.

Gunter proposed bringing more affordable housing to Salinas, also relocating the dump to an area where it will have a lower impact on the local economy.

Pandya believes that Salinas has failed to address these problems and advocated running the city like an efficient and effective business. "The city has already driven homeless people out of the city. You cannot legislate homelessness." This was well-received by the audience. Pandya maintains it is the duty of community members to

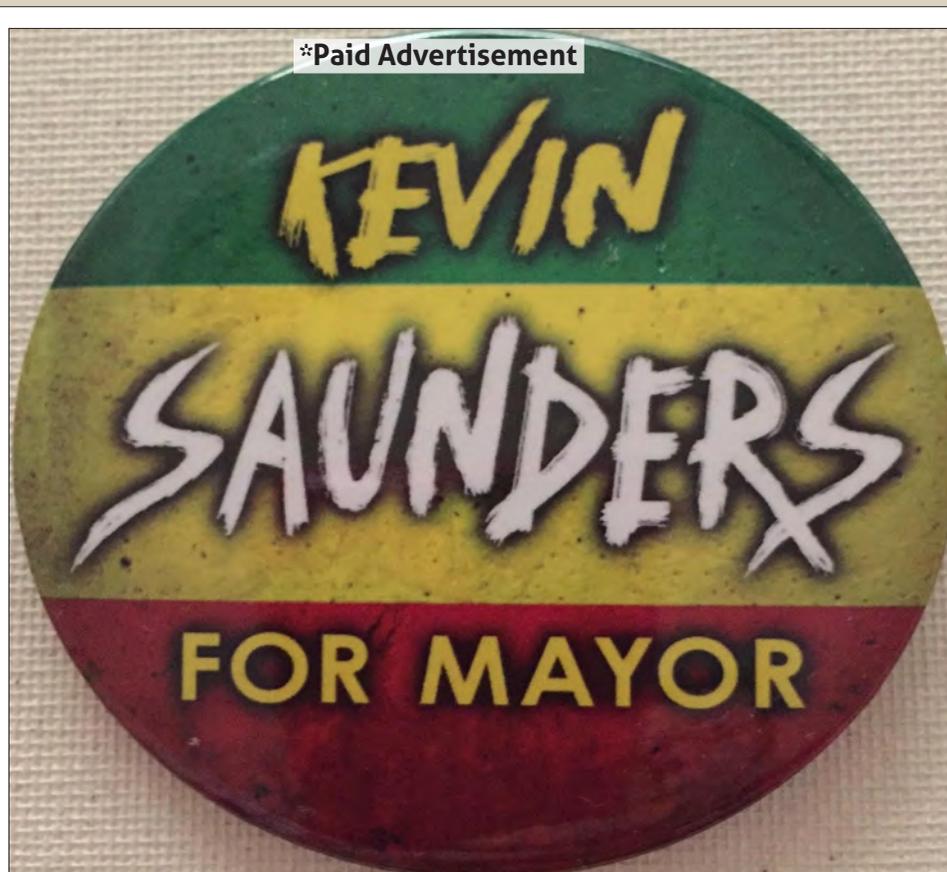
lend a helping hand.

Pandya and Gunter took opposing stances on Monterey County's Measure Z: a controversial issue on the ballot. Measure Z would ban local fracking and other high-intensity methods of oil and gas extraction. Gunter stated that no fracking is underway in Monterey County and the passing of this measure would result in the loss of jobs and resources for schools. Pandya stated his support of Measure Z, calling voters to preserve and maintain the county's water.



Dylan Avnet/The Otter Realm

Time limits are explained to candidates participating in the Salinas forum, ensuring answers to questions take up a reasonable amount of time.



LOCAL LEADERS VIE FOR VOTES

Marina Mayor Bruce Delgado and challenger Kevin Saunders met at the MPC Education Center for what should have been a forum but turned slightly into a debate. Saunders, while paying homage to the incumbent and his stances, trash talked many of his decisions as a Green Party politician.

Having served Marina since 2000, Delgado reminded the audience that one can make significant improvements to the community; redeveloping buildings around Marina is central to his platform. Delgado, Treasurer for Everyone's Harvest, knows the value of a

college town.

"CSUMB students are involved in the community and not just through commerce. They are teaching the youngest citizens what a university is and what to aspire to," Delgado stated, wishing to create a model for youth in the community to pursue higher education.

Saunders' vision for Marina is a "Marina-juanaville," with Monterey County as the marijuana capital of the U.S., possibly even the world. Unlike Delgado's vote to keep the marijuana ban in Marina, Saunders sees an opportunity.

"I call it pot taxes for potholes. The land, climate, and culture are already here to do for marijuana what Napa has done for wine." Saunders, a business owner and marijuana rights advocate, wants to leave a legacy of one of the largest industry California has ever seen.

Having only one vote on the city council, the mayor must work with other council members to make decisions for the city. Delgado and Saunders debated many times over the last several weeks to inform the voting population and spread their visions for Marina.

**MARINA:
A COLLEGE TOWN
OR
"MARINA-JUANAVILLE"**



Photo by Rebecca Caladiao

David R. Pacheco (City Council), from left, Felix Bachofner (Mayor), Kay Cline (Mayor), Ralph Rubio (Mayor) Kayla Jones (City Council), Gertrude Smith (Mayor) delivering opening statements on Oct. 4, at the Oldemeyer Center.

SEASIDE: REVELOPMENT GOING DOWN

Sustainable Seaside and the Monterey chapters of the League of Women Voters and the NAACP hosted the city's mayoral candidate forum on Oct. 4 at the Oldemeyer Center. The four candidates, Gertrude Smith, Kay Cline, Felix Bachofner, and Ralph Rubio answered questions that concerned the spectating Seaside residents.

Former mayor of Seaside, Bachofner thanked the crowd for their attendance but expressed a wish for more turnout at the forum.

Regarding the Monterey Downs (MD) project, Mayor Rubio stated that a third-party developer, instead of the City of Seaside, would be funding the project. All challengers expressed concern, referencing multiple studies that confirm the project's minimal revenue,

roadwork and traffic implications, and effect on the environment of Seaside.

Bachofner stated his interest in delaying the [MD] development in order to apply community input towards revitalization. Recognized for her leadership in Sustainable Seaside, Kay Cline believes there should be a reconstruction of blighted buildings, in order to preserve the local natural environment. Gertrude Smith, the youngest challenger to the seat, stated that the Monterey Downs project would not be an equal representation of community values.

Smith's vision for Seaside includes celebrating the history and diversity of Monterey County with a memorial to honor people and city developers of color and their contributions to the community. Bachofner wants to continue the work he did to recover the city's

economic recession of the early 2000s. He plans to reduce redundancies in infrastructure development and increase the economic development of Seaside, as well as honor the cultural history of the county and its national monuments.

Cline's vision for Seaside is one of sustainability and beauty to attract students for a thriving county, emphasizing the value of CSUMB and its social, educational, and economic impacts on the community. If re-elected, Rubio proposed long-term goals for Seaside, including more options for the community and providing homelessness and crime reduction programs.

Footage of the forum is accessible online through Access Monterey Peninsula's website, www.sites.google.com/site/ampmedia-center/.

I'M WITH YOU

*An evening and beyond
with Grouplove*

Dylan Avnet

I get the wind knocked right out of my lungs and my heart skips a beat. I am getting pushed and shoved in every direction, yet I cannot move because I, along with 3,000 others, are packed like sardines into this century-old theater. Everything is happening so fast and it is hard to catch my breath. I am at a Grouplove concert at the Fox Theater in Oakland, and I am having the time of my life.

Tonight is the 7th time I have seen Grouplove live, and damn, they show no signs of slowing down. My first Grouplove show was in the summer of 2012 at

Southern California's Annual KROQ Weenie Roast. About 14 bands were scheduled to play that day. With Grouplove being one of the lesser knowns, they would play earlier in the lineup. Knowing next to nothing about them before that day meant I did not expect too much from their set; I certainly was not prepared for them to not only steal the whole show, but also to quickly become one of my favorite bands of all time.

They were the perfect blend of pop and rock, as their energy was unlike any other band I had ever seen. It is hard to explain that energy, but I will say it like this: when they were on stage, it did not feel like I was watching a performance. It felt like I was part of the performance. There was no separation between me and the band. They were with me, I was with them, and everyone at that show was connected. It was a feeling that could not be explained, but was understood by everyone who felt it too.

Listening to music has always been somewhat of a religious experience for me. When a new CD comes out that I have been eagerly awaiting, I buy it at the store bright and early that morning, pop the precious piece of plastic in my car's CD player, and get lost in the music as my Ford Explorer becomes my church. I will live and breathe that CD for the foreseeable future.

After seeing Grouplove that first time, they were no exception to my ritual. I bought their first album, "Never Trust A Happy Song," and played it to death. I knew that this was the beginning of a beautiful relationship.

Tonight is the 7th time I have seen Grouplove live, and damn, they show no signs of slowing down.

Over the next few years, that relationship flourished as I grew up and Grouplove continued to grow with me. Since that first concert, I have overcome personal obstacles while also reaching milestones I never thought I would, like finally deciding for myself to go back to school.

Grouplove has grown too: marriages, the loss of a bandmate, the birth of a baby, the addition of a bandmate. Through all this time and all these shared life experiences, their music and art continue to hold a special place in my heart.

Now here I stand in the middle of a packed crowd at the Fox Theater, and I am connected once again. They play through their set and I am taken on a trip down memory lane. I remember buying their first CD, listening with friends, dancing with ex-lovers, jamming with bandmates. My whole world was created here. I know this is where I belong. I know I am not alone.

Grouplove even tells me themselves in their first song of the set: "I'm with you. This is all I do know."



Dylan Avnet/The Otter Realm

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CHIEF EATS: PARIS BAKERY, MONTEREY

Kelly Galten



Kelly Galten/The Otter Realm

From the moment the door swings open, the Paris Bakery smells of pastries, chocolate-laced treats, and fresh brewed coffee. Timers sound across the room, indicating when breakfasts have been heated to customer request. Warm baked bread lines the shelves, with other baked goods displayed for incoming customers.

A chocolate croissant and mocha were ordered. The price of a croissant was similar to that at Starbucks, about \$2-3. The mocha took longer than expected, but the food was ready almost immediately. The chocolate croissant was freshly baked, and the mocha was infused with a chocolate aroma. In summation, despite the uncomfortable seating and the delayed mocha, the Paris Bakery scores a 4 out of 5, according to this reviewer.

Paris Bakery is located at 271 Bonifacio Plaza in Monterey.



Kaitlyn Faris
&
Kelly Finlay

Illustration by Scarlett Miller

OTTER EBERT'S NEWEST NETFLIX PICKS

The Ones Below

Narcos

The second season of *Narcos* came out on Netflix last month with much fanfare and excitement. Everyone seemed to be watching it, so I thought I should watch it too. Boy, did I make the best decision of my life.

In season one of *Narcos*, we are introduced to Pablo Escobar, boss of one of the world's leading drug cartels out of Colombia. The episodes depict the life of Pablo vividly, beginning with his initiation into the world of cocaine trafficking.

Pablo figured out to smuggle mass amounts of cocaine in to the United States. He quickly made millions and became one of the richest men in the world in the 1980's. His illegal riches eventually made him the most wanted man in the world by way of Colombia and the United States.

The series filmed in Colombia depicts the extraordinary realism of the barrios, streets, music, and violence that Colombians suffered under Escobar's years as the boss of el Cartel de Medellin. Every episode left me at the edge of my seat, wanting to watch more once an episode was over, thus leading me to binge-watch the series for hours until I finished season.

If you have not started watching *Narcos* yet, I highly suggest you do so. Make sure to have lots of time; you will be addicted after just a couple episodes.

The first half hour of *The Ones Below* could easily belong to another movie, one where everything is right with the world. Turn off the sound and it looks like a story about a loving couple and their new friends, the downstairs neighbors, but an unsettling arrangement of instrumentals warns the viewer that all is not what it seems. We are kept in suspense even as we are introduced to the seemingly content Justin and Kate, two career-minded Brits experiencing their first pregnancy.

The couple is relieved to see that the empty downstairs apartment is finally being moved into, and by another couple with a baby on the way, John and Theresa. To Kate, the arrival of Theresa is a welcome break from her lonely routine and the two women become fast friends. It doesn't take long for that to unravel.

With subtle acting and polished visuals, the film exposes the cracks in the new couple: is John abusive? Is Theresa as happy as she pretends? Just as we begin to ponder, the movie's pivotal scene crashes in and everything changes. From then on, it is an emotional whirlwind carried by raw, intense performances by all four of the central characters.

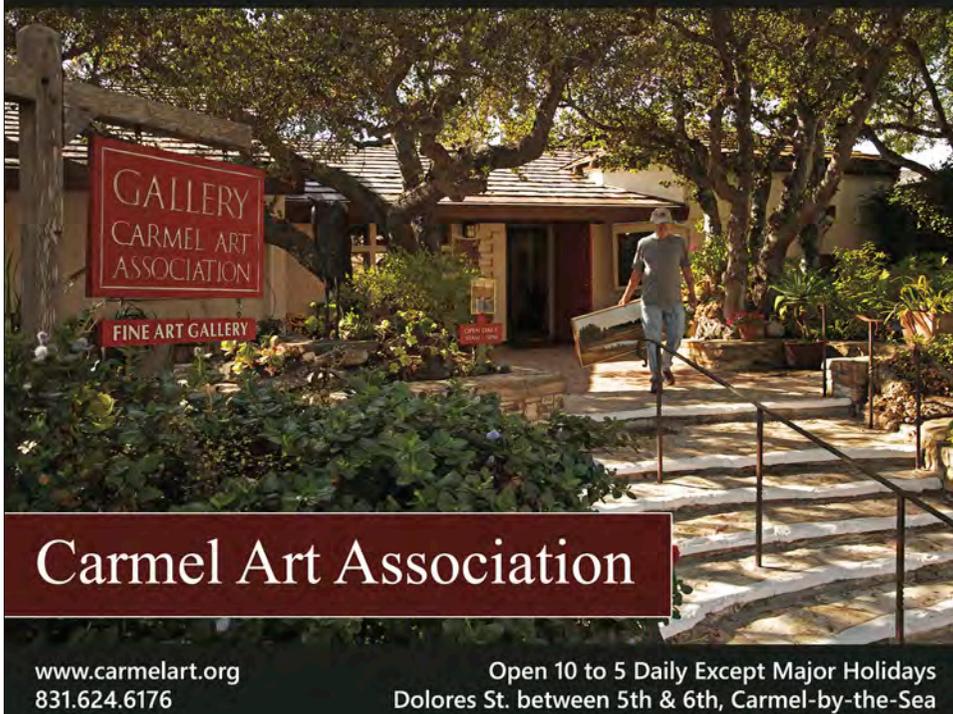
If you're looking for laughs, this is not the movie for you, but if you like a story about the creepy double nature of human beings, and the danger next door, *The Ones Below* will make you think twice about waving to your neighbor.

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★ OTTERS OF THE BAY ★

★ Why do you think this coming presidential election is important? ★

LEILANI GARCIA

FRESHMAN, MARINE SCIENCE MAJOR

"Both of the people that are running are kind of hated by many people, so that kind of makes it harder for everyone. We don't know which one is better than the other one, which is why it is hard for me. I think people should...know that whoever is going to run is going to be in office for [four] years, so they should choose wisely."



EMILIA SIQUE

FRESHMAN, VPA MAJOR

"We are choosing between the lesser of two evils and so either way America is going to get f***ed in one way, shape, or form."



TERRANCE GODFREY

JUNIOR, BUSINESS MAJOR

"People now see the value of paying attention to politics. By supporting Trump thus far in the election, many Republicans realize that this man brings shame to their party by being their spokesman. More people than ever have been watching the presidential debates and must think critically which of these two is the lesser of two evils. People have become more aware."



KYLIN PECK

FRESHMAN, PSYCHOLOGY MAJOR

"The foreign policy is important. With all the turmoil everywhere it's important to be aligned with other people in the world."



KEN AVILA-LIN

JUNIOR, HCOM MAJOR

"It's important because the next leader of our country can determine our generation's future. And especially with these two candidates."



LISA NATHAN

JUNIOR, LIBERAL STUDIES MAJOR

"I think it's important but not at the same time. A lot of Americans aren't voting because we have two sh***y candidates and they don't want to be responsible for the election of one of them. Every vote matters, even though not everyone thinks it."



★ OTTERS OF THE BAY ★

CHRISTIAN CAVE
SENIOR, HCOM MAJOR

"It'll be our generation's first time voting, but then again I don't think a lot of people are treating it as important, too. None of the candidates, not even just the two primaries running right now, but even before then, we didn't have good choices as to who we wanted to vote in as president."



JENELLE BORJA
JUNIOR, KINESIOLOGY MAJOR

"Many people have fought for the right to vote, especially for women. So, I highly encourage people to just vote because it is important for us to have the right to vote, which is what the Democratic party was always about."



DANIELLE PELLEGRINO
SENIOR, BIOLOGY MAJOR

"I honestly think that this one can change global political boundaries. I think if Donald Trump was elected he is just going to piss off a whole bunch of people and he is just going to run the country into the ground, in a lot of different ways."




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¿QUIÉNES SOMOS?

Searching for identity

Michelle Ortiz

Hispanic Heritage Month, which ran from Sept. 15 through Oct. 15, offered Mexican-Americans a chance to reflect on what it means to live in the United States, as well as who they are and with what they identify. Words like Hispanic, Latino, Mexican-American, Mexican, and Chicano, are common in society, leaving every person under those labels with

the common question: ¿Quiénes somos? (Who are we?)

The CSU Monterey Bay Mecha program organized a four-member panel of faculty and local community members on Oct. 6 to explain their personal definitions about their cultural identities. The panel was open to questions from students of various ages and ethnicities.

Questions ranged from the overall dilemma of identity, to asking for tips on how to better determine one's identity. A topic shift toward gender equality came about when the panel was asked for their thoughts on the emerging terms Latinx and Chicano as a

gender-inclusive labels. The panelists said they were proud of the new generation of Chicanos and Latinos for creating a community where all members can feel included, and at the same time create a stepping stone toward inclusion of all genders.

The discussion over the differences between Hispanic, Latino, and Chicano had audience members expressing their growing confusion over the matter. Even though the students grew up with certain ideals and possibly identified as something different, the atmosphere of the group energy in the room reflected the importance of the community as a whole. That

understanding segued to discussion of the value of the cultural values their families have handed down to them.

Students began to re-think what they identified with, expressing confusion over whether or not their understanding was correct. The discussion moved toward the unity of the community and the importance that it has in the United States, even through the difficulties of feeling like an outsider, for being too American or too Mexican.

The concept of a third space came up, one that is a unique mixture of culture, rather than being completely Mexican or American.

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FAITH AND WORSHIP WITHOUT BOUNDARIES

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? Please contact Alex Jensen at rojensen@csumb.edu

Alex Jensen

Dr. Dan Fernandez, a professor of Physics and Environmental Studies, busily works at his computer as I approach his office on the third floor of CSUMB's Chapman Science Academic Center. Donning a blue Hawaiian shirt, he greets me warmly and invites me to join him in retrieving his lunch from the second floor balcony. Fernandez proudly heats his meals, whenever possible, in his "solar oven," which today soaks up heat from the sun to warm his lunch: pasta with marinara sauce.

Fernandez identifies as a Unitarian Universalist (UU); a faith few people have heard of and often have many questions about. A lifelong UU of fifty years, Fernandez seems comfortable and relaxed in talking about his personal faith, which rarely comes up in everyday interactions. He is excited to have a chance to delve into dialogue around his faith and beliefs.

A historic faith, Unitarian Universalism draws from deep and ancient roots in Christian theology, from both the Unitarian (viewing God as one, as opposed to the trinity) and Universalist (believing all people will eventually be saved) schools of thought. Unitarian Universalism comes from the 1961 merger of the American Unitarian Association and the Universalist Church of America, where it formed the modern Unitarian

Universalist Association (UUA). A vision of a non-creedal faith allowed its members to freely draw spiritual truth and meaning from many sources, welcoming anyone and everyone who would share in forming community.

"It is a religion focused on how we treat others and how we want the world to be, rather than what an individual believes," Fernandez discussed as a UU. Fernandez describes Unitarian Universalism as being open to other faiths and belief systems without judgment; emphasis is not placed on what one believes, but rather how one interacts with others.

It is not uncommon that many UUs find identity in other spiritual labels. Fernandez, for example, spiritually identifies as agnostic within the wider scope of Unitarian Universalism. He feels that the term "god" carries a lot of baggage; his personal association with the term is a white bearded man sitting on a throne. "That image doesn't work for me," Fernandez explained, speaking to his discomfort. "I am hesitant to confine my spirituality to a belief system with that history."

Contributing to the general well-being of those around him, Fernandez's faith is grounded in examining how his actions impact others, striving to never put down or disrespect another person. He feels guided by his own moral compass to see others on their own terms and contexts. "In any of my classes, I try to come in with



Alex Jensen/The Otter Realm

[a lack of judgment]," Fernandez clarified. "So if [a student] says something that really isn't the right answer, I try to be supportive... I think, 'Wow, they took a risk in saying something...' I try to be very supportive with the time I have in those moments."

Finding deep meaning in both nature and meditation, Fernandez sees everything he does as a form of worship, prizing constant reflection on his life as a way to increase his awareness of the world around him. Simple acts, like re-

heating a meal in his solar oven or riding his bike in place of his car, become worshipful. Fernandez's spirituality is also greatly influenced by Vipassana meditation, which attempts to see life and reality just as it is.

"I am hopeful that people can find their peace in whatever path they choose to seek," Fernandez said as he closed our dialogue. "May it be a true inner peace."

More information can be found at the Unitarian Universalist Church of the Monterey Penin-

sula's website, www.uucmp.org, or the UUA's website, www.uua.org/beliefs. Fernandez suggests checking out additional information on Vipassana meditation practices and history at www.dhamma.org.

In the interest of self-disclosure, I also identify as a UU, meaning that while this article attempts to present an objective viewpoint of the UU faith, it is heavily informed through my personal experiences.

**THINK YOUR
VOTE WON'T
MATTER?**

**THINK AGAIN
VOTE 2016**



**CA REGISTRATION
DEADLINE:
OCTOBER 24**

MYTHBUSTER: GOING ABROAD

CLARIFYING THE
MISCONCEPTIONS
YOU MAY HAVE ABOUT
INTERNATIONAL STUDIES
IN THREE EASY STEPS

Lydia Martin

1 *I can't afford to study abroad, it's too expensive!*

As college students, worrying about money is inevitable, especially when a single textbook can cost \$200. When it comes to studying abroad, some students assume they cannot afford it. According to Business Insider, however, the U.S. is one of the more expensive countries in terms of its higher education costs. Business Insider looked at the cost of higher education, namely components like tuition and book prices, and found that many European countries have a lower average cost. In the U.S., this 2010 study found an average cost of \$13,856 per semester for

undergraduate students, whereas England & Wales saw an average cost of \$5,288 per semester for students. In countries like Sweden, France and Norway, the cost is on average under \$600 per semester for each student. The California State University (CSU) website lists 11 countries that are less expensive than CSU campuses to study abroad in. There also exists a number of scholarships, grants and financial aid awards offered to students. The CSUMB Education Abroad website, <https://csumb.edu/educationabroad>, explains these in further detail.

2 *I can't study abroad if I don't speak the language!*

Before students even leave the country, CSUMB encourages them to learn the language spoken in their destination. Julio Castro, the Education Abroad Coordinator, recommends students use Duolingo, a free language learning application. In addition, Castro explains how students can opt to participate in homestays and practice their language with host families in their respective country; if students feel confident enough, they can begin taking courses in the local language. You know what they say: the only way to truly learn the language is to move to

the country and immerse yourself in the culture. Nick Andrighetto, a Marine Science major who studied in Germany for a year, explains, "Living in Germany definitely helped me to learn German better, and faster, simply because I could speak it to anyone around me, and they could help teach me the proper way to say things, not just the formal classroom taught styles." If the concept of learning another language is too daunting, there are universities that you can attend that teach in English, such as Nelson Mandela University in South Africa.

3 *I don't have the right grades to go abroad!*

Different programs specify different GPA requirements, ranging from 2.5 to 3.5. Because of this, CSUMB does not focus solely on grades; reviews of the student's progress over past semesters also are taken into account. If students are particularly worried about grades, they can choose to study abroad in a later semester, with the aim of improving their

grades. It is also important to note that students are eligible to study abroad at any point of their time at CSUMB. There is also the option of studying at universities that are not as academically demanding. In the words of Katie Stevens, the Associate Director of International Programs with the CSU system, "If you can get into university, you can study abroad."

FROM TOILET TO TABLE

NOT SURE ABOUT WHAT PLANTS CRAVE?

Kaitlyn Faris

If we're in a drought, how is there enough water for agriculture? Ever heard of sewage water? Yes, that's right! Sewage water is recycled and used on foods we eat.

Now I'm sure you're wondering: how is it safe to eat crops that have been sprayed with sewage water? Gross thought, I know. Don't worry! It's not like the waste water is scooped straight out of the toilet and then poured on the crops we'll eventually eat.

But how does it really work? The Monterey Regional Water Pollution Agency (MRWPCA) intercepts wastewater from all surrounding communities to treat

it and then distribute it to farmlands. Taking sewage water and turning it into clean usable water is their specialty. In fact, their motto is: "Turning wastewater into safe water."

Before the MRWPCA was formed, every community in the Monterey Bay region had their own sewage treatment plant. The problem was, most communities discharged into the Monterey Bay. Worst of all, in some cases, they discharged as close as 300 feet offshore. Gross enough to make you want to wear boots at the beach, right?

The alternative came when the

Federal Clean Water Act of 1972 effectively stopped that method and increased treatment standards. After its creation, the sanitation districts in Monterey, Pacific Grove, and Seaside formed the MRWPCA, thus beginning the process of recycling sewage water.

But, you may wonder: is wastewater safe to use on agricultural products we consume? Who wants toothpaste on their strawberries? Or something worse in their lettuce? This concern led to an extensive 11-year study. Reported by the Monterey Wastewater Reclamation For Agriculture, the study proved and concluded that recycled water is safe for irrigation on food crops. That means it goes through the ground directly to the roots, rather than being sprayed onto the surface of the plants. Not only is this process safe to use on crops we cook, it was also proven to be safe to use on crops that don't need to be cooked, like strawberries, lettuce, and carrots.

A treatment plan was developed to ensure the best quality of water is used on our crops. According to the MRWPCA online data base, their treatment consists of phys-

ical separation using bar screens and settling tanks. When raw sewage enters the headworks, a bar screen removes the large materials that could plug their pumps and interfere with the treatment. It also removes inorganic items that do not break down, such as rags, cleaning wipes, wrappers, feminine hygiene products and other debris larger than one eighth of an inch.

After the headworks, primary clarifiers are the next step, where solids that sink or float are removed. This step removes 70-75 percent of the solids. After the water goes through the primary treatment, it then goes through a secondary treatment, which utilizes microscopic organisms found in natural environments such as in rivers and streams. MRWPCA uses microbes that live on trickling filters, so as the primary treated water passes over the microbes on the filters, they feed on the organic matter.

After the primary and secondary treatment, the treated water is held in a 26-million gallon storage pond. Then, the recycled water is distributed to the farmlands using an underground pipe system. But

after all that processing, not even the groundhogs are going to find a stray soap wrapper popping up in their subterranean realm.

If wastewater was not recycled and reused by the MRWPCA, we would be facing an array of problems today. Monterey County's groundwater supply was deteriorating due to extensive withdrawal of groundwater for agriculture. One being the increased risk of seawater intrusion, where salt water seeps in the soil from the coastline. The seawater intrusion dilemma had grown to the extent that Castroville and Salinas were affected. Whatever anyone may think, salt water doesn't have what plants crave. The intrusion was a threat to the multibillion-dollar agriculture industry and the drinking water supply. Luckily, the leaders of our communities were forward-thinking enough to come up a solution to save us from a tremendous problem.

I think it's safe to say it: All hail sewage water! More information on the use of recycled wastewater can be found at: www.mrwPCA.org.



PRO ARTS Gallery
150 Frank Ogawa Plaza
Oakland, CA, 94612

OCTOBER 8 – NOVEMBER 12, 2016



SONGS FOR WOMEN LIVING WITH WAR/ BAHAY NI LOLA

EXHIBITING ARTISTS:

Johanna Poethig and VPA (Visual and Public Art Dept) CSU, Monterey Bay, Eliza Barrios, Binh Danh, Lola Remedios Felias, Kija Lucas, Dionicio Mendoza, Angelica Muro, Anne Perez, Delfina Piretti, and Jenifer Wofford

OPENING RECEPTION: Saturday, October 8, 2016, 6:00 - 9:00pm

Performances:

7:00pm M. Evelina Galang
7:30pm Jadelynn Stahl with Lydia Greer

WOMEN FOR GENUINE SECURITY EVENT & WORKSHOP: Saturday, October 15, 2016, 2:00 - 4:30pm

Performances:

2:00pm Van-Anh Vo
2:30pm Speakers from WGS and Comfort Women Justice Coalition
4:00pm Theresa Wong, Collective Vocal Workshop

CLOSING RECEPTION & SPECIAL PROGRAM: Saturday, November 12, 2016, 6:00 - 9:00pm

Performances:

6:30pm Songs by Evelie Delfino Sales Posch/ WIGband, Barbara Golden & Johanna Poethig
Introduction by Stephanie Anne Johnson
7:00pm Rhodessa Jones
7:30pm Theresa Wong: *Lips of Lapis Lazuli, A Collective Vocal Sounding*

This program is in collaboration with CSUMB's Visual & Public Art Department, and made possible in part with funds by the City of Oakland Cultural Funding Program, the Clorox Company Foundation, the W & F Hewlett Foundation and the Zellerbach Family Foundation. Special thanks to VPA alumni John Elliott, Elgene Tumacder and Roxana Keland.

Cover Art: Songs for Women Living With War installation at VPA, CSUMB and detail from quilt by Lola Remedios Frias.

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THE SEXTION

GREAT SEXPECTATIONS

Dating in the turbulent tides of the digital age

Rebecca Caladiao

You feel a hand on your inner thigh and a wetness on your neck. “This is what I got myself into...” you think, as you buck up and let everything drift away. Dazed with haze you fade away as expectations flood and your skin flashes. “Have we even talked about this yet?” You recall the flirtatious exchanges and let waves of kisses hit, before you realize the waters are rougher than your forecast anticipated. Do you ride the wave or swim to shore?

In our consumer driven, technology dependent, sex obsessed social surroundings, digital dating is the norm. It conveniently streamlines your search for a mate to a small pool of people you can pursue romantically. The maelstrom of interests can be funneled through dating site (Plenty of Fish, OkCupid, Tinder, MeetMe), relational voyage (dating, friends,

marriage, right now), and general thirst. Whatever you’re looking for, nobody plans to keep what’s online to just the buttons and screens, implying you’ll soon be stroking more than the keys.

When boarding the relationship, both parties have expectations: “Is this going to be long or short term? Is the beach crab-free? Is there a skinny dip-

“Is the beach crab-free? Is there a skinny dipping deadline? Does he plan an unexpected motorboating trip?”

ping deadline? Does he plan an unexpected motorboating trip? Will he part the red sea? How soon will you dock her harbor?”

The tendency is to expect sex; “It’s only not going to happen if I say no.” Almost as if, once I give you my address, I’ve signed a

contract that says whoever I meet up with has the right to my body. Thirsty for attention, we prostitute ourselves for good feelings. Whether you’re skeptical about a date, feel like you need to prove yourself, or experience rejection when they respect you enough to not have sex with you on the first date, sex is always on the brain.

Digital apps and sites perpetuate the hook-up culture, with instant photo sharing and the ability to send your location to someone who meets your criteria. The consumer-based “sex sells” society of instant gratification has made it nearly impossible to find someone not expecting sex on the first date. People-shopping for a test ride in hopes of something stable.

Since you’ve gone through all this trouble to find this person by filtering out tens of thousands of potential partners, it’s assumed that when you chill, it will be a “Netflix and chill.” Things have gotten so much more advanced and as young people grow with

this expectation of the importance and necessity of sex in a relationship because of our sexualized, porned culture. I’ve been there; “You signed up for this. Get your shit together! If you’re lucky he won’t drip sweat over you and it’ll only last 30 minutes.” You scar and shame yourself for a few weeks and pick right back up again.

For those of you who haven’t slept with any person you’ve met online, consider yourself envied by the rest of us, especially those of us in the LGBTQ+ community. Sure, online dating has its benefits, but this new trend of porned expectations for strangers to meet just to fuck and hope things are good from there is physically dangerous and detrimental to psychological and emotional health.

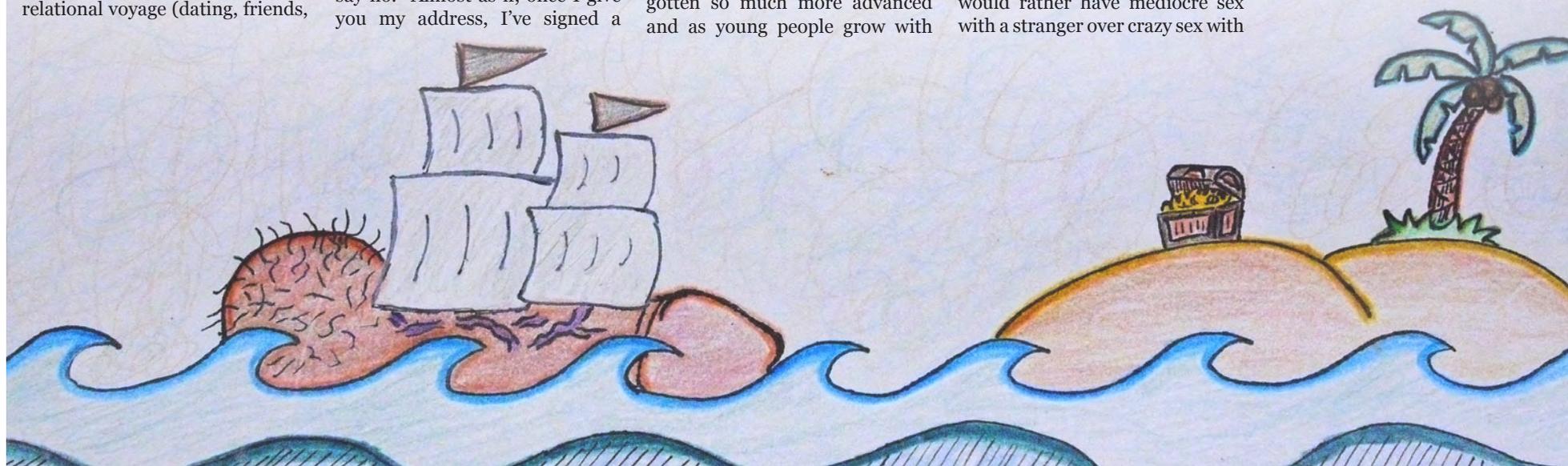
People seeking real companions would much rather start foreplay with “intellectual intercourse” rather than mindless sex. Who would rather have mediocre sex with a stranger over crazy sex with

someone they really care about or share interests with?

So why the sexual confrontation skepticism? I get that it’s not sexy to plan out when and how you’re going to have sex for the first time. However, you’re literally about to shove parts of yourself into another person or, at the very least, germly and sensitive parts of yourself are going to be thoroughly massaged. Why the fear of communication?

Senseless acts should not be a part of your intimate relationships. One should not be left to feel vulnerable and violated enough to ask, “Why didn’t he ask? Will I ever even see her again? Should I not have let him do that? Should I have said no? Why hasn’t he called me?”

You let the shame settle, never less than you were, wiser now, as you shamelessly ride the waves into the horizon toward healthy companionship.

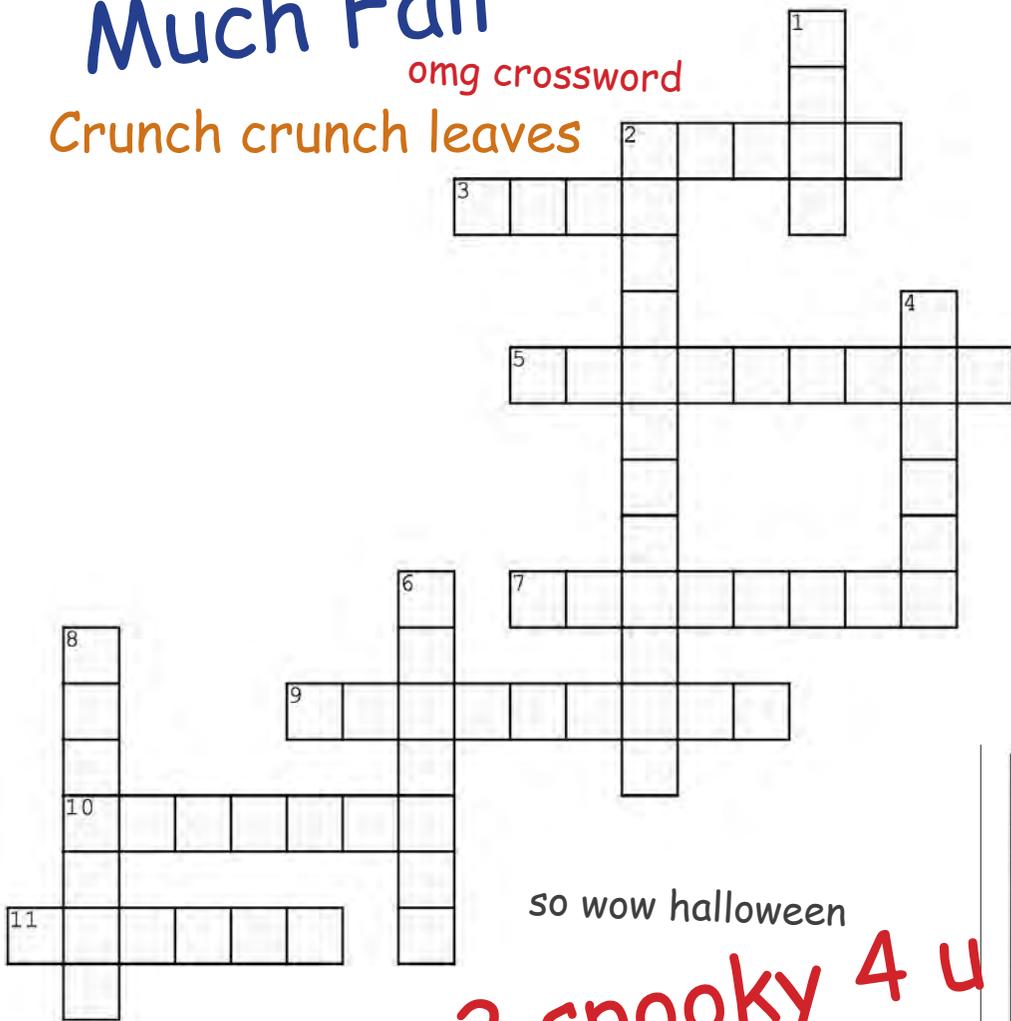


Wow many fun FAN & GUMES

Much Fall

omg crossword

Crunch crunch leaves



so wow halloween

2 spooky 4 u

Across:

- 2. City theme of Page 15's bakery
- 3. What Page 19's advertisement wants you to do in 2016
- 5. The spookiest of nights
- 7. Oversized or fitted, cozy, and fashionable - wear these and stay warm
- 9. They have the whole fall drinks idea down
- 10. a spice, or a Halloween decoration
- 12. This Netflix original is as addicting as it's topic

Down:

- 1. What other places get in Autumn, but California probably won't
- 2. Destination with trails, golf courses, and friendly wildlife
- 4. They change color this season
- 6. A must-have plaid shirt is made out of this comfy fabric
- 8. The name of our science buiding and its benefactor



such answers so online

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| 6 | 2 | | | | 1 | | 9 | |
| | | | | 2 | | | 7 | 6 |

Hillary runs for **PRESIDENT**



Andre Sitolini/Otter Realm



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