



STUDENT GOVERNMENT CANDIDATES DISCUSS ELECTION PLATFORMS



By Jessenya Guerra

Every academic year, Associated Students (AS) holds elections for the offices of 14 different positions in the California State University, Monterey Bay (CSUMB) student government. This year not all of the positions have candidates for their respective offices. There are only nine positions in AS for which students are running. The positions in the current elections include AS president, vice president (VP) of external affairs, VP of finance, college of arts, humanities, and social sciences senator, college of business senator, college of health sciences and human services senator, college of science senator, diversity and inclusion senator, and sustainability senator.

The following statements are from the candidates running for the 2019-2020 academic year. These statements are to give the CSUMB campus and community a better understanding of who the candidates are and why they are running for office.

PRESIDENT Ana Gonzalez

Fellow otters, my name is Ana Gonzalez and I would like to serve as your president of Associated Students for the 2019-2020 school year. As an environmental studies major and a chicana/o studies minor at CSUMB, I have accumulated skills as a leader, researcher and advocate through my participation in EOP, UROC, KDChi and First Year Leadership Experiences. Because of this, I believe I represent the values of CSUMB and relate with the different communities that make this university unique. As the current executive vice president of AS, I am focus on revising our governing documents to ensure we have the student's interest

at heart, as well as ensuring the accountability of our officers to provide a better service and creating a more transparent budget for everyone to see where our money is spent. Through my participation, I would hope to ensure that all students take advantage of the services we offer through AS because every student's voice on campus makes the student government at CSUMB. As I embark on my last year as an undergrad, I aim to contribute and improve this community. I am honored and eager to serve another year in Associates Students, and make sure every student experience CSUMB to its fullest.

VP OF EXTERNAL AFFAIRS Claire Larson

As the CAHSS Senator, I worked hard to be a strong voice for our campus community and student needs. My past experience in Associated Students has inspired me to continue and advance. At the beginning of my first Associated Students term, I expressed interest to one day hold the position of vice president of external affairs. I attended CSSA, CSUnity, the local candidates forum event and even co-chaired First Year Leadership Council. Besides AS, I

interned on a political campaign and for my congressman in Washington D.C. I am also a sister for Delta Omega Rho Multicultural Sorority. My extensive experience makes me a desired candidate.

If I am lucky enough to continue on with AS, my goal would be to update CSUMB students on what is happening CSU wide. I have personally noticed a lack of knowledge within the student body when it comes to what is happening

throughout our education system. It is not the fault of our students, but I will take it as my responsibility to find ways to inform them on things that can affect their own school careers. I also would like to have a voter registration fair on National Voter Registration Day. Students would not only be able to register to vote, but ideally, we would have political organizations throughout the community

to table. I would also like to increase the lobby corps presence here on campus. I am hoping to earn this incredible opportunity in hopes of bringing change to our campus.

VP OF FINANCE Jaspreet Bhardwaj

Greetings! My name is Jaspreet Bhardwaj, I'm currently a sophomore and business major. Serving as CSUMB's vice president of finance and working along with the other AS officers would be an honor because of their continuous pursuit of the betterment of the campus for students and faculty. There are countless involvement opportunities, along with a chance to gain leadership and professional experience, which are some of the many reasons I'd like to apply. I'm task-oriented and always focused on completing the projects at hand. I'm punctual, supportive and diligent.

The main reason I'd like to apply is because I believe in AS's mission to serve, advocate and represent the student body. I'm currently the business senator and although I have only been in the position for four months, I absolutely love what I do. I have inherited a family in AS, as well as in the campus community. I have developed connections with a few of the clubs, which can enhance the quality of AS because I can serve as a mentor for the upcoming business senator. I have been trained by AS's best and I am beyond thankful for the knowledge they passed down to me. My previous leadership experience in high school, as well as my newly gained experience as a business senator, along with my passion for this college and each student's experience qualifies me for this position. I want to strive for the success of all students and continue growing my newfound home. Thank you.

VP OF EXTERNAL AFFAIRS Alexandria Adams

My job as a running candidate is to "woah" you with qualifications and relevant experience to prove myself worthy enough for the position at hand. Before doing so, I'd like to share brief background information about myself and reassure you as to why I am a suitable candidate. Integrity, perseverance and compassion lay at the foundation of my very being. I, Alexandria Adams, am pursuing my bachelors degree in human development and families studies, where I aim to acquire greater knowledge of the biological, psychological and socio-cultural development of humans, while perusing experience in higher education, leadership and legislation. My objective of running for vice president of external affairs is to obtain direct experience with legislative work in higher education while crafting my leadership qualities. My means of integrity and compassion paired with efficiency and determination will allow me to effectively advocate for the needs, desire and goals of California State University, Monterey Bay student body. One day, I will create policies that ensure every publicly funded K-12 school has a full functioning mental health and wellness clinic, similar to the personal growth and counseling center here on campus. With that being said, my name is Alexandria Adams and I am proud to say that I am a running candidate for vice president of external student affairs.



Black Psychology



The effect of one man's life in advocacy

TrueBlue



How abalone benefits the community

SUSTAINABILITY SENATOR

Ethan Quaranta

Hi, my name is Ethan Quaranta and I am running to be the next sustainability senator. I am seeking this office as I believe that in such depressing environmental times, it is important to have a strong guiding light. I believe that I can be that strong guiding light due to my various qualifications.

I currently serve as an environmental affairs committee member and intern. In high school, I was secretary and eventually vice president of journalism. While involved with both leadership positions, I proved myself to be a reliable and passionate leader, as I met all deadlines and never missed any meetings. Throughout my time in journalism, I fine-tuned my communication skills.

During my time in journalism, I started up a video news program from the ground up. Also, I was great at making bonds with local companies/businesses, while selling ads for the newspaper. While journalism is of course not sustainability, I believe that many of the skills required are the same. As a member and intern of the EAC, I have learned how to adapt the skills I learned in journalism to a sustainability context.

Some of my goals as sustainability senator would be to:

- Expand access/awareness of OtterWare
- Expand access to bike covers and promote walking/biking/scooter/etc.
- Start a campus garden and an accompanying compost program
- Ensure that campus planning has plenty of green space including many native plants as well as more trees for carbon sequestration
- Expand access to garbage, recycling and compost bins on campus

CS SENATOR

Antonio Hernandez

Hello, my name is Antonio Hernandez and I am a second-year molecular biology major. I am running for the Associated Students College of Science senator for the 2019-2020 academic year. I am currently in the position and running for a second term.

I want to continue working with the science dean to address issues within the college, network with different AS/ASI to try and incorporate events they do for their college and implement into our college, work on running the AS Capstone Grant and Legacy Scholarship, and work with the career fair center to bring in more professions from different fields.

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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DIVERSITY AND INCLUSION SENATOR

Dawood Kazi

I am running for the position of Diversity and Inclusion senator. I want to join Associated Students as I want to be the voice and connection for those who are underrepresented and serve as a resource and a support system. I hope to intrigue and inspire different communities at CSUMB to come together, and I will do the best I can with this life to be of use to others. I aspire to turn disabilities into superpowers by creating an enabling environment and facilitating skill set to harvest human energy as a socially responsible citizen of the world. This pursuit is initiated with my learnings in the realm of kinesiology and ultimately qualifying as a prosthetic professional.

As a full-time student in my sophomore year at CSUMB, I am employed in different jobs including A'viands, as well as in the international programs as a student assistant. I am people sensitive, as I have worked with students from diverse backgrounds. I am also a responsible custodian of important documents and records, as I insure confidentiality of private and personal information. Currently I am the vice president for the Student Awareness for Disability Empowerment (SADE) club. I am a third-generation high school graduate from Aitchison College, Lahore, in Pakistan, a school with a legacy of more than 180 years with a campus sprawling over 200 acres and an alumni consisting of the current prime minister and past heads of state, ministers and generals.

CS SENATOR

Cobey Lenair Davis

Hello, my name is Cobey Lenair Davis and I am a current first-year freshman here at California State University, Monterey Bay. I am a mathematics major with a concentration in subject matter preparation program. This spring, I am running for the College of Science senator position through Associated Students. I am currently apart of First Year Leadership Council, College of Science Dean's Council, POWER Peer Youth Educator Training, as well as Mathematics Student Teacher at Seaside High School for Integrated Mathematics 2 and 3 Courses.

My purpose to run is to create improvements for the students and faculty, not only in the science department, but as well as around campus based on what's better for everyone. When taking the position, my goal is to be the voice that can fight for change that students, staff and faculty want due to constraints that affect the way that department runs. As senator, I will be the bridge that bring the communication between everyone in the College of Science from all student to staff and faculty for a better inclusive department on and off campus. Being apart of Associated Students will provide me skills to be a better leader, mentor and supportive student that everyone can look up to.

CHSHS SENATOR

Rebecca Harbison

Hello fellow otters! My name is Rebecca Harbison. I am a second-year kinesiology major with a concentration in exercise science, and I am running for re-election for the College of Health Science and Human Services Senator. I have been involved with many aspects of our lovely campus. I've been an otter days leader, I'm a tour guide for our school, I've been a radio personality for otter media and apart of the amazing women's rugby club on campus. I believe I am still qualified for this position because of my involvement on campus, my past leadership experience from student government in high school, and my transparency and open communication with students in my position currently.

This past year, I served as the CHSHS senator. In my position, I have revamped our dean events by including department chairs and having a more casual setting for students to feel comfortable talking to our administration, did classroom presentations alongside my dean to show students the resources our college offers, put on the second annual self care fair for students to explore the different aspects of self-care and helped advocate for dairy-free ice cream in the Otter Express. If I am re-elected into this position, I want to continue connecting students with administration through different kinds of dean events, revamp my idea of a social connecting page for our college by asking students for ideas and continue to advocate for allergen-free foods in eateries on campus.

CHSHS SENATOR

Kayla Ventus

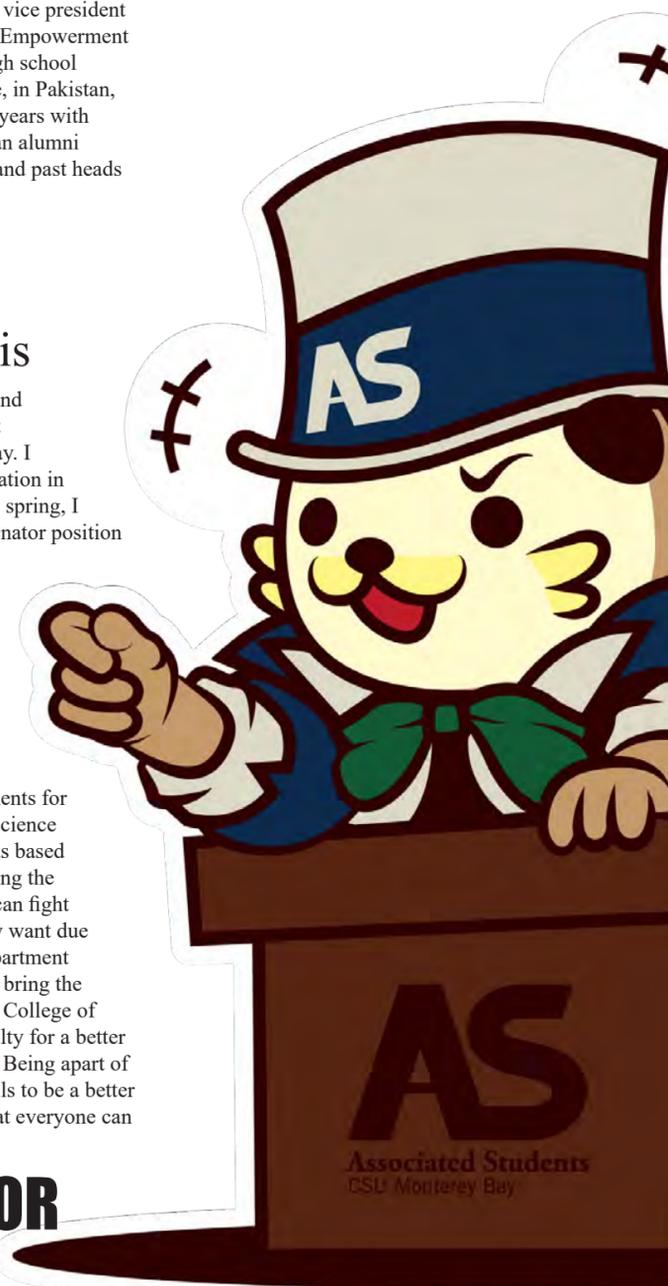
Hi, my name is Kayla Ventus and I am a first-year kinesiology major with a concentration of exercise sciences with intentions on becoming a cardiopulmonary physiologist. I am running for AS Senator of CHSHS because I want the students within this college to feel heard. I want all the needs and wants of students to be voiced out, and never feel as if they're unheard. I want to be the one students go to when they feel something isn't going right. As senator, I plan to listen to all opinions and voice them over to administration. Being senator of CHSHS, I would not only voice any opinions to administration for students in this college, but for all students of CSUMB.

CB SENATOR

Krystal Rojas

My name is Krystal Rojas and I am a second-year business major from Watsonville. I am running for College of Business senate. I want to be a part of AS so that I can help those in my college and be a voice for those who need one. With AS, I can serve my fellow peers and help them achieve their academic goals. I want to help improve the College of Business in any way that I possibly can.

As senate, I will ensure that the students' opinions about the College of Business are addressed and acknowledged. I aspire to be an advocate for the students within this department by voicing their concerns and suggestions. My primary goal is to represent the students and to make sure that their voices are heard, that their voice matters. With my past experience in student government, I know I am capable of working well with students, as well as professors. I take my education and the education of my peers very seriously, and will spend time getting to know them and their needs. Together with my peers, I hope to improve the College of Business for my and future generations.



CAHSS SENATOR

Christian Chan

AS is an excellent program that California State University Monterey Bay (CSUMB) supports. It offers students many opportunities to be apart of the program like giving back to the food pantry. I feel that the College of Arts, Humanities, and Social Sciences (CAHSS) Senator position will be an excellent fit for me and I will be a great asset to AS. I am a brother of Omega Delta Phi Fraternity Inc. I am the current Service Chair, which requires me to have excellent communication skills, planning event skills, and finding ways to help my fraternity grow while also giving back to the community. I understand the hard work and effort that goes into effective management of the AS program and how important it is for AS to achieves its goals.

The position I currently hold in Omega Delta Phi Fraternity gives me the skills which can transition over to promoting and committing to the AS program. As Service Chair I have reached out to community members to get more involved in our community to give back. Daily I am looking for new opportunities to improve my fraternity and to help it achieve its goal of giving back to the community. Some examples include the Sea Otter Classic, Salinas Air Show, and beach clean up to name a few. My experience as a brother of Omega Delta Phi Fraternity and current Service Chair gives me the skills and opportunities necessary to be a successful Senator of AS.

For more information on the Associated Students, go to <https://csumb.edu/as> or scan the QR code.



CAMPUS

Father of black psychology leaves lasting impact on professor

By Yollette Merritt

Dr. Jennifer Lovell, California State University, Monterey Bay (CSUMB) professor of clinical psychology and convener of a recent meeting that showcased the recent publication of a book co-authored with Dr. Joseph L. White, known as the father of black psychology, has a unique distinction.

Lovell is one of about 100 doctoral students personally mentored by White, part of his "Freedom Train" cohort. "I am blessed to be a part of the Dr. White 'Freedom Train,' he connected me to an academic family," said Lovell.

"Dr. White became my mentor during the beginning of my graduate school in 2007 and remained my mentor until 2017," when he died, continued Lovell. She received her training in clinical child psychology at a time when the field was traditionally focused on disorders and deficits. "This perspective is incomplete," said Lovell, "and Dr. White along with other pioneers in the field of multicultural psychology and positive psychology began to shift the focus to incorporate client and cultural strengths."

White's "Freedom Train" was based on a philosophy of mentoring scholars who would in turn mentor those who came behind, passing on not only the knowledge base, but also a sense of responsibility and commitment to effect positive change and to impact underserved, underrepresented members of community.

"Get on the train and you will get more choices," said White in a 2008 interview with LeOndra Clark at the 40th annual convention of The Association of Black Psychologists in Oakland. Working with a number of universities, mentored students received generous and personal support during the course of their doctoral studies. In spite of living through many eras of racial disparity and discrimination, White had a strong belief that "excellence in study and effort overcomes politics."

Joseph L. White - born in Lincoln, Nebraska on Dec. 19, 1932 - is a scholar who eventually revolutionized the field of American psychology. He was the first African American to earn a Ph.D. in psychology at Michigan State University and one of only five African Americans

in 1962 in the U.S. to hold a doctorate in psychology.

As dean of undergraduate studies at SFSU in 1968, White established one of the first black studies programs which has subsequently led to the founding of various ethnic studies programs throughout the United States. Also in 1968, White confronted the American Psychological Association about its lack of racial diversity, which at that time had less than 1 percent of membership of African descent of the association's more than 10,000 members.

His activism led to the founding of the Association of Black Psychologists and many other distinguished programs. White's impact was also felt at California institutions of higher learning - and eventually at CSUMB - as the founder of the California Educational Opportunity Program, passed by the California Legislature in 1969 that has helped hundreds of thousands of underrepresented students to achieve college degrees.

His books include "The Psychology of Blacks: An African-American Perspective" (1984), "The Troubled Adolescent" (1989) and the 2019 second edition co-authored with Lovell) and "Black Man Emerging" (1999). White became a cultural icon 1970 with the publication of "Toward a Black Psychology" in Ebony magazine. This article ignited the flames that led to the modern era of African-American and other ethnic/culturally relevant psychology.

Lovell shared the following dedication in honor of Joseph White in the 2019 second edition of "Troubled Adolescent: Challenges and Resilience within Family and Multicultural Contexts."

This book is dedicated to my co-author, Dr. Joseph L. White. Dr. White transitioned from this earth Nov. of 2017, a few months before the final edits were complete. He was a master clinician, teacher, scholar, activist and mentor. His impact on the field of multicultural and Black Psychology is profound, and his passion for



Jennifer Lovell with Joseph L. White. Photo courtesy of Jennifer Lovell.

working with children and adolescents never diminished. Dr. White taught me more than words can express, and he changed my life through his personal and professional mentorship.

His inner light, laughter, generosity, wit and sharp intellect made life better, and I will be forever grateful for the opportunity to know and learn from him. When he asked me to work on revising "The Troubled Adolescent," I had no idea what a transformative experience it would be and I am thankful he was with me most of the journey. Dr. Joseph L. White continues to be sorely missed by the many people who loved him. I am honored to complete our book as a tribute to his life and legacy.

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COLUMNS

Which rooftop beast of burden is better for off-roaders and why? *Car-ticle*

By Kristen Finley

With the arrival of cargo boxes and baskets, the ability to store camping gear, tools, bicycles, spare tires and more atop a car hit the ground running in the off-road world. In off-road communities, it's exceedingly rare to see an off-road rig without a box or a basket. These additions now mean packing light is no longer a necessity, passengers are awarded more comfort and it makes any car look a lot more rugged. Though, it begs the question: since there's no such thing as two first place winners and ties aren't all that exciting, which roof-top servant should take the gold medal? To formulate a fair comparison, I've asked the experts of my off road group, MtnRoo, which they like better and why.

Cargo Basket

Cargo baskets are popular due to the overland-ish, tough aesthetic it lends to any vehicle that's equipped with one. Baskets are a wise choice for those who have large, awkward shaped gear that can't be confined inside a cargo box. With a basket, your gear is easier to access and almost anything can be tied down or strapped within it - a jerry can full of gasoline, a spare tire, a few boxes, skis and even a bike can be secured to a basket.

Given the popularity of the basket and the flexibility this rooftop addition provides drivers, brands and manufacturers paid close attention and offer accessories aplenty. There are mounts and clips to store shovels, fire extinguishers, jerry cans (to the side of the basket instead of inside), tools - if there's anything you want to fasten to your basket, there's guaranteed to be an attachment available for purchase.

A major bonus for the baskets compared to a box is the freedom to add more lights. It's common for off-road enthusiasts to fit their baskets with brighter lights to make night time travel safer. Extra lighting in addition to the rooftop basket is one of the few additions to an off-road build that are both functional and attractive.

Though, there are some major downsides. A basket doesn't offer any protection to cargo against the elements, sunlight or most importantly, theft. Since there's a lack of options to lock gear away and removing straps or tie downs doesn't require skill or a lot of time, leaving your guard down for a moment can end up costly.

Cargo Box

Cargo boxes are a beloved addition to those who regularly indulge in long distance trips in places with unpredictable weather for two serious reasons: security and peace of mind. Cargo boxes, unlike baskets, come in more sizes than just standard or extended; so, depending on what's being packed can mean more space to store more things.

Boxes can be sealed and locked closed, so a close eye doesn't have to be kept on your gear while in a store like you would a basket. It also means that snow, rain, or the hot sun isn't freezing, soaking or baking your gear. In the MtnRoo thread, cargo boxes were especially common among skiers, snowboarders and avid beach goers due to the ease of storing skis, boards and wet gear in the box instead of the cabin of their car.

Even though cargo boxes aren't as simple to beef up with lights or side attachments, plastering stickers that acknowledge your interests and display past travel destinations bring a lot of color and life to a normally black, boring box. The more stickers on your cargo box, the more bragging rights you can take pride in. You can put stickers on a basket, though only on the wind fairing.

The most common complaint was the height and length of most boxes. Height becomes a problem when trying to park inside a parking garage or sometimes, in personal garages. Most baskets can barely clear parking garages as it is, so with a much taller box comes with a greater risk of being scuffed or destroyed all together if the height is underestimated. Also, if it's not a permanent addition to the roof and there is a need to store it, boxes take up a lot more space compared to a basket.



My Subaru sporting a cargo basket (top). Photo by Kristen Finley. Maya, a devoted member, showing off her cargo box (bottom). Photo by Maya Uh.

Length becomes a problem when there's a need to open the trunk. Most cars have a trunk or back hatch that opens vertically, so sometimes the length of the box can conflict with that. Though, cars that have a trunk that opens horizontally didn't report any issues with that.

In Conclusion

The basket wins the award for most attractive, but it can also boast the trophy

for most versatile, being able to carry bigger, heavier things along with an endless list of accessories. However, if you're the type of person who is more willing to invest in better security and are enticed by only having to worry about storage and parking garages, a box would be the wisest choice.

Will your Silence protect you?

Creative Works

By Alaina Joleen

It's not that I am afraid, it's that I am not sure what I have to say is of any significance
I am a ghost and we do not speak.
Not because I'm incapable of spitting out the words
or because I don't know the language
but because I am not seen, therefore, I am not heard
Perhaps if you could see me, then I could speak
But even then, what words should I speak?
I must choose wisely because what if...
this is the only chance I'll have?
If the only chance is now,
Would you still choose to be silent?

Untitled

Creative Works

By Alaina Joleen

You have eyes, my dear, but can you not see?
You say the ice beneath you is so thin
Can you not see all that you can be?
Reflection from the sun beams from your skin
If you could feel the warmth of your embrace
so warm as to distract from any pain
You in my heart, I will never replace
and all will be well, and well it shall remain
And I had thought that, I have felt love before
now I know none of them would ever do
for the love we share is oh, so much more
Because when I look at you, I see the moon
Your beauty shines bright in all that hold eyes
as bright as the moon in this cold, cold sky

Clarity

Creative Works

By Jessica Blaylock

I find vaping to be one of the best things in my life.

It has carried me through the toughest of times and brought light and vapor upon my spirit.

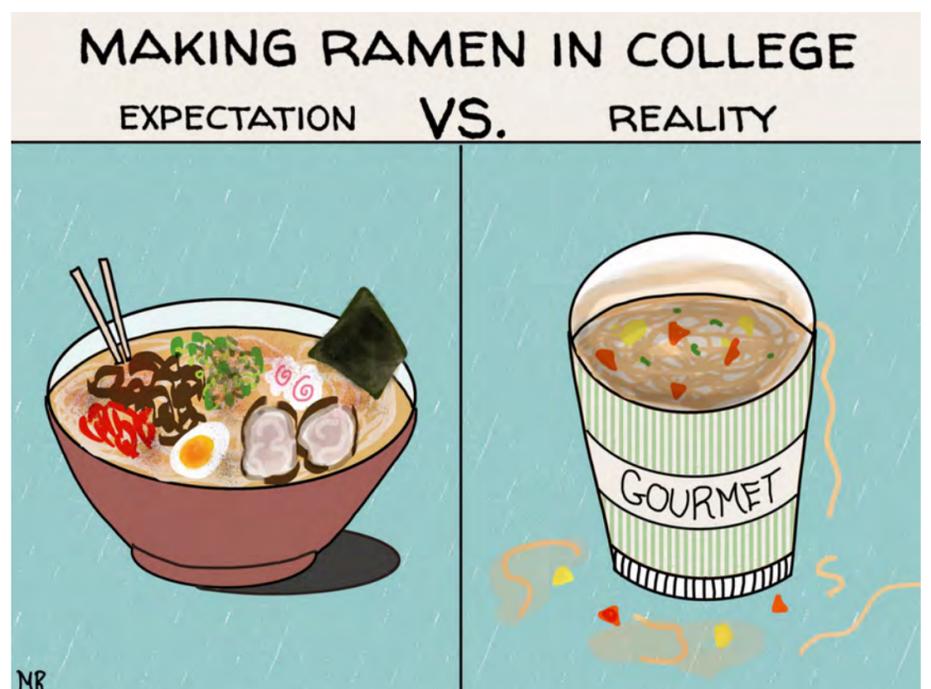
Vaping gives me clarity and opens my mind-finding out the real truths of life like chemtrails, altering

the environment, and the government; starting wildfires in California.

Ignorance to the government is what makes you a sheep in society. Have fun being a slave

A slave to today's system.

Cartoon by Madi Rapella



COLUMNS

Abalone farming benefits Monterey Peninsula *TrueBlue*

Story and photos by Josh Bowman

Abalone are large marine mollusks - think of a 4 to 12 inch snail with a flatter shell covered in marine growth - and have been used by humans for thousands of years for food and their beautiful opalescent shells. Although they appear cold wet and slimy, abalone are a delicious superfood high in protein, as well as essential vitamins and minerals like vitamin B12, magnesium, iron, vitamin K and selenium.

Once abundant throughout the entirety of the California coast, abalone are now a scarce resource and under threat from changes in the climate. Warming ocean temperatures during the 2000s increased disease in abalone along the California coast and decimated abalone populations. The purple sea urchins, who share and compete with the abalone for algae, were not impacted by the warmer waters and were able to gain an advantage over the abalone.

Another effect of the warmer than usually ocean water was sea star wasting syndrome (SSWS), a disease that kills sea stars by literally dissolving their bodies. According to experts the warm water crippled the sea stars immune system and the pathogen that led to SSWS became wide spread, wiping out the sea star population. Sea stars are a keystone predator that help regulate the amount of kelp grazing species by eating them, and because of SSWS they were unable to suppress purple sea urchins from further encroaching upon the kelp beds.

Without natural predators and competition for food, the purple sea urchin populations exploded and currently blanket the seafloor in what are called, "urchin barrens," drastically reducing the amount of available kelp in central and northern California.

Today, both the commercial and sport fishery for abalone are closed due to the combining ecological factors that led to the species's collapse. There are still abalone alive, but their populations have been deemed too small by the California State Department of Fish and Wildlife to be harvested from the wild. The only way to get abalone from California now is to buy them from aquaculture farms like Monterey Abalone Company (MAC).

MAC grows red abalone, the largest species of abalone and marked by the red hues on its shell developed from a diet rich in red algae. Off-bottom cages underneath the second dock at Fisherman's Wharf in Monterey, keep the abalone suspended in the water column.

"Being under the wharf is an ideal location," said Matt Hoen, an employee for MAC, "we get to save a lot of money by not needing to pump water over our abalone or regulate temperature, the natural currents do everything for us."

The cages keep the abalone from escaping and by suspending them from cables the cages are kept off the seabed and do not impact the sensitive marine floor ecosystem. The Seafood Watch program with Monterey



Bay Aquarium recommends this type of aquaculture practice as a "Best Choice".

The culture around marine farming in California places a heavy emphasis on sustainability. "This is the only kind of aquaculture I want to be doing," said Hoen, who had previously worked at a salmon hatchery in Alaska and surveyed fish bycatch in Oregon, "it has to be sustainable and this is a kind of dream job if you like working in the marine environment."

In addition to farming abalone, MAC also dives for marine specimens under a special permit to sell the collected organisms to research institutions. "Everyday is something new, I might be hauling up cages to feed abalone on one day, or taking the boat out to harvest kelp, or diving to catch marine creatures, we do it all here," said Hoen.

Considering the changes coming with climate change, abalone and aquaculture might share some of the same challenges of survival that rely on an in depth understanding of the marine ecosystem. Hoen thinks aquaculture is a growing area in both food production and marine science and says he is going back to school to take graduate classes in aquaculture offered at Moss Landing Marine Laboratories "Aquaculture can only be done well when scientific research is applied, so I think having a scientific background will be a huge asset to anyone trying to get into aquaculture in the future."



Mike Graham from Moss Landing Marine Laboratories shows tiny red abalone on a tuft of red algae (top left). Walls inside the off-bottom cages provide structure for the abalone to cluster on and create cells for workers to stuff kelp into during feeding time (top right). The entrance to Monterey Abalone Company located at the end of municipal wharf number 2 and adjacent to Monterey Fish Company (middle). Matt Hoen indicates the red color on an abalone shell which is created when abalone eat a diet rich in red algae (bottom).

¡Verde! Hail Seitan!

By Robert Harding

The holidays are over. You're bankrupt, but not to worry, everyone's happy with the gift you bought which they secretly returned a week later. Now, you have to save money. To do this, you will need a little help from seitan.

Seitan requires the wonderful mistress you know as gluten and a lot of it - the wonderful substance that makes bread, beer, cake, crust, pastries, dough and whiskey amazing. Seitan needs a considerable amount of gluten to come to fruition, specifically vital wheat gluten. Now, all you need is a little bit of chickpea flour and water. Chickpea flour helps soften up seitan; no one wants tough seitan. From here, your imagination is everything, flavor your seitan however you like.

Begin with using it as a meat substitute. Make it taste like chicken for some kickass tacos or crumble it up and smother it in some gravy for breakfast. There is a suggested recipe below.

Seitan makes tofu's existence worthless. It has a wonderful chewy texture with substance and bite. It's super versatile and can be used in pretty much anything you want to make - all without impacting the environment. It is also an excellent source of protein for vegetarians. It is perfect as just another ingredient

you can use to make your food seem different. Seitan only costs about \$2 to make. It is 100 percent vegan and only takes an hour to make, even in large quantities. If this isn't enough reason to make it, the ingredients are easy to find. Any health foods store will have vital wheat gluten and chickpea flour. The rest can easily be found at any local supermarket.

Recipe: (or Google it, honestly, there are so many options to choose from)

The base:

- 1 cup of vital wheat gluten
- 1.5 cup of vegetable broth, imitation chicken broth or any other broth you want
- ¼ cup of chickpea flour

Flavoring:

- ½ cup nutritional yeast
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 tsp curry powder
- 1 tsp onion powder
- 1 tbsp salt
- 2 tbsp olive oil

Instructions:

1. Begin by mixing everything together in a medium-sized mixing bowl
2. Once the dough forms, knead for four minutes or more
3. Let the dough rest for 10 minutes
4. Then knead for another minute
5. Cut into fourths and wrap in tinfoil
6. Steam for 30 minutes

Upcoming Concerts Music Maven

By Jenna Ethridge

March is a busy month for concerts in the Bay Area, with several contributions from this year's Noise Pop Festival and events put on by (((folkYEAH!!!))).

On March 1, Jerry Paper will be performing at Bottom of the Hill in San Francisco and Current Joys will also be in San Francisco at the Great American Music Hall. Crumb will be performing on March 1 at The Catalyst in Santa Cruz and on March 2 at the Starline Social Club in Oakland.

Fruit Bats and Vetiver will be doing two solo acts (early and late) at the Henry Miller Memorial Library in Big Sur on March 2. Also on March 2, Beirut will be in Oakland at the Fox Theater - their latest album "Gallipoli" was released on Feb. 1. The Marias will be performing at The Chapel in San Francisco on March 3.

Cherry Glazerr and Palehound will be performing in Santa Cruz at The Catalyst on March 4. Cherry Glazerr's most recent album "Stuffed & Ready" was released on Feb. 1, which was the band's follow-up to 2017's critically-acclaimed album "Apocalipstick." Mattson 2 will be performing on March 7 at The Independent in San Francisco and on March 9 at the Fernwood Resort in Big Sur.

Ceramic Animal and Spentime Palace will be performing on March 9 at The Catalyst in Santa Cruz. On Feb. 15, Ceramic Animal - composed of three brothers and two best friends - released their latest single "All My Loving," which is a nearly 10 minute power ballad dedicated to their late father who passed last October. Jonathan Wilson be performing at the Swedish American Hall in San Francisco on March 14, as well as two shows (early and late) at the Henry Miller Memorial Library in Big Sur on March 16.

On March 21, Mapache will be at The Fillmore in San Francisco. Catfish and the Bottlemen will be performing on March 23 in Oakland at the Fox Theater whose new album "The Balance" will be released on April 26, following currently available singles "Longshot" and "Fluctuate."

One Dylan Song will be happening at the Swedish American Hall in San Francisco on March 30. The event will include acts from 14 different artists, each performing a different song by Bob Dylan. The performances may be solo or accompanied by special guests, but "all will be special."

Tickets for all of the shows mentioned are available on Ticketmaster, Stubhub and the artists' websites.

COLUMNS

Goodbye February, hello March of 2019

Horoscopes By Kristen Finley

Aries

Mar. 21 - Apr. 19

Right when you thought you'd have a chance to take delight in the fruits of your labor, someone's poking around the edge of your patience (and willpower). This person has the same elements and characteristics that landed you in an emotionally dark and turbulent place - and despite your new ability to recognize this, you're not sure you can resist. Your habit of justifying things you know are bad has gotten you in some serious trouble, Aries. Remember this: if the same kind of person got you in trouble before, they will get you in trouble again.

Leo

July 23 - Aug. 22

Things have been fairly mellow in your neck of the woods. You feel a lot more content with your close relationships - to you, it seems like those close to you have become closer, and those that seemed to float in between relevant and irrelevant have put themselves where they belong. The forecast for March is mild, compared to how it's been for you recently. For once, you'll get to sit back, relax and reap the interpersonal rewards of your efforts to better yourself. See? Admitting you're wrong isn't always bad.

Sagittarius

Nov. 22 - Dec. 21

After reaching out to someone who's willing to listen to your woes, you seem to feel a little more like yourself again. In this interaction, it's forced you to realize that a lot of the problems you're dealing with aren't as unsolvable as you once thought. Though, it does take a lot of effort for you to accept that you're not as emotionally stable as you'd convinced yourself you were. It's alright, Sagittarius, you'll be thankful to know that most people aren't as self-aware as you are.

Taurus

Apr. 20 - May 20

One thing that March is going to teach you is how to set boundaries. Unfortunately for you, the necessary boundaries are more likely to be set by your loss in temper and a damaged relationship. You've had a history of not being able to lay down the law when there's need for it and you're beginning to feel your patience waning. What's important to contemplate before you explode is whether or not this relationship is something you really need in your life right now. Remember, it's never a bad thing to take a few steps away from a situation that's causing you stress to plan your next move. This relationship will depend on it.

Virgo

Aug. 23 - Sept. 22

Just as your surroundings and happenings started to make some sense, you're being thrown into the air once more. Settling down has started to feel like an Olympic sport to you and as of late, you've had to invest a lot of energy in not ripping your hair out by the roots. Before you commit to more self-sabotage, try to reach out to someone you know you can count on. Historically, you've been known to internalize stress, which pours into your personal life. Try to get into the habit on confiding in people, Virgo, it will help keep negative energy at bay.

Capricorn

Dec. 22 - Jan. 18

January was a taxing month for you, there's no doubt about that. You had a lot of things happen that left you feeling emotionally spent - more so than usual. Though, it'd be wise for you to look at what you were able to achieve from an objective point of view. From the top, it's not difficult to calculate just how many stressful things you've been able to keep afloat without losing your head! Take pride in this, Capricorn, as even you can acknowledge that you wouldn't have been able to tackle this just a few months back. Pat yourself on the back, you deserve it!

Gemini

May 21 - June 20

Your success from December and January seemed to give you wings - you've been miles more confident and you feel secure on the path life put you on for once. Though, it'd be wise to take care with how you treat those close to you Gemini, as your dearest friends get the sense that you're getting a tad full of yourself. Since this isn't true to your character, these concerns have not yet been expressed, but they're there. Never forget where you came from, Gemini, and be sure to learn how to better manage your time to be able to ground yourself with your loved ones more often.

Libra

Sept. 23 - Oct. 22

Unfortunately, you've come to the realization that things aren't as harmonious as you once convinced yourself it was. Flaws are starting to float to the surface, and you're now starting to feel the pressure to accept that you might have to weigh the pros and cons of your current situation and adjust accordingly. Don't be so quick to brush this off as a loss, however - there might be something in it for you should you dedicate the time and energy. Just be sure you're not applying any biases to your analysis.

Aquarius

Jan. 19 - Feb. 18

You've always been the type of person that needs to see something in order to believe it. Though, as you're coming to find out, words can sometimes speak just as loudly. As of late, you've been better able to translate the subliminal messages behind what you're being told and that's saved you a lot of unnecessary drama. Be careful though, Aquarius, as this can also manifest itself as paranoia and you become prone to inserting messages you want to hear instead of what you need to. Lay off the psychoanalysis a little and save the detective work for when it actually matters.

Cancer

June 21 - July 22

Despite a loss you've experienced recently, you've been able to hold your head high this February. You've taken a lot of steps to get closer to a better version of yourself and you feel as though you can breathe again. Being better rooted in what you believe and a better self-image, coming out of your shell has been a lot easier for you. March will bring you plenty of opportunities to bring your newfound confidence up to bat. Before you succumb to the urge to run and hide when you're pushed to the edge of your comfort zone, try to remind yourself how good it feels to finally be truly seen and heard.

Scorpio

Oct. 23 - Nov. 21

This past month, you've been good about pushing yourself outside the limits you've habitually confined yourself in. You feel less apprehensive to putting yourself out there, though, it hasn't exactly spilled into your home life. Lately, you've been feeling that you're a different version of yourself in public than you are at home, which isn't inherently bad - but it may be time to evaluate why you don't feel as safe to be yourself at home as compared to how different you are when you're not. After all, your hesitation to let loose with your family might be a pre-conviction that needs to be let go.

Pisces

Feb. 19 - Mar. 20

What you would call an emotional funk has had a tight grip on you lately. While you're used to the occasional bout of blues every now and again, this one feels a lot heavier than usual. Before you turn to self-diagnosing yourself with clinical depression, be sure to weigh in just how much change you've had to adjust to in this past month. Most people need time to adjust to new surrounding and social expectations. Instead of putting your feelings under a microscope and being too hard on yourself, try to focus on what you have to look forward to.

Word Search

The theme of this week's word search is newspapers! Often people's favorite part of a newspaper, the first crossword puzzle appeared in 1924 in a British paper. Thank you for reading and supporting *The Lutrinae!*

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

Sudoku

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

Solved puzzles

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

- Advertising Article
- Caption
- Column
- Creative Works
- Editor Editorial
- Feature
- First Amendment
- Freedom of Speech
- Funnies
- Headline
- News
- Photography
- Press
- Print
- Publisher
- Sports
- The Lutrinae
- Typesetter