

Slut Walk empowers survivors of sexual assault



Photos and story Samantha Calderon

A group of students marched around campus chanting, "Whatever we wear, wherever we go! 'yes' means yes and 'no' means no!" On Thursday, April 26, approximately 40 students who are either survivors of sexual assault or are allies participated in the annual Slut Walk at California State University, Monterey Bay (CSUMB). The event is a march and open mic for people of all genders against sexual harassment and slut shaming to come together.

Slut Walk started in Canada in 2011 after a police officer stated, "women should avoid dressing like sluts" if they do not want to subject themselves to sexual assault. According to the Slut Walk website, Slut Walk is "...a transnational movement of protest marches calling for an end to rape culture, including victim blaming and slut shaming of sexual assault victims. Specifically, participants protest against explaining or excusing rape by referring to any aspect of a woman's appearance."

Michelle Vazquez, a Business major, said, "I feel like Slut Walk promotes a safe space for sexual assault survivors. It also promotes more awareness of gender equity. It is a powerful space of support where survivors can feel empowered and heal." Vazquez said that Slut Walk is a direct resistance to rape culture, and that it is important that the CSUMB community come together in support of sexual assault survivors.

According to the Rape, Abuse & Incest National Network, 23 percent of females and five percent of males experience rape or sexual assault through violence or incapacitation in college at the undergraduate level. Only 20 percent of female survivors in college report sexual assault to law enforcement. 21 percent of Transgender and gender non-conforming students have been sexually assaulted, a higher rate compared to cisgender individuals.

Isaac Castillo, a Humanities and Communication major and member of Associated Students said, "I think what this event means to me is that this is a chance for men— especially heterosexual men—to become allies with members of the opposite sex who have been oppressed, discriminated, and traumatized by rape culture. This is it just something that any male shouldn't brush off lightly. This is a chance for people to understand that there are unjust consequences for the type of behavior that is expected in society."

Castillo was one of the handful of men at the event, and is a Feminist ally. "I think our campus, and any other campus, should have events like this because it definitely helps an individual who may be traumatized go through the healing process. Often, we are told that talking about things make things easier, but in situations like this, these 'things' demand some more attention, more outrage, and more courage. This event allows people to heal as well as become stronger in the long run. Even if you have not been assaulted or shamed, it is beneficial for someone to no longer become a bystander," said Castillo.

The Rape, Abuse & Incest National Network states that more than 50 percent of college sexual assaults occur in the months of August-November, which is back-to-school season. At CSUMB, three rape cases were reported in less than three weeks between late September and early October in 2017. Compared to larger campuses, these statistics might not sound as alarming to some; however, given CSUMB's student body of less than 8,000 students,

this news was horrifying to the majority of campus. The onslaught of sexual assaults prompted CSUMB to take a more aggressive approach, as the school sent out an email providing the name, photo and even the patterns of the perpetrator. The email read, "If you see this person on-campus, report it immediately to the University Police Department by dialing (831) 655-0268. Be prepared to give his location."

Elizabeth Laney, Clinical Lead at the Personal Growth & Counseling Center (PGCC) said the Slut Walk is necessary because, "It is important to raise awareness because sexual assault is often stigmatized. The event provides support to people who are both ready to speak out, and those who are not ready to speak out about their experiences." Laney said it is okay if survivors do not feel ready to come forward with their story, since it is a process. The PGCC provides survivors with outreach workshops, individual services and group therapy services through the Sexual Trauma Survivors Group. Laney said it is essential to connect survivors to a supportive space.

Participants of the Slut Walk took over campus as they screamed phrases such as, "It's a dress not a yes!" and "S-L-U-T that is not me!" The participants marched inside the library and the Business and Information Technology building. This was the first time the participants were allowed to chant inside the buildings, as they have marched quietly inside buildings in past years. Participants said that their message must be heard.

The event closed with survivors of sexual assault going on stage for an open mic to share their stories to empower others. There was not a moment of silence, as several survivors took the stage to shut down rape culture. The survivors were met with warm applause and praise.

CSUMB has a Campus Advocate, an individual who serves as a confidential survivor advocate from Monterey Rape Crisis Center. Campus Advocate serves both students and faculty, and is available Monday-Friday from 9a.m.-5p.m. by call or text at (831)-402-9477, as well as at the PGCC, building 80. More information can be found at csumb.edu/campusadvocate. Survivors are never alone.



Participants of Slut Walk march across campus wearing clothing that empowers them, as well as holding signs that call out rape culture (top). Survivors of sexual assault hold the system accountable for not taking more action against perpetrators (bottom).

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Chancellor responds to proposed tuition hike

By Jessenya Guerra

On April 20 Timothy White, The Chancellor for all of The California State Universities sent out a letter to all addressing an upcoming tuition increase. White stated, "Dear California State University Community, Let me begin with thank you. I remain deeply impressed and pleased by our university community's effort to raise awareness of our successes and needs – while advocating for adequate funding to maintain progress on student success, authentic access and fair compensation for our valued employees."

"Moreover, our state's economy is strong and many lawmakers support the CSU. Thus, I have decided that it is in the best interest of California that tuition levels should remain unchanged for the 2018-19 academic year. This decision is not made lightly. There will be serious adverse consequences if state funding falls short of meeting our university needs." White continued.

"Without sufficient additional dollars, campuses will need to reevaluate staffing levels, programs and services. We would be put in the situation that less is achievable with insufficient funding – less than our aspirations and goals, less than our state's needs, and less than our students' expectations."

"So, our ask of the state is this: #ChooseCSU and fund our shared priorities. Our ask now being considered by the state for funding is just for the university's most pressing needs. We all want students to have the clearest and most life-changing path to graduation. We all want high-quality degrees to meet the needs of the state's economy and society, today's and tomorrow's. We all want faculty and staff to be fairly compensated."

"These shared priorities are shared responsibilities for California. Our future is now clearly and unambiguously in the hands of lawmakers. I ask you to join with me as we sustain our advocacy efforts and close out the annual budget cycle in Sacramento strongly. I look for your continued support as we emphasize to our state leaders that full funding for the California State University is key to California's future."

Chancellor White also said, "You can find easy contact information for your assembly member and senator by visiting this website or scanning the QR code: <http://findyourrep.legislature.ca.gov/>."



OPINION

What is Psychosis?



By Navid Amarlou

There is a great deal of misinformation about psychosis. And for those suffering through this, being confronted with such stereotypes may create a feeling of insecurity and uncertainty about their mental health and their perception of the world around them. So to tackle the issue it is important to first understand what psychosis is.

To begin simply, psychosis is not synonymous with psychopathy nor does it mean the person is inherently a good or bad person. Movies, literature, and even some games have been detrimental to the public's understanding of this illness. Such films like *Silence of the Lambs* or *Me, Myself and Irene* have been detrimental to the public view of such an illness. Psychosis is a mental disorder which is used to describe a loss of contact with reality. This comes in the forms of visual and auditory hallucinations.

Whilst enduring psychosis, a person's thoughts and perceptions are disturbed and the individual may have difficulty understanding reality, or what is not real. Other symptoms can include an unusual speech pattern or nonsensical speech and appropriate behavior for certain situations. Those suffering through a psychotic episode may in addition experience depression, anxiety, difficulty sleeping, social withdrawal, a lack of motivation, and generally a difficulty in functioning as they normally would.

It is important to understand that psychosis is a symptom, not an illness, and it is more common than you may think. In the U.S., approximately 100,000 young people experience psychosis each year. As many as three in 100 people will have an episode at some point in their lives.

Struggles of being vegan at CSUMB

By Madeline Koers

Going vegan has been one of the best decisions I have ever made. It has opened my eyes to the cruelty that goes on in the meat industry and the dairy industry. It has completely changed my life, for the better. Being a vegan at California State University, Monterey Bay (CSUMB), however, can be a little challenging.

There are not that many options food wise on campus. The Otter Express (OE) has virtually nothing that is vegan. The only thing you would be able to order would be a veggie sandwich, but even that is pretty plain and doesn't fill you up.

I recently found out after speaking to a staff member in the dining commons, that they do have a vegan sushi option in the OE. However, they sell out fast and you need to get there around 12, if you want some veggie rolls. This is great, but I do wish there were more options besides sushi or a sandwich.

In the Dining Commons (DC), there is a "vegan" station, but the food doesn't always appeal to me, sometimes it's curry based, and my stomach can't really handle curry based foods.

I recently traveled to Portland, Oregon to visit my sister, and was amazed by how many vegan options there are in that city. You can get any food you want, in a vegan version. I went to an all vegan barbecue place and ordered a vegan burger with mac and cheese on it, which was in a word, life changing. I thought to myself, now why can't my school offer something similar? Is it that hard to get vegan patties? Or make vegan mac and cheese?

Just because I am vegan, doesn't mean I don't like junk food. Most college students love eating pizza, burgers and fries, and as a vegan I'm not any different. At Monte's on campus, they do offer a vegan burger which is quite good. Monte's is not that accessible though because its more expensive and located on the other side of campus from where the other dining options are.

Students on Executive Order 1100

By Jessenya Guerra

Many people are still unaware of what Executive Order (EO) 1100 is and what that means for the students here at California State University, Monterey Bay (CSUMB). Here is EO 1100 explained in easy terms. What you need to know is that CSU Chancellor, Timothy White, made it mandatory that a certain number of changes be made to the California State University (CSU) curriculum.

One of the main issues that EO 1100 brought to attention was the language requirement that our campus holds near and dear. There was not be enough room for all of the changes to be made to the curriculum while still keeping the language requirement. This caused commotion throughout our university because the end of the language requirement means that the professors in the school of World Languages & Cultures might lose their jobs.

A second big change that EO 1100 will be implementing is changing all General Education classes from four units to three units. This would decrease current class time from one hour and 50 minutes to one hour and 20 minutes.

Although a lot of very important decisions were made in regards to the future of CSUMB students, a lot of students have no idea what EO 1100 is.

"I'm all for it. Change the class time to an hour and 20 minutes! I honestly believe that is the best thing for students and faculty. When I was in community college an hour was way too short

Early, or first-episode, psychosis refers to when a person first shows signs of beginning to lose contact with reality. It is important to act quickly to connect a person with the right treatment during early psychosis given that it can be life-changing and has the potential to alter that person's future.

A biological explanation for psychosis has not yet been provided given the complexities of the brain but ideas have been hypothesized the current popular idea being that it is the effect of multiple chemicals that are involved, dopamine being a widely suspected chemical in this process, and that these synthesized together create the experience of psychosis. Though this is the popular idea of the physical explanation behind such experiences there is still more to be known about psychosis.

It is understood that there are several suspected factors as to which are likely involved in its development. The age of the patient primarily due to hormonal changes putting patients at an increased risk.

These Several factors include:

Genetics. There are many genes which can contribute to psychosis but just because the gene is present doesn't necessarily mean that they will experience psychosis.

Trauma. A traumatic event such as a death, war or sexual assault can trigger a psychotic episode. With this it is important to take into account the person's age and the type of trauma as it does affect whether such events will result in psychosis.

Substance use. The use of marijuana, LSD, amphetamines and other substances can increase the risk of experiencing psychosis primarily in those who are already prone to experiencing such symptoms.

I got to speak with Michelle Lagana, who is the Operations Manager for resident dining. I asked her about the vegan section in the dining commons and she said it's one of the most popular stations they have. She said that they're looking to expand the section- and offer more of a variety of vegan foods.

"How many vegan students do you think are on campus?" I asked.

"Well I think it's a pretty low percentage, maybe about three percent of students," Lagana replied.

This number wasn't shocking to me, as I know going vegan isn't for everyone and can seem challenging, especially for college students. She was excited to tell me she is going vegan herself, and that she's almost there.

"I wish there were vegan dessert options," I had mentioned.

"Well, we are working on that. We are hoping to have vegan dessert options in the future," Lagana stated

This was encouraging to hear, because sometimes I would walk by the dessert area, and read that all the items contain eggs or milk, sigh, and walk away in dismay. I may be vegan but I love a cookie as much as the next person!

As for the other parts of campus, I am hoping that there will be more options for vegans like myself in the coming semesters. I for one, will be heading back to the DC for some yummy vegan food and I encourage everyone to do the same! Try something new, you have nothing to lose!

Lagana said it was important to get feedback from students because it helps the staff decide on what they need to change or improve, so if you have any recommendations, don't be afraid to let a staff member know.

and an hour and 50 minutes seems too long. Students start to lose interest and professors run out of things to say," said Alejandra Montoya, a senior Liberal Studies major.

"As for the language requirement, I never liked it. I grew up speaking Spanish and English and I thought it was dumb that I had to take a Spanish class. I found that a lot of my friends and family that came here say the same thing. It doesn't make sense to take so much of a language if it doesn't relate to your major. They should make it optional," Montoya finished.

"I honestly think it's kind of dumb. I would rather just get the units over and done with. I feel like if they cut the units and the amount of class time then we will end up learning less. I appreciate the amount of class time and workload that I have at the moment and anything else would feel like not enough," said Shaylea Stark a Junior and Environmental Science Technology and Policy major.

No matter how students feel toward EO 1100, Model 14 Revised V2 has been voted in by the Academic Senate. You can read about it here: thelutrinae.com/model-14-revised-v2-wins-the-popular-vote/.

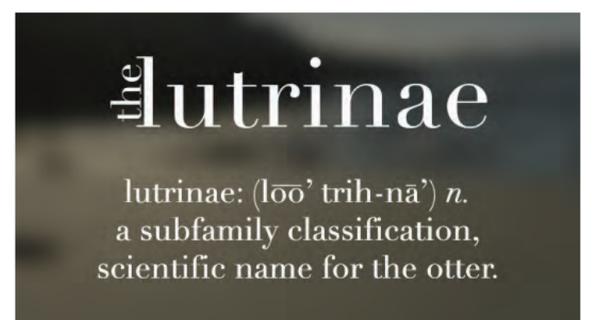


Physical illness or injury. Traumatic brain injuries, brain tumors, strokes, HIV and some brain diseases such as Parkinson's, Alzheimer's and dementia can possibly cause psychosis. Mental health conditions. Psychosis can be a symptom of a condition such as schizophrenia, schizoaffective disorder, bipolar disorder or depression

There is treatment for those experiencing psychosis and it is important to begin treatment early. Treatment can be found in the form of Coordinated Specialty Care in which the patient will receive family support and education, psychotherapy, medication management to help alleviate symptoms, and peer support. This may vary on a case by case basis but for the most part has been effective.

For those who are suffering from psychosis, or know someone who is please treat this as you would any form of illness. Urge the person to seek medical treatment so that they can be helped in facing such experiences. There has been a standing stigma behind seeking out treatment for mental health, but in the same way that we work on ensuring that we have stable blood pressure for example, we must also make sure to evaluate and seek treatment for our mental health so that we may be entirely healthy individuals.

We do have resources on campus for students who would like to speak with trained professionals concerning mental health problems, and should they not be able to help you they can refer you to someone who can. To each of the students here at CSUMB, your health and happiness is greatly valued, should you feel that you need someone to speak to or wish to seek active therapy please call our on campus number for the Personal Growth and Counseling center at (831) 582-3969. These remarkable individuals will do all they can to help you through difficult times.



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.

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The Lutrinae serves two purposes: Its 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 reserve the right to edit for libel, space, or clarity.

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NEWS

Class schedule issues

By Jessenya Guerra and Sarah Boulерice

“So basically what it comes down to- If I don’t get into this class I will have to stay another semester at California State University, Monterey Bay (CSUMB),” said Mari Figueroa, a Super senior at CSUMB. This is the struggle that she is currently facing when it comes to signing up for classes for the Fall 2018 semester.

Mari has been attending CSUMB since Fall of 2013 and has been struggling to sign up for the right classes to fulfill her Marine Science Bachelor of Science (BS) degree with a minor in Statistics. Fall 2018 registration starts on April 16th and is filling her, like many students, with anxiety and copious amounts of stress.

“There was this class called Quantitative Field Methods (QFM) that I wanted to take, but there’s also a class called Quantitative Marine Science (QMS) which my advisor said were essentially the same thing and would fulfill the same requirements.”

“I thought that QFM sounded like a more fun class and would help me diversify my learning because all the class I take are about the sea and it would be fun to learn more about land. However, little did she know that QMS is 100% required by Marine Science majors in order to take a Marine Science capstone.”

“I am unable to enroll in the majority of capstone classes because I was advised not to take the prerequisite. Many other students in my major were also given this same wrong information. Approximately 50 students are now struggling to take the right classes in order to enroll in a capstone.”

“There is one small chance of hope for [my] situation though. There is one capstone that has opened up that will allow me to take a capstone class without the prerequisite of Quantitative Marine Science. But there are only 23 spots available in that class”

“So if I don’t get into that capstone class I will have to stay an entire extra semester just so that I can graduate. Thanks to my advisor that had incorrect information. Hopefully I get very lucky and am able to get into that class. On the bright side, I did do reservation days for East Campus so I will have a place to live if I don’t get in.”

Mari has decided to stay positive about her situation and hopes that her super seniority gives her enough priority to register before that class gets filled. However, Mari’s situation is not unique. There are

many other students in her major that are facing the same issue. Needing one final class in order for them to graduate.

And this problem is not specific to only the Marine Science major. It has become common knowledge among upperclassmen that class selection has become smaller and smaller, with each class filling up before you can check what your plan B or C even is. Even Sarah Boulерice, a Social and Behavioral Sciences (SBS) Major is struggling to get the classes she needs, since the classes she needs to graduate are very limited.

“Being a senior and registering for my last semester of courses for the fall, I wanted to make sure I was able to get all the remaining courses I needed in order to graduate in December as planned,” Boulерice states, “I thought maybe going into my last semester having to register for courses, I would strike luck and not have any issues with my schedule. I should not have gotten my hopes up, as it seems every semester something usually conflicts with a class.”

Boulерice also has a minor in Spanish Language and Hispanic Cultures, and is able to graduate a semester early, graduating in fall 2018. The sad part is that only a couple of options are offered every semester, so if I miss an opportunity to take a necessary class, I will have to wait a year to take it as it is not offered that next semester.

“I did have the right list of classes, but yet I did not know with SPAN 316 and SBS 405 I would need permission codes as OASIS would not register me for SBS 405 due to me registering for SBS 404S. When it came to SPAN 316, I didn’t know I would need to have taken a different prerequisite than I have taken so I needed to get that code as soon as possible,” Boulерice states.

What sucks is that with the upper division courses, most of the classes are only offered for one section, and if I did not get the courses I would delay my graduation date that I cannot afford to move. Thankfully after a few phone calls, emails and needed substitutions, I was finally able to get the classes that I needed and I’m taking less units than I originally thought. One more semester and only taking 17 units, I’m excited to have finally registered for my last semester and on track to graduate on time and the units required to.

“I would never have expected myself to graduate a semester early, but I am. Things haven’t come easily, especially being put in the right classes. I am just thankful I was able to get the classes I had

left to complete so I can graduate on time,” Boulерice says.

David Reichard, Humanities and Communication (HCOM) chair at CSUMB, commented on how the scheduling is set up for this department.

“I don’t want to speak for all programs, but in HCOM scheduling classes is a process that starts about a year in advance. We have a multi-year course offering plan developed by the faculty to make sure we have offerings across the curriculum from GE to the major,” Reichard states, “We then schedule from that plan and within our budget--adjusting for anticipated enrollment needs and minor changes.”

“Until it is published, there are various levels of approval--from the Dean to the scheduling office--all of which weigh in on available times, spaces, budget etc. We sometimes have to tweak that schedule up to when it is published. But, we mostly try to align with our plan,” Reichard continues.

If a senior is in their last semester and needs a class, but can’t get it, Reichard mentions that seniors register sooner than other students, and there is also a process to add more sections of a class.

“...we also monitor enrollments to see how many students are on wait lists in our classes (and who those students are--assessing the number of graduating seniors, for example) which allows us to request additional sections as needed,” Reichard states.

“Offering additional sections is not a given, as the Dean’s office and ultimately the Provost make the call on what funding is available. And, we work with HCOM’s advisor, Gladys Cabadas, to monitor registration all through the process. So, we do our best to anticipate, and respond to students’ needs as we can,” he continues.

As a student of this college you expect the academic advisors and your professors to have the correct information. There are too many students that are misled, or given misinformation about classes that they are required to take in order to graduate. I urge all of you to double check that your advisors have their information correct, and to question them when you think they might be wrong. Academic advisors are people too, and sometimes they make mistakes.

California’s controversial water bill

By Angela Daly

How far would you go to establish a legacy? Perhaps establishing something that will be around for future generations, and every time it’s seen or referenced it’s deeply entrenched with your name. Yet, this legacy is more to immortalize your name, rather than benefit the people. Our current governor of the great state of California has been trying since 2009 to do just that, create his legacy that’s going to devastate California, if not the rest of the nation, for generations to come while increasing your tax dollars and inevitably your water bills.

Commonly known as the Delta Tunnels project, and disguised as the California Water Fix and Eco Restore Project, Jerry Brown has been desperately trying to grapple funding and support for this highly controversial project. The Delta Tunnels plan would dredge two massive four story high tunnels “underneath” the Sacramento River beginning near I5 and Elk Grove, and routed to intersect with the San Joaquin River, to ultimately push more water to Southern California. To give some perspective, each tunnel would be exceed the height of the Tanimura and Antle Family Memorial Library on campus.

Southern California has already seen a decrease in water consumption over the years, even as its population has increased, making the supporters of this bill all the more questionable. The environmental consequences of building these tunnels so the water can be privatized and controlled doesn’t even compare to any possible minimal benefits. California water bills will explode over the cost of building these tunnels, and then the cost of supplier greed. California doesn’t need another bullet train fail; which has yet to be completed and is already seventy-seven percent over spent. We should be investing money into repairing and updating current crumbling water structures across the state, not trying to find the funding and support for a destructive legacy.

If you’re still unsure, you can glimpse into our future by referencing the governmental injustices and lack of drinkable water currently still happening in Flint, Michigan to correlate to the results of the Delta Twin Tunnels. Flint has been struggling with their water crisis since 2014, with little hope of having it resolved until the year 2020; it’s absolutely imperative that we do not allow it to happen here.

Brown is shaming the great state of California in pursuit of his legacy, not ours. If Southern California really does need more water, we need adequate, environmentally sound, long term solution(s) that work for everyone and prevents further destruction to an already mutated planet. We need to be remain cognitive and construct better solutions to the environment, not perpetuate and fester more problems. We need to prevent these tunnels from being built and further exploiting our earth.

While there’s multiple positions to every political venture, I sincerely implore you to do your own research and become informed on the decisions being created for you so that you can voice your own opinions and make sure that they’re positive changes that you’d want to see for yourself, and the future.

United Multicultural Allies host a festival



By Mira Saleh

On Wednesday April 18th, the school of World Languages and Cultures hosted a campus-wide multicultural festival at the main quad and student center to showcase different cultures amongst the California State University, Monterey Bay (CSUMB) campus.

Students that attended the festival were introduced to customs such as the Japanese Tea Ceremony, traditional Mexican fashion, and a popular Japanese dance. In addition students obtained familiarity to Latino history through a book reading, A Fighting Chance, conducted by author Claudia Melendez Salinas, as well as competed in trivia games.

Presentations on undocumented student support resources and the importance of inclusivity toward foreign exchange students were also held to help ignite cohesiveness among all students on campus.

“I don’t want us to conflate undocumented with Mexican,” Joanna Snawder-Manzo care manager of student life stated, as she introduced undocumented student support resources on campus such as UndocuAllies and Undocu-Otters.

She stressed the importance of acknowledging that in our community, there are many people who are undocumented that come from many different countries. Upon mentioning this statement, awe and heartfelt emotions were apparent among students’ faces surrounding the room.

“I almost felt like I was Japanese myself,” was how senior student Dante Reeves described learning the traditional Japanese Fisherman Dance.

He further on went to explain the fun he had learning and embracing new cultures during the festival, especially during the Latino heritage trivia.

Freshman student Fabiola Saavedra was dressed in a traditional Mexican white blouse with floral detail and a satin red scarf around her waist. She is a contributor of the Spanish Program and expressed her goal for students attending the festival- to be able to share his or her cultures and become open-minded, not only to Mexico, but other countries as well. In addition she wanted students to become inspired and prioritize exploration of other countries during their lifetime.

As one walked into the student center, the multiple colorful flags displayed on the surrounding tables, immediately captured their attention. Upon further articulation, details of bright colored Mexican candy wrappers on tables, foods offered ranging from authentic Mexican baked goods such as pan dulce (sweet bread) to homemade sushi, and an array of multi-ethnic interested individuals encompassed the room. As a result, positive interconnected energy flowed as a deeper understanding of different culture emerged from the festival.



CAMPUS

NAACP at CSUMB holds community forum



By Sarah Boulterice

The National Association for the Advancement of Colored People (NAACP) at California State University, Monterey Bay (CSUMB) hosted a community forum called Know Your Rights: Sex, Drugs and Cops at the Student Center on April 26th. The forum was actually meant to serve as a relaunch of the club as the new NAACP, since membership collapsed earlier in the year.

According to the club co-founder, Steven Goings – a counselor at the Personal Growth and Counseling Center – the club has been at CSUMB since 2012, and has had a large impact on the campus over the last seven years.

The community consisted of two panels, one of student leaders from various advocacy clubs and the other of selected CSUMB staff. The student panel consisted of Jeniece Smiley, president of Black Students United (BSU); Victoria Ordaz, executive vice-president of UndocuOtters; Kathybelle Barlow, member of Student Awareness for Disability Empowerment (SADE); Malcolm Tunnel, member of EMPOWER; Ulises Duenaz, president of Pride CSUMB; and Chelsey Butcher-Hebert, president of Students for Sensible Drug Policy.

The staff panel consisted of Shantel Martinez, Otter Cross Cultural Center Assistant Director; Wendy Smith, Title IX Coordinator and Discrimination, Harassment and Retaliation Prevention Administrator; Maria Lopez Cabrera, Undocumented Student Success Resource Specialist; Ellie Hail-Langner, Student Housing and Residential Life Conduct Coordinator; and Gary Rodriguez, Health Promotion and Prevention Specialist.

Students who attended the event were all given a Know-Your-Rights handout packet on the subjects of sex discrimination, recovery from drugs and alcohol and dealing with cops and Immigration and Customs Enforcement (Sex, Drugs and Cops). However the event was really a recruitment drive for the NAACP. Students who attended were promised free memberships and given a pitch about the club. In order to stay affiliated with the national organization the club needs to keep 25 paid members at all times; the annual cost is \$15 for students under 21 and \$30 for students 21 and older.

NAACP member Karla Noyles moderated the panel. Each panelist brought up student issues related to the communities and clubs they were representing. The BSU complained about too few African American students on campus and classroom microaggressions, Students for Sensible Drug Policy worried that CSUMB does not have a Good Samaritan policy for students, SADE noted that the campus was getting increasingly difficult to navigate for people with mobility issues, and Pride said there should be more gender neutral bathrooms. The staff did their best to answer the various concerns of the student leaders and offer resources and support.

In his pitch for joining the NAACP, outgoing advisor Steven Goings vowed that if the club could get 8 students who committed to active membership in the 2018-19 academic year, the club would tackle the issues brought forth at the forum and would train students in civil rights and social justice skills and tactics. He also noted that it was a coalition of clubs – Movimiento Estudiantil Chicano de Aztlan (MEChA), the BSU, Out and About, and Students for Quality Education – that brought the NAACP to campus in the first place. Since some of the other clubs also mentioned they have lagging membership, he thinks they should band together with the NAACP as part of a social justice coalition.

Students interested in joining the club should send an email to interim president Zarian Williamson at zwilliamson@csumb.edu or to naacp@csumb.edu.



Project Rebound at CSU Monterey Bay

By Alex Jensen

The Monterey Bay Justice Project (MBJP) is advocating for a Project Rebound chapter at California State University, Monterey Bay (CSUMB).

Project Rebound started in 1967 at San Francisco State University by Professor John Irwin. Irwin created this program to aid in the matriculation of formerly incarcerated students into the University. Project Rebound attempts to combat the “revolving door” policy of the criminal justice system, or the likelihood of previous incarcerated to re-enter the system after release. The project has since expanded as a California State University (CSU) network for students to enter the university system after the criminal justice system.

Irwin himself has an interesting history with academia and the criminal justice system. In 1952 he served a five-year prison sentence for armed robbery in robbing a gas station at Soledad State Prison. While serving his sentence, Irwin earned 24 course credits through an extension program. After his release Irwin earned his Bachelor of Arts from University of California, Los Angeles (UCLA) and a Doctor of Philosophy from University of California (UC) Berkeley. Irwin then became a Professor of Sociology and Criminology at San Francisco State, teaching for 27 years.

In 2016 Project Rebound moved beyond the walls of San Francisco State with the support of CSU Chancellor Timothy White and the Opportunity Institute. There are presently eight

other CSU campuses that offer a Project Rebound support center: Bakersfield, Fresno, Fullerton, Los Angeles, Pomona, Sacramento, San Bernardino, and San Diego.

MBJP is currently talking with project representatives at Fresno and San Francisco State to see what it might take to get a project started here. The MBJP would not administer Project Rebound, but would be an ally and advocate for the project.

Project Rebound offers a number of support services for formerly incarcerated students, including outreach, admissions assistance, financial aid, tutoring and supplemental instruction, mentorship, academic advising, and counseling, legal, and career services. Additionally, it provides students with a sense of community and an avenue for advocacy.

Many Rebounds are staffed by other formerly incarcerated students and one full-time director. The idea of Project Rebound is to assist former inmates with college credits to enter CSUs and complete their degrees. According to San Francisco State, “By offering resources and connections with supportive entities, Rebound attempts to help students with their basic needs so that they can concentrate on gaining expertise in their field of study and achieve educational and personal empowerment”.

CSUMB could be the next campus to increase access to education for formerly incarcerated students. There remains a need of support services on campus for students with a history in the criminal justice system.

Faith on campus



By Vanessa Aguilar

You’re walking around campus, and spot a chalk drawing that reads, “Come Check Out Cru!” Do you ever wonder what Cru stands for? It stands for Campus Crusades for Christ, a Christian club on campus. This club is all about spreading the good news of the Gospel that Jesus Saves. It’s wonderful that we are able to have Faith on Campus by having these clubs. It brings people together to learn more about Jesus.

No matter where you are in your walk with Christ these clubs are opened to anyone who wants to know more about Jesus. The goal of this club along with two other Christian clubs on campus is to spread the word and love of God on campus. These clubs are a great opportunity for students to get connected to Churches in their community and learn more about Christ.

These clubs are a place to learn together, connect together, ask questions, and grow in our Faith. And what are the other two clubs we have called? They are called Otters Under Christ (OUC) and InterVarsity LatinX Fellowship (LaFe). OUC has meetings every Tuesday where they have bible study and guest speakers. InterVarsity LatinX Fellowship is a new Christian club on campus where LatinX students can learn more about their identity in Christ. This club is not only open to LatinX students but to other students with different ethnic backgrounds as well. This club also provides bible studies as well.

In Cru students have the opportunity to travel on mission trips, and they get to go to conferences. Cru just had it’s Winter Conference in Los Angeles in January this year it was such a blast. The theme this year was prayer. At this conference students got to experience sharing their faith with others. We got to listen to amazing live worship music. We got to hear different Speakers, meet new people and create memories. And of course we got to learn about connecting with God through prayer.

“Cru has been the best part of my college career,” Courtney Lamb says, who is the president of Cru and a third year Global Studies Major, “Anyone who is curious about learning about Jesus, or just hang out, they are welcome to come to Cru”

It’s wonderful that CSUMB has faith based clubs like Cru, OUC, and InterVarsity to be apart of. These clubs are filled with friendly people who are passionate about sharing the love of Jesus. The next time you are curious to see what these clubs are about don’t be shy to stop by, get connected, and meet other students.

Interview Questions: Answered by Courtney Lamb, A Third Year Global Studies Major, President of Cru.

Cap decorating contest, May 5



By Ashley Orcutt

If you want to be featured on the cover of The Lutrinae’s special Commencement issue, now’s your chance! We are holding a cap decorating contest, and first place winner will be on our cover for our Commencement special issue. To participate in the contest, please submit your pictures of your decorated caps by May 5 to thelutrinae@csumb.edu.

FORTAG: A buffer between you and the developed world

By Madison Aguirre

FORTAG stands for the Fort Ord Rec Trail and Greenway. It will be a 30-mile regional network of paved recreational trails and greenways connecting communities to open space. The trail will connect California State University, Monterey Bay (CSUMB) to the Fort Ord National Monument, to the coast, dunes, down to Monterey, and then to residential communities nearby like Marina, Seaside, and East Garrison.

FORTAG will facilitate active transportation, by expanding our region's opportunities for traveling between home, work, and commercial areas by foot, bike, or wheelchair. It's a way to get from A to B while enjoying the landscape.

Although the involvement of the project FORTAG includes a cast of hundreds, Professor Fred Watson and Professor Scott Waltz have taken on the leadership role.

Professor Watson is an environmental scientist. He's lived and worked on Fort Ord at CSUMB for 20 years. He's become increasingly motivated to make sure that we reuse Fort Ord to the fullest and most balanced extent possible.

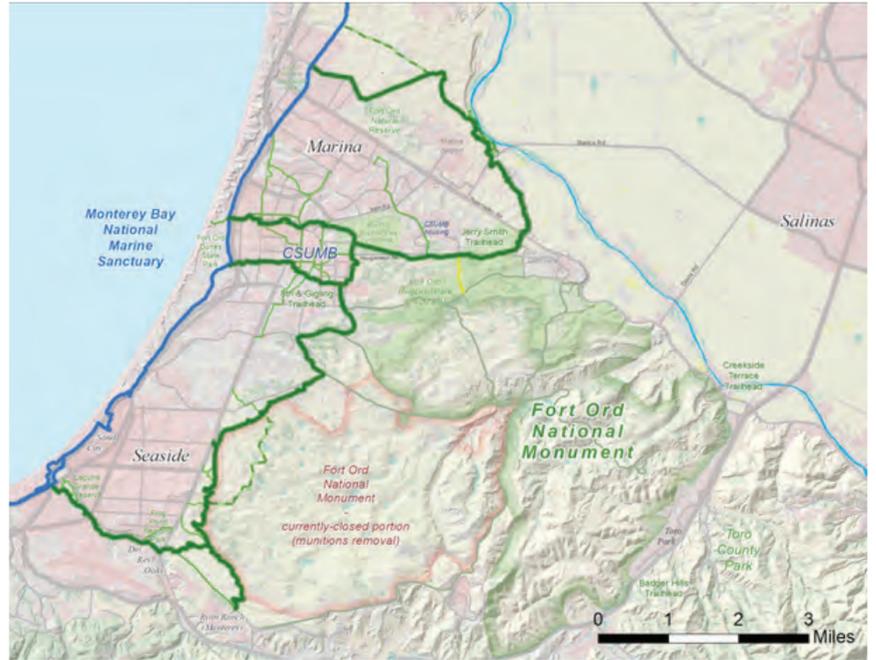
Professor Waltz came to CSUMB roughly 13 years ago. He's in the college of education and his field is generally liberal studies. In the past he was an environmental educator and interpreter. He's had a continuing interest in the environment and conservation, so he got involved a number of years ago with the Sierra Club. His involvement in the Sierra Club led to his involvement with the broader matters of Fort Ord, particularly the environmental matters.

Fred and Scott met roughly 10 years ago, but about five years ago they both had a shared realization that they should step up and take initiative to help their community.

A year and a half ago the community passed Measure X that would allow for a number of transportation projects. The Transportation Agency of Monterey County (TAMC) spearheaded the effort. The TAMC is in charge of implementing projects and distributing funds. FORTAG has \$20,000,000 of tax funding over the course of 30 years. This currently is an exciting time for the project because TAMC agreed to spend some of the money now to do an environmental impact. After an environmental impact is completed and engineering plans are consulted, a trail can be constructed.

With the growth of the campus, FORTAG will make getting around campus easier and safer. Since safety is the top priority of FORTAG, lighting is part of the plan to be placed throughout the network, so that the trail can also be used at night.

There's roughly a 10-year time frame to build the entire thing; however, it's not like you must wait the full ten years to start using it. Professor Watson and Professor Waltz are optimistic that incoming freshmen will be able to experience FORTAG by the time they graduate.



With the accessibility, length, and loops of FORTAG, it can be used for training by the athletic sports teams in the community.

To follow the progress of FORTAG, check in at <http://www.fortag.org/>, or follow the Facebook account @FORTAG.



The philosophy of a legend



When Ichiro gets his 3,000 MLB hits, Gordon ran up to him faster than anybody else to celebrate it. Photo attributed to <http://www.vnews.com/baseball-roundup-3925859>.

By Ryo Uchiyama

To most of the Major League Baseball (MLB) fans, the biggest news of the transfer market in the off season could be Shohei Ohtani, who came from the Nippon Ham Fighters in Japanese Pacific League to the Los Angeles Angels. However, behind this big contract of a Japanese two-way player, there was another solid contract for a Japanese player, Ichiro Suzuki, returning to his old home at the Seattle Mariners.

People usually describe this player as a living legend based on the record and achievement that he has marked in the last 17 seasons. Ichiro started off his Japanese professional career with the Orix BlueWave as an 18-year-old rookie.

After nine seasons in Japan, he won the seven leading hitter titles, the seven best nine titles, the seven Gold Glove Awards, and he was elected as an All-Star player for the seven consecutive years. With these unbreakable titles, Ichiro moved over to Seattle in 2001, when he was 27 years old.

Even after he changed his surroundings, he marked a lot of unbelievable records like he did in Japan. Since the year he made a debut in Seattle, he had recorded more than at least 200 hits in a season for a MLB record for 10 consecutive years from 2001 to 2010 including a single season hit record, 262 hits, in 2004, which is yet to be broken by any other players. Other than that, he got the ten consecutive Rawlings Golden Glove Award from 2001 to 2010, won the leading hitter title twice, and he was elected as an All-Star player for 10 consecutive years since 2001.

Considering his untouchable records above, there's no wonder why people call him a legend. However, there seems to be another reason why people are concerned about MLB, including players, staffs, coaches, and fans, admire him and his attitude towards baseball.

For example, Ichiro is possibly said to be a player who has made more efforts than any other baseball player in this world. Allen Turner, who is his official interpreter and his batting pitcher, testifies that there's "No one on earth that takes more swings than him. First day spring training until the season is over, there's no day off. Every off day, we come to the ballpark, throw, hit, and run. As for me, coming to the field ever since the spring training, it is a day thing. He'll take three days off after the season, come back to the stadium at the bottom of the month, work every day, and do the same routine," according to MLB.com.

Additionally, he carefully treats his baseball equipment as well as his body. In terms of treatment of his bat, he always uses his own bat case made of duralumin in order to prevent his bat from moisture. Also, he has a unique routine about the treatment of his bat. "Before every single game, he gently set up his main bat on the

top of the bench, but never place it in the bat rack as his teammates do, and never let other people touch it," according to Root Sport. "Equipment has heart, Human heart, Inside it," said Ichiro.

Like noted above, Ichiro should be admired based not only on his remarkable record, but also on his sincere attitude toward baseball. As of the 2018 opening day, he is 44 years old.

Regarding the one year contract by the Seattle Mariners, he is not only expected to do a great job as an outfielder, but also expected to be a good role model for younger players on the team. Under this circumstance, his philosophy about baseball has touched his young colleague, Dee Gordon.

Dee Gordon had played with Ichiro in his former club, Miami Marlins, from 2015 to 2017. For those three years, he looked up to Ichiro as his preceptor and learned a lot other than solely Ichiro's technique.

According to the news tribune, "He doesn't take any days off. Off days, he'd be at the stadium. I didn't do that until I saw him do it," Gordon said.

Gordon also began to treat his equipment as gently as Ichiro does. One of the former infield coaches for Dee Gordon at the Los Angeles Dodgers, Daisuke Yamashita, notes in Japanese newspaper that, "When Gordon is given the bat case by Ichiro, he was so excited, and since then, he has used it as if it is like treasure."

He also mentions that "If really Gordon understand to treat the equipment in a way Ichiro does, that means a part of Japanese baseball culture is inherited to American baseball."

Miraculously, Gordon will also be on the Seattle Mariners this season with Ichiro again.

Some critics say what Ichiro does is too much, and others might say he's committed. However, this is his way to keep his mind and his performance great as a professional baseball player, and he has proven his potential in the last 17 seasons in MLB.

Since Ichiro is an older MLB player, it is precious to see his attitude, efforts, and commitment as a professional baseball player, and even after his career comes to an end, his philosophy will certainly be inherited by the legends in the following generations.



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OtterFAQs Desk

By Fabiola Pineda-Nguyen

The first day in a new school can be challenging for many students. Some can feel lost because they do not know the resources that the school offers for them to help them in their new journey. Happily, California State University, Monterey Bay (CSUMB) has thought about the new challenges a freshman and even though senior students can experience while they are attending to the university.

Dean Frank M. Wojcik and staff volunteers from the following areas; First Year Seminar, Cooperative Learning Center, Provost Office, Library, Communication across the Disciplines, Students Affairs, Academic Senate, President's Office and Undergraduate Research Opportunities Center (UROC), had joined to "create a welcoming information service point on the library's main floor that will connect students with the services and expertise they need to be successful at CSUMB," as stated by Wojcik.

The name of this information desk is called "OtterFAQs Desk". It was launch on February 26, as a "service pilot". The Dean Wojcik called it a "soft" opening. It is located at the library main floor near the Research Help Desk. The OtterFAQs has limited hours for Spring 2018 semester; Monday through Wednesday from 11:00 am to 3:00 pm and Thursday from 11:00 am to 2:00 pm.

Due to a small number of students take summer classes, the OtterFAQs Desk will be closed during Summer session but will be open during the first day of Fall semester. In addition, Dean Wojcik mentioned that the OtterFAQs Desk is not going to be open on Friday's now, but this could be change in the future.

The main objectives for this OtterFAQs Desk, according to Dean Frank M. Wojcik, to help immediately the students with any question they have from any department at CSUMB and/or make an immediate referral to the appropriate service or expertise and to gather input and data to help inform future development of the services.

Any CSUMB student can request help at the OtterFAQs Desk, in person-face to face- by phone (831) 582-FAQS (3277), via email at otterfaqs@csumb.edu and a future web page with chat is coming. In addition, CSUMB provides support services and accessible terminals for students with disabilities and the OtterFAQs Desk will guide you with the necessary information to be successful at CSUMB.

During my interview with Dean Wojcik, he mentioned that the people at the OtterFAQs Desk are Staff Volunteers from the areas listed above. The Administrative Assistant to the Provost; Hayley Azevedo, is the person in charge to schedule one or two Staff Volunteers and they help students at the OtterFAQs Desk for one or two hours. Dean Wojcik, said that there is an open possibility in the future for students to work at the OtterFAQs Desk but is not been decided yet.

Overall, OtterFAQs Desk will be an immediate information tool for freshman, sophomore and senior students at CSUMB. Any question will be answer now from a Staff Volunteer and/or make an immediate referral to the correct service. Because school can be frightening, specially the first day but remember you are not alone, you have OtterFAQs Desk as a great information tool.



Real Love

Creative works by Josh Bowman

Late at night, when he closed his eyes, that's when his imagination really felt like it belonged to itself. This made it hard for him to sleep but his darling had a way of easing his mind. Rolling over he shoved his arm under her pillow and pulled himself closer. The shape of her body fit perfectly into his. He knew his restlessness irritated her, but she never got upset with him. She was impossibly patient with him and he often wondered if she was part of his night time hallucinations. Nothing could be this perfect. Could it?

"Hey Puppet?" He whispered into her ear

"What?" she asked her voice inviting.

"Are you real?"

"Yes, I am real, now go to sleep."

Content with that he rolled over, closed his eyes and fell asleep. Her eyes stayed open, like they always did. They stared blankly towards the ceiling. Her absent gaze mixed with pale moonlight and cast shadows around the room. Together, the boy and the painted wooden doll drifted off to sleep.

Ghosts of Summers Past

Creative works by Vanessa Garcia

The thought of August is too bitter-sweet

As my mind drifts back to those too few days

To the thought of you no one can compete

Smiling, I recall your mischievous ways.

The memory of your laugh I hold dear

You are a summer dream too quickly gone

We may never meet again, I so fear

The certainty of this begins to dawn.

Torn apart by cruel family members

What happened may be for what is the best

Our love is gone, what remains are embers

There is no need for pain let your mind rest.

Though in my heart I had hoped we would last

You are now gone, a ghost of summers past.

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