



# INAUGURAL OTTER SPORTS HALL OF FAME



President Ochoa (right) and Otter Sports Hall of Fame inductees. Photo by Taylor VanSant.

## Chancellor discusses CSU presidential review

By Jessenya Guerra

The CSU Board of Trustees has a policy requiring its presidents to be reviewed every three years. It is now time for the review of Dr. Eduardo M. Ochoa, president of California State University, Monterey Bay.

“This process is intended to provide feedback to the Board of Trustees and the chancellor about the leadership of President Ochoa and the current state of affairs at California State University, Monterey Bay,” begins the letter, “It should also provide information that will further the university’s progress and assist President Ochoa in the leadership of CSU Monterey Bay.”

“A sampling of faculty, administrators/managers, staff, and community is also being invited to submit individual comments.”

It is CSU policy to inform the university community of the review and to allow anyone not selected on an ex-officio or random basis to submit comments that respond to the specific criteria.

Those wishing to submit confidential letters should keep in mind that every effort should be made to address the criteria and that neither unsigned letters nor petitions will be accepted.

“Please submit letters or emails no later than March 29, 2019,” states the letter. The letter also outlines how the submitted letters should be addressed.

“The written responses will be summarized into a confidential report that will be discussed with Dr. Ochoa,” stated the chancellor, “The report will be presented to the Board of Trustees. None of the commentators will be identified by name, and responses will be treated in confidence to the extent permitted by the law.”



Randy Tunnell Photography.

“Please keep in mind that this is intended to be a constructive process that should benefit the presidency and the university.” The letter included a link to a website for the California State University system. Included on the website is the criteria used for adding the president.

The California State University website states, “General criteria for consideration of both the operations and condition of the campus as well as the leadership and management effectiveness of the president include, but are not limited to, such factors as the following.”

“General administrative effectiveness including management of human, fiscal and physical resources, working relations with the system and the campus, educational leadership and effectiveness, community relations, major achievements of the campus and the president, personal characteristics,” states the website.

A full description of all the criteria is available at [www.calstate.edu/datastore/PresCriteria.shtml](http://www.calstate.edu/datastore/PresCriteria.shtml).

By Jerome Baker

It was a dark, rainy afternoon this past Saturday here on California State University, Monterey Bay’s (CSUMB) campus, as it has been throughout this winter. Right around 4 p.m. the sun poked out from behind the gloomy clouds and reminded us that we are in fact in California, just in time for Otters both past and present to show up dry for the inaugural Otter Sports Hall of Fame induction ceremony.

The inaugural Hall of Fame was held in the UC Ballroom with some of CSUMB’s first (and greatest) athletes - even Monte made an appearance in a sharp black blazer and basketball shorts because it was after all, only semi-formal.

The greatest athletes to ever don the “Blue and Gold” were celebrated. There were 12 Otters enshrined on this night including: Chelsea Laning (water polo), Cicillia Chudivan (golf), Brian Haggitt (baseball), Erik Uppman (cross country), Ashley Barba (softball), Reheann Fall (volleyball), Dana Andrews (basketball), Bob Johnson (supporter), Bobbi Bonace (coach/administrator), the 2011 Men’s Golf Team and two who were inducted posthumously, Bill Trumbo (coach/administrator) and Devougn Lamont (basketball).

Assistant Athletic Director Kevin Gilmore laid out the criteria, “at the very least you had to have played here for two years and you had to leave with a degree or good academic standing... for coaches and administrators, they had to be here for at least five years.” Bob Johnson has supported the Otters women’s basketball team and has been one of the biggest contributors to not only athletics, but the entire university.

The reception began at 5:30 p.m. as great past Otters began to mingle and discuss all of the changes that have happened to campus. The biggest topics: the lack of parking, the closed-off street and how much it has expanded since Fall 1996. Athletes from the formative years noted the growth.

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The impact *E. coli* had on the Salinas Valley

## Anatomical artistry



How Laurel Doyle’s anatomy inspires her art

## Interview with Austin Smagalski



CSUMB alumni discusses debut film

# NEWS

## Recent E. coli outbreak impact on the Salad Bowl of the World

By Yollette Merritt

Romaine lettuce everywhere and not a bit to eat. For several months near the end of 2018, there was “no romaine lettuce to be found on campus” at California State University, Monterey Bay (CSUMB), said Yvette Schoutens, A’viands Marketing Coordinator. Even if one is not a salad lover, it would have been difficult to miss news of the national recall of romaine lettuce due to the *Escherichia coli* (E. coli) bacteria contamination that accrued more than \$100 billion lost to the industry. The Salinas Valley - the general geographical home of CSUMB, also known as the Salad Bowl of the World where the majority of the nation’s lettuce is grown - was hit hard.

Of greater importance than the negative economic impact on the industry and associated communities was the human and public health concern. Beginning October 2018 - at the close of the lettuce growing season in California - 62 individuals in 16 states became sick after eating romaine lettuce. Twenty-five people, in addition to the 29 affected in Canada, were hospitalized. Two individuals developed hemolytic uremic syndrome, a type of kidney failure.

E. coli outbreaks are nothing new. In April 2018, another lettuce associated E. coli outbreak resulted in 210 recorded illnesses in the U.S. with 96 hospitalizations and five deaths. The origin of this outbreak, however, was not California, but traced back to Yuma, Arizona. Going further back, a December 2017 outbreak in the U.S. and Canada was traced to the same related source as the recent Fall 2018 outbreak.

Given the seriousness of the risk factors, the FDA issued an advisory to destroy all romaine lettuce, impacting the entire industry including the farms that were just beginning their harvest. Prior to narrowing down the true origin of the outbreak, Monterey County was labeled as the culprit, devastating the local crop. Produce that remained in the fields were plowed under with the resultant waste of seeds, soil, water, compost and labor. Tons of lettuce already packaged were sent to landfills to be destroyed.

The Monterey Regional Waste Management District (MRWMD) landfill, close to Salinas Valley agriculture fields, received over 1 ton of produce. “We received 125 tons of packaged romaine lettuce from Nov. 27, 2018 to Dec. 6, 2018,” commented Angela Goebel, the public education and outreach specialist at the MRWMD.

Given the nature and urgency of the massive recall - as well as the quantity of lettuce already harvested and ready for shipment at the close of the season - there was no time to unwrap produce already packaged.

“The lettuce was packaged in plastic bags and waxed cardboard boxes which the farms were not able to depackage for composting, so they opted to dispose of the material in the landfill,” continued Goebel. The other active landfill in Monterey County, the Johnson Canyon Landfill east of Gonzales, received hundreds of tons of romaine lettuce during the recall period. “They are now installing a depackaging machine in the near future to help separate plastic packaging from agricultural products they receive,” commented Goebel, “this will allow the organics to be composted.”

It was some time later that the FDA and CDC exonerated Monterey County as the culprit for contamination, and stated the cause of the outbreak was in reality a single Adam Bros. farm in Santa Barbara County which had the E. coli O157:H7 strain in sediment collected in its agricultural water reservoir.

Food recalls are not uncommon. To be forewarned is to be forearmed as the E. coli are bacteria that live naturally in the intestines of cattle, poultry and other animals.

“Most E. coli are harmless and are actually an important part of a healthy human intestinal tract,” states the CDC on their website. “However, some E. coli can cause diarrhea, urinary tract infections, respiratory illness, bloodstream infections and other illnesses (including death). The types of E. coli that can cause illness can be spread through contaminated water or food, or through contact with animals or people.”

Consumers are warned to beware of raw fruits and vegetables that have come in contact with feces from infected animals, as well as leafy greens grown in fields that may be contaminated by soil, water, animals or manure. Harmful bacteria can also contaminate leafy greens after harvest by improper handling, storage or transport, as well as at grocery stores, refrigerators and



Wholesale destruction of Monterey County romaine lettuce crop Fall 2018. Angela Goebel, Monterey Regional Waste Management District.

on contaminated counters and cutting boards used for seafood, raw meat and poultry.

The CDC lists several ways to avoid E. coli contamination, key points are summarized as follows:

- Practice good hygiene, especially handwashing including before and after preparing and eating food.
- Practice the four steps to food safety when preparing food: clean, separate, cook, and chill.
- Cook meats thoroughly.
- Prevent cross-contamination in areas used to prepare foods.
- Don’t swallow water when swimming in pools, lakes, ponds or streams.

As of Jan. 7, there was no longer a recommendation for consumers to avoid romaine lettuce on the market as Dec. 4 was the last reported illness associated with the E. coli outbreak.

One positive outcome from the entire experience was the development and use by agriculture companies of a new (voluntary) labeling system that identifies the farm where the lettuce (and other produce) is produced so that any future outbreak does not result in the food waste that comes with the wholesale destruction of an entire harvest. “Forty percent of food is wasted in the United States on a regular basis,” commented Goebels, “which happens from farm production to stores to consumer fridges.”

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.

VOL. 2, ISSUE 19

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

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@the\_lutrinae



## Suspicious person near campus causes safety concern

By Hailey Hill

On the morning of Feb. 12, an unknown male individual harassed a female student as she was jogging back on the trail leading to Fort Ord Dunes State Park, a trail frequented by California State University, Monterey Bay students because of its easy access to the beach.

The student “reported she was jogging back to campus from the beach when an unknown male grabbed her from behind, asking her if she had seen keys at the beach,” according to a public safety bulletin sent out via email later the same day. The student was able to “break free and return to campus,” where the incident was immediately reported to California State Parks, the authority overseeing the Fort Ord Dunes area.

The student gave a fairly detailed description of the individual, describing them as a “hispanic male adult

in their early 20s, wearing a red beanie, grey sweatshirt, dark blue jeans, with a black backpack.” The physique of the individual was described as “tan skin, thin black mustache and black hair” with a “thin build, 5’8” [to] 5’10” tall.”

If you have any information regarding this incident or individual, report your information to the University Police Department “as soon as it is safe to do so.” You may contact the non-emergency line at 831-655-0268 and if you are in an emergency situation, always call 911.

The public safety bulletin also included a few safety tips that everyone is advised to follow. These include:

- Whenever possible, do not run alone
- Be aware of your surroundings; avoid running with headphones in/covering both ears
- Run during daylight hours on established trails and/or roadways



The trail leading to Fort Ord State Park, on which the incident occurred. Photo by Hailey Hill.

# CAMPUS

## Anatomy inspired artist shares talent



Artist Laurel Doyle (left), Hendrix (middle), The Kidneys Within (right).

By Yollette Merritt

Laurel Doyle, a third year California State University, Monterey Bay (CSUMB) visual performing arts (VPA) student has an interesting story to share as her personal health and relatively unique anatomy has impacted her choice of art subject.

Her art focuses on human anatomy, which interested Doyle from a young age when she was diagnosed with chronic Lyme Disease. According to Doyle, it has never held her back. Her interest deepened when it was later discovered she had three kidneys. They are “all functioning and healthy,” states Doyle, “...that really got me interested in anatomy. We don’t know if it’s hereditary or if I just needed some more kidney power!”

Born and raised in Marin County just north of San Francisco, she grew up in a family of artists. “Both of my parents are artists and have always been very supportive of me in everything I do, especially art,” states Doyle. “They both specialize in computer graphics. My dad does landscapes in either oil, or pastel, along with water colors for a more whimsical landscape. My mother is an expert in crochet, and has recently started creating porcelain bowls and plates.”

Surrounded by art and artists proved to be fertile ground

for the direction her life would take. “Living in a house of artists, I was never short on supplies and mediums to try. I’ve always done art when and where I can! Shoes, canvases, walls, pants, chairs, doors, shutters etc. Art has always been my outlet, and it’s always been fun! I love being able to create a hard copy of something that only I saw and being able to share it with people,” states Doyle. “Art has always played a big role in my life. Taking up most of my time (happily) it never seems to feel like I’ve wasted a minute. Along with water polo, nature documentaries, and being in nature, art truly is something I will never be tired of.”

Not yet fully decided on her vocational choices, but “looking forward, I would love to be a kindergarten teacher” comments Doyle. “I would be able to use my creativity to really help kids and make education enjoyable, along with having my summers off for traveling and art.”

When asked about an artist who has given inspiration to her work, “I’ve always loved Roger Dean’s artwork on the ‘Yes’ album covers. It’s always brought such wonder and excitement to me. I admire his work because he had his style, his passion, and didn’t let others change it,” responds Doyle.

Doyle has developed her own style in acrylic, quills, and

india ink and has branded her art on Instagram and Etsy as Third Kidney Designs.

Having three kidneys is relatively uncommon. It usually means that one of the developing kidneys were split into two prior to birth during the first trimester. Termed “duplex kidneys” the phenomena occurs in an estimated one percent of the population, and is usually only discovered by accident as it rarely causes symptoms.

One of Doyle’s paintings “The Kidneys Within” scientifically portrays what her three kidneys look like. She chose purple because of the depth the color can relay. Her artist statement includes the following: “With a love of color Laurel incorporates bright textures and vivid colors on every painting she creates. Along with acrylic backgrounds, she uses pen and ink to capture the shadow and depth of the shapes of our lives. Though we all have hearts, not all use them how they should.”

Another painting is titled “Hendrix”. “Though everyone has a heart they don’t always use it,” Doyle states. “I love this piece because the orange and red background really pulls the emotion of love and passion throughout the heart, along with the black line work”. She has had two opportunities to share her work in art shows: one in high school, and her most recent was the Monterey Peninsula Open Studio Tours. “It was so much fun and really revamped my love for sharing art,” states Doyle.

## Inaugural Sports Hall of Fame

Continued from page 1

Amy Pafford and Vera Hicks were on the very first women’s basketball team. “I don’t even know if they [would] consider us a team now, if they look back. It was a bunch of a girls who, some had played and some had never even stepped foot a court before,” said Pafford.

“The first game we had on the basketball court was quite a shocker, 142 to 24, I think [against Albertson University of Idaho]. They were good, but we were bad,” said Pafford, laughing off the embarrassment.

Erik Uppman, a member of the first cross country team also noted some changes, “The jerseys have changed dramatically, we were just trying to kind of pull things together ... these guys look like real athletes, it’s just incredible to see.” During his speech, he joked about the fact that the cross country jerseys were essentially basketball jerseys and were very heavy.

CSUMB has come a long way from “recruiting people off the bike trails,” as former coach and inductee Bobbi Bonace put it. Bonace developed the athletic advisory board, created the first two sports teams and even had a hand in building the kinesiology program here on campus.

The school is a long way from when coaches drove their own cars to competitions in the ‘90s. CSUMB has climbed the ranks, as it jumped from the NAIA into the NCAA Division II level in 2004.

The entire 2011 men’s golf team was in attendance. Make that the 2011 National Champion Men’s Golf team (whose hardware is on display in Otter

Sports Center) - making CSUMB not only the youngest school in the NCAA, but possibly the fastest to ever win a championship.

Dana Andrew was the first female athlete in school history to be named to the All-CCAA team and is the school’s all-time leading scorer. She was recruited by larger programs, but chose CSUMB because the school was “fighting for respect . . . and demanded respect.” Ashley Barba led the Otters to their first CCAA championship in any sport.

Brian Hagget led the baseball team to its first winning season and to a first place finish in the conference. Rheann Fall was a National Player of the Week and CCAA Player of the Week recipient during her junior year in 2010. She was also an American Volleyball Coaches Association (AVCA) All-American, which means she was voted one of the top 30 volleyballers in the entire country. Emotions ran high as the families of Bill Trumbo and Devougn Lamont accepted their Hall of Fame plaques.

Patrick Kosta, who was a part of the men’s basketball team coaching staff for eight years had high praise for Lamont, “We should have never got him he just happened to play for a JC that never won a game. So he was under recruited. He should’ve gone DI [Division I] ... he ended up playing pro basketball in Europe and South America. He also played for the Trinidad and Tobago national team.”

Everyone looked forward to what is next for the school. Considering that we are the youngest school in the NCAA, the future otter be bright.



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# CAMPUS

## Alumni director shares about debut film

By Ray Kaiser

I was lucky enough to not only see one of the first screenings of “Donnovan Reid”, but also talk to its director and co-writer Austin Smagalski, an LA resident and California State University, Monterey Bay alumni. Just so you know, this interview does contain spoilers for the film but aside from the second question, they are all relatively minor.

**The Lutrinae: You’ve said you are really inspired by films about identity, specifically noting “Fight Club” as a big influence on you, what is it about these kinds of stories that interests you?**

**Austin Smagalski:** I like character-focused stories. Movies get too spread out - too many characters to bounce around to. People will inherently connect with one person more so than everybody else, so it’s nice to focus on one person, who they are and their most difficult choices.

**To get more specific, this whole film revolves around one kind of single point, if you’ll allow me to talk spoilers for a moment. A mother just, not ever loving her child. Was there any inspiration there? Why that choice?**

I was inspired by the film “Persona,” which I saw in one of Irwin Swirloff’s classes. There’s a really powerful monologue in “Persona” where the protagonist reveals that she had a child and just absolutely despised him. It was such an intense feeling and something I’d never heard of before.

**You do a really good job of weaving together the two halves of the story. When it came to the writing, what was your approach there? Did you write the part of Donovan being back with his family and Michael being stuck in the house with Ellen separately before weaving them together? Or were they written simultaneously?**

Originally, I was very focused on the concept of someone taking someone else’s identity. At first, the sequence of him finding this identity and running away was the first 10 minutes of the film. But the more I thought about it as the writing process moved along, I started realizing there were a lot of thematic parallels between the two stories. I felt like in telling these two different stories in the character’s life side by side that we could juxtapose these different moments of significance instead of just talking about how important



Glass Creek Pictures

they were. Lives don’t happen in a little snapshot. It was more powerful this way.

**On a technical side of this same thing, some of the cuts between scenes were frankly phenomenal - particularly cutting back and forward in time between the two different stories. Do you have any insight on how hard that was or how you did it?**

Particular care was taken in the writing to connect them [scenes] in the past and present. A lot of that took place in the writing. In post production, some scenes were rearranged but some moments I had in mind since the very beginning, like the hard cut going up the stairs with things moving from the past and the present in the same shot. Originally, there were dramatically different colour grades in the two timelines but after some test screenings, we decided there needed to be more ambiguity.

**How was your experience with the Cinematic Arts and Technology program here at CSUMB? Were there any major takeaways? Or things you wished you had learned more about?**

I think the process of making my capstone project really prepared me for working with a group this size. It was always really really small productions. Cast of six, crew of around 12. And that was the most people I’d ever worked with on a shoot before. I wish I’d known more about how important pre-production was, and not as much connected with this movie, but I wish I had learned more about making money with my film degree. I think understanding the business side of film and understanding how financing works and making money with your film degree are not normally focused on as much. There’s more focus on the art than the technical proficiency and business. I’d love to see more emphasis on technical proficiency. Once you have the stable base, there’s time and room for the free expression of art and stuff.

## Lime scooters damaged as some students reject them

By Hailey Hill

A new trend has seemed to have taken hold at California State University, Monterey Bay (CSUMB) - many Lime scooters have been purposely pushed over, damaged, put in inconvenient places such as trees and used to draw phallic symbols in the campus parking lots.

This trend comes as several comments voicing strong dislike for the scooters were posted onto an Instagram post made by *The Lutrinae*.

“Absolutely trash ... with no rules or regulations you kids rip around town leaving these everywhere and follow none of the rules on the road or recreational trail,” commented one account by the name of *greenpedalcouriers831* on a Jan. 24 post that advertised an earlier *Lutrinae* story about the return of the lime scooters.

This initial comment created a chain reaction of others chiming in their dislike for the scooters. The account *liveandhikenow* responded to *greenpedalcouriers831* with “agreed ... they are making the entire student body (which doesn’t use them) look like kids! I have been almost ran over several times! I walk slow on campus because I just had hip surgery. No helmets! No rules! No enforcement! I have seen campus police do nothing to help.”

Another student account by the name of *sirenita\_pau* also commented saying that “[she has] been trying to recover from an injury on them ... three months after and her ligaments [can’t] heal.” This comment highlights the reason many students have become less than fond of the rentable scooters scattered around campus - if you have not been injured yourself on them, it is likely you know someone who has.

It is not unusual to see once neatly-parked lines of available scooters purposely toppled over by students who see them as a nuisance, or even a safety hazard.



Lime scooter found in a tree. Photo by Ray Kaiser.

Walking across campus, you may see them thrown into garden beds, pushed over into the grass, or, in one case, even up in a tree.

Some have even taken to purposely damaging the scooters, though whether this is for fun or out of frustration, is unclear. A few weeks ago, I went to start a Lime scooter, and only after the app accepted my payment did I realize the rubber part of the tire was completely gone. I reported the scooter as damaged using the report feature on the app, but received no refund.

People have also been using the tires to draw on the pavement in Lot 71 and other lots around campus. Often by the pods of (usually toppled) Lime scooters, you can find phallic shapes and other images rubbed onto the pavement using the scooter tires.

Despite the newly-voiced opposition, it seems the Lime scooters are here to stay, at least for now. If you do choose to ride a Lime scooter, you can keep yourself and others safe by being aware of your surroundings, not speeding (especially in the rain, as you can fishtail) and not riding close to pedestrians. Even if you aren’t the biggest fan of the scooters, don’t damage them! Though they may be frustrating to you, they still are not your property to damage.

## CSUMB basketball team win

Photo and Story by Chike Okafor

On Feb. 16, California State University, Monterey Bay (CSUMB) basketball teams played against San Francisco State University (SFSU) in the Otter Sports Center.

The CSUMB women’s team were ahead with a score of 21-13 by the end of the first quarter. They kept playing equally strong offense and defense throughout the rest of the game and won 74-55. They maintained at least an eight-point lead over SFSU throughout the game.

“It was a great game,” said Uchenna Faumuina-eze, one of the coaches for CSUMB women’s basketball team, “It was a much needed win. They played with heart and total effort.”

CSUMB men’s team lost against SFSU 85-63. They put up a good fight but in the end, SFSU was able to keep on scoring off of rebounds and gained a significant point lead. After tying the score 7-7 during the first quarter, CSUMB was not able to catch up. After the second quarter, SFSU was able to hold the lead by at least nine points.



# COLUMNS

## i Verde! Why I should be a vegetarian

By Noah Sforza

I am not a vegetarian. I don't eat meat at every meal, or even everyday, but I do eat it. I have always struggled with the idea of being vegetarian. Growing up, meat was an enjoyable part of my family's meals. We often had bacon with breakfast and ground beef with dinner. My parents made an effort to introduce my siblings and I to vegetarian options, especially tofu. I have found that substituting meat is almost worse than no meat.

It's well known that being vegetarian can significantly reduce your water use, carbon footprint and oil usage. By eating meat, we are essentially consuming and participating in the use of resources to raise and transport that livestock and product. The environmental repercussions of the meat industry are greater than I can fully express here. For more information, check out "10 ways vegetarianism can save the planet" via theguardian.com.

I am not trying to convince anyone to be vegetarian, not even myself. Instead, my goal is to convince people that taking steps to limiting your meat consumption is a functional and effective way to begin reducing your impacts. So, how do you begin reducing your meat consumption? If you eat meat at every meal, try to eat meat at only one meal a day. If you already have begun taking steps to reduce your meat consumption, another option is to try VB6. VB6 is "Vegan Before 6," this is an idea to limit meat and meat byproduct consumption, by not eating any animal products before 6 p.m.

Additionally, if you want to continue eating meat at your current rate, you can still make better choices. This can be done by purchasing local meat. There are farmers markets daily in the Monterey Bay area, from Carmel-by-the-Sea to Soledad, there is even a bus that can take you to each market. By purchasing from a local farmers market, you're limiting the resources spent to get that product to you and supporting smaller more sustainable farms.

So, whether you wanna go "cold turkey" and quit meat altogether, or start with a smaller step, your decisions have an impact.

## Homeshake "Helium" Review

Music Maven



By Jenna Ethridge

On Feb. 15, Homeshake's most recent album "Helium" was released through Sinderlyn records. Also known as Peter Sagar, the former member of Mac Demarco's live band has released four albums since pursuing a solo career in 2014.

"Helium" was announced in November of 2018 and was followed by promotional singles "Like Mariah," "Nothing Could Be Better," "Just Like My" and "Another Thing." It's been two years since Sagar's last album "Fresh Air," which received overwhelmingly positive reviews among music critics and fans alike, creating pretty high expectations for what was to follow.

The first single "Like Mariah" is an introspective look

inside Sagar's insecurities regarding his voice, comparing himself and his musical abilities to Mariah Carey. This theme is also present in the third single "Just Like My" in which Sagar sings, "Voice goes high like helium does," while alluding to the album's title.

Throughout his discography, Sagar has continued the evolution of his lo-fi, snythpop sound that was first established with debut album "In the Shower." In comparison to previous albums, Sagar may not take as many creative risks with "Helium," but is consistent with his signature beats,

shorter instrumentals and vocals that seem to drift away with the music.

Despite the album's standalone strength and progression of Sagar as an artist, some fans disagree with the direction in which his music is taking. Reddit user u/PigsTortillaChips said, "This album really didn't do it for me, felt like his laziest album, just seemed to me like a whole bunch on the same synth loops with weird high pitched vocals with weak melodies."

If you're a fan of synthesizers, R&B or stripped-down beats that are equally relaxed as they are danceable, "Helium" is sure to lift your spirits.

You can listen to "Helium" on Bandcamp, Spotify, Apple Music and everywhere music lives.

## Picking your poison: automatic vs manual transmissions off-road

Car-ticle



My 2011 Subaru Forester and Benjamin's lifted 2002 Subaru WRX.

Story and photo by Kristen Finley

Automotive magazines, forums and local off-road groups tend to indulge in the same neverending, back and forth argument: which is better suited to playing in the dirt, manual or automatic transmissions? To provide some insight into what makes either type better or worse, I will voice my reasoning behind choosing an automatic, as well as the perspective of my fiance, Benjamin, who prefers a manual. The two of us have explored California's off-highway vehicle (OHV) trails together on many occasions as a shared hobby. My 2011 Subaru Forester is an automatic with a manual 'sport' mode, while his 2002 Subaru WRX comes with a five-speed manual transmission.

### Manual Transmission:

For Benjamin, driving a manual transmission establishes a better rooted connection between him and his car. On paved roads, he enjoys the sense of total control he has over the car when operating a stick shift.

When taking a stick off-road, however, he found it to be cumbersome and frustrating at times. Though, he says, it heavily depended on what he was trying to accomplish at the time. For instance, when traversing extraordinarily rocky and/or steep incline, he keeps his speed at about 10-15 miles per hour to decrease the off chance of inflicting damage to the tires or any suspension components. It makes scanning the terrain and maneuvering around obstacles easy, though there

is always one frustrating issue - having to go back and forth between first and second gear.

Going between gears is an extremely aggravating aspect of using a manual transmission in the dirt for Ben. It makes it difficult to enjoy the scenery when he's having to watch the revolutions per minute (rpm) to make sure they're not dropping too low. Thankfully though, he says that's not always the case - when the trail is smooth and doesn't call for a delicate balance between the clutch, brake pedal and accelerator, a stick is a lot more fun. In the WRX especially, it leaves no mystery as to why Subaru won so many rally racing championships. In a stick, keeping the rpms high is achievable, thus increasing the fun factor when he conquers tight turns safely, but swiftly.

With hills, Ben is cautious about going to trails with hills that he doesn't trust he could climb in one go. He's wary due to the complicated dance of pedals he'd have to do to get going again if he's forced to stop in the midst of climbing. With a manual, if you're forced to stop on an incline, you have to engage the parking brake, raise the rpms high enough to not roll back, quickly engage the clutch, and then when you feel the car pulling against the parking brake to disengage it and hope you have enough torque to pull you up. Even with all those precautionary measures, the car could roll back if there isn't enough torque - and if it's not caught and corrected quickly enough, will only make the situation worse.

Then there's the matter of towing. There was a time in Clearlake, CA before he lifted his WRX by an inch and a half where he bottomed out going up a steep hill, leaving his back end dangling over a drop off in the trail. He needed a tow to free him. With my Forester close behind, we were able to pull him to safety with some tow straps. He said to me that he was glad it wasn't my car that got stuck, because towing with a stick would be a lot more complicated.

This is because all the torque needed to tow with his car would be in first gear, and in order to tow effectively, he wouldn't be able to engage the clutch completely; unfortunately resulting in a hefty session of clutch burning or yanking, which could cause damage to the drivetrain or the body of the car. Of course, it all depends on how long he'd have to spend freeing a stuck car.

In conclusion, Benjamin prefers the manual over the automatic because he enjoys the challenge and the connection he feels between his car and the road. Driving a stick off-road is more fun if you plan to push boundaries or take the trail slowly and steadily. He says a manual has some drawbacks to trekking trails. Though, since he can break the back end loose easier in a stick, he will always pick a stick.

For the rest of this car-ticle visit [thelutrinae.com](http://thelutrinae.com).



# COLUMNS

## The importance of transparency and contributing to sustainable markets

*TrueBlue*

by Josh Bowman

At California State University, Monterey Bay (CSUMB), some students share the enthusiasm of the emblematic sea otter for delicious and sustainable seafood. The Otter Express (OE), located adjacent to the Dining Commons on campus, offers a variety of food options to CSUMB students including the WOW Café, Grains and Greens bowls, and Hissho Sushi. Taste in food is important, and while the food at the OE might be delicious, it is also important to make sure it is responsibly sourced.

Most of the food served at the OE is ordered by A'viands, a company working under the French multinational commercial food service company Elior. "For Grains and Greens, all of our produce is sourced through Freshpoint, a company that is a subsidiary under Sysco," said Ashley Lin, the campus director of sustainability for A'viands, "The sushi purchasing is completely through their own company and not through us."

Hissho Sushi is an independent contractor with CSUMB and they manage all the seafood sourcing for their sushi rolls prepared at the OE. The sushi company spends "approximately \$6,000 each week" to supply sushi to the

OE, according to Aung Phyo, the franchisee of Hissho Sushi at CSUMB. Considering most students probably only eat at the OE Monday through Thursday, that translates to over \$1,000 a day.

"All the fish we have is imported, except for the salmon" said Aung, "I believe everything we use is farm-raised except for the tuna, the tuna is wild-caught." When asked if the seafood he was using in the sushi was responsibly sourced, Aung said that he wasn't sure.

Consumers looking to support sustainable practices would need to know a little more about where the seafood comes from. The location regionally, in addition to the methods used to produce or capture it, are important elements in determining sustainability and usually needed when referring to the Seafood Watch recommendations.

According to a partnership survey between Hissho Sushi and Resiliensea Group LLC, sent by the regional managers of Hissho Sushi, it was determined that "almost 90 percent of current total purchases were from either certified sources or from sources engaged in credible fisheries improvement programs."

Additionally, of the total purchases "38 percent are from an active Marine Stewardship Council-certified fishery, and 31.6 percent are from Best Aquaculture Practice and Aquaculture Stewardship Council certified facilities." By the end of 2019, Hissho Sushi plans to be 100 percent responsibly sourced by "establishing strict supplier purchase guidelines, eliminating species that are under threat from its offerings and developing a purchasing policy."

There are some fishing and aquaculture practices that are more environmentally friendly than others. Supporting the companies who are using environmentally friendly practices is one way people can directly help move sustainable markets forward.

Asking restaurants and businesses if their seafood is responsibly sourced lets those companies know their customers want sustainable products and it creates a pressure to ensure that it is. Hissho Sushi might get more business if they were more transparent about their current seafood sourcing practices as well as their goals. In any case, it would appear that students eating sushi at the OE can be content as sea otters knowing they are contributing to a balanced and healthy marine ecosystem.

## This day in history

*Feb. 21*

By Ray Kaiser

Feb. 21 is a big day for Russia, as well as International Mother Language day and the birthdays of actors Alan Rickman and Ellen Page.

### 1440

Nobles and clergy in eastern Prussia formed the Prussian Confederation to combat the arbitrariness of the ruling Teutonic Knights and begin to usher in a more modern German world.

### 1804

The first self-propelling steam locomotive was produced in Wales.

### 1808

With no declaration of war, Russia marched troops across the Swedish borders into current day Finland. This began the Finnish War, in which Sweden lost Finland, the eastern half of their country, to Russia.

### 1848

Friedrich Engels and Karl Marx published "The Communist Manifesto".

### 1874

New Haven, Connecticut issued the first telephone book.

### 1885

The recently completed Washington Monument was dedicated.

### 1921

The Democratic Republic of Georgia adopted its country's first constitution.

### 1947

Edwin Land demonstrated the first "instant camera," the Polaroid Land Camera, to a group from the Optical Society of America in New York.

### 1952

The Bengali Language Movement, a political movement to get Bengali recognized as an official language by the Dominion of Pakistan, protested at the University of Dhaka in East Pakistan (now Bangladesh).

### 1972

The Soviet unmanned spaceship Luna 20 landed on the surface of the moon.

### 1974

The last Israeli soldiers left the west bank of the Suez Canal in accordance with a truce between them and Egypt.

### 1995

Steve Fossett landed in Leader, Saskatchewan, Canada becoming the first person to complete a solo flight across the Pacific Ocean in a balloon.

## Word Search

The theme of this week's word search is semordnilap, which is a word or phrase that creates a new word or phrase when read backward - not to be confused with palindromes, which is the semordnilap of semordnilap. If you think you found the same word twice, try reading it backwards!

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

- |          |      |        |          |
|----------|------|--------|----------|
| Desserts | Flow | Peek   | Stressed |
| Diaper   | Keep | Rats   | Tap      |
| Drawer   | Live | Repaid | Tide     |
| Edit     | Part | Reward | Trap     |
| Evil     | Pat  | Star   | Wolf     |

## Sudoku

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

### Solved puzzles

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