

# Honoring the Indigenous during Native American History Month



The Esselen Tribe hosts an Inter-Tribal gathering on Esselen Sacred Lands on Oct. 11, 2020. Photo by Matthew Pendergast. The tribe is indigenous to Monterey County, California and strives to protect the cultural heritage of over a dozen villages. More information on the group can be found at [esselentribe.org](https://esselentribe.org). Photo courtesy of Jana Nason, Tribal Administrator & Secretary, Publications.

Story by Breanna Peterson  
Photo courtesy of Jana Nason, Tribal Administrator & Secretary, Publications

November is Native American History Month, and as Monterey sits on top of Ohlone and Rumsen land, members of the California State University, Monterey Bay community have the opportunity to learn more about the history of their home during this one-month celebration.

The theme for this year’s celebration is “Resilient and Enduring: We Are Native People,” according to the U.S. Department of the Interior: Indian Affairs department. The recognition is meant to celebrate the United State’s first people and all their contributions to American culture and society.

This is a time for celebration of Native tribes. There are many ways to celebrate this momentous month. While folks celebrate, it’s important for them to remain respectful and abstain from appropriative behavior.

For people who do not identify as Native, they should refrain from dressing up in Native regalia. Tribes have specific customs for their regalia and are often reserved for special traditions or honors. That being said, there is a fine line between appropriation and appreciation.

Buying Native jewelry or art directly from a Native artisan will help financially support that person’s family and craft and allow them to continue working in their tradition. This requires a bit of research, but in the end results in offering financial support directly to the Native community.

Pueblodirect.com is a database that hosts the wares of over 100 Native artisans. The website features jewelry and pottery in the traditions of many tribes. The website is a member of the Indian Arts and Crafts Association, which works to certify the authenticity of Native crafts and artisantry.

Living amidst a pandemic poses many challenges for Native Americans who live in high-risk areas with limited access to food. For example, there are only 13 supermarkets in the Navajo nation, and the prices are astronomical because of the expenses it takes to supply food there. This makes tribes more vulnerable to the consequences of COVID-19. Donating to Native communities is a great way to celebrate Native American History Month that will allow them to purchase the food they need.

The Navajo nation, as well as many other tribes, live in large areas without access to running water. The Navajo Pater project is an organization that brings clean running water to families across Utah, New Mexico and Arizona. The Navajo and Hopi Covid-19 Relief fund was started on Go-Fund me by Ethel Branch and Cassandra Begay. This fund is working to alleviate the stress of food insecurity and the consequences of COVID-19.

If using social media to discover ways to support Native peoples, search for Allen Salway, a young Navajo scholar and activist. His Instagram [@lilnativeboy](https://www.instagram.com/lilnativeboy) provides countless resources for how to help affected and vulnerable Native communities.

If one does not have the means to financially support Native communities, another way to help them is through educating oneself and their cohorts. One way to do this is by recognizing whose land is being occupied, otherwise known as a land acknowledgment. If one is unsure of the tribe whose land they are on, text the number (907) 312-5085 with a city or zip code and it will text back with the name of the tribe who previously inhabited that land. The number is monitored by a Canadian not-for-profit organization called Native Land. It should be noted that confirmation by tribes is pending and the data is updated weekly.

There is nothing more celebratory than honoring the struggles and the needs of Native communities. There is a need to uplift and amplify Native voices, both in celebration and to also recognize their struggles and the

solutions to their struggles.

The tag “MMIW” has been trending over social media to spread awareness about Indigenous women. This acronym stands for Missing & Murdered Indigenous Women, which is a campaign whose main goal is to recognize that Native women and girls face much higher rates of physical and sexual violence. In fact, Native women are murdered at a rate 10 times higher than women of other ethnicities.

Murder is the third leading cause of death for Native women. Many women and girls disappear without a trace and due to a lack of cooperation and communication between tribal, state and local law enforcement, these cases are rarely solved. But, people can use their privilege to demand investigations and amplify the needs of the community.

There are many ways to bring conversations about these communities to the forefront of the national conversation about equity and race. Americans can decide to hold themselves accountable for living on stolen land. They may also ensure that they are honoring Native communities and their desire for respect and accountability.

Donating time and money to Native causes are great, tangible ways to celebrate Native American History Month. But other ways to celebrate are by unlearning and re-educating oneself about what it means to be Native in modern times.

One way this can be achieved is by seeking out and compensating Native Americans for their educational and emotional labor. This Native American History Month, people can join the movement and celebrate Native siblings in meaningful, heartfelt ways.

## “A Teacher”

*FX turns this film into a miniseries on Hulu.*



## “The Queen’s Gambit”

*Netflix does this novel justice in it’s on-screen adaptation.*



## Holiday homecookin’

*Infuse your dinner with festive flavors.*





# Students report online learning negatively impacts mental health

Story by Sydney Brown

A year ago today, California State University, Monterey Bay’s (CSUMB) main quad was practically alive and booming with an influx of students rushing on to grab Starbucks from the Student Union or head on to their next class. Now, the quad sits in hallowed silence. It’s been empty since late March due to COVID-19 and students exchanged campus life for solitary virtual learning.

Shifting from the lively, hustle-and-bustle of attending university in person to changing to an at-home, completely online learning experience altered the lifestyle of everyone in the CSUMB community. This abrupt change combined with restricting oneself to attend class, events and club meetings at home affected many Otter’s mindsets. Thus, The Lutrinae teamed together to anonymously survey students and faculty about their mental health to examine the effects of the pandemic within CSUMB.

Most responses to the survey came from students, having 79 participants to make up roughly 95.2% of respondents and four faculty or staff responses making up roughly 4.8% of respondents. For this reason, staff response was not reflected in the infographic on page 3, but will be discussed in this report.

A majority of students said they have experienced mental health issues before the pandemic came into full effect and that their previous experiences negatively impacted them when going into a shelter-in-place. A majority also said their mental health was significantly affected by online learning.

Responses to why their mentality has changed was due to several factors, but common themes among students were dissociating from learning because they cannot process information the same way on screen, stress about grades, finances or their future careers, not being able to see loved ones and having their entire life exist in one singular space with a laptop screen as their only method of working.

More than half of student respondents said they spend over eight hours a day on screens of some sort, meaning they could be on their devices for 56 or more hours a week. In that case, many student’s eyes are working overtime, leaving the opportunity for them to experience “Zoom fatigue” or burnout as reported in the survey.

School stress and current living situations are the main causes for respondents' mental health to be affected. To combat these stressors, students reported they incorporated regular exercise and mindfulness practices into their daily routines, those activities being the two activities most frequently participated in during the pandemic.

Staff and faculty responses reflected student responses in some ways, but not all. Differing from most students, 75% of the four faculty respondents have not experienced mental health issues in the past and most of them reported their previous experiences made no difference to their mentality when switching to online teaching during the

pandemic. Interestingly, 75% of their responses said online learning has maybe affected their mental health. One faculty respondent said the reason for this was because they “have a hard time not helping students and responding immediately ... [they are also] having a hard time setting boundaries which is impacting [their] personal life and relationship.”

All faculty respondents said they spend at least seven hours a day on their devices and some reported they spend a total of eight hours or more on screen. As for using those devices upon waking or before bed, 75% of respondents said they do so, and half of respondents said this affects their mood and sleeping patterns.

Most faculty said politics and work are the main root of their mental health being impacted. All of the faculty respondents said they began new mental health practices after the pandemic began such as meditation and most commonly, regular exercise.

Overall, the survey indicated there is a definite change in several CSUMB students and staff members' mental health since the pandemic shifted their lives. This brings a dire need to address mental wellbeing to encourage perseverance through this undoubtedly difficult time. To receive mental health support, students can contact the Personal Growth and Counseling Center at [csumb.edu/pgcc](http://csumb.edu/pgcc) to meet with a counselor or attend their various support groups. Additionally, faculty and staff can contact the Employee Assistance Program to access mental health

# Study tips as finals close in

Story by Nikki Dodd and Cassidy Ulery

As the semester winds down, the mounting stress looms in. Students are now in the second semester of virtual learning and finals are fast approaching. They find themselves isolated from the world and struggling to find a workable solution for a proper learning environment. Sadly, many are dealing with this right now, across all grade levels. The key thing to remember is that no one is alone in this situation.

Everyone is in an unprecedented time as the year winds down. Normally, students work in study groups or cram in the library to study. To conquer virtual learning stress, here are a few solutions to stay on track while studying at home.

## Dedicated Space

While it may be hard to find space at home, it is important to have a dedicated area that is solely meant for schooling. Whether it be the kitchen table or a specific corner in your room, it is necessary to separate your school area from your relaxation area to keep your focus sharp.

This made a difference for California State University, Monterey Bay alumni Jessica Jeronimo who is currently working on obtaining her master's. “It was really hard for me since I live with my parents,” Jeronimo said.

She added that the only place she has in her house is her room which she has now transformed into a workplace - adding a desk dedicated for not only her schooling but work as well.

## Headphones/Relaxing Music

Jeronimo also brought up the use of headphones. “I am not a student who can work while listening to music.” She added that they are not ideal, but being at home you may not have control of the noise levels in your household.

Putting on some headphones may be able to cancel out certain distractions. Youtube can be very helpful if you type in “study music,” or “ambient,” there are many videos that can create a more warm and tranquil space.

Additionally, music can spark creative memorization and focusing techniques: listening to white noise sounds such as classical music or coffee shop jazz and rain can drastically change the productivity of study lessons. Eliminating the need to pay attention to vocal lyrics and zone out to a relaxing and soothing instrumental sound helps increase awareness of detail and information.

## Eating and sleeping well

It is important to be well rested and eating enough to keep oneself concentrated. Also, always remember to eat a full breakfast to start off the day right. Coffee can help keep one more alert and focused, however too much can give them the jitters! If an individual is not a caffeine fan, peppermint tea can be a very calming and soothing alternative.

## Organization

Trying to stay on top of all assignments can be really tricky when students have multiple platforms to work off of like iLearn or Canvas. It is key to either make a checklist or utilize a planner to keep track of classes. That way, one is not flipping through multiple sites figuring out what they need to be studying. In addition, take the time to go through all the class modules. It can be easy for certain assignments or power points to slip through the cracks.

## Self Care

It is very important to remember that we are human and students are working through one of the most stressful and confusing times in history. With that being said, it cannot be forgotten to take care of oneself by engaging in me time and enjoyable activities outside of schoolwork.

Sitting for long periods of time at a computer is not beneficial to learning, so remember to take breaks. Whether it be going for a walk, watching a show, eating a snack or even just laying down to take a break from technology. It is a must to have that break so a student is not in ‘school mode’ all day!

## Including Nature

Taking a break from the indoors can prove tremendously helpful in reducing stress and helping restart the vital necessities of healthy brain function and constructive work. Stepping away from the electronics and logging off every now and then should be implemented into daily routines.

Besides recognizing and appreciating the natural beauty of the outdoors, incorporating fresh air and scenic views can boost endorphins and engage a different perspective.

Approaching a subject after having a stubborn moment of writer’s block and spending time outside allows for freshly inspired, de-stressed eyes to overlook any grammatical or editing errors and properly correct them. As the saying goes, make sure to ‘stop and smell the flowers.’



*The Lutrinae* is a weekly campus newspaper covering CSUMB and its neighboring areas. Here at *The Lutrinae*, our goal is not only to educate and inform the public, but to entertain, to spark creativity, to encourage diversity of opinion, and to build a sense of community on campus and with the neighboring cities.

Vol. 4, Issue 9

## The Staff

- EDITOR-IN-CHIEF**  
Sydney Brown  
[editor@thelutrinae.com](mailto:editor@thelutrinae.com)
- PRODUCTION MANAGER**  
Arianna Nalbach
- ASSISTANT EDITOR**  
Cassidy Ulery
- WEBMASTER**  
Anna Stubler
- STAFF WRITERS**  
Emma Garcia  
Breanna Peterson
- ADVISER**  
Sara Gobets  
[sgobets@csumb.edu](mailto:sgobets@csumb.edu)
- OPERATIONS MANAGER**  
Monica Conner  
[mconner@csumb.edu](mailto:mconner@csumb.edu)

## Contact

- OFFICE PHONE**  
831.582.4066
- GENERAL INQUIRIES**  
[thelutrinae@csumb.edu](mailto:thelutrinae@csumb.edu)
- ADVERTISING SERVICES**  
[advertising@thelutrinae.com](mailto:advertising@thelutrinae.com)
- MAILING ADDRESS**  
Wave Hall  
100 Campus Center,  
Seaside, CA 93955
- WEBSITE**  
[www.thelutrinae.com](http://www.thelutrinae.com)

@the\_lutrinae

## Editorial Policy

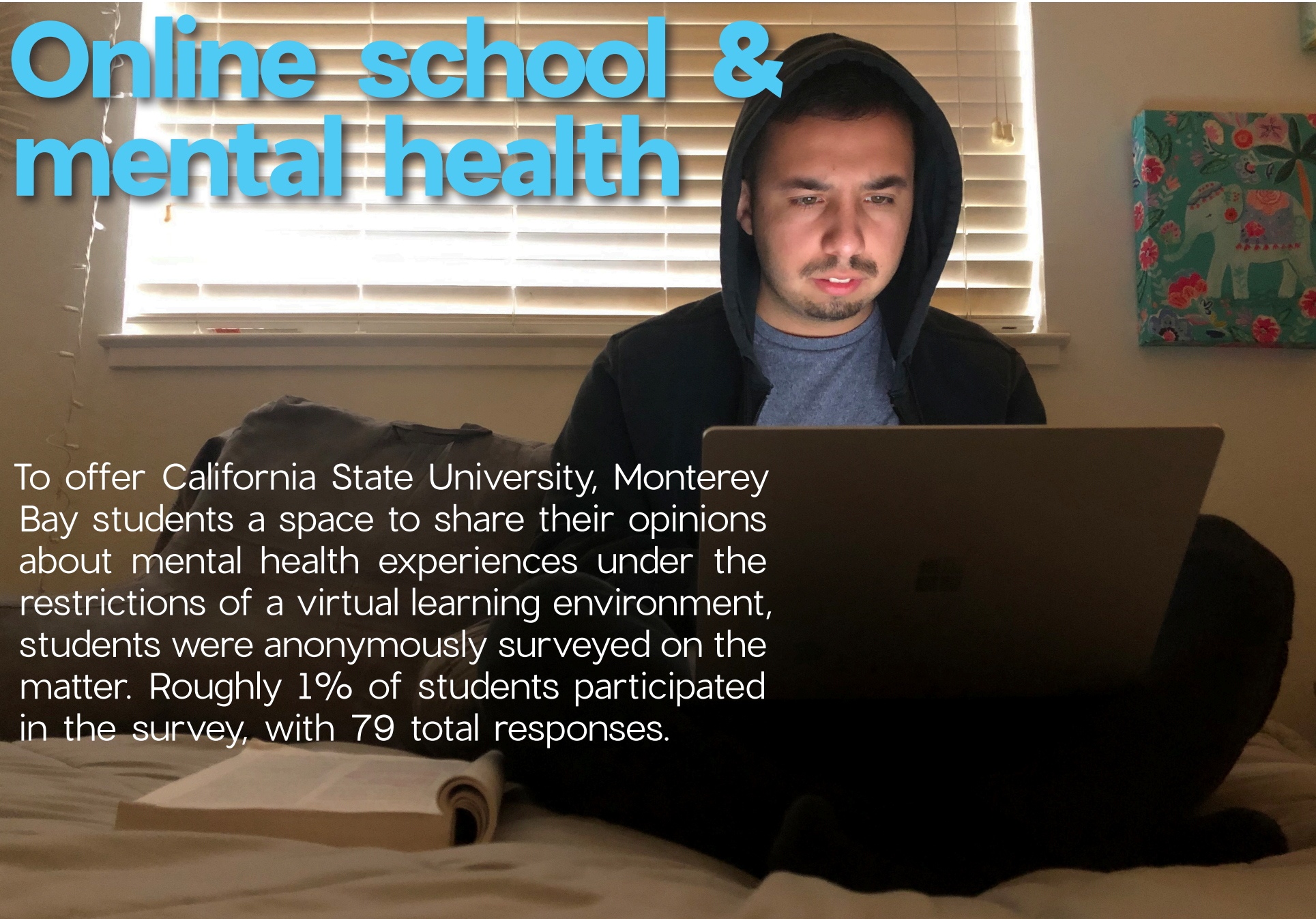
*The Lutrinae* is a student-run publication produced for the students of CSUMB. Opinions expressed herein do not necessarily reflect the views of *The Lutrinae*, CSUMB administration, faculty, or staff.

*The Lutrinae* serves two purposes: It is a training ground for students who wish to develop journalism skills and build their resume, and it is a forum for free expression of campus issues and news. *The Lutrinae* Editorial team will determine what to print and reserves the right to edit for libel, space, or clarity.

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







To offer California State University, Monterey Bay students a space to share their opinions about mental health experiences under the restrictions of a virtual learning environment, students were anonymously surveyed on the matter. Roughly 1% of students participated in the survey, with 79 total responses.

60

responders said they had experienced mental health issues prior to the pandemic.

48%

stated their previous experience have negatively affected them during the pandemic. **28.6%** said their previous experience has positively impact them and **20.8%** said it made no impact. **2.6%** explained their previous experience had an impact, but it was neither positive or negative.

73.4%

of responders said online school has significantly affected their mental health. While it has been helpful to some, the majority of people expressed online learning has had a negative impact on their mental health.

"I have a disconnect from people and feel like I am not really learning but just sitting at a computer mindlessly working."

"My mental health has stabilized because of online learning—I don't feel as anxious anymore because I'm not out in public, and my stable schedule has made my depression better."

"My grades are suffering because learning is more difficult. As a result, my mental health suffers."

63.3%

said they spent **8 or more** hours a day on their electronic devices. **19%** said they spent **6-7 hours** on their devices. **17.7%** of responders said they spent **5 or less hours** on their devices.

89.9%

said they find themselves using their devices as soon as they wake up and right before going to sleep. **63.3%** of them said they think this is affecting their mood and/or sleeping patterns.



# “Happiest Season” is fun, but fails to represent realistic queer experiences



Story and screenshot from Hulu by Breanna Peterson

**Contains spoilers for the film.**

Holiday cheer mixed with gay stereotypes when Hulu debuted the holiday rom-com called “Happiest Season” on Nov. 25. Directed by Clea DuVall, this movie offers traditional holiday hijinks, but with a lesbian twist. Kristen Stewart and Mackenzie Davis star as the film’s leading couple in a fresh relationship. The movie begins and we learn of Abby’s (Stewart) disdain for the Christmas holiday, due to the fact that she was orphaned at 19 and hasn’t had a family Christmas since.

Harper (Davis) haphazardly invites Abby to her family’s Christmas weeklong gathering. Abby is hesitant, but warms to the idea, eventually getting excited about the prospect of meeting Harper’s parents after having dated for a year.

When the two have almost arrived at Harper’s parents house, Harper comes clean about the fact that she lied to Abby about coming out to her family over the summer. In fact, she has told her family that Abby is simply her roommate with nowhere to go on Christmas. It feels like a tired cliché that the film centers around a coming out story. The movie would have been more interesting had it focused on other aspects of queerness. Queer people are more than just their coming out stories.

The viewer grows increasingly frustrated with Harper because she continually neglects Abby in favor of appeasing her meddling perfectionist parents. Harper’s dad, played by Victor Garber, is running for mayor of their town and must put on a perfect front. Because

of their ambitions, Harper’s parents have always put pressure on Harper and her two sisters to be the spitting image of perfection. This gives some insight into why Harper is afraid to come out. She reveals her relationship with her parents to be transactional, which explains why she is so stressed about impressing them.

Being afraid to come out to conservative parents is one thing, but Harper’s treatment of Abby is cruel. She falls back into the heteronormative charade that she played back in high school, flipping her hair in front of her high school ex-boyfriend while Abby watches from afar.

The movie follows the typical holiday rom-com formula. Though it is noteworthy that the main couple is a queer couple, the film doesn’t break any barriers. Harper and Abby are two white, upper-middle class, thin, able-bodied women whose story has been told before. There’s nothing radical about this movie, in fact it is a perfect rom-com because it doesn’t promise anything more than a happy ending.

The film exists in a bubble where queerness is something to hide. In fact, queer stories have been increasingly coming to the forefront of the mainstream. So it’s questionable why DuVall chose to center the story around a typical afraid-to-come-out-to-my-conservative-parents trope, especially when there is little at stake if Harper were to come out.

The movie follows the same cis-heteropatriarchal motifs, even suggesting a proposal. The chemistry between Stewart and Davis is lackluster. Stewart has more chemistry with Harper’s ex-girlfriend, played by Aubrey Plaza. Riley (Plaza) has an interesting backstory which makes Harper even more unlikeable.

In a cruel moment, Harper is outed by her sister. The film makes the outing seem as though outing someone is just a silly thing to do, when in fact it is very harmful and can put queer people in dangerous situations. It’s interesting that DuVall herself is a lesbian because the movie doesn’t seem to reflect the nuance of queerness. Then again, it is a Rom-Com which is meant to be a light-hearted and palatable experience for the whole family to enjoy.

Overall, the movie feels forced. It is a typical rom-com, except the main characters are lesbians. It might have a benefit as an introduction to queerness, but it doesn’t do much more than that. There are more interesting movies reflecting the queer experience.

The centering of this particular life moment for these characters makes it seem like queerness is the outlier. By doing so, it gives the impression that it’s acceptable to ask people to hide themselves. It detracts from the moves the queer liberation movement has been making for decades, often fighting deadlier struggles than rich conservative parents.

All in all, it makes for a palatable holiday rom-com but is lackluster in delivery. Although it was a treat seeing Stewart, who has in recent years become something of a lesbian favorite, Daniel Levy provides delightful comedic relief as Abby’s friend John. Levy seems to be the only character concerned with contemporary values and continues to ask Abby why she is fine with going back in the closet. This movie makes for some cheesy and funny holiday content, but look elsewhere for an in-depth commentary on queer culture.

# Upcoming Events

## Self-Care Workshop

**Dec. 1** The Personal Growth and Counseling Center is hosting this one-session workshop at 11 a.m. It will focus on providing students with information about self-care activities and ways they can allow themselves to engage in self-care.

## Diversity Celebration Series

**Dec. 1** Francisco Ruiz and Scott Rhodes will be joining with the College of Health Science and Human Services to discuss the lessons learned from the HIV epidemic and how to relate them to COVID-19 at 5:30 p.m.

## MBARI Internship Info Session

**Dec. 2** Swing into the UROC conference room to hear from research technician Megan Basset about the Monterey Bay Aquarium Research Institute (MBARI) Summer Internship Program at 1 p.m. Students will be given insight on the program and how to apply for it.

## Resume & Cover Letter Workshop

**Dec. 3** If you are is looking to advance in their career path, you can join the Career Development team at 4 p.m. to polish their resume and cover letter(s).



# Teacher-student relationship is unromanticized in “A Teacher”

Story and screenshots from Hulu by Breanna Peterson

**Content Warning:** This article contains reference to statutory rape and predatory abuse and spoilers.

The FX miniseries “A Teacher” debuted on Hulu, following the tale of an inappropriate yet realistically possible student-teacher relationship. It premiered on Nov. 10 with the release of three episodes. The show is based on Hannah Fiddell’s movie of the same name, and Fiddell created and co-directed it.

The story follows a seemingly bland high school teacher, Claire Wilson, as she struggles with a contentious marriage, infertility and an oblivious husband. She is portrayed as bored with her lifestyle, living a comfortable middle-class suburban dream that lacks excitement. It seems as though viewers are being set up to empathize with her eventual bad decisions.

Wilson eventually engages in an illegal relationship with a 17-year-old student Eric Walker, a charming and precocious teenager. He is the oldest child of a single mother, and frequently has to babysit his two younger brothers. He also works at a diner, which is where he and Wilson have their first conversation that hints at their developing emotional connection.

It starts out with the inappropriate, albeit not illegal, offer of antagonist Wilson to tutor Walker for SAT prep. What follows is a series of escalating events, depicting grooming and eventually leading to statutory rape. It’s important to name this abuse because at some points in the series, the editing of the show appears to wash over the fact that Walker is a child and Wilson is abusing her power - as well as him.

The show portrays their relationship very matter-of-fact, neither glorifying nor making a judgement on Wilson’s illegal and immoral behavior. It may seem as though this is to put the onus of the judgment on the viewer.

Culturally, there is a glorification of older female relationships with younger males. This is seen in many other pop-culture references, such as the show



“Shameless” as well as the film “That’s My Boy” where a 13-year-old is the victim of his eighth grade teacher. “A Teacher” tries to tackle this phenomena through exemplifying a female abuser in a realistic setting without making it a joke.

In one instance of the show, Walker is caught drinking at a party after it is shut down by local police. Upon getting caught, he realizes the officer who caught him is Wilson’s brother, so he calls her to try to get him out of the situation. She obliges, and makes him promise not to

tell anyone. Even though her brother is a police officer, he does not suspect Wilson of inappropriate behavior because she is not what people would consider a typical predator.

“A Teacher” exemplifies that anyone is capable of being a predator. By depicting predatory grooming, it also brings awareness to the myriad of ways that abusers gain their victim’s trust. It remains to be seen if the show will continue in this exposing fashion, or if it will lean into glamorizing Walker’s abuse.

# Netflix scores on their adaptation of “The Queen's Gambit”



*A chessboard awaits its next game, hopefully by a player as strong as “The Queen’s Gambit’s” Beth Harmon.*

Story and photo by Vivienne Aguilar

If someone felt cheated by the lack of strategy and grace in the ending of Game of Thrones, this one’s for them. Come step into the world of Beth Harmon, a chess player with a mind more cunning than Arya, and more vengeance for blood than Daenerys.

the 1983 novel by Walter Tevis and was directed by Allan Scott and Scott Frank.

In its first month, the “scripted limited series” broke viewership records with 62 million household views, according to Netflix’s tweet on Nov. 23. It has been a conversation starter since. “How to play chess” even trended on Google for a while.

Fun Fact: In March 2008, Allan Scott, formerly known as Allan Shiach, told The Independent he was working with Heath Ledger on a film adaptation of Walter Tevis’s 1983 novel “The Queen’s Gambit,” whose plot centers around a chess prodigy with a chequered history. The Independent also reported Scott was encouraged to direct and star alongside Oscar-nominated actress, Ellen Page. Their article went on to mention Ledger’s interest in the project is connected to his own struggle with substance abuse.

It is usually difficult for on-screen adaptations to live up to the world formed in the pages of a great book, but Netflix had no trouble. Netflix did what fans of fiction have been begging for, for years. They dissected the story into episodes, hardly leaving anything out. While many points of the novel were reworked for the show, they added their own flare and drama that never distracted from the main attractions of the story.

“The Queen’s Gambit” omnipresently follows Elizabeth (Beth) Harmon, as she navigates her way through life as a girl, chess champion and addict in 1960’s America. The text is full of flirtatious chess innuendos and rated R inner monologues of a neglected child.

One of the most notable differences between the novel and the show is the dialogue. Many lines given to supporting characters are actually pieces of Harmon’s thinking. As it is well known since chapter one (or

episode one if you’re watching), Harmon is alone most of the time. And when she is with someone else, she’s thinking circles around them.

It was interesting to see how Netflix had to pull from Harmon to create the world around her in the show. For example, if Harmon makes a connection in the novel, the line, usually verbatim, will be heard coming from Benny Watts or maybe Mrs. Alma Wheatley. It fills out the world of “The Queen’s Gambit” very well on screen, but in the novel it’s all Harmon, all the time.

Readers get to be with Harmon as she grows through her most difficult times over a dozen years, with the help of too few people. Nearing the end of the novel Harmon is 18, and barely discovering how to be a friend after having to build barriers to protect herself “in a man’s world.”

The book itself is filled with the nuances of female pubescence, teenage trials, and battling addiction, all of this constantly sidelined by Harmon’s obsession with the game of chess.

One of the most rewarding aspects of this story in any format is the feeling of genius-adjacent. The audience is able to feel the wins and losses of Harmon’s games. They are allowed into her mind, to study and analyze with her. The tension of misstep hangs with viewers as much as Harmon. It is a feeling usually associated with heist movies or intense battle scenes.

“The Queen’s Gambit” portrays romantic and logistical relief between chess games. It deals with the burden of everyday tasks on someone without support. It illustrates Harmon’s beautiful non-nuclear family. It’s just one of those stories that reminds us that we’re human, and there’s no other way to be.



# Holiday Homecookin’



Story and photo by Cassidy Ulery

COVID-19 has forced families to separate, rather than gather for holiday festivities this year. Those lucky enough to celebrate together or those connecting virtually all maintain the uplifting attitude of communal intentions and focusing on the positive outlook of giving thanks for daily blessings. No matter the location or socially-distanced size of a party, recreating generational passed down recipes has been a staple in many families for past and future events.

Looking to inspire college students and community members alike using fresh vegetables and organic rice, this Wild Rice Casserole side dish and Mom’s Infamous Apple Pie - complete with a buttery dash of deliciousness - is guaranteed to fulfill all homecookin’ cravings and desires.

**Wild Rice Casserole:**

- Ingredients:**

  - 18oz package of Wild Rice (be sure not to get true not Wild Rice/White Rice mix)
  - 1lb bacon
  - 1 green bell pepper
  - 1 small yellow onion
  - 2-3 stalks celery
  - 3-4 sliced mushrooms
  - 1 can cream of mushroom soup

**Preparing the rice:**

This recipe requires a 24-hour advance preparation and originates from Minnesota. The rice comes dark black, however “pops,” to a black and white, fluffy consistency after soaking in boiling water minimally twice and overnight. Fill a tea kettle with enough water to completely submerge and saturate the rice in a pot with an accompanying lid. Pour the water over the rice once it comes to a boil.

Let the water cool down enough to comfortably touch the soaking rice pot with bare hands, be careful to drain and repeat the soaking process once more but let the rice sit in the hot water overnight. Before the second soaking, the black rice should be showing signs of bursting open - displaying white, fluffed up rice kernels.

**Recipe:**

Cutting the pound of bacon into bite size pieces, cook and set aside on a paper towel plate to drain excess grease. Chop the celery, bell pepper and onion into small pieces, as well as slicing the mushrooms. Saute the vegetables, minus the mushrooms until the end in the pan’s remaining bacon grease for about 10-15 minutes, adding the mushrooms last to prevent “mushing.”

Drain the sauteed vegetables from the grease, set aside in a large mixing bowl with “popped,” wild rice. Mix and thoroughly combine the veggies, rice, 1 can of cream of mushroom soup and ½ cup of water measured from the cream of mushroom soup can. Transfer blended mixture to a casserole dish with a proper fitting lid, drizzle some

water on top and bake covered at 350 degrees until hot and bubbly - approximately an hour, depending on oven.

This dish can be prepped and prepared the day before serving and cooked in the oven day of. To make it vegetarian, omit the bacon and saute the vegetable mixture in butter.

**Mom’s Apple Pie:**

- Apple Filling**

**Ingredients:**

  - 6 cups thinly sliced, peeled apples
  - 1 cup sugar
  - 2 Tbsp all-purpose flour
  - 1 tsp ground cinnamon
  - Dash of ground nutmeg
  - 1 Tbsp butter

Combine sugar, flour, cinnamon and nutmeg in a large mixing bowl. Add sugar mixture to the sliced apples, toss to coat fruit. Set aside.

- Flaky Butter Crust**

**Ingredients:**

Flaky Butter Crust:

  - 1 ¾ cup flour
  - ½ tsp salt
  - ¼ tsp baking powder
  - 1 ¾ sticks butter (chilled and diced)
  - Cold water

Combine flour, salt and baking powder in a large bowl. Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball.

Divide dough in half for top and bottom crust and shape with a rolling pin.

Fill a pastry-lined 9-inch pie plate with apple mixture; dot with butter. Adjust top crust. Seal and flute edge. Sprinkle with sugar atop if desired. Bake in a 375 degree oven for 50 minutes or until the crust is golden.



Graphic by Arianna Nalbach

# This day in history

## Nov. 30

**1782** Britain and the U.S. signed the first articles of the Treaty of Paris to put an end to the American Revolutionary War. The U.S. would go on to become an independent nation and the conflict between the two parties was finally concluded after seven years of conflict.

**1979** The revolutionary British rock band Pink Floyd released their 11th album titled “The Wall,” which contains 26 songs that combine to create over an hour of musical experience. The album was so impactful, Alan Parker created a film in 1982 based off of the album's main themes.

**1835** The infamous American author Mark Twain was born in Florida, Missouri. Twain went on to write “The Adventures of Huckleberry Finn” and “The Adventures of Tom Sawyer,” which helped appoint him as one of the greatest humorists in American history.

**1982** At the age of 24, Michael Jackson released the hit album “Thriller.” The song “Thriller” from the same album remains to be a pop-culture phenomenon today as Halloween parties continue to influence folks to follow the “Thriller” dance featured in Jackson’s 13 minute music video of the song.

**1924** Shirley Chisholm, the first Black woman to be elected into the U.S. House of Representatives, was born. Chisholm served in New York's 12th Congressional District for over a decade.

**2018** Many American flags were halfway lowered when the 41st president of the U.S. George H.W. Bush died at the age of 94. He served as president from 1983 to 1993.



# Diverting Food Scraps this Holiday Season

Story and graphic by Gabriella Ulloa

Did you know food waste sent to the landfill is the third largest emitter of greenhouse gases? This is due to the fact that organics release methane, a toxic greenhouse gas, when in an anoxic environment. In California alone, nearly 6 million tons of food scraps are sent to the landfill each year, accounting for nearly 18% of materials sent to the landfill. However, you can make a difference this holiday season by diverting your waste and reducing your carbon footprint!

With Thanksgiving coming up this week, have you ever thought about how to sustainably discard food scraps from all the yummy organics used to make Thanksgiving dinner? Rather than quickly throwing out apple cores and potato skins in the trash, try starting a compost bin to divert your waste from the landfill.

Creating a compost bin can sound daunting, but it is actually a lot simpler than it sounds and can be done using a few materials from your house and backyard.

1. To start, find a container with a removable lid that you can drill some small holes in. It is important that your container has a lid in order to keep in any bugs that may be attracted to the compost and prevent them from circulating outside of the compost.
2. Begin drilling holes in your container. Make around twenty holes on the lid and the bottom of your bin in order to help circulate the air and drain the moisture. It is also beneficial to make some holes along the sides of the bin. Your bin should look similar to the one pictured.
3. Once this is complete, the first layer of compost can be added to the bin. The first layer consists of branches and sticks. Begin layering branches and sticks on the bottom of the bin, these materials will help to drain out moisture and keep the air filtering throughout the bin.
4. Now it is time for the second layer which consists of browns: dry leaves, straw, old newspaper, or other brown material. Be sure to break these materials into small pieces in order to aid with quicker decomposition. Browns are carbon-rich compost materials and help to balance with greens which are nitrogen-rich compost materials.
5. The third layer consists of soil. Begin placing a thick layer of rich soil on top of the browns.
6. Once this is complete, you can begin placing your



organic food scraps on top such as fruit and vegetable scraps.

7. Finally, add soil on top of your organics in order to help them decompose and mitigate the smell generated from the decomposing food. Then, add a small amount of water to your compost to keep it moist.

Be sure to place your compost bin in an area that receives a lot of sunlight in order to aid with faster decomposition. Purchasing or finding earthworms to bury within the compost bin can also help with even faster decomposition! Here are a few key tips to maintaining your compost:

- a. Designate a sealable container in your kitchen where you will accumulate food scraps to place in the compost

- bin. Once this is full, most likely every few days, you can take it outside and dump it inside the compost.
- b. When emptying new compost into the bin, be sure to stir the compost with a shovel and water the compost if it looks dry.
  - c. It may also be helpful to place an infographic near your compost container in the kitchen (see the one below) about what goes into composting in your kitchen so family and friends can easily navigate which food scraps can be composted.

Start reducing your carbon footprint today and be sure to have fun during your compost journey this holiday season!

# How do you feel about travelling with COVID cases still on the rise?

Otter Chatter by Cassidy Ulrey



**Nicole Freeman**  
Communication Design  
Fourth-year  
“Nervous about seeing people, but want to see my dogs.”



**Zack Urango**  
Humanities and Communication  
Fourth-year  
“Road trip to Canada! The U.S. ain’t it.”



**Skye Molaro**  
Visual Performing Arts  
Second-year  
“Nope!”



# Photo contest winner!

theme: culture  
Aya Cabero



Can you unscramble these art-related words to reveal their true meaning?

naptinig

crattabs

purestluc

rearussmil

diosut

yoontecramp

chekst

sciennaersa

mumuse

macisrec

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

Answers:

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

painting, sculpture,  
studio, sketch,  
museum, abstract,  
surrealism,  
contemporary,  
renaissance,  
ceramics