



## REFLECTIONS ON GEORGE H.W. BUSH



Leon Panetta with George H.W. Bush. The Panetta Institute for Public Policy.

### Secretary Leon Panetta on working with Bush

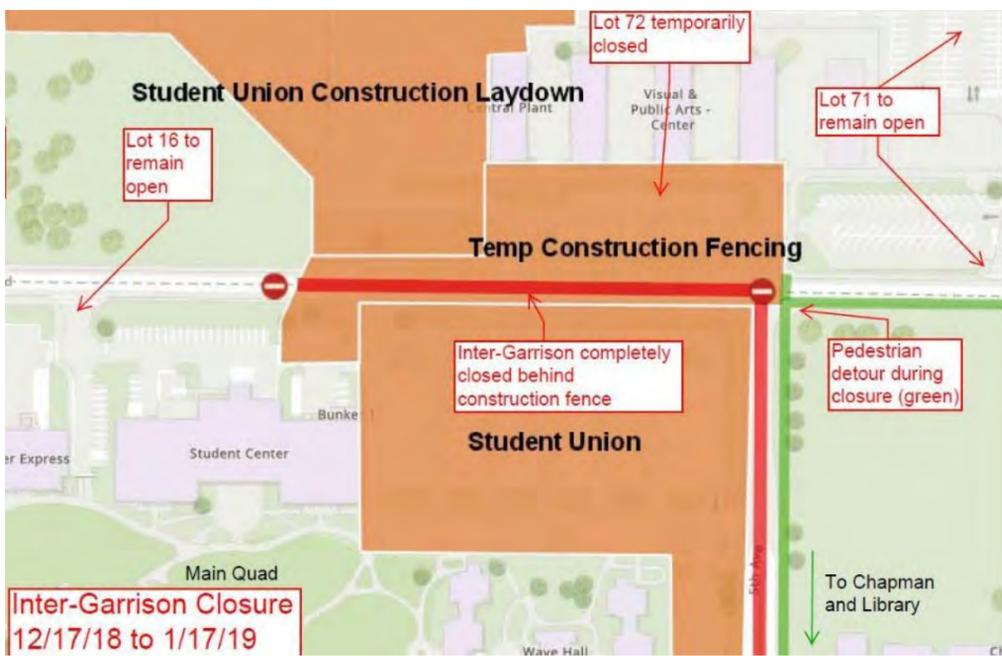
By Yollette Merritt

A relatively small and select group of national and international leaders assembled at the Washington National Cathedral on Dec. 4 to honor the life and legacy of President George Herbert Walker Bush who died on Nov. 30 at the age of 94. Participants included members of royalty (e.g. Britain's Prince Charles), current and former heads of state (e.g. Angela Merkel of Germany) and all five living U.S. Presidents and their First Ladies.

Among those in attendance was a member of the California State University, Monterey Bay (CSUMB) community, former Secretary of Defense Leon Panetta. Monterey native, Panetta's record of public service spans over more than half a century. Beginning in 1969, Panetta was director of the U.S. Office for Civil Rights, responsible for ensuring equal opportunity in public education. Representing the Central Coast, his 16-year term in the U.S. House of Representatives started in 1976. One of many projects championed during this period was the establishment of CSUMB as the second youngest institution in the state's university system, as well as the creation of the Monterey Bay National Marine Sanctuary. After leaving the Clinton administration in 1997, Secretary Panetta joined with his wife Sylvia to establish and co-direct The Panetta Institute for Public Policy at CSUMB which serves the entire California State University system. He was asked again to serve the nation under President Obama as CIA Director and later as Secretary of Defense.

Having just returned from Washington on an evening flight, Secretary Panetta was interviewed and asked to share his reflections on the life and legacy of President George H.W. Bush. The following are excerpts from his comments.

## Winter break road closures



Map detailing where the road closure over winter break will be taking place. The red lines indicate where the road will be closed, and the green lines indicate the pedestrian walkway. Photo from CSUMB Campus Planning & Development.

By Jessenya Guerra

During break from Dec. 17 through Jan. 17, Inter-Garrison road will be closed. "...ALL vehicles and pedestrians (including emergency and service vehicles) between 5th Avenue and the Student Center," according to the California State University, Monterey Bay (CSUMB) website on Campus Planning & Development.

"The closure is required for utility construction work for the new Student Union building. It is being conducted during winter break to minimize impact to the campus community," continues one of the few bullet points on the webpage. The webpage also includes two maps of the campus displaying where the road closures are taking

place and the detour paths through the backside of campus.

Parking lots 71 and 16 will remain open during the construction over break, and will be unaffected. However, Lot 72, in front of the Visual and Public Art building, will be closed. The website says, "Parking displaced by the closure [of Lot 72] is being accommodated for in Lot 106." Lot 106 is located near the CSUMB soccer field, off of 2nd Avenue.

A pedestrian detour will be available during the closure for foot traffic along 5th Avenue leading toward Chapman Science Academic Center and the Tanimura & Antle Family Memorial Library.

**The Lutrinae: When and where did you first meet President George H.W. Bush and in what role?**

**Leon Panetta:** I first met him when I was Director for the Office of Civil Rights, responsible for enforcing civil rights laws in regards to education. He was a Congressman from Texas and asked me to come and meet with him as he was concerned about some of the schools in his area, whether or not they were in compliance with civil rights laws. I found him to be very respectful, a very nice guy and sympathetic to the importance of enforcing civil rights laws. I never forgot that meeting.

**In what capacities did you have additional contact?**

As a member of Congress, I dealt with President [H.W.] Bush and his administration on a number of issues, but most importantly as Chairman of the House Budget Committee. I was very involved in the negotiations between Republicans, Democrats and the administration on developing a comprehensive budget agreement to reduce the deficit. We - representatives from the key committees of Budget, Ways and Means, Appropriations, and members of the Bush Administration - went out to Andrews Air Force base and met there for almost three weeks and negotiated a very comprehensive budget agreement that both reduced savings on the spending side, but also increased revenue with taxes. As Chairman, I had to guide the legislation through the House which passed successfully and for which the President commended me for my leadership.

**Do you have three words to describe President George H.W. Bush?**

First of all, he was the most decent person I've met in politics. He was very kind, very generous. He was a patriot, someone who served his country and was very dedicated to the country, doing what was right for the country. Also he was loyal - to the country, to our constitution and to our values.

**Do you recall a memorable moment or two in your relationship with George H.W. Bush that you can share with the CSUMB and larger community?**

Continue Reflections on page 3

## WTF Week



Supportive programs offered to students during finals week

## Music Maven



Ranking the best albums of 2018

## Horoscopes



Observing the closure of 2018

# CAMPUS

## CSUMB's "Welcome to Finals Week" supports student success

By Yollette Merritt

Winter break is around the corner, and the last hurdle for students to surmount before the end of semester and packing for winter break (or for some graduation) is the two to three week period where not only finals are given - but also research papers, thesis, capstones and special projects are submitted, as well as closing recitals and concert performances. Given the popularity of the Welcome to Finals week (WTF) at the end of semester, departments and offices across the California State University Monterey Bay (CSUMB) campus have again teamed up to provide extra student support and encouragement.

The Library, Associated Students, Undergraduate Research Opportunities Center (UROC), Communications Across the Disciplines (CAD), CSUMB Alumni Association, A'viands food service, AS Basic Needs Initiative, Residential Housing Association (RHA), Center for Cooperative Learning (CLC) and others have teamed up to provide a calendar of practical and tangible student support. On-site offerings - designed to mitigate what can be a stressful period or just provide a break from studies - include a supplies giveaway, on-site therapy dogs, "pet rock" decoration sessions, 24-hour availability of crafts and puzzles tables, a painting

session, as well as the always welcome snacks, food and drink.

Stress is a real factor in student life, especially during exam and/or assessment periods and that is one reason why WTF Week was put in place. Various articles have been written with a full panoply of recommendations for students on how to reduce stress during this important period. Of course it is up to each person to decide what works best for them and make their own choices, but some of the popular suggestions are as follows:

- Simplify the personal use of time on your calendar and "just say no" to activities that take away valuable time or prove a distraction to studying for an exam or completing a project.
- Organize time by writing down a schedule and "to do" list that includes a study plan with organized notes. Organization can help relieve stress.
- Find a study buddy or group. Working together on a similar goal can relieve stress while reinforcing the knowledge base.
- Reduce the amount of caffeine which produces the same negative side effects as stress- rapid heartbeat, insomnia and anxiety. Sugar also has a negative boomerang.
- Take breaks to be refreshed and give the brain a rest. Although less than 5 percent of body weight, the brain consumes 20 percent of energy, and requires both fuel and oxygen. Exercise stimulates endorphins that improves the mood. A hot shower can relieve tension and cause muscles to relax. The WTF Week offerings mentioned above are designed to give students a choice of stress relief options.
- Sleep and when needed, take a short "power nap" to rejuvenate and refresh.
- Don't skip meals and monitor diet. Foods with certain vitamins - for example, vitamin B and C - help reduce stress levels. Carbohydrates release serotonin which in turn helps to decrease stress and improve moods. Avoid junk food and take up the "real food challenge" to improve overall health and energy. Not only are fresh fruits and vegetables easy to prepare and easy to carry, but they give a sensation of being full due to high fiber content. Hunger typically doesn't produce the best results for an exam. Peppermint can help relax a stressed digestive tract.



Friends' study group at CSUMB Library preparing for finals: Victoria Whyte- 4 year, HCOM major, Sahana Bojorquez- 3 year, Biology major, Jenna Viss- senior, Kinesiology, Ariana Bañuelos- junior, Kinesiology. Photo credit by Yollette Merritt.

the **lutrinae**

lutrinae: (loo' trih-nā') n.  
a subfamily classification,  
scientific name for the otter.

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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## Finals week fever



Raquel Magadan-Sanchez, taking notes on what to study before heading to class. Photo by Kristen Finley.

By Kristen Finley

Even in the movies, finals week in college was depicted as something nightmarish and terrifying. For the most part, they're not all that far from the truth. While it's a week that most students dread for weeks or even months ahead of time, here are a few tips to keep your heart rate down.

### Confidence

It's important to go into a test confident that you know the material, to the best of your ability. It's not realistic to expect yourself to remember everything you studied - instead of going into the test worried you'll fail or that all the time you spent studying went to nothing, be confident that you can work through the questions to find the best answer; regardless if you've studied heavily or not. Success isn't measured by how well you can remember statistics, dates and numbers.

### Find a healthy method

Akin to what you've read in the midterms relief article a few issues ago, all-nighters may be appealing, but the notion that you're giving yourself more time to study is false. Under no circumstances should you deprive your brain of sleep. The better you sleep before a test, the better your chances of retention.

### Stay Hydrated

While it's important to eat healthy, it's imperative you keep hydrated. After all, your brain and heart are 73

percent water. Your body and mind work together to get you through the day (and the test), so don't disregard your body. If you tend to forget to eat when you study intensely, set alarms for every four hours to remind yourself to snack. Brain power comes directly from what you eat - keep that in mind.

### Don't overload yourself

If you study in increments, you're a lot more likely to retain what you learned rather than trying to cram an insane amount of information at once. It helps to have a few days or week planned where you study one section of text at a time, and then review the day before the test. You'll be amazed what you're able to retain if you give your brain small bites of academia at one time.

### Come in at your best

Try your best to get a full eight hours of sleep and eat a healthy, filling nutritious meal. A good choice would be things such as eggs or oatmeal, as they're relatively quick to prepare. Be cautious of how much caffeine you ingest before the test, as too much can make you jittery and then it becomes hard to focus. It can also perpetuate test induced anxiety.

It's no secret either that coffee will make you run to the bathroom. Instead of coffee, try green tea/matcha if you can stomach it. The L-Theanine in the tea will give you the focus and energy you need without making you jittery or anxious.

And again - do not forget to drink water. A hydrated brain is a happy brain.

# CAMPUS

## Winter break essentials

By Hailey Hill

With winter break fast approaching, it can be overwhelming to simultaneously study for finals and plan what you will do with the next class-free month. If you are travelling home, as many students plan on doing, it can be especially difficult to decide what is essential to bring home for the holidays.

What you bring home largely depends on what is “essential” to your everyday life, which varies drastically from person to person. First-year student, Eduardo Meraz, took the practical route when considering what was essential to him, saying he couldn’t go home without “[his] glasses.” Others, however, couldn’t make it through the break without their sources of entertainment; first-year, Weerapat Chanmaneewet, said “[he] will take home his PS4” and first-year, Jaryd Brown, decided he would be taking “[his] Polaroid.”

Despite the differences in types of things these students will be sure to take home, Meraz, Chanmaneewet and Brown all had the right idea: take everything of value with you when you go home or to your destination for the break.



Various items to be packed in a suitcase to bring home for winter break.

In addition to the more fun items, there are many things you should be sure to take home over break. Bring home the clothes you may want or need to have at home; it is likely you have a limited clothing selection at home after bringing most of your clothes to campus. It is also important to bring with you any and all electronic devices you own, as your living space will

be unoccupied for a period of time and it could be a bad idea to leave valuable items unsupervised. If you do not have basic supplies such as a toothbrush at home, be sure to pack one as well.

If you happen to have pets, make travel accommodations to bring them with you. If this isn’t possible, arrange a

place for your furry friend to stay with a friend or with someone who is staying on campus.

If you are driving to your holiday destination, it may be a good idea to have a spare tire, road flares and other emergency supplies just in case, especially if you are travelling a long distance.

## Finals Week library hours

### FRIDAY 14

Building open 8 - 4 a.m.  
Reference desk open 9 a.m. - 4 p.m.

### SATURDAY 15

Building open 10 - 4 a.m.  
Reference desk open Noon - 4 p.m.

### SUNDAY 16

Building open 2 p.m. - Midnight  
Reference desk open 2 - 8 p.m.

### MONDAY 17

Building open 8 - 4 a.m.  
Reference desk open 9 a.m. - 9 p.m.

### TUESDAY 18

Building open 8 - 4 a.m.  
Reference desk open 9 a.m. - 9 p.m.

### WEDNESDAY 19

Building open 8 - 4 a.m.  
Reference desk open 9 a.m. - 9 p.m.

### THURSDAY 20

Building open 8 - 4 a.m.  
Reference desk open 9 a.m. - 8 p.m.

### FRIDAY 21

Building open 8 a.m. - 5 p.m.  
Reference desk open 9 a.m. - 4 p.m.

## Reflections

Continued from page 1

Well, I’ve had a number of meetings with him, but the one I always remember is - as Chairman of the Budget Committee - I got invited to the White House along with other key committee chairs, both Democrats and Republicans. Normally, those kind of receptions would take place downstairs in the White House, probably in the main dining room or reception areas. Instead of downstairs, we found ourselves being ushered upstairs to the family quarters. The reception took place on the family quarters level and we had the opportunity to go into the Lincoln bedroom and visit the old Oval Office used by Franklin Roosevelt. Both he and Barbara Bush were just very gracious hosts, and I never forgot that. I thought, here we were in Washington, but it was very much like enjoying the company of two friends at their house.

### What are lessons from your perspective that we can learn from George H. W. Bush’s life?

I think that the most important thing is that you can be a leader and at the same time be respectful of others and their humanity. There is no contradiction between leadership and generosity.

### Looking from the perspective of time, what are your thoughts about the significance of the Bush presidency?

Obviously history will make its own judgements, but I

*For our democracy to work, it really demands that we have leaders who carry those human values that are so important to the willingness of people to work together.*

think it’s pretty clear - as someone has framed it and I think it’s true - he is probably the best one-term president we’ve had in history. In his term of office, we had to deal with huge foreign challenges. He dealt with the demise of the Soviet Union, the fall of the Berlin Wall, the need to go in and push Saddam Hussein out of Kuwait, tough economic issues, and the passage of the Americans for Disabilities Act. When you look at the achievements in that short period of time, I think history will say that he accomplished as much in four years as some presidents have tried to do in eight years.

### What are factors that you think made those accomplishments possible?

I think that part of it was because he was a decent human being. People liked to do things with him and he was willing and open to work with them. For our democracy to work, it really demands that we have leaders who carry those human values that are so important to the willingness of people to work together.

## Cookies kicking off the holiday season

By Hailey Hill

On Dec. 4, A’viands Dining Services hosted a cookie decorating event in the Dining Commons from 4-7 p.m. The event was a fun way for students to unwind from final preparation and to get into the holiday spirit.

Sugar cookies of many different wintery shapes were provided for students to decorate with different colored frostings and sprinkles, making every cookie decorated unique in its own way.

Even though such holiday-themed events tend to be smaller and laid back, simple things like decorating cookies have the power to bring friends together. Fadela Hamidat, an A’viands marketing intern who helped put on the event, said “It’s honestly really fun to see people happy and getting involved and being together.” The cookie decorating event was Hamidat’s first event as a marketing intern, and explained that “talking to



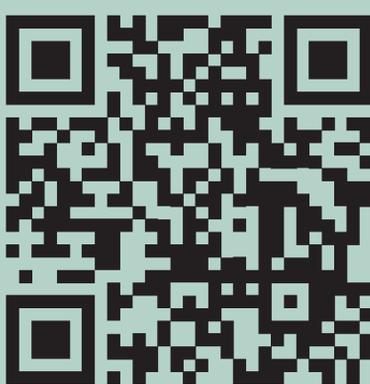
Cookies decorated at the A’viands event by students. Photo by Hailey Hill.

other students and getting to know them” will certainly encourage her to assist in putting on more events in the future.

If you were not able to make it to the cookie decorating event, there are other wintery events coming soon to keep your spirits up during the last few weeks of the semester. For example, The Library Cafe is serving Eggnog Lattes for a limited time, a favorite of many students.

### The Lutrinae wants your feedback!

Scan the QR code to take the survey or go to <https://thelutrinae.com/feedback>



# CAMPUS

## Losing streak for CSUMB Basketball



CSU Monterey Bay's men's basketball team playing against CSU Dominguez Hills. Photo by Chike Okafor.

On Nov. 29, California State University, Monterey Bay's (CSUMB) basketball teams played against University of California, San Diego (UCSD). Followed by games against California State University Dominguez Hills (CSUDH) on Dec. 1. All four games, men's and women's, were played at CSUMB in the Otter Sports Center.

The first game was men's basketball CSUMB against UCSD. CSUMB held the lead until halfway through the game when UCSD started to outscore the team and eventually, moved into the lead. At the time the score was 46-33 with CSUMB putting up a strong fight. For the rest of the game, UCSD kept their lead on CSUMB by over ten points. At the end of the game UCSD came out on top with a score of 72-61.

CSUMB's men's team then went up against CSUDH. The Otters were unstoppable for the first half of the game and were heading toward victory. CSUDH, however, was able to catch up and in the final 10 seconds of the game the score was all tied up at 84 points. The tension for CSUMB's win became palpable in the

auditorium. Despite the pressure for CSUMB to come ahead, a CSUDH player ran down the court and making a layup with less than two seconds remaining on the clock. CSUDH was victorious winning the game 86-84.

The following games were by CSUMB's women's team against UCSD and CSUDH. The first game, against UCSD was a hard blow for the CSUMB women's basketball team. At the end of the first quarter, the score was 26-7. UCSD had been able to maintain a high point lead for the rest of the game. The Otters put up a strong fight but in the end UCSD reigned victorious as they ended the game with a score of 77-41.

The women's team put up another strong fight against CSUDH. Our Otters kept a lead for a portion of the first quarter not willing to be defeated so easily after their battle with UCSD. After the first quarter CSUDH took the lead and although the Otters never lost sight of victory, CSUDH won the game 70-48.

## Congrats winter grads

By Jessenya Guerra

With the end of the Fall 2018 semester many students will finish their time here at California State University, Monterey Bay as winter graduates. Although these students have to wait until the end of the Spring 2019 semester to walk at commencement, The Lutrinae saw it fit to congratulate all of those Otters who will be graduating at the end of this semester.

To all of those who will be moving on, to a graduate program, to enter the workforce, or to simply continue their journeys in life, we congratulate you. You did it!

Editor's note: A special congratulations to Marisol Figueroa. She is an amazing human being graduating with a Bachelor's of Science in Marine Science and a Minor in Statistics.



# Fall 2018 Capstone Festival

Thursday, December 20

### Business/Hospitality

9A.M. – 5P.M. (Hospitality will present from 1P.M. – 2P.M.)  
Joel and Dena Gambord Business and Information Technology Building, Rooms 104 & 110

### School of Natural Sciences

9A.M. – 3P.M.  
Tanimura & Antle Family Memorial Library, Room 1188

### Cinematic Arts & Technology

6P.M. – 10P.M.  
World Theater

### Social, Behavioral & Global Studies

8A.M. – 1P.M.  
University Center, Living Room

### Humanities & Communication

2P.M. – 4P.M.  
University Center, Ballroom

### Music & Performing Arts

10A.M. – Noon  
Music Hall, Room 100

### Psychology

8:30A.M. – 1P.M.  
Heron Hall

Friday, December 21

### Liberal Studies

9A.M. – 1P.M.  
Tanimura & Antle Family Memorial Library, Rooms 1128, 1167, 1170, 1173, 1176, 1180 & 1188

### School of Computing & Design

9A.M. – Noon  
Joel and Dena Gambord Business and Information Technology Building, Room 104

# COLUMNS

## Favorite albums of 2018

### Music Maven

By Jenna Ethridge

As 2018 comes to an end, Music Maven reflects on her top three albums that were released this year, as well as a few honorable mentions. Some album releases to anticipate for 2019 include “Outer Peace” by Toro Y Moi, “Norman F— Rockwell” by Lana Del Rey and “Helium” by Homeshake.



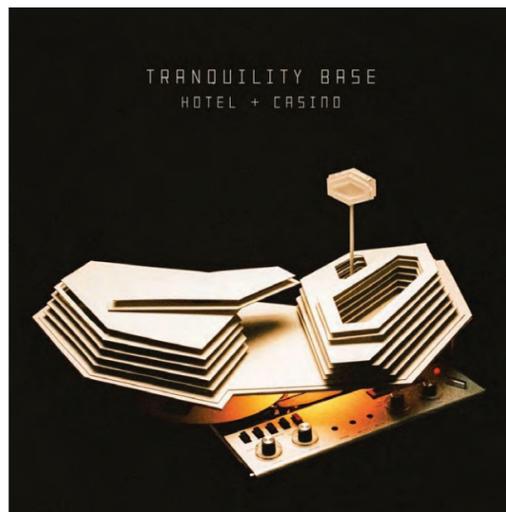
#### The Growlers “Casual Acquaintances”

Released on July 27, “Casual Acquaintances” is the band’s seventh full-length studio album since 2009. Following “City Club” which was released in 2016, the new album is a compilation of “demos, works-in-progress and other unfinished business” and more reminiscent of the band’s sound prior to having worked with Julian Casablancas of The Strokes. Songs such as “Thing for Trouble” and “Pavement and the Boot” demonstrate the band’s ability to sound a bit harder than usual, with prominent bass lines and heavy drums, while the title track and “Drop Your Phone in the Sink” are more upbeat and feature the band’s classic surf-rock sound. New fan favorites from the album include “Orgasm of Death” and “Problems III,” both of which have been featured on the radio and performed live.



#### Father John Misty “God’s Favorite Customer”

The fourth studio album from singer-songwriter Father John Misty was officially released on June 1, despite having publically leaked almost two months prior. In comparison to the rest of his discography, “God’s Favorite Customer” is a more vulnerable introspection into Father John Misty, also known as Josh Tillman. The album was written during a time in which Tillman’s “life blew up,” evident by ballads such as “Please Don’t Die” and “Just Dumb Enough to Try.” The music video for the album’s first single, “Mr. Tillman,” is set in a hotel, where Tillman resided in New York for several months and composed the majority of the album. Despite his shift in mood, Tillman did not stray far from his notorious themes of cynicism, featured in songs such as “Disappointing Diamonds Are the Rarest of Them All” and “Date Night.”



#### Arctic Monkeys “Tranquility Base Hotel & Casino”

After a five-year hiatus, Arctic Monkeys returned to the music scene earlier this year with the release of their sixth studio album since 2006. The band’s sound has perpetually evolved with each album, though with their latest album, they adopted more of a smoother sound that could be found playing in a underground jazz club. Songs such as “Four Out of Five” and “One Point Perspective” were instant hits with fans, as well as critics, and were performed on live television. Despite the changes, the band stayed true to their classically distinguishable features, such as lead singer Alex Turner’s brooding voice, heavy basslines and powerful guitar solos. “Tranquility Base Hotel & Casino” was well-worth the wait, as it served as the perfect reintroduction of the band and their newly polished sound, enticing fans for what’s to come next from the English legends.

#### Some honorable mentions include:

“Onion” by Shannon and the Clams, “Be the Cowboy” by Mitski, “Tell Me How You Really Feel” by Courtney Barnett, “Wide Awake!” by Parquet Courts, “Death of a Party Girl” by TV Girl, “Grapetooth” by Grapetooth, and “Midnight in a Moonless Dream” by The Buttertones.

## Proper etiquette and preparation for rain

### Carticle



Dramatic view through a wet windshield. Photo by: Mercedes Matzm.

By Kristen Finley

While I’ve already broached the topic of checking your windshield wipers and tires (which, would be wise to check again now that the rainy season has actually arrived), I felt it necessary to bring some important tips to keep you and those around you safe during this year’s rainy season.

#### Illumination is Key

In California, it’s the law to have your headlights on while you’re using your windshield wipers. This is because the rain on the windshield can and usually comprises your visibility, and seeing the tail lights of the car in front of you and the headlights of the car behind you gives you a better sense of how much space you have, or how much you need to make for yourself.

My Subaru has a rear wiper, making it a lot easier for me to see cars behind me - even when they don’t have their headlights on and my rear window is wet. Before my Subaru, though, I had three other cars that did not have rear wipers, and if a car didn’t have their headlights on, it was next to impossible for me to make out another car. So, if you happen to be behind someone who doesn’t

have a rear wiper and you don’t have your headlights on, don’t count on them being able to see you.

When it’s rainy, the sun is shrouded in clouds, making for less light. When your car is darker in color, it’s harder for people to see you - hence the headlight illumination law. Think of it this way: the easier you are for other people to see, the better your chances are for a safe drive through the rain. The more difficult it is to make you out through a wet window, the more likely it is to land yourself in a bad situation.

#### Keep your distance

In wet conditions, it’s a lot harder for a car to stop than it would in optimal conditions. So, if you had to slam on your brakes for example, it would take you a lot more time and effort to stop. Slamming on your brakes when the road is wet increases the likelihood of hydroplaning, even more so if your tires aren’t as rain-ready as they should be.

If you’re one who usually keeps a good amount of space between you and the car ahead of you, just increase it by a car length. When having to brake, it’s crucial to not slam your foot on the pedal. Instead, the best way to stop

efficiently on a wet surface is to apply gradual pressure to the pedal, to maintain stability. The more space you have in front of you, the more time you have to react and stop accordingly.

#### Mind your speed

It’s suggested by the California Highway Patrol to go 5-10 miles per hours slower than the normal speed demands, depending on how heavy the rainfall. Going slower gives you the same ability as keeping your distance - time to react accordingly.

Going slower also lessens your chances of hydroplaning, as your tires have a greater chance with making contact with the road underneath the water. It also means less water on your windshield, as well. Think about how when your car is stopped, there’s not as much water blocking your view compared to when your car is moving. Greater speeds = greater amounts of water. Your windshield wipers can only go so fast and wipe away so much water. It’s more important to be safe than quick when rain is a part of the driving equation.

# Observing the closure of 2018

By Kristen Finley

## Horoscope

### Aries

(Mar 21 - Apr 19)

November probably felt like one of the better months out of the year for you, just from the time you spent reflecting on how long you've tolerated toxicity. Your closer friends became a lot closer, and you've established a closer relationship with yourself, as well - your voice is louder than you'd ever thought it would be, and it's filled you with confidence and vigor for what December has in store. You're gearing up to rearrange everything in your life as 2018 wraps up, and there's nothing more exciting than a New Year's resolution you can stick to: looking out for number one from now on.

### Leo

(July 23 - Aug 22)

November was a good month for introspection. After letting down your pride-laden walls to speak to those you've offended for some unknown reason, you've had to choose between coming to terms with you being at fault, or deciding it was them just being too sensitive. Make sure you spend some time looking at each case through each lens, to be absolutely positive you're coming to the right conclusion. Don't be so hasty to cut people off, Leo, you need a lot more people in your corner than you think you do.

### Sagittarius

(Nov 22 - Dec 21)

After you've come to the conclusion that you were the reason someone close took off, you decided it's within your grasp to also fix it. While you're eager to this, make sure your eagerness doesn't also translate into defending yourself. Abandon any previous assumptions and try not to anticipate certain responses or reactions. You can learn a lot from what's coming for you, you just have to be willing to receive it. Don't forget that this person is giving you a second chance, Sagittarius. It would be wise to not take that for granted.

### Taurus

(Apr 20 - May 20)

November was a very tender month for you. You redefined a lot of close relationships recently, which has filled your abnormally big heart with more security and love. It was a reassurance you weren't sure you needed until now. With the holidays slowly approaching, though, be careful not to overspend like you tend to, Taurus. Just because you're renewed by the overwhelming support you didn't know you had doesn't justify wringing out your finances!

### Virgo

(Aug 23 - Sept 22)

This November, you were a little short tempered with those who you recognize probably didn't deserve it. Now, it's an internal struggle with whether you're ready to acknowledge and apologize to those who caught the tail end of your usual reaction to stress. Instead of spending time mulling over an apology, try just turning the tables, taking a breath to put your issues aside and being there for them. They'll be a lot more willing to overlook your actions than you probably realize.

### Capricorn

(Dec 22 - Jan 18)

You surprised yourself this November. The image you had in your mind about how people perceived you to be has proven false, and now, you're not sure how to take that realization. It seems these past few months have taken the assumptions you had about yourself and challenged them. Before chalking it up to people just being overly nice to make you feel better, ask yourself: what if it's true? What if you're really not as cumbersome and awkward as you thought you were? These are all good challenges to your self image. You've always been quick to give people the benefit of the doubt. Don't forget to include yourself.

### Gemini

(May 21 - June 20)

The fickle one you tend to be has settled back into a place you feel comfortable with, for now, anyways. As a Gemini, you tend to jump from one goal to another, which tends to ruffle the feathers of your more grounded friends and family (some may have reacted more angrily than anticipated). November, you felt the most "sure" you think you've ever been, but now...you're not so sure, again. December will give you some time to relax your fleeting mind, talk to those who know you best and figure out what it is that you're truly aiming for.

### Libra

(Sept 23 - Oct 22)

November was challenging for you, as you had to lay down a goal you were sure was going to happen this year. It's alright, though - your chin remains high as you've found a way around it that you're comfortable with. While you're still in the habit of comparing your journey to others, you're starting to focus your eyes on what's on your plate. It's not what you've done for so many years, but the more you do it, the better you feel about it - and you thoroughly enjoy it.

### Aquarius

(Jan 20 - Feb 18)

Your proud nature may have gotten you in some trouble, Aquarius. You tend to take on a lot in good spirit, but that can sometimes come back to bite you. This is one of those times. A lot of people are now looking to you for answers or seek your time for help, and while you're usually a pro with handling other people's problems, you're getting to a point where you can't even tend to your own. Take a breath, and try to achieve a balance between what you want to do and what you need to do. And if you're too swamped to offer your time, don't hesitate to say so. Just make sure you do it gently.

### Cancer

(June 21 - July 22)

The past few weeks have been very stressful for you. November has brought you a lot closer to a mental break down than you've felt for a long time and for a lot of reasons, and it's done nothing but make each day feel a lot longer. Instead of carrying the weight of it on your back all at once, try to find better ways to cope with it all. Remember, it's not wise to hold onto stress. Also remember: your circle of close friends are never annoyed by helping you sort your feelings. Pick a day this December to talk it out with your chosen few.

### Scorpio

(Oct 23 - Nov 21)

Who knew you could be so social and articulate, Scorpio? After last month's emotional journey, you've come out of your shell a little more than you ever thought possible, and it feels good. While you're still not exactly sure how you feel about this new aspect of yourself, you know that it's been helping you get to where you need to go a lot quicker than before. Make December the month where you take a break from the self-criticism, and focus on the benefits on what you've discovered within yourself. It's okay to not be in your head so much sometimes, Scorpio.

### Pisces

(Feb 19 - Mar 20)

You've always been described as sort of a maternal/paternal figure, Pisces, and that's because you're so sensitive to the feelings of others. It's not a bad thing most of the time, however, sometimes you can invest your feelings into causes that aren't worthy of your efforts. November has pulled you in different directions with situations that called for your attention and those that didn't - but you're getting better at discerning which ones are worth your devotion. After all, December is going to demand from you in the form of emotional availability. Make sure you're ready.

## Word Search

In the spirit of finals week, the theme of this week's word search is words and emotions associated with taking finals. Good luck with finals and have a great winter break, see you next semester!

T	U	F	V	K	F	V	X	W	W	X	N	W	S	J	K	I	I	M	L
H	S	M	T	R	F	C	O	F	F	E	E	D	R	U	W	P	S	O	P
S	V	S	V	E	J	H	M	E	E	S	G	J	Q	F	Q	X	L	T	R
S	O	D	J	V	P	I	Q	D	J	S	X	P	D	W	G	A	I	I	O
A	L	S	S	I	L	G	Y	G	H	E	E	B	F	R	N	F	C	V	C
E	G	A	Q	E	C	H	C	N	Q	N	N	W	W	Q	A	I	N	A	R
F	F	M	N	W	I	L	X	I	D	I	R	M	F	E	D	A	E	T	A
N	Y	R	X	I	M	I	W	Y	I	L	L	V	K	M	X	T	P	I	S
U	N	M	J	K	F	G	D	D	J	D	R	K	F	S	V	S	V	O	T
D	B	A	B	Z	A	H	C	U	Q	A	O	D	Z	P	R	K	A	N	I
H	S	P	M	U	T	T	P	T	P	E	C	Q	F	E	C	V	A	U	N
M	I	S	D	S	Y	E	B	S	Q	D	S	P	T	G	L	U	L	L	A
O	Y	U	E	D	F	R	J	N	T	A	E	H	D	B	C	X	L	Z	T
D	F	R	G	R	A	S	L	U	Y	E	G	D	Z	I	H	L	L	A	I
E	O	T	A	H	T	B	D	R	L	I	J	H	E	S	S	A	Y	S	O
E	U	L	W	R	H	S	S	S	N	I	V	W	S	G	F	G	Z	V	N
R	K	R	V	Q	B	V	H	L	M	M	W	U	X	M	F	G	W	A	Y
F	G	C	R	L	U	I	L	E	E	C	P	I	C	P	A	G	E	B	S
J	P	F	N	V	B	A	L	V	I	P	C	J	F	D	O	A	S	I	Z
E	H	K	P	N	Q	N	G	Z	J	W	V	O	T	L	N	X	G	U	L

All Nighters  
Coffee  
Deadlines  
Essays  
Finals

Freedom  
Highlighters  
Library  
Motivation  
Pencils

Procrastination  
Review  
Sleep  
Stress  
Studying

## Sudoku

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

### Solved puzzles

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