

OTTER REALM

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

OCTOBER 27, 2016

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INDECISION 2016

Otter Realm
Election Edition

WHAT TO KNOW FOR NOVEMBER 8



Otter Illustration Provided by Scarlett Miller

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NOT VOTING? NOT AN OPTION

Kelly Galten

One hot July day in 2015, voting-age citizens awoke to an announcement splashed across every imaginable social media outlet. Donald Trump had thrown his hat in the ring for President of the United States (U.S.), rising to challenge Hillary Clinton and Bernie Sanders. "Oh boy," the nation thought, "Election 2016 - this should be a good one." Since then, with the elimination of all but Clinton and Trump, the strategy of many millennials has been to simply not vote in this election. However, not voting is not a viable alternative, and here's why.

Presidential candidates are not the only names on the ballot. There are 17 important propositions in California. Take Proposition 64, which if passed, would legalize adult recreational marijuana use, or Proposition 60, which would make it illegal for directors of pornographic films to refuse the use of condoms by the actors. Of the combined propositions and measures on California's November Ballot, all come

with consequences for the county, state, and country as a whole. Maybe the candidates make your head spin and your faith in humanity plummet, but the propositions deserve your attention, and your vote.

Propositions and Presidents aside, what about the state, county, and local representatives? Electing one potential leader of the free world over the other could directly affect us in our dorms and apartments at Cal State Monterey Bay (CSUMB), but the decisions of county and state officials definitely will. Seaside, Salinas, Monterey, and Marina all held political forums for candidates in September and October. Signage and propaganda have been posted heavily in the area. Refraining from voting means forfeiting your voice in the decision for who becomes mayor or representative of your region. You may be just one voice among many, but your voice is what contributes to the depth and richness of U.S. democracy and all it encompasses.

Still hink that your vote does not matter? You are just one per-



son. In a normal election in a normal year, that might be the case. But the 2016 election breaks all concepts of normalcy. Platforms are hotly contested, debates are vicious, and propositions are innovative. Millennials now nearly equal the Baby Boomer generation in sheer numbers of voting-age citizens. 31 percent of the entire voting sway is ours, if we take it. According to the Public Policy Institute of California, only 18 percent of college-age youths are likely to vote. We can change that. After all, we were told we were the future of this country - why not we finally make that a reality?

OUR HISTORY IS A WEAPON

Kimberly Haley

If there is anything to be learned from 2016, it is that history can repeat itself. Despite the social revolutions in the 20th century, the United States (U.S.) is reverting back to an era where liberties and privileges are threatened simply because of one's skin color, ethnic background, gender, sexual orientation, or physical capabilities.

Americans are witnessing a second social revolution and are again divided between those who believe there are severe injustices and those who believe there are not. Black communities across the country are crying out for action against the disproportionate police brutality their families are suffering through. The LGBTQ+ community is fighting to keep their right to love openly and to their privacy in a public restroom. Those with disabilities, both outward and invisible, are facing stigmas and breaking boundaries set by an ableist standard of living. Responses against these are com-

monly, though not exclusively, from communities that do not face systemic injustice to the extreme as minority groups do, and oftentimes support maintaining the status quo.

The issues facing the nation are not new; history has shown the path that will be walked down. Peaceful protests through the South in the 1950s and 60s parallel the protests in cities today, where blacks are killed by law enforcement. Pride parades across the U.S. honor Harvey Milk's political activism and San Francisco in the 1970s. The negative backlash is similarly followed in history, varying from civil disagreement to countering the protests with violence and bigotry. Now, a Republican presidential nominee is encouraging this national divide and protecting his prejudiced and bigoted supporters.

When students vote on Nov. 8, remember that history has already determined the ends to division and scapegoating in politics. In World War II, Germany scapegoated minority groups, which



ended in the slaughter of 11 million people. Today, the majority of K-12 history books in the U.S. demonize Adolf Hitler's actions and reference the Holocaust as arguably the largest act of genocide in modern history. In 1960, the assassination of Dr. Martin Luther King, Jr. was unable to break the momentum of the Civil Rights Movement, and today there are laws in place that criminalize discrimination. It is time for the nation to see the looming threat of repeating these dark historic eras and realize that we cannot afford to regress.

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.

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WHAT YOU OTTER BE DOING!

OCTOBER 27TH - NOVEMBER 9TH



SUN	MON	TUES	WED	THURS	FRI	SAT
						
				<p>10/27 Thoughts on the Upcoming Election 6-8PM Student Center: RM 120 Carmel Barre 7-8PM BBC</p>	<p>10/28 Halloween Fundraiser 12-2PM Starbucks Monster Party! Improv Show 8-10PM Student Center: East Lounge</p>	<p>10/29 Blue Crue Senior Tailgate 1:30-2:30PM Soccer Field Otter Soccer vs. CSU East Bay 11:30AM & 2:00PM Otter Soccer Complex</p>
<p>10/30 </p>	<p>10/31 Resume, Interview & LinkedIn Workshop 12-1:30PM BIT: RM 117 Trunk or Treat 6PM East Campus, Parking lot B</p>	<p>11/01 Dia de Los Muertos (Day of the Dead) 4-6:30PM Student Center & VPA Center 5-8PM</p>	<p>11/02 OCF Sock Drive 3:30-6PM Main Quad: Front of OE RA Information Session 8-9PM Pinnacles Lobby</p>	<p>11/03 Rally/Open Mic about Fracking 12-3PM Main Quad: Front of OE Educational Movies About Fracking 5-7PM Student Center: East Lounge</p>	<p>11/04 Startup Hackathon 2-11PM BIT The Mask You Live In 3-5:15PM TAFM Library: RM 1180</p>	<p>11/05 Startup Hackathon 8AM-11PM BIT Open Mic Night 7-9:30PM Student Center: East Lounge</p>
<p>11/06 Startup Hackathon 8AM-6PM BIT</p>	<p>11/07 Resume, Interview & LinkedIn Workshop 12-1:30PM BIT: RM 117 OCF Sock Drive 3:30-6PM Main Quad: Front of OE</p>	<p>11/08 Otters in Student Affairs 12-1PM Student Center: West Lounge Poets with Attitude 6-8PM BBC</p>	<p>11/09 Flu Vaccination Clinic 11AM-2PM Student Center: West Lounge OCF Sock Drive 3:30-6PM Main Quad in Front of OE</p>	<p>11/10 Otter Realm Issue #5 distributed!</p>		

DAY OF THE DEAD

CSUMB **VPA**

TUES * NOV 1 * 2016 * 5~8 pm

VPA (building 70)

AZTEC DANCERS • FACE PAINTING • MUSIC (SHARP NINE) • PAN, DULCE • HOT CHOCOLATE

FOR DISABILITY ACCOMODATIONS PLEASE CONTACT gsalgado@csumb.edu

THE BITTERSWEET CELEBRATION

VPA's Día de los Muertos event honors the famous Mexican holiday with cultural traditions, remembrance, and festivities

Dylan Avnet

Tuesday, November 1, is Día de los Muertos, or Day of the Dead, and Cal State Monterey Bay's (CSUMB) Visual and Public Art (VPA) department is hosting an event to celebrate the traditional Mexican holiday. Dionicio Mendoza, a VPA professor and lead organizer of activities for the event, describes the holiday as “a

very special event. It's a time to remember the people that have passed on in our families.”

The VPA department offers a class during fall semesters dedicated to Día de los Muertos, which Mendoza instructs. Mendoza says “the class is designed to not only teach students the historical aspect of this very special event, but also teach them the various workshops that compose the celebration.”

Among the workshops is creating sugar skulls. As Mendoza heads the sugar skull workshop, he speaks on the historical significance of using sugar to honor the dead: “In the Americas, we didn't have sugar. Sugar was brought here because of the climate [which was ideal] for growing sugar. That's when the slave trade started and they brought a lot of people from Africa. We know the history and how much they were

abused and exploited to cultivate the sugar. The sugar skulls have this bittersweet history; it's really kind of intense what happened from all the slavery. But they're meant to also celebrate life.”

Student and faculty created sugar skulls will be on display during the VPA event, which will take in building 70 from 5-8pm. The event will be a celebration of life and death and will have Aztec dancers, face painting, music, pan

dulce, and hot chocolate.

While Día de los Muertos is a time for remembrance, it is also a time for expression. Those who celebrate are able to create art and honor their ancestors in unique ways. For instance, altars are central to the tradition of honoring the dead. People can dress up and celebrate in ways no other day would allow. Mendoza says of the event, “somehow, that day allows people to just... be.”

PLEASE ENJOY RESPONSIBLY

Be Aware of Booze highlights the misconceptions surrounding college drinking



Kelly Finlay/The Otter Realm

Kelly Finlay

Michelle Ortiz

With Halloween around the corner, the Residential Housing Association (RHA), in collaboration with the UPD, Monterey County Rape Crisis Center, Personal Growth and Counseling Center (PGCC), and Judicial Affairs, hosted an event for Alcohol Awareness Week called Be Aware of Booze. The event, hosted the evening of October 17th, highlighted some of the misconceptions and risks associated with overconsumption of alcohol.

"I think the most important thing is to be safe. That's our number one thing here," says Jazzmyne Evans of the RHA. "Not to not drink it, because we obviously don't want to force that upon someone, but I think it's just to be safe when you do drink, and how to use it in a responsible way as well, because you hear a lot about drunk drivers and accidents."

Evans mentioned the Crash Car students were able to see during

Alcohol Awareness Week, parked on the lawn of the main quad with a smashed windshield and dented exterior, a haunting reminder of what can happen when one chooses to drink and drive.

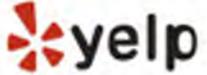
Evans expressed a desire for RHA to create bigger changes in the Cal State Monterey Bay (CSUMB) community, and to get more involved in safety on campus. Her goal with the Be Aware of Booze events was "to teach [students] how to look for help, and to know how to ask for help." She was adamant that students reach out and take advantage of the resources available to them, like the PGCC, and any professional staff member on campus. "We're here to help you," said Evans.

The event included games, 'drunk goggles', hot food, 'mocktails' (nonalcoholic cocktails), and an equal opportunity drawing. Students were given stamp cards which they could fill out by visiting each able at the event to be entered in a raffle for prizes. CSUMB student Vanessa Morena said, "I think it's really awesome that there are so many people here. I wouldn't expect all these different groups collaborating with each other."

NEW YORK STYLE

DE MARCO'S





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(831) 899-1762

Rebecca Caladiao

Noah Owens

ALUMNI SWIM BACK FOR RAFT WEEKEND

Homecoming festivities featured under this year's new name



Image courtesy of CSUMB

Homecoming is a time for CSUMB students to come together and enjoy their time here on campus. This year, homecoming had a special theme that symbolized the uniting of students, staff, faculty, and alumni.

This theme was known as Reunion And Family Tradition (RAFT). To sea otters, a raft is formed when they link together so not to float into open waters. For CSUMB Otters, RAFT was a time to come together and get away from studies, eat food, and attend one of the many events and activities around campus: Midnight Madness, We the Kings in concert, Bingo night, Movie Under the Stars, and some

sports action from the Kelp Bed. Every single one of these events had a little something different to offer but the overall meaning was to get CSUMB otters to get together and form a raft.

The biggest event was Midnight Madness. With more than 1,000 students attending, Midnight Madness was a time for students to participate in fun activities, win prizes, and see the Otter basketball teams for the first time. Those that attended also got to see performances from the Otter dance team and the cheerleading squad. There was even a performance done by the mens and women's basketball teams. The second-biggest event was the We the Kings concert. Although it was not as big as Midnight Madness, the concert brought in over 330 people to enjoy and reconnect with the headliner's music.

VOLLEYBALL STRUGGLES DURING HOMECOMING

Otters win one game during their three-game homestand

Noah Owens

The CSUMB Women's Volleyball team started off a three-game home stand strong, with a win against the Lumberjacks of Humboldt State. While the Otters fell behind early, losing the first set, they came back and won the match 3-2. "It was a really emotional game. We knew it was going to be a tough one but we had some of our younger players really step up," stated coach Moe Melhart. Standout players included Anela Visesio, who recorded 13 kills and 2 blocks, and Maddy Underwood, who recorded 12 kills and 17 digs. This gave the Otters momentum going into the two games later in the week.

With a great start to the week, the Otters had confidence when they hosted the Chico State Wild-

cats. CSUMB won the first set but fell in the following two. The fourth set was a battle between the two teams ending with a score of 27-25 in favor of the Otters. However, they were not able to claim the last game, losing 3-2. Despite the loss, Amber Tygart was able to come up big, recording 17 kills and 4 blocks.

In the last home game of the week, CSUMB faced Stanislaus State. A tough loss the night before seemed to leave a bad taste in the Otters' mouths, as they were not able to get things going. They struggled to generate points while Stanislaus would take an opportunity whenever they were presented with one. The Otters would fall 3-0.

The Otters return home on Friday, November 4, when they play Cal State San Bernardino.



Amber Tygart focuses in on the ball before spiking across the court during the game against Stanislaus State. The Otters would eventually fall 3-0.

AFTER GAME THOUGHTS

A Q&A with Anela Visesio, Otter Volleyball

Noah Owens

How did you feel about the team's performance?

A: Personally I thought the team did amazing. We came back after a first set that wasn't all that great. We do as much as we can to fire each other up and make sure we come out with a win.

Thoughts on personal performance on the night?

A: I feel like as a team we had a slow start in the first set. Personally, I think I started slow but I was able to get my groove going and do my job.

What is it like playing so close to home?

A: I can't even begin to explain. I have my family filling up almost an entire section and they are here every single home game. There is nothing better than playing volleyball, going to school, and being right here at home.

Noah Owens/The Otter Realm



QUICK STATS:

Year: Sophomore
Major: Kinesiology
Position: Outside Hitter

OTTERS SQUASH THE BANANA SLUGS



Madison Aguirre, left, attempts to rush past a defender on her way to the goal in an earlier game against Chico State.

Otters successful against UC Santa Cruz, break 2 school records

Noah Owens

In the only home game of the week, the Cal State Monterey Bay (CSUMB) women's soccer team came out on fire when they faced the Banana Slugs of UC Santa Cruz. The Otters would pressure the Banana Slugs throughout the entire game, never letting up their relentless pursuit of the back of the goal.

In the first half, the Otters held defensive and offensive pressure as they looked to overcome UCSC. The Otters were able to put up eight shots while the Banana Slugs were only able to put up two. The end of the half remained a scoreless game, leaving both teams hungry for the one goal that

would win it all.

The second half saw a CSUMB team that did not want to quit. The Otters bombarded the Banana Slugs goalkeeper with 20 shots. Of those 20 shots, one ended up going in: Ashlee Cortez, with the help of her teammate Karlee Neer, would put a ball in the back of the goal, that would eventually be the winning goal of the game.

With this win, the Otters broke two school records. Ashlee Cortez would break the record of shots by a single player, with eight, and the team would break the record of total shots for a game, with 28.

The women's soccer team returns to the Otter Sports Complex on October 27, when they play Stanislaus State.

MEN'S SOCCER SHUTS OUT HOLY NAMES UNIVERSITY

Otters beat the Hawks 2 goals to none

Noah Owens

A high energy start kept the California State University, Monterey Bay men's soccer team ahead of Holy Names University during their game on Thursday, October 19. "We are starting to find our rhythm. The last two games on the road, Sonoma and Humboldt, we put two very good games together. We brought that in today and found a good flow to the game," stated coach Rob Cummings after the victory.

In the first half of the game, the Otters were able to get many shots on goal, but could not find the back of the net. With about three minutes left, the Otters were given another opportunity, but a foul was called, setting up a penalty kick for Alejandro Garcia. Garcia made the shot with ease, lifting

the Otters 1-0 at the end of the first half.

The second half was a similar story, many shots on goal but none scoring. Towards the end of the half it looked like the game would be over, that is until Holy Names University decided to turn up the intensity. In the last two minutes or so, both teams were all over the field. Finally, with only 37 seconds left in the game, Adam Voloder set up Alejandro Arreola for the goal that would put the game to rest. With this win, the Otters are looking to finish strong. "This win will give us confidence for the last two games in the season," stated Alejandro Arreola.

The CSUMB men's soccer team returns home Thursday, October 27, when they play Stanislaus State.



Alejandro Arreola attempts to shake off a Holy Names University defender on his way to the goal. The Otters went on to win the game 2-0.

PLANTING THE SEEDS OF INCLUSION

Student interns assist elementary school garden clubs in Monterey County

Myka Menard

Hope Services, a program for developmentally disabled adults, is

partnering up with Cal State Monterey Bay (CSUMB) interns to promote inclusion starting at the elementary school level. Their tactics focus on building and maintaining gardens in elementary schools, where the clients attending Hope Services can interact with their community, kids, and teachers. There are two classes in the Garden Club, a special needs class and a standard class.

The first garden program was implemented at Monterey Park Elementary School. Maria Lopez (Staff at hope services), Marcos, Dean, Jorge, and Bryon (clients at Hope Services), along with the help of CSUMB's Interns Stephanie Martienez-Gutierrez, Sara Davis, and Susi Iniguez created Hope Services very first collaborative Garden Program. Martienez-Gutierrez said, "I believe the Garden Club is essential to have in schools because it bridges the gap between individuals who have developmental disabilities and those who do not. They are able to analyze any stereotypes or assumptions about people with developmental disabilities and teach others about it. It is a great program that allows for new friendships to be developed."



Myka Menard/The Otter Realm

The second Garden Program takes place at University Park Elementary School. For this garden, Davis and Iniguez along with Hope staff Myka Menard and clients Eiva, Micheline, and Gavin, work with the same principles to build and integrated garden.

However, integration is not the only goal. Davis said that "it also gives the student an education on nutrition, while teaching them what is good and healthy to eat." This program is not just a good time for the kids either. Lopez said, "What I love is the enthusiasm I see in the students and I love to teach them everything that I can about gardening." Greg Densmore, Program Manager at Hope Services, has worked hard to get these Garden Programs to where they are today, and said that hopes that he gets the opportunity for more programs in the future.

ALL IN GOOD FUN

Building a campus community through intramural sports

Noah Owens & Rebecca Caladiao

School life and personal goals can cause students to succumb to large amounts of stress, but an activity that can act as a stress reliever is intramural sports. There are 566 Cal State Monterey Bay (CSUMB) students that participate in the five sports offered every semester. The cost to join an intramural sport is \$5 a semester. There are 27 student officials, or referees, that work up to four days a week covering recreational and competitive softball, basketball, flag football, indoor volleyball, and outdoor soccer.

Jordan Hunter, CSUMB alumni and Intramural Supervisor said of the leagues, "The turn-out could be better. I love it and it's a great way to meet new people on campus." More than 100 students play at least one intramural sport, including the supervisors and student officials. Many of them shared, "I'm not that good but I play it." Participating is an easy and recreational way to stay fit and be an active part of the CSUMB

community. Participants in the gymers friendly, exchanging high fives, smiles, and little bits of conversations.

Timothy Collins (T.C.), in his second year as Coordinator of Intramural Sports and the Sports Club Council, said he is loving the weather in Monterey as well as the challenge of generating interest in intramurals at such a small university. With a Master's Degree in Sports Management from Cal State Northridge, T.C. is ready to grow an impactful sports program and is excited to see the Rec Center break ground soon, as a part of the CSUMB Master Plan. "Being older than the institution I work for is exciting because I get to leave an imprint in the development of the Recreational Sports at CSUMB."

Individuals are eligible to join teams at any point before playoffs. For specific meeting times, check out IMLeagues.com, or stop by their office in the Student Center, Room 168, to the right of the Bike Repair Desk.

¿NI VOZ, NI VOTO? THE DREAMERS SPEAK!

Undocumented Students: they may not have a vote, but they have a voice

Michelle Ortiz

You may see them in your classes, seen them at a party, or stood in line with them at the DC. The undocumented students attending CSUMB, is a group in the shadows. These are the youth who were born in a different country and brought into the U.S. as children.

These youth, who seek a path to legalization, are the "dreamers." They pursuing their dream of education and care about the election and their future.

In the midst of the upcoming election, and after hearing the xenophobic rhetoric of the Republican party candidate, the Latino community knows that every vote matters. Many feel it's their duty to become politically active and vote, so their voice is heard. But what happens for those that can't vote, like the dreamers? Are they "sin voz ni voto"? Without voice or vote?

The Otter Realm talked to a group of dreamers on campus about the elections. Daniela Escamilla, a junior Global Studies student, feels as if her hands are tied,

"the decisions that the people who can vote [make] will affect those of us that can't vote."

The dreamers shared that the issue is not just about not being able to vote, but being able to have a voice. Many of these students believe that even though they can't vote they are not powerless, they have a voice and they intend to use it to counterattack the racist sentiment against them.

They said that by using their voice to inform, educate and promote their ideas they would be able to convince their friends, relatives and colleagues that can vote to do so. And this way they would favor policies that provide opportunities for immigrants to become citizens.

Dreamers on campus feel the urge to participate in democracy. "Although I don't have a vote, I do have a voice, and that voice can change people's perspectives when used correctly", Juan Reyes, a senior Communication Design student said.

WHERE'S THE BEEF? II

Carolyn Hinman

This article is a continuation of "Where's the Beef: Part I," that ran in the October 13, 2016 edition of the Otter Realm.

College students are hungry. All-nighters, early mornings, and weekend partying must be fueled by food and caffeine. Cal State Monterey Bay (CSUMB) students living in the dorms are required to purchase meal plans costing up to \$1975 per semester to provide that fuel. That works out to about \$494 per month. Some CSUMB vegans said they spend an average of \$200 per month feeding themselves, bringing into question one of the biggest misconceptions around vegan diets.

The belief that eating vegan is prohibitively expensive is an oft-cited reason for not making the change. But plant foods generally cost a fraction of what meat, cheese, and milk products do. In a 2016 report, the United States Department of Agriculture (USDA) showed the average price of a pound of beef was \$4.25, while a pound of dried beans cost \$1.36. Potatoes average \$0.56 per pound, and bananas barely tip the scales at \$0.57 per pound, but a dozen eggs is at \$1.46 per pound and a gallon of milk retails at \$3.14.

Sonio Olos, a third year Business major, estimated that she spends about \$50 per week on groceries, and does most of her shopping at Whole Foods, Trader Joe's, and the Marina Farmers Market. Farmers Markets can be filled with low-priced, local, organic produce with which to fill your reusable shopping tote. Some farmers may be willing to give bulk discounts, or even end-of-the-day discounts, to those who ask. Get to know your local growers, and ask about joining a Community Supported Agriculture (CSA) program. A CSA is a subscription to a weekly box of fresh, seasonable produce chosen by the farmer and available at a fixed price. This is the surprise goody bag of the produce world, and allows subscribers to try out fruits and vegetables they may never have thought to use before.

Eliette Singleton, a first year Marine Science major, lives on main campus and has a meal plan, but spends about \$25 a week on food she buys at Trader Joe's to supplement her diet. She and Olos share a frustration with the vegan options in the Dining Commons (DC). Singleton said the unreliability of veggie dishes at the DC prompts her to stock up on vegan-friendly snacks and produce, like avocados, that are not available in campus eateries.

Ricky Wattanakasaem, a Freshman in the Social Behavioral Sciences Program, said he has

woman needs about 47 grams of protein each day. Taking in too much protein puts a strain on kidneys, and is not necessary to overall health. It is nearly impossible for a person to consume too little protein if they are eating an appropriate number of calories.

Just because a product is vegan does not automatically make it either healthy or nutritionally inferior. Vegan mac and cheese packs the same fat and calorie punch as the dairy-laden stuff. Oreos, Fritos, and Swedish Fish are all technically vegan. Taco Bell, Wendy's, and even In 'N Out Burger offer vegan selections.

Vegan junk food can be filled with preservatives, salt, fat, and sugars just like mainstream fare, but some processed vegan products outshine their meaty counterparts on the protein front. One 5-slice serving of Tofurky Oven Roasted Deli Slices delivers 13 grams of protein. The equivalent serving of Oscar Mayer Smoked Turkey Breast Slices provides 8 grams protein. The big disparity here is in price. 9 ounces of the bird retails for around \$3.50, while just 5.5 ounces of the soy-based slices runs close to \$4.00.

Faux meats and cheeses can be tasty, satisfying, and useful in easing a practiced carnivore into the day-to-day of veganism, but they are not sustainable products on which to base a diet. Whole plant foods like beans and potatoes are the most economical and environmentally-friendly way to eat vegan. It behooves herbivorous shoppers to develop an eye for deals and a penchant for frugality. Discount stores like Bargain Market carry fruits, vegetables, and unexpected vegan products like Chao Cheese (made of coconut milk, and surprisingly melty and delicious), So Delicious Non-Dairy Ice Cream, Soy-rizo (Chorizo made from soybeans?!), and multitudinous vegan frozen food selections at reduced prices.

Vegan eaters like Singleton, Olos, and Wattanakasaem have learned to be creative both in the kitchen and in the aisles of the grocery store. The challenge of adopting a vegan diet in college is daunting, but the rewards outweigh the sacrifice, especially when the sacrifice is willingly, and not forcibly, made.

Just because a product is vegan does not automatically make it either healthy or nutritionally inferior.

been vegan for over six months. Ethical and environmental motivations inspired his transition, but he said he has seen some physical benefits as a result of his lifestyle change. "I have a lot of energy compared to when I wasn't vegan, which is great for all nighters." Wattanakasaem said he has the smallest meal plan available, and spends between \$40 and \$50 every two weeks on groceries. "I eat probably two to three meals a week on campus," he said. The biggest misconceptions people have about the way he eats include eating "salad and nothing else. They ask where I get my protein, and I tell them things like rice, beans, and broccoli."

"Where do you get your protein?" is a question vegans and vegetarians are used to answering. There is an American belief that humans require much more protein than we actually do. The Reference Daily Intake (RDI) for protein is .36 grams per pound of bodyweight. So, a 130 pound

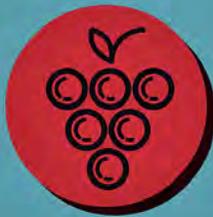
#VEGANINCOLLEGE



From getting enough protein to shopping for affordable plant-based options, being a collegiate vegan is not as complicated as it seems.

PLANTS COST LESS THAN ANIMAL PRODUCTS

A study published in the *Journal of Hunger and Environmental Nutrition* found the average cost of a 2,000 calorie meat-based diet was \$53.11 per week, and a 2,000 calorie plant-based diet was \$38.75 per week.



BEEFY PRICE TAG

In 2016, the USDA reported the average cost for a pound of beef was \$4.25, and a pound of beans cost \$1.36.

YOU KNOW GUAC IS EXTRA, RIGHT?

At Chipotle, diners who order a Carnitas burrito pay \$6.95 plus \$2.10 for the green stuff. A veggie burrito? \$6.50, guac included. Pile on extra beans and fajita veggies to get even more plant-based bang for your buck.



THINGS VEGANS HEAR ALL THE TIME

- Where do you get your protein?
- So, you don't even eat fish?
- Plants have feelings too...
- Look at my canine teeth!
- Eating plants is too extreme.
- But bacon tho...

WHERE DOES YOUR PROTEIN GET ITS PROTEIN?

Some of the strongest land mammals - elephants, gorillas, and rhinoceros - tip the scales on a vegan diet. Even the animals we eat, like cows, pigs, chickens, and sheep, are herbivorous!



OTTERREALM.COM

UNSUSTAINABLE RACISM

Jacqueline Patterson on inequality, health, and environmental justice



Associated Students (AS) welcomed guest speaker, Jacqueline Patterson, National Association for the Advancement of Colored People (NAACP), Director of Environmental and Climate Justice, to discuss the many issues facing our global society, the US's lack of progress in creating sustainable communities, and possibilities of resistance and hope. The activist

Rebecca Caladiao & Myka Menard

and educator spoke about how low-income households of color are faced not only with economic disparities, but environmental and health crises as well.

Patterson's presentation, "Upholding the Beloved Community," highlighted that anyone of any age can be a catalyst for change. She presented many examples of how the policymakers in charge of pursuing social and environmental changes have only furthered systematic disparagement of communities of color. These communities are hardest hit by high-paying land and air-pollut-

ing industries. Oil refineries and coal smoke-stacks, for example, are built in low income areas and around schools, increasing health problems and mortality rates leads to the increase of health-related casualties.

"All the efforts, no matter how small, will add up to something."

Patterson said 68% of coal-refined power plants are built and run near communities of color. Businesses often get away with poisoning and polluting air and water because the communities' representatives allow their minority constituents to face higher rates of deadly illnesses.

It is no coincidence, Patterson pointed out, that children and

families in these communities facing health issues are the same families found in food deserts. These food deserts leave community members either starving or obese due to inaccessible healthy options.

Corporate agriculture has been killing land and water resources with the repeated use of chemicals, she said. "The Land of Plenty" perpetuating the mythological narrative of the American Dream amounts to a shattered dream where food is wasted by the ton and children go without the nutrition they need.

Resources and labor are being exploited for the benefit and monetary gains of the wealthy. In San Bernardino, noise pollution is filtered and allotted based on property values. Patterson, who has written about communities and disasters, noticed the government's failure to fortify the lives

of lower-income families during Hurricane Katrina; 1,800 people died due to the failure to mobilize resources and get people out of the city.

Despite the many ecologically irresponsible choices that value money over lives, Patterson said she believes there is still hope. She showed examples of communities making necessary changes, even if it means bypassing governmental entities. The Young Earth's Ventriloquists bring awareness and fight against those profiting from pollution.

She encouraged students to vote, to be informed, support causes that share people's interests and values, and strive to heal America socially, and environmentally. "All the efforts, no matter how small, will add up to something. I have hope. We're getting there."

SOOTHING THE BERN

Life after everyone's favorite socialist democrat left a 3rd degree on our hearts

Carolyn Hinman & Kimberly Haley

Millennials who supported Bernie Sanders, the Independent Party senator from Vermont, are now falling through a political rabbit hole to which there may be no comfortable landing.

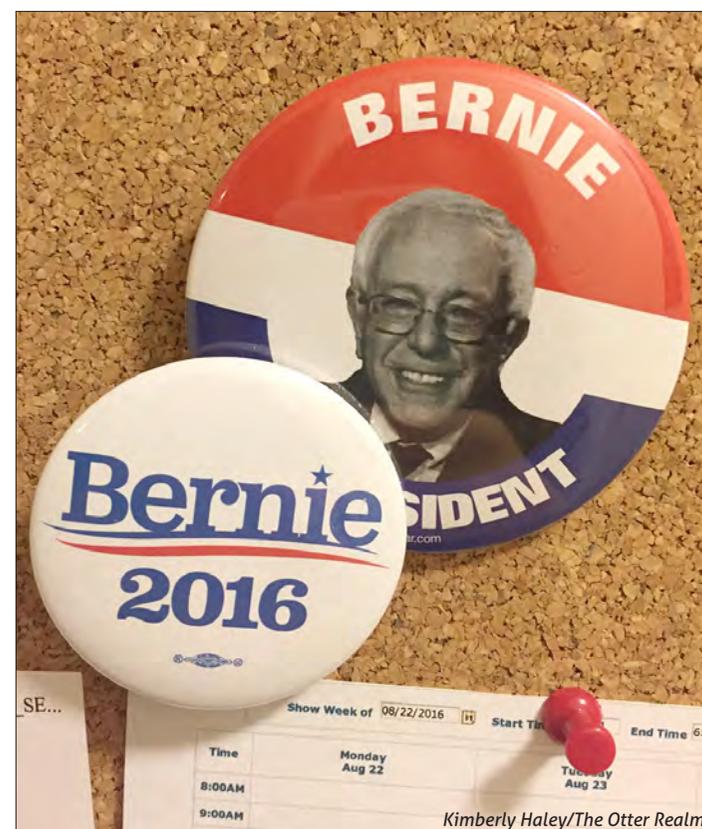
Our favorite democratic socialist was defeated by former Secretary of State Hillary Clinton, but Sanders supporters cannot forget their old flame. Social media hashtags like #StillSanders keep the dream of a Sanders presidency smoldering, but pragmatically, only main party candidates win the presidential election. The present-day Democrat and Republican platforms have long had a stronghold on our government, but Bernie's unique campaign sparked a political revolution in the Millennial generation. When Sanders' campaign fizzled like a sparkler in a downpour, disillusioned supporters were left unsure of their November ballot box tactics.

Aaron Gilmartin, a senior Environmental Studies major, is still feeling the Bern but also compromised.

Gilmartin keeps Bernie's campaign sticker on his car and the button on his bulletin board, but will vote for Clinton on November 8th. "I'd love to vote for Bernie, but at this point Clinton is the only logical option."

Global Studies and Humanities lecturer Meghan O'Donnell is the CSUMB California College Democrats Club advisor. She said young voters might feel betrayed by Bernie's loss in the primaries. "Many see the Democratic party as being complicit with Bernie not winning the election," she said. O'Donnell was once an enthusiastic member of the Green Party and Bernie supporter, and said, "there's part of me that hates having to vote Democrat."

O'Donnell attributed Bernie's popularity with Millennials to the social media phenomenon: "There are political scientists and historians who still aren't sure how an old Jew from one of the whitest states in the country became a cultural icon of this young millennial generation."



Kimberly Haley/The Otter Realm

Bree Newsome on activism, racial injustice, and her famous Confederate Flag removal

BECOMING AWARE

Rebecca Caladiao

With a strong voice and shining presence Bree Newsome addressed the half empty ballroom, “Some of what I’m about to say has been said to be jarring and you may feel a certain level of discomfort but I ask that you challenge yourself, challenge your belief systems. This may be an uncomfortable conversation but it needs to be had.” Newsome is best known for scaling the South Carolina Capital Flagpole and taking down the Confederate Flag in June 2015.

Newsome asked the audience to perform a task with her: Breathe. The UC Ballroom sat together and to her recommendations we breathed. “Inhale...and exhale...inhaled...hwoooo.”

Together, we became aware of something that we’ve been doing along, we became aware of our unconscious behaviors. Newsome told us that to go from unconscious to conscious involved effort and that it is a choice and she breathed again.

“I am aware that I am black; I am aware that race is a social construct; I am aware that we are one species descended from homo sapien sapien which originated in Africa approximately 200,000 years ago; I am aware that they are no different than we are and that every human being has a common journey and a collective conscious, a shared understanding that make up our human culture. I am aware that I live at a certain time abundant with racial characteristics; I am aware that these characteristics were enforced as a hierarchy defining element of society; I am aware of the connotations of my dark skin and their origins from trans-atlantic racist beliefs to justify the kidnap of my ancestors from their homeland.”

Her presentation paralleled historical lynchings, killings, protests, and corruption, like the 1963 Baptist Church Bombing, the 1863 creation of the Confederate Flag, Klu Klux Klan collaborations with politicians and law enforcement, and the Freedom Riders, to current issues surrounding the disproportionate crimes against and criminalization of Black Americans, like Trayvon Martin, the Charleston Church Massacre, Voter Suppression Law 589 that disproportionately targeted blacks and allowed coercion, and the many

shootings of black men by law enforcement officials.

Newsome says she “had her awakening” in the summer of 2013. She went home to South Carolina from her studies in New York and visited the Old Slave Mart Museum with her family, where blacks were once auctioned off like cattle, “Where my third great grandmother was sold the day before the civil war and prayed for the day that her family could have freedom.” She saw a series of protests surrounded around Moral Mondays and Black Lives Matter where advocates risked arrest to spread awareness. She sat on her sofa and found it intolerable to let the flag sway for another day. “We don’t even know how much blood, sweat, and tears have been spent on this issue over the centuries, and so I asked myself ‘What am I doing to step up?’”

“We were able to take down this symbol of systemic racism with an act of disobedience. It shows the power people have when they come together.” As Newsome explained her role in volunteering for the task of the climb and removal of the flag, how she put her body on the line for the cause of liberation, how the group in South Carolina planned the visual communication of their protest, it became apparent the audience was in the presence of a modern-day Rosa Parks. Emotions flooded as the crowd took in every powerful, painful, and pressing sentence.

“What am I contributing to the collective effort to better humanity?” Newsome said that getting involved helped her to learn more about herself and define how she sees herself. She had to become motivated to become conscious, and that did not happen until well after college. She expressed her joy in seeing such diversity and conscientiousness at our young, small campus.

Students brought up classroom issues of micro-aggression in which they have been subject to comparison to their classmates based on color to speak on behalf of their race. One student asked, “Knowing accommodations aren’t provided, and that you have to manipulate a system built to exclude you, How do you deal with hopelessness? Is there a way to handle the anger?”

“Let’s be honest, the people that really should be here aren’t.” A collective head nod was felt throughout the ballroom. “There is hurt before anger, and if that is explosive than too much is being bottled

up. Emotions should not be suppressed; take time to cry. It is better to channel your anger into something productive because, for me, it was harder to not be involved.”

A sustainable campus movement needs to be created. We need more black faculty to support students that identify so that they can have the recognition that there are positions for people of color after college. Being with others in this cause creates a community in healing, sharing, hope, and joy. Making the choice to be conscious can be exhausting and disheartening, but it is important to our moral fiber to make the commitment and the effort to build a collective power and organize. Being at a new campus means that, unlike Newsome, we do not have to change a biased culture; we are responsible for creating an inclusive establishment.



Otter Realm staff reporter Rebecca Caladiao, right, poses for a picture with Bree Newsome before the event.

Photo Courtesy of the Black Box Cabaret



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PROP IT LIKE IT'S HOT

*A quick proposition rundown
for student voters*

HCOM 385

&
Kelly Finlay



PROP 55:

This ballot measure is a tax proposition which extends the income tax increase of Proposition 30 for another fourteen years. Prop 30 was intended to provide the public education and health care systems with an additional 1-12% of revenue from the top wage earners in California. Most students asked are in favor of the idea behind this proposition, claiming it is reasonable to expect the top 1.5% of Californian earners to contribute slightly more to ward public education and health than those that make under \$263,000 per year. To put this in perspective, if a single file income of \$263,000 has an extra 1% added they would be paying out an extra \$370 per year.

PROP 56:

Prop 56 would raise tobacco taxes \$2.00, raising the cumulative tax on tobacco products from \$0.87 to \$2.87, including electronic cigarettes. Tobacco users in California would pay \$2.00 more per package when they buy cigarettes if Prop 56 passes. The money collected from the additional tax would mainly go toward health care, particularly for lower income citizens, according to the Official Voter Information Guide. Carlos Rivera, senior, is adamant that extra taxes would not shake consumers from their habits, but he thinks the extra taxes might be a good way to create something positive out of a negative situation, provided that the additional funds go towards "good things."



PROP 57:

Passing Proposition 57 will allow felons in California convicted of nonviolent crimes to earn credits for good behavior and access to rehabilitation opportunities. Additionally, the prop would allow judges, rather than prosecutors, to decide whether or not to try juveniles as adults. The fiscal impact of "yes" on this proposition is estimated to bring "net state savings likely in the tens of millions of dollars annually, depending on implementation," according to Ballotpedia.com. Karina Salas, a third-year Biology major, said she agreed with the proposition, but expressed concern about the way it was crafted. She was worried loopholes could be found in the proposition, especially in the way "nonviolent crime" was defined.

There are 18 statewide ballot propositions up for the vote in November 2016, covering a range of topics from gun control to marijuana legalization, tax increases, and even condoms in porn, but how will they affect students at CSUMB, and what should people know about them? Students from the HCOM 385 Reporting class canvassed the campus and gathered opinions on a sampling of the most controversial and buzz-worthy propositions. What they found was that the majority of students knew next to nothing about them. With that in mind, here are a few to be aware of on November 8.



PROP 60:

Proposition 60 would expand on existing laws that mandate the use of condoms by actors in adult films. Measure B in Los Angeles county, where a multitude of major pornographic industries are based, requires pornstars to wear condoms already, but Prop 60 would make the producers responsible for providing the condoms and ensuring their use on a statewide level. The proposition would also make producers cover the cost of workplace-related medical examinations for employees, such as STI screenings and vaccines.

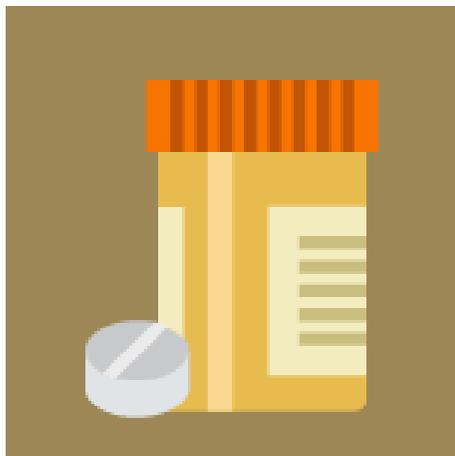
PROP 62:

A "yes" vote on the measure would repeal the death penalty and make life in prison without parole the maximum punishment for murder. If passed, the law would apply retroactively to all death row inmates in California. The law would also make those convicted of murder work while in state prison, with up to 60% of their earnings being garnished to pay debts to the families of their victims. Robert Gonzalez, a third year music major, responded yes to repeal the death penalty. He expressed his decision by saying "all people should be given the opportunity to decide whether they'd like to change their life or not."



PROP 63:

Proposition 63 provides regulation among Californians who intend to purchase ammunition of any kind. According to Ballotpedia, "Proposition 63 would require individuals who wish to purchase ammunition to first obtain a four-year permit from the California Department of Justice." If this measure were to pass, the Department of Justice would be allowed to charge up to \$50 to cover enforcement costs and support while also requiring ammunition dealers to collaborate with the Department of Justice to determine if the buyer is able to purchase ammunition.



PROP 61: THE DRUG PRICE STANDARDS INITIATIVE

Kimberly Haley

California Proposition 61, or the Drug Price Standards Initiative, would mandate that state agencies can only buy prescriptions if they are the same price that the U.S. Department of Veteran Affairs (VA) pays to pharmaceutical companies.

According to yeson61.com, the VA pays an average of 20-24% less for prescription drugs compared to government agencies, and 40% than Medicare. If the proposition is passed, the equivalent savings would be sent back into the state budget to be allocated into other government needs. The initiative, which is supported by Senator Bernie Sanders, is also seen as a bold move against pharmaceutical companies, which are often targets for the high prices of medications.

This proposition does not guarantee that prices will drop for prescriptions. According to noprop61.com, "Prop 61 would only apply to an arbitrary selection of Californians in certain state government programs, including some government employees and state prisoners." This leaves about 88% of Californians out of the initiative despite marketing claims from those in support. Many people claim that the proposition would lead to increased drug prices for Californians, including veterans, if passed.

The Democratic Party of Monterey County has not made a recommendation on Prop 61, but the Republican Party of Monterey County suggests voters to vote 'no'.



PROP 65 AND 67: BANS? IT'S IN THE BAG.

Carolyn Hinman

Of the 18 propositions on the California ballot, two are related to plastic bags. Prop 67 would ratify 2014's Senate Bill (SB) 270 prohibiting single-use plastic bags in retail locations. Its passage would uphold the ban on plastic bags in larger grocery stores and pharmacies, and would eventually extend to smaller grocery, convenience, and liquor stores. A 'yes' vote on Prop 65, however, would overturn the ban on plastic bags, allowing grocery stores to sell them to customers with the promise of proceeds going to an environmental fund that has not been specified as of publication.

Proposition 65 appears to align with the goals of Prop 67 by purporting to contribute to an environmental cause, but 65 would keep plastic bags in use, while 67 would phase them out. Save Our Shores, a Santa Cruz non-profit dedicated to protecting oceans and engaging citizens in action, takes a hard stance in favor of Prop 67. They say that since the passage of SB 270, they have removed less than 4,000 plastic bags from coastal areas each year, down from 11,019 in 2010.

Yvette Valdez, a manager at the East Alisal Taco Bell in Salinas, said the transition to paper bags after the passage of SB 270 was difficult. "At first it actually slowed down the restaurant because it took more time to bag the food, so it took longer to get orders out," she said. There were also customer complaints "because they wanted a bag with handles," but she said the change had no noticeable effect on the store's finances.

Robert Banales, a third year Environmental Studies (ENSTU) major at Cal State Monterey Bay, (CSUMB) is a Campus



Monterey Bay regional residents are actively going green and opting for more sustainable options like reusable shopping bags, such as this tote from the Monterey Bay Aquarium.

Carolyn Hinman/The Otter Realm

Intern for the Monterey Bay Aquarium, a member of the CSUMB ENSTU Club, and is working to bring awareness of the propositions to students. He, along with Morgan Fisher, a Senior in the ENSTU program and fellow Campus Intern for the Aquarium, are recruiting volunteers, speaking in

"Our society's addiction to convenience and disposability needs to end."

classrooms, and tabling to get the word out.

Banales said he is working for the cause because he has "always been interested in the concept of plastic pollution. There is an illusion that there's no other choice. Plastic hasn't always been part of life. I want to change 'normal' and be more than just a consumer."

Fisher said she wants people to understand that "plastics are detrimental to our environment, and a healthy ocean is something that is essential to all of us. If we can eliminate one of the many impacts, it's a start."

Sarah Schmidt is a Senior in the ENSTU program, and President of the CSUMB ENSTU Club. "Plastic bags are only used an average of 12 minutes before they are thrown away. Our society's addiction to convenience and disposability needs to end. Taking away bags is one of the first steps in helping people realize they don't need plastic," she said.



MEASURE Z: FRACK NO!

Dylan Avnet

Monterey County voters will have the chance to decide about the use of fracking, a controversial method of oil and gas extraction that involves high pressure of a water mix injected into the earth.

Measure Z was proposed by the organization called Protect Monterey County. It had received wide support from local environmental groups, the labor movements, the teachers union -including our own faculty union, CFA-Monterey Chapter-, the nurses associations, and local growers.

The main reason for "Yes on Z", according to its website is protecting the water quality and supply in the county..

The Yes campaign also argues that fracking affect the environment of sites producing "poisoned aquifers, corrosive drinking water, flames shooting from faucets, human health impacts like hair loss and skin sores just from showering - real wrath-of-God stuff."

Opponents to Measure Z, mostly large oil companies, argue that the measure would affect the development of the oil industry and will be costly for the region.

Isabella McCrory, science major, said that, "both sides of the argument are compelling." But she will most likely vote yes on Z because "the environmental aspects of fracking is bad."

Vanessa Garcia is a student who has spoken directly with people both for and against the measure, and has found all the back and forth rhetoric confusing. She still doesn't know how she'll vote, but something she's taken away is that "it's important to do research for yourself."

SQE AND CFA: YES ON PROP 55

Students and Faculty Support Funding for Public Education



Rebecca Caladiao

Proposition 55, the California Children's Education and Health Care Protection Act, would generate an estimated \$8 billion to \$11 billion in revenue to K-12 public schools and community colleges in California. It has been officially endorsed by the California Faculty Association (CFA) which represents more than 26,000 teachers in 23 campuses of the California State University system (CSU).

On Wed Oct. 19, the Students for Quality Education (SQE) participated in a banner walk around the Tanimura & Antle Family Memorial Library to spread awareness for Proposition 55 as a collective effort of SQE organizations at the CSUs. Prop 55 impacts class sizes, budgets, and staffing.

Evelyn Gomez, SQE Representative, said, "Prop 55 is important because it is not going to affect CSU students, but also children's education. Like a domino effect, if this prop goes down, we students will all

go down." Amber Ward, a fellow member of SQE said, "Classrooms are flooded and teachers are overwhelmed. It's not fair. Prop 55 is vital."

CFA President, Jennifer Eagan (East Bay) and California Assembly Speaker Anthony Rendon discussed Proposition 55 in a press call explaining why faculty members are advocating for the ballot measure, and its impact on the CSU system and California.

Speaker Rendon is a proud alumni of the CSU system. "Though the CSUs will not directly be funded by Prop 55, if it were not to pass, it would mean a lack of resources to prepare children for higher education and drastic cuts to existing programs due to lack of fiscal support."

Evidence from the press call in support of Prop 55 included data stating that from 1985 to 2015, while there was increase of 150,000 students to the CSU system, the budget declined 2.9 percent while the budget. When the first CSU was created 50 years ago, the cost of tuition per year was



\$105. "Our students deserve better than this."

Rendon says he is surprised at the editorials opposing the ballot measure. "Prop 55 is not a new tax, only a voter passed tax extension." He added, "They did not say K-12 and community colleges did not need money and did not mention we should not tax the wealthy."

"It is important to pass Prop 55 in November," Eagan said, "The recovery of the CSU is precarious and we have to ensure our system stays on the right track." "The legislature needs to find a longer term solution or we will feel the cuts right away. But if Prop 55 does not pass, we will feel the massive disinvestment which means course cuts, programs cuts, and faculty cuts." Students have the ability to educate and rally others in their community and turn around the low voter turnout known among Cat State students. They can do one better and support continued funding for public education.

PROP 64: MARY JANE HEADED TOWARD A HOUSEHOLD NAME

Marijuana Legalization to be voted on in early November

Kylie Brown,
Jessie Mutshnick,
&
Achelle Reynoso

On November 8th, 2016 voters in California will vote either 'yes' or 'no' on Proposition 64, the controversial initiative known as the Adult Use of Marijuana Act.

While the campus is considered liberal, the opinions of the students on campus vary widely.

Many are well aware of the ongoing discussion about marijuana legalization, but when asked about whether or not they support Proposition 64, they were unaware of the initiative's implications. When informed, they were quick to assert their opinions on the matter.

"Medicinal marijuana is a good thing, and I have nothing against the people who use it."

"Medicinal marijuana is a good thing, and I have nothing against the people who

use it." said Jovon Hutchins, a Japanese major in his Senior year.

Dahlia Silva, a Biology major in her second year, does approve that the proposition should be passed in California. When asked why she would be voting no on Prop, 64 Silva said, "I feel like it just shouldn't be legalized. I think that if it were to be legal everyone would just be doing it everywhere and anywhere... and I just don't think that is right."

I think that if it were to be legal everyone would just be doing it everywhere and anywhere... and I just don't think that is right."

Sophomore, Anne Marie Stratton, a Sustainably Hospitality major, is personally affected by such a decision. "Personally I have no interest in marijuana, but I have had family members that have been involved with the cartel, and legalization would just make things safer," Stratton said, "If you're buying it on the street, you don't know what is in it or if it is laced with anything else. Everyone is doing it anyway, might as well

"If you're buying it on the street, you don't know what is in it or if it is laced with anything else. Everyone is doing it anyway, might as well make it safe."

make it safe."

If this proposition were to pass, rules to ensure such safety would be implemented. The recreational use of marijuana would be legal under state law for those over the age of 21. Smoking would be permitted in private homes and businesses licensed for on-site consumption. Users would be able to carry up to 28.5 grams of marijuana, as well as grow up to 6 plants in their private residence as long as it is locked and away from prying eyes.

While the opinions of students are ambivalent, the vote will decide the legality of marijuana across the state and perhaps strike initiative for national change.



Students have varying opinions on the legalization of Marijuana, whether or not it would benefit themselves. Top photo: Jovon Hutchins, Japanese Major, Senior Bottom photo: Left: Anne Marie Stratton Hospitality major, 2nd year Right: Dahlia Silva, Biology major, 2nd year. Photos by the HCOM 385 students.



Photo by Rebecca Caladiao

From left, Mark Stone, Palmer Kain, Bill Monning, Casey Lucius, and Jimmy Panetta answer a question on aquaculture funding.

OCEAN FORUM: DIVING INTO THE ISSUES

Rebecca Caladiao

Cal State Monterey Bay (CSUMB) hosted its first Ocean Candidates Forum on Oct. 20, to give interested voters an opportunity for the region's congressional and state legislative candidates to answer questions about marine science and policy issues that will affect the future of the Monterey Bay, the Central Coast, and the Pacific beyond.

The World Theater provided a wine and cheese reception before students, alumni, staff, and the public were seated at the forum being broadcast to viewing parties at UC Santa Cruz and Stanford University. California's Secretary of Natural Resources John Laird moderated the forum.

The stage featured US House of Representatives for District 20, candidates Casey Lucius and Jimmy Panetta, as well as candidates for State Senate District 17, Palmer Kain and Bill Monning, and State Assembly Member for District 29, Mark Stone (his challenger Sierra Roberts, did not make an appearance.) The topics ranged from climate change, plastic, and alternative energy sources, as well as agriculture, desalinization, and gridlock. Most of the candidates seeking to represent stakeholders in Washington D.C. and Sacramento handled challenging questions of marine science and policy with substance, others, were not so explicit about their plans for the environment as a potential elected official.

Secretary Laird reminded the candidates and the audience that regardless who wins the seat after the election, all candidates will be a part of the legislative process in creating and enforcing policies. The discussion began with a two minute opening statement from each of the five candidates about their background and their views on the local environment they seek to represent. It followed by a 90-second response for each of the ten questions based on submissions from the



Casey Lucius (R), candidate for House of Representatives

public, and closing with a three minute statement.

The following are excerpts from the candidates responses to these two central questions: Please identify what you consider to be the most pressing issue for the marine environment along the Central Coast and why. Describe how you would work to support the critical marine

Please don't leave it to others to decide the future direction of your community, your state or your nation

science research needed to inform policy-making and management.

Mark Stone: The environment is not politically addressed, because it is different than what we're accustomed to. Adapting to build resilient and efficient changes and legislation are the most pressing issues. We need to use science

to inform policy and educate administration to be productive and efficient. It's alarming, at the federal level, the lack of understanding about issues, technology, investments, policy, and science. The technology is there, we just need to start bridging the gap.

Palmer Kain: There needs to be a balance between needs and resources. Commercial industries are being killed because of such stringent environmental laws. We can't under value individual rights. I want to involve stakeholders in the governmental process through collaboration and discussion because I believe in you. Check out my website.

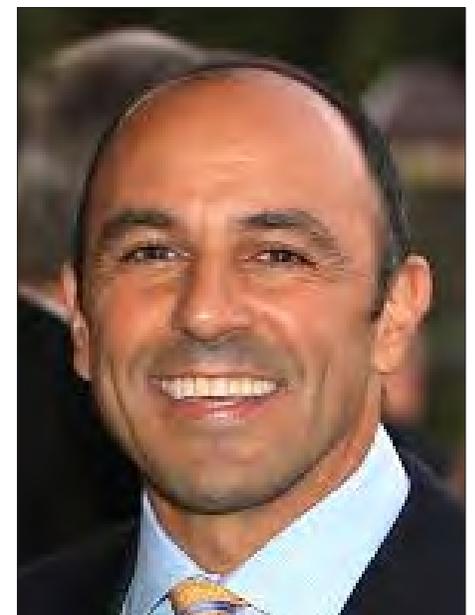
Bill Monning: Climate change is effected by land and sea. Resources need to be secured and we need to reduce carbon emissions. Government is fundamentally troubled in the denial of the importance of science and creating clear, straightforward environmental policy. We can create policy relied on science. It is up to us to shape the future we want and we can do great things.

Casey Lucius: It is important to cultivate the maritime environment. Our local and state initiatives don't prevent pollution from Oregon, Canada, or any other states and countries. There is a national interest in finding alternative resources for energy and creating national and international environmental policies. 99 percent of data is transmitted through undersea cables so there needs to be more consideration for the oceans with maritime security and a presence in the ocean to do work and research.

Jimmy Panetta: Climate change is the reason why, by 2100, the sea level will increase 5 feet. We need a task force of jobs that can't be outsourced that support resilience, armory, research, and replacement. We are fortunate to be from such a beautiful and unique place and I plan to protect it. I work with evidence, but mostly I work with people, and what we need is balance, new energy alternatives, and substantive implementations of legislation

that will improve the Peninsula and the Coast.

CSUMB President Eduardo Ochoa took the stage to encourage students to register to vote by the Oct. 24 deadline. "Voters have a responsibility to inform themselves about the issues that will be on the ballot on Nov. 8." He invited students to fight cynicism and apathy "Do not let the sometimes toxic nature of this year's presidential campaign turn you off the process. Even if you are dissatisfied with the choices in any particular race, you owe it to yourself and your community to help make decisions on a long list of measures that will affect your daily life." And in a personal note, he, as an Argentinian immigrant, will honor the right to vote, "As a naturalized citizen myself, I prize the right and responsibility to be an informed American voter. Please don't leave it to others to decide the future direction of your community, your state or your nation."



Jimmy Panetta (D), candidate for House of Representatives

CHIEF EATS: EAST VILLAGE COFFEE LOUNGE, MONTEREY

Kelly Galten

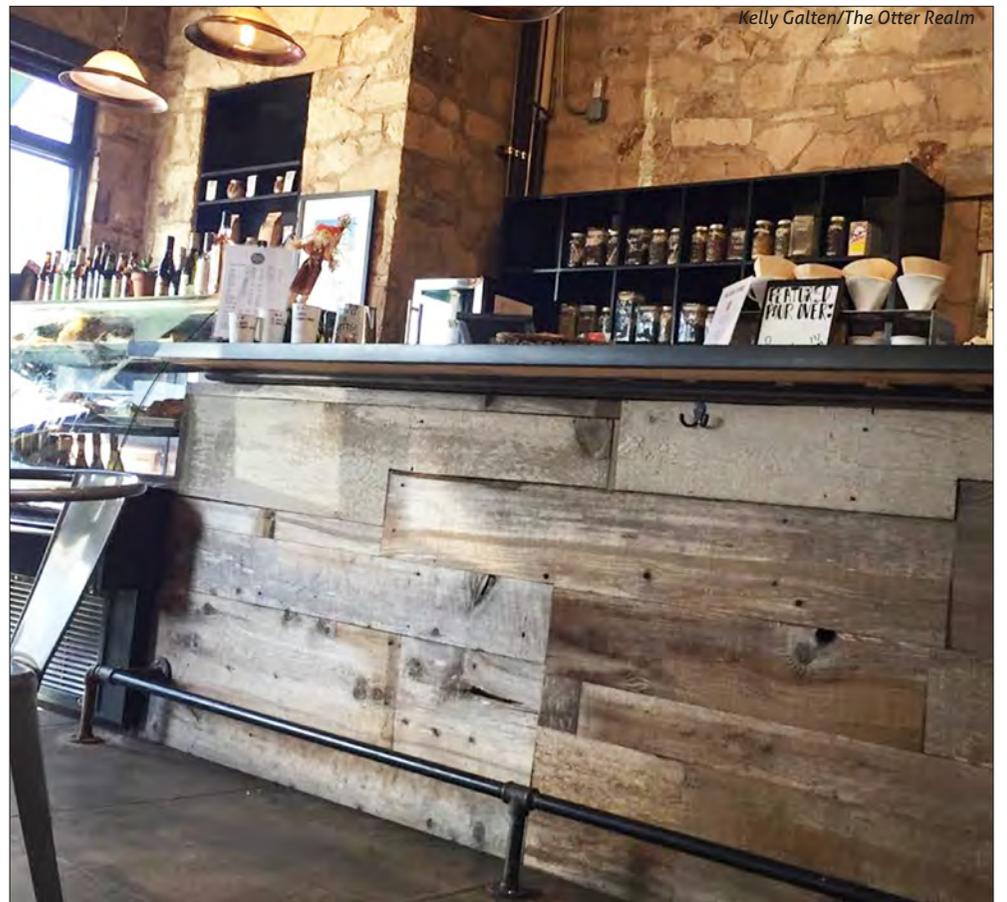
The East Village Coffee Lounge, situated in a L-shaped building just outside of downtown Monterey, has two large rooms separated by a short hallway. The stone tiled walls and heavy wood and metal accents lend to the pub atmosphere of this coffee house. A refrigerated case of pastries hums away next to a large wooden counter where customers eagerly order their morning pick-me-up. As your novice coffee connoisseur sips away on yet another mocha, the atmosphere is remarkably calming.

The menu boasts sandwiches, breads, and pastries, hewn from locally grown ingredients. The mocha is less chocolate-laced than from other establishments

(slightly disheartening!), but the croissant is fluffy, flakey, and decadently buttery. At \$4.25, the cost of the mocha is a bit steep, when more flavorful cupfuls can be found for much less.

The café itself is trendy. For those of you who have unlocked legal drinking status, a selection of 14 beers and 6 wines is available. Nearly every night features a different event or theme: Open Mic Thursdays, College Nights, live music, to name a few. The style is earthy, and might appeal to the hipsters among us. There are comfortable chairs for lounging, and the staff is welcoming. East Village Coffee Lounge earns a solid 3 out of 5 points, and this coffee addict will be returning.

East Village Coffee Lounge is located at 498 Washington St. in Monterey.



Kelly Galten/The Otter Realm

RUINS, BUT NOT RUINED



Ivy encases a still-standing chapel in the Fort Ord Ruins to the west of campus. Most Obuildings are encapsuled by foliage.

Kelly Galten
&
Sean Roney

A look at the former Ford Ord buildings around campus and its surrounding areas

Life in Seaside and Marina bustles and thrives, cars cruise past on Hwy 1, and students swarm to and from classes. Silently surrounding campus, the ruins of Fort Ord lie silent and unsettling in their contrast to the surrounding area. It is illegal to enter the decaying structures and explore the creaking rooms and whispering hallways. Areas of the unintended monument have already been demolished, but the remaining areas tell a story of what abandoned communities may foster.

Nature's reclamation is evident across the ruins: ivy wraps around chapels, native grasses tower over split roads, and ice plants choke

the sidewalks. Owls nest in the rafters and mice find shelter in the panels. The shooting range near the entrance to Fort Ord State Beach is occasionally disturbed by rabbits and seabirds racing through. Fort Ord is a telling case study: When humans vanish from civilization, what becomes of nature?

Yet humans are not yet fully gone. Pockets of the ruins contain camps of drifters and the homeless. There are stories of CSUMB students, left without housing options, camping within the crumbling structures. Graffiti on the walls shows harmless tagging mixed with soul-baring messag-

es. Brave photographers trespass to capture the stark beauty of these writings and art. Paintball and airsoft remnants litter entire blocks.

The military deserted the area, leaving it to the encroaching desolation. Walls spill asbestos, floors sag down around themselves, and broken windows litter the streets below ruptured frames. Every so often, an artifact pops up to tell the story of a soldier or a squatter. The whole time, Mother Nature is urges her minions forward. But this is not the end of life at the old base. The Ruins of Fort Ord, whether their inhabitants have four legs or two, are not ruined.

Illustration Provided by Scarlett Miller



OTTER EBERT'S NEWEST MOVIE PICKS

Kaitlyn Faris & Kelly Finlay

Holding the Man

Set in the 1970s in Australia, *Holding the Man* covers the lifelong romance between Tim and John, and the daunting obstacles keeping them from happiness. Meeting as teenagers, Tim (Ryan Corr, a better-looking Shia Labeouf) the charismatic and narcissistic aspiring actor, falls for the star Rugby player, John (Craig Scott), the boy with “the beautiful eyelashes” and a soft spoken tenderness. They have to make a decision: to persevere in the face of discrimination, familial disapproval, and rejection from the Catholic world they grew up in, or part ways. The story follows the deadset lovers as they run away and choose to love one another openly, no matter what.

The acting is superb. The moments that are meant to be touching are, those that are meant to be humorous are delightfully so,

and when *Holding the Man* aims to shoot you in the heart, it doesn't miss. The movie runs for over 2 hours, but the chemistry between Corr and Scott is so believable and fun to watch that you don't want it to end. The supporting characters shine just as brightly, with a notable performance from Anthony LaPaglia (*Without a Trace*, *Empire Records*) as John's father.

The drama is based on a true story, and doesn't shy away from its subject matter. There is a lot sex and nudity in *Holding the Man*, not for shock value or titillation, but in an open, honest depiction of love, and like *The Normal Heart* (2014), another hard hitting true story, it is sometimes difficult to watch. The ending is crushing, but you won't regret watching it. *Holding the Man* (2015) was directed by Neil Armfield and was recently added to Netflix.

The Accountant

The Accountant hit theaters October 14 and immediately soared at the box office with \$24,710,273 in ticket sales. Being number one and knowing a lot of people who went to go see it, I assumed it was going to be a great movie. Boy was I disappointed. The movie lacked excitement from the start. The story line is not awful, but it was also not very intriguing. Any time there was a little action, I was always craving for more. Ben Affleck played a quiet, mysterious character and did an adequate job, but looking back, I do not feel like he spoke enough in the movie, more a

fault of the writers and director.

When I say this movie dragged on, I truly mean that it would not end. I was so bored while watching it that I looked over to my boyfriend and said “We are not even halfway done,” and, “this sucks, let's leave and get our money back.” He insisted on staying, and that was a decision we later both regretted. It was not the absolute worst movie, and it did get a tad better towards the end, but I definitely do not recommend spending money to go see this movie in theaters. The best decision is to wait until it is available on Netflix or HBO.

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LETTER FROM THE AS PRESIDENT

Hello, Otters!

My name is Lauren McClain and I am your Associated Students President. We are over half-way through the semester and so close to Fall break! The Associated Students officers have been working hard to make the changes you want to see on campus and work for you.

We serve as the official student voice and as such, we are always doing what we can to keep you informed and to be informed about what you want. We have recently learned of a potential tuition increase which you should be aware of. The California State University system has developed their proposed budget for next year and has found they are in a major deficit of \$168 million dollars. The tu-

tion increase will not exceed \$270 / year for resident undergraduate students. This is not something that is guaranteed to happen and there are many other options for the CSU to try first. Rest assured, we will work hard to advocate for an affordable and accessible CSU.

Another project we are working on is addressing food insecurity on our campus. You may have seen this with the continuation of the AS Food Pantry this year. Behind the scenes, I have also been working on the Food Insecurity and Hunger Committee. The Committee's purpose is to prevent food insecurity on our campus. We are currently looking for students to sit on this committee, so please email me if you are interested.

Finally, we have two great events coming up for you all before the Fall break. On the 29th there will be a Soccer Tailgate from 1:30-2:30pm at the Soccer Field. Then, on November 4th from 1-3pm, is the Food Pantry in the West Lounge of the Student Center.

It's been a pleasure serving as your president so far and I look forward to all the great things we can accomplish this year. Please don't hesitate to reach out to me, or any of the other officers. Our office is located in the Student Center in room 125 and you may also go to our website at csumb.edu/as to get in touch.

Thanks,

Lauren McClain



STUDENT SUBMISSION: DECISIONS OF A FIRST-TIME VOTER

Why deciding between "the lesser of two evils" is not as difficult as some might suggest

Gabriela Joseph

I try (like the majority of CSUMB students) to distance myself from the turmoil and chaos of this year's election. But distance and ignorance is not going to help anyone.

"This election sucks," says a student worker behind the Peet's counter. It's a cloudy but oddly warm Friday morning, and I'm scrolling through Facebook as I wait for my group-mates to show up.

"Both parties should be ashamed of their candidates,"

she continues. "It's sad 'cause Bernie doesn't even like Hillary but he has to pretend to vote for her. It just sucks that this is what it's been reduced to. I mean, why bother voting? We lose either way."

Ignoring the complete inaccuracy of that statement, (Bernie has officially endorsed Hillary), the pessimism of that statement is what really infuriated me. It was gut-wrenching.

But it was also ridiculous to get so agitated over an off-hand comment. So I kept my ridiculous indignation and outrage in check and averted my gaze, continuing

to quietly sip my vanilla latte.

I kept scrolling through Facebook and soon realized why this barista's innocent remarks got to me. Her off-hand comment was another expression of the indecision gripping first-time and young voters across America. It was one more example of the pessimism and resignation we feel towards these two candidates. But it's important to recognize that in all of America's history, there has never been a perfect president.

As first-time voters, our political views have largely been mirrored versions of our parents' voting history. We've grown up in a digital world where almost every media outlet for the past decade has slandered Hillary's involvement with politics and ultimately shaped our image of her (and Trump) so that the very names of these candidates evoke certain connotations and stereotypes.

According to an article from the New York Times, the outcome of this election (unlike its predecessors) will be largely determined by voters' "feelings." And as a university student and first-time voter, most of our "feelings" have been shaped by other sources.

One of my best friends is undecided; he posted about how deciding between these two can-

didates is like deciding between a gun to the head and drinking poison. "They'll both kill you, but one is faster." In the October 13th issue of the Otter Realm, when asked about their choice this November, CSUMB students replied that "we don't know which [candidate] is better than the other one," and that "either way America is going to get f***ed." Reuters,

"How the hell is deciding between Clinton and Trump a difficult decision?"

POLITICO, and the New York Times have all published special editorial pieces surrounding undecided voters. All three sources have identified them as primarily young and first-time voters. Why is that? In light of recent scandals, us young (mostly liberal) and open-minded students should have no trouble choosing the candidate that is more likely to support diversity and respect for all Americans.

To quote comedian Trevor Noah, "How the hell is deciding between Clinton and Trump a

difficult decision?" Whether you personally like her or not, one of them is objectively the better option.

And that's why the comment I overheard in Peet's bothered me so much: Because this election shouldn't be about "the lesser of two evils."

It's incredulous to compare a candidate with over thirty years of civil service (and an aptitude for making calm, educated decisions) to a reality TV star. I realize this piece has a limited audience. I'm not naive enough to believe that my 700-word opinion is enough to stem the tide of Indecision 2016. But I am optimistic enough to think that I might persuade some hesitant first-time voters and disappointed ex-Bernie voters to put their reservations aside and recognize that one of these candidates is a qualified secretary of state, and the other is an offensive meme.

I urge undecided and non-voters to stop hiding behind delusions of third party candidates. (There's a reason they're not part of the presidential debates). We really can make America great, but it means calming our sarcastic millennial nature for the next few days, and voting pragmatically.

ON JUDAISM: SPIRITUALLY COMING HOME

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.

Alex Jensen

Holding up her lightly bruised arms, Madison Heard, a fourth year Marine Science major, grins as she proudly displays the erratic and distinct pattern of what she lovingly calls “octo-hickies.” Wearing her Monterey Bay Aquarium volunteer T-shirt, she spends her Wednesday mornings at the aquarium feeding octopi. Heard joins me in Peet’s this evening, comfortably cradling a cozy green cup of coffee.

Heard identifies as Jewish: a faith she was born into. In Judaism, one traditionally takes on the Jewish identity if one’s mother is Jewish. As a child, Heard grew up with a Jewish mother and a Roman Catholic father. When Heard was four years old, she experienced the excruciating and soul-tearing loss of her mother to cancer. Her father made it his goal to raise Heard in her Jewish heritage as a way to honor and remember Heard’s mother. At the age of thirteen, Heard had her celebratory bat mitzvah to commemorate countless hours of Hebrew language study and religion classes offered at her local synagogue.

Even with all of her study, Heard felt disconnected from her Jewish identity. With the hustle of life and her family’s constant moves, faith and spirituality was put on the backburner. After seven years of forgetting her faith, Heard made a trip last winter to Israel, where she did not anticipate returning to her spiritual

center and finally “coming home” to her Jewish identity. “I have this rich culture to pull from and I have so many reasons to live life to the fullest,” Heard said.

Describing a moment of remembrance from her travel to Jerusalem, Heard recalled a Jewish cemetery tradition: instead of placing flowers, rocks are placed at a person’s grave. “We take rocks because rocks last forever,” Heard explained. “Their memory will never be forgotten.” These memories from Israel help Heard to never forget who she is, in terms of her religious identity: “Sometimes when I feel like I am stuck or tired, I pull on the experience I’ve had in Israel and I think about the reasons I am here. I think about how proud I am to be Jewish and it just keeps me going.”

Worship, for Heard, takes on a very personal meaning. In the attempts to enrich her connection to her culture and faith, Heard observes the traditional holidays, like Hanukkah, Passover, Rosh Hashanah (the Jewish New Year), and Yom Kippur (translated as “Day of Atonement,” or a day to atone for sin); Heard giggled as she sipped her coffee, realizing our interview, in fact, was on Yom Kippur, a traditional day of fasting from food and drink. Her busy life is a constant barrier that keeps her from fully being able to dedicate more time for her faith.

In addition to observing the holidays, Heard sees respecting

Alex Jensen/ The Otter Realm



CSUMB Senior Madison Heard, showing her arm covered in what she calls “octo-hickies.”

people as an integral part of how she worships. She feels called to speak out whenever she witnesses injustice happening to Jewish people and others. Injustice can sometimes occur in the form of anti-Semitic jokes, which Heard feels both pained to hear but also compelled to address. For Heard, worship in this way allows her to stay connected to her people, as both a faith and a cultural group. “Worshiping, for me, is taking pride in who I am and what I identify as,” Heard said.

Heard encourages people to learn more about Judaism and the oppression the Jewish people have endured. She welcomes others to keep conversations around interfaith understanding and combatting oppression from being lost in space; more dialogue around this history is necessary so that we might not repeat it, as well as forget those who have come before us. Heard asked of people to be courageous and bids them a reminder to never forget who they are or where they come from.

Do you have a compelling and underrepresented religious and/or spiritual identity? If so, please contact Alex Jensen at rojensen@csumb.edu.

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wants you to vote!**

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Day -Don't Forget!**

AROUND THE CLOCK MENTAL HEALTH SUPPORT

*A little extra help from the PGCC
when students need it most*

Carolyn Hinman

A new mental health service called “ProtoCall” was launched at Cal State Monterey Bay (CSUMB) in October. Caroline Haskell, Founding Director of the Personal Growth and Counseling Center (PGCC), said the university’s mental health program was externally reviewed by Dr. Jeffrey Prince of UC Berkeley last year. The review provided recommendations to the Center on how to improve mental health services. “We really needed to have more mental health professionals,” Haskell said.

Haskell said the PGCC has integrated an after-hours call service, to address the need for greater access to counselors. “24 hours a day, 365 days a year, the call center’s phone will be answered,” she said. The program is not a traditional crisis line, but a resource for students who need support and a lis-

tening ear when the PGCC is not open. For serious mental health crises, Haskell recommended students consult the list of crisis resources found on the PCGG website.

“Let’s Talk” is another new addition to the PGCC’s mental health offerings. The program is essentially a pop-up, drop-in counseling service at various locations on campus throughout the week. Haskell said that the program “is being well-utilized, and [thinks it is] a really great service.”

One of the program’s goals is to meet students where they are, and help break down the stigma around seeking support for mental health concerns. “It really is mind, body, and spirit,” Haskell said. “We are whole people, and some of us get damaged, and we need help with our wholeness.”

For more information about PGCC services, contact (831) 582-3969 or counseling_center@csumb.edu.

PERSON-FIRST VERSUS IDENTITY-FIRST

*How to respectfully
acknowledge both people and
their varying identities*

Alex Jensen & Myka Menard

1 What is person-first language?

Person-first language focuses on who a person is and recognizing them outside of their basic identities. It involves recognizing a person first and their identity second. This order of language allows us to avoid negative connotations related to identities that sometimes get attached to others. For example, person-first language might appear in the following ways: “She is a person with a disability,” “They are a person of faith,” or “He is a person who is trans.”

2 What is identity-first language?

Identity-first language involves recognizing a person’s identity before the person. This order of language is sometimes preferred when referencing identities, because there is sometimes a stigma associated with recognizing the identity after the person. Fans of this word order maintain that their identities are not offensive monikers. According to Tonia Says, who was interviewed in an article from The Mighty, describing the necessity of identity-first language: “It isn’t negative to say I am disabled; it’s a statement of fact.” Identity-first language might look the following ways: “An autistic person,” “Queer woman,” “Disabled people.”

3 How do I know which form of language to use?

It is important to recognize the multitude of opinions, on either side, of this nuanced issue. There is no one-size-fits-all way to refer to a person and their identities, as people of different communities—even within communities—prefer one language order over the other. When in doubt over what a person may prefer, the solution is simple: ask! At the heart of respecting a person and their many identities is the concept of intersectionality, which attempts to promote an understanding of individuals through the recognition of their varying identities in broader social contexts. Keep respect for others at the forefront and always honor a person’s wishes when referring to an identity of theirs.

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YOU SHOULD GO AND LOVE YOURSELF

Targeting the worldwide dilemma of negative body image and the role social media plays

Lydia Martin

If you or someone you know is struggling with body image and dangerous behavior linked to mental illness, please visit CSUMB's Personal Growth and Counseling Center, or visit nationaleatingdisorders.org for further support.

Walking down the magazine aisle in any store, you are immediately bombarded with pictures of celebrities, captioned with comments on a new mother's miraculous baby-body recovery (as if childbirth is an inconvenience that needs overcoming), or a Victoria Secret Angel's shameful rolls of fat when she bends over. Celebrities, who pay so much for other people to help them look good, still get shamed. How are we supposed to measure up?

Social media influences our perception of the self; and more importantly, how we wish to be perceived. Our self worth comes from either a heart-shaped button or a thumbs up. Essena O'Neill, an "insta-famous" 19-year-old, spoke out about the façade of social media. To show this hidden reality, O'Neill edited the captions on her Instagram pictures to reveal the truth behind them. One caption read,

Our self worth comes from either a heart-shaped button or a thumbs up.

"Took over 100 [pictures] in similar poses trying to make my stomach look good... would have hardly eaten that day." O'Neill left social media in protest of the harmful reality behind each of these pictures.

Access to the internet means access to the world of "thinspiration" and "pro-ana" (pro-anorexia) lifestyle posts. Tumblr posts and forums advertise tips and tricks to lose weight, including tasks like sipping water between every bite of food, in order to feel full sooner. "Nothing tastes as good as skinny feels" is a phrase coined by girls to encourage this unhealthy lifestyle. However, a common misconception is that body shaming happens solely to girls wanting to lose weight. Women are put down for being too thin too, female celebrities are accused of drug usage as a cause of their weight loss and artists, such as Meghan Trainor, controversially boost the confidence of larger women at the expense of shaming smaller, "skinny bitches." Can women ever win?

These insecurities are not solely caused by social media or even by a need for male attention. Angelina Persson, a Liberal Arts major, explained how "girls against girls" interactions, in her experience, have fuelled her insecurities. Nicole Chahwan, a nurse at a local hospital in Salinas, explained how the comments and criticisms we make about our own bodies can be internalized by the people around us: "Someone talking nega-

tively about themselves makes you feel bad about yourself." If you knew the negative thoughts you have about your own body were being internalized by someone else, would you still have them? If you wouldn't be willing to direct those thoughts at your best friend, should you really say those same thoughts to yourself? Laura Buchanan, a Cinematic Arts major, comments, "If opinions from other people didn't exist, people would be happy with the way they look." We depend on approval from others and need to feel worthy, rather than worthless. This has to change; we need to be able to look inside ourselves to find acceptance and worth, rather than seek it from others.

It would be incorrect to claim that body insecurity is solely a female problem. Although not as prominent in the media, young males struggle from the same self-doubt as girls. Boys face the pressure of feeling too fat or too thin. A 2014 study published in *Jama Pediatrics* found 25 percent of adolescents, who were a healthy weight, viewed themselves as underweight. "Bulking" encourages an overconsumption of steroids and protein products. Jessica Lovejoy wrote in her article, 'Body image issues are not just for women', mused, "It's just as hard to be Ken as it is to be Barbie." Male celebrities have also felt the media's critical wrath. Chris Pratt explains his relationship with emotional eating as a result of bodily insecurities, commenting that he knows what it is like "to make yourself feel happy with food. And then to be almost immediately

sad again and now ashamed."

Comparing ourselves to others is a habit not easily shaken, yet it is an important one to overcome. Social media's daily output continuously raises our expectations of our appearance and the life we "should" be living. As O'Neill exemplified, we need to see past this fallacy of the "perfect lifestyle." What we see in the media is, in actuality, gallons of sweat, for the low price tag of \$1,500 a day, it is hours of meticulous photoshopping, because that one cheekbone is 'just not sharp enough.' It is and days of avoiding meals coupled with excessive exercise, because 'nothing tastes as good as

"It's just as hard to be Ken as it is to be Barbie."

skinny feels'. This is not the life we should be living. It is not the life the media should be encouraging.

We all have things we wish we could change about ourselves. But what is one chunky thigh, one wonky nose, or one bony chest, in comparison to all the other amazing qualities you've got going for yourself? We should not spend time picking at our so-called "bad" qualities. Instead, we should focus on valuing our virtues, as well as the good qualities in ourselves and others.

So, in case no one told you today: that shirt looks great on you. You have an amazing smile. Your laugh is infectious. It is okay that you ate that muffin. You can go to the gym another day. You are worth more than a social media 'like'. You are loved just as you are, without exceptions.

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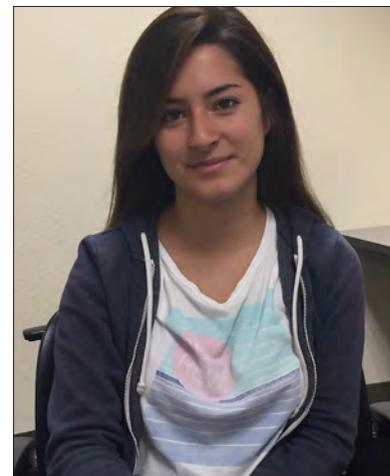
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OTTERS OF THE BAY

How your political views differ from your family's?



Daphne Flores, 3rd year, HCOM

"Our views don't differ on political parties, but, like, on social issues like abortion, I'm pro-choice and my parents are pro-life."

Edward Sevilla, 1st Year, Kinesiology

"My mom and I have the same point of view, but my dad is more conservative. He doesn't take other people into perspective. Like immigrants...even though we're super Mexican. For the most part I think we agree on everything else."



Ronnie Sanchez, 4th year, HCOM

"We're a democratic family, but they're a little more conservative than me. With the election though, they'd probably vote for Hillary because of the comments Trump makes."

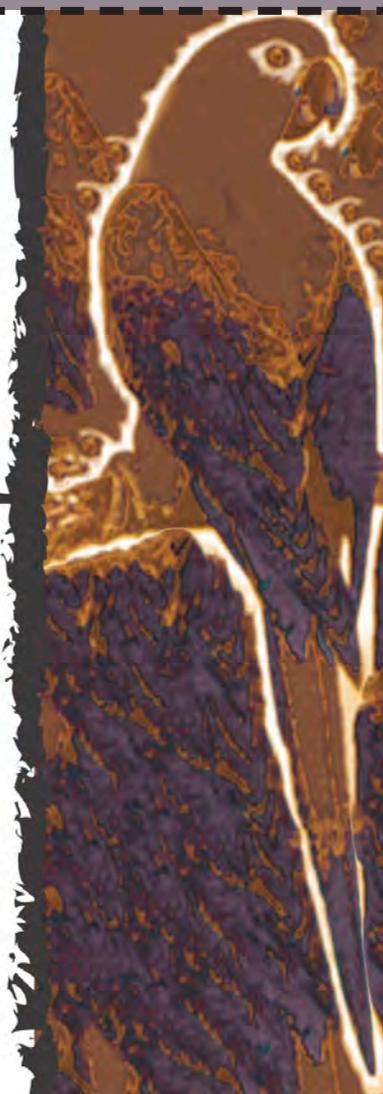



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THE SEXTION:

Kaitlyn Faris

Being in love with someone can leave you with a lot of uncertainty. How do you truly know you are in love? How do you know this person is who you are supposed to spend the rest of your life with? The unknown of what is and what can be is a frightening thought.

Confusion is normal when you are in love. Second-guessing yourself is unavoidable, and seeking advice is all too common. Ever had a gut feeling? That's your intuition speaking to you! Listen to it and embrace it! It won't lead you wrong.

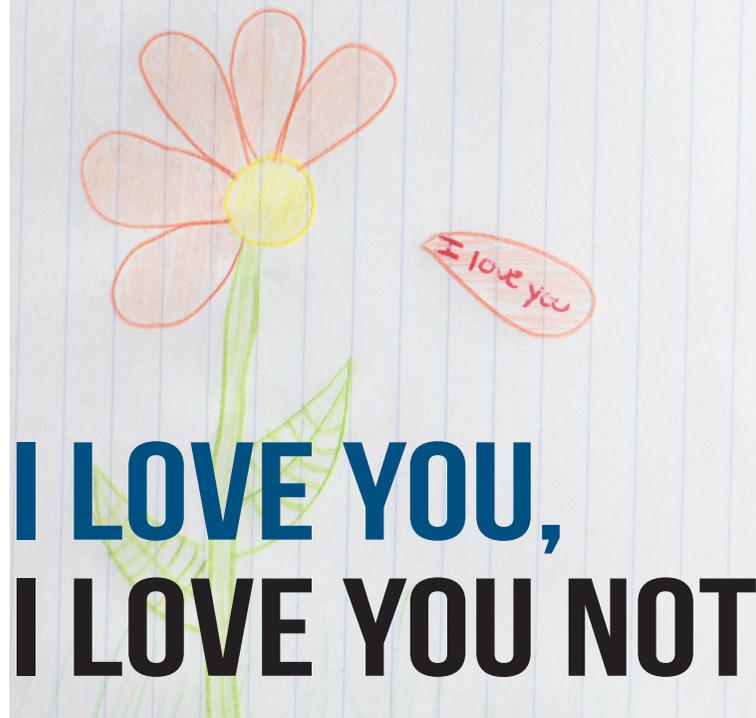
Sometimes you get so comfortable in a relationship that you do not want to leave even though your gut is telling you. If your gut is telling you to leave this person, don't be scared to get out of your comfort zone. There are many in-

stances in your life where you will have to get out of your comfort zone, for example, getting a new job or moving schools. I am sure you made the decision to get a new job or move schools because you knew deep down that was the best decision for you and it was a better opportunity. The same concept applies to ending a relationship. Deep down, you know it is for your best interest and that there is a better opportunity for love out there for you.

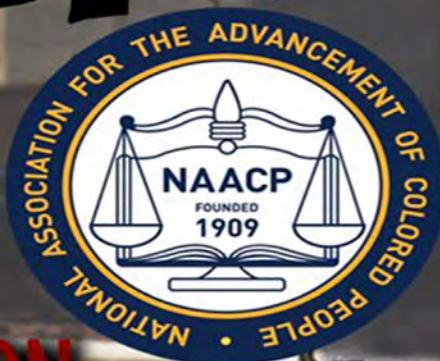
Getting out of your comfort zone may not be what is scaring you to stay. It could be that you are scared that you will not find true love. Rest assured, there is true love out there for you! True love awaits and hindering yourself of love will leave you and your partner unhappy in the long run. Look at people who have been in several relationships. I am sure they loved their partner in each relationship but perhaps

they were not in-love. They have experienced love several times but in the end the relationship did not work out, thus leading into a new one. Those are the kind of people who are not settling. They end and start new relationships until finally the right one comes along. Do not ever settle!

You have to be fair to yourself and your partner. It is not fair for either of you if are constantly contemplating if you love the person or not. Listen to your heart and your gut. Love's intention is not to scare you. It is a euphoric feeling that comes when you least expect it. Embrace the feeling because being in love does not come around too often. If you have not found love yet, do not worry, because a lot of people have not yet. When the time comes, the right person will be there, and your whole life will change for the better.



BLACK HOUSING



A CONVERSATION NEEDS TO HAPPEN

HOST
NAACP

JOIN THE DISCUSSION ON
CAMPUS HOUSING FOR THE BLACK COMMUNITY!

WHAT'S YOUR OPINION?

NOVEMBER 3RD, 2016 - STUDENT CENTER WEST LOUNGE
CALIFORNIA STATE UNIVERSITY, MONTEREY BAY: 8:00 PM

FOR MORE INFORMATION OR DISABILITY ACCOMODATION CONTACT
MARQUISE CREAR AT MCREAR@CSUMB.EDU

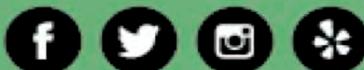


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