

the Lutrinae

CSUMB Student-Run Newspaper

Feb. 20, 2020



CSUMB FOCUSES ON HUMAN TRAFFICKING AS PART OF DIVERSITY SERIES

Story by Cassidy Ulery
Illustration by Mikko Mananghaya

The College of Health Sciences and Human Services at California State University, Monterey Bay held an event on Feb. 11 focusing on human trafficking across our nation. Speakers Sharon Cooper and Lisa C. Williams captivated the audience of future social workers, clinicians, therapists and community members with strategies to help combat human trafficking, sexual exploitation and productive measures for helping victims recover.

Cooper, a developmental and forensic pediatrician, testifies in courts to help prosecute child abuse offenders and works to help kids receive the necessary treatment to heal from the trauma. Cooper works closely with the F.B.I. and currently holds faculty positions at University of North Carolina at Chapel Hill School of Medicine and Uniformed Services University of Health Sciences at Bethesda, Maryland.

During her speech, Cooper explained that abuse against children is no longer called child pornography as that would indicate a willing, volunteering participant. Instead, the appropriate terminology is now classified as child sex abuse material.

A previously popular website called backpage.com was responsible for selling numerous children into the trafficking industry, and that many families are guilty of being the most common source to sell their children. Cooper explained that being subjected into human trafficking can cause victims to experience complex PTSD, which can create a dissociative personality disorder.

The abuse of children causes three major impacts according to Cooper: physical, emotional and spiritual. With physical impact, children are easily

susceptible to immune and medical disorders. Emotionally impacted children can experience depression, substance abuse, relationship issues and revictimization. Spiritual impact can hinder one's faith, creating a sense of hopelessness. Cooper's work focuses on disrupted neurodevelopment.

When it comes to finding victims for human trafficking, the majority are women and girls from America. Alaska natives are prime targets for human trafficking due to the pipeline. Thirty-one percent of girls and 7 percent of boys are sexually abused in the juvenile system, according to Cooper. Additionally, 50 percent of African American minors and 25 percent of Latino youth in New York City are exposed to trafficking.

Williams - an entrepreneur, philanthropist and author - focused on the problematic issues seen within our justice system from social workers and counselors forcing victims to repeatedly relive their trauma. She said the most productive approach to helping victims is asking them what they need and what can you do to help.

Williams' journey into fighting human trafficking jumpstarted when she saw an article in Georgia referring to a 10-year-old girl incarcerated for prostitution. Williams advocates no minor can be a willing participant and that raping women is not having sex with them. What that 10-year-old girl experienced was the repercussions of human trafficking and she took legal action to fix our society's issue of blaming victims opposed to prosecuting the offenders.

Most victims want the truth and a person to faithfully trust in, according to Williams. Once the trust is broken, victims are more likely than not to run away. She noted that running away usually happens when victims are running from something, not running to something. To personally help

combat human trafficking, Williams bought a 7-acre farm in Georgia back in 2007 after learning there was only one house to help victims west of the Mississippi. Her program, Living Water for Girls, helps prostituted girls redeem a chance of normality.

Both Cooper and Williams expressed concerns with social deterrence. Health professionals across the nation fall short of protecting young girls by ignoring tell-tale signs of abuse. African American girls are 20 times more likely to be charged with a crime than other nationalities. Los Angeles County's population consists of 9 percent of African American girls, yet they make up 92 percent of the juvenile system. Georgetown Law Center published a study, *Girlhood Interrupted*, focusing on adultification bias of young African American women. Adultification bias highlights young African American girls are held to a higher standard, and are seen less innocent and more adult-like than white peers.

There are 150 million pictures on the internet revolving around human trafficking, 10 percent of the pictures are of infants. The work that Cooper and Williams do is crucial to reforming our justice system, expanding the public's knowledge of human trafficking and being proactive in stopping exploitation. The power duo will continue to fight the epidemic plaguing our nation. In fall of 2020, their book "Uncomfortable Truth" will be published and is a necessary insight to readers everywhere to stay informed on resolving human trafficking.

The Diversity Learning Series will continue on March 11 with "Unveiling the Joke: Theatrical Practices and Dialogue for Social Change" from noon to 2 at the Otter Cross Cultural Center.

All Black Gala

CSUMB's annual event celebrates Black history



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Blood Drive

CSUMB students are dedicated to donating



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The Strokes return with new single "At The Door"



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Still I Rise: Reclaiming Our Stories and Seizing Our Futures



CSUMB gospel choir & audience participation

Story and photo by Arianna Nalbach

“The best thing about racism is you get to overcome it,” said keynote speaker, Kevin Willmott.

California State University, Monterey Bay (CSUMB) held its annual All Black Gala on Feb. 16. The theme for this year’s gala was “Still I Rise: Reclaiming Our Stories & Seizing Our Futures.” The All Black Gala is a formal event open to both the campus and surrounding community to celebrate Black Hxstory and culture.

This year, CSUMB had the honor of welcoming Kevin Willmott - an Academy and British Academy of Film and Television Arts (BAFTA) award winner - as the keynote speaker for the evening.

Throughout the event and prior to Willmott’s speech, various performers were welcomed onto the stage to celebrate their culture. The evening began with two performances by the Men of Kappa Alpha Psi.

The final performer before Willmott was Chris Siders, a spoken word artist. Siders performed three poems, one of which was dedicated to CSUMB. His poems focused on the hurdles and struggles people of color still face in today’s society.

Siders’ poetry pulls at the heart string and tackles very real issues people are often too afraid to address head-on. He includes personal anecdotes in his poems and opens up to the audience about his own struggles he has had to face. His second poem, dedicated to CSUMB, earned him a standing ovation.

While we have made major improvements over the years, the fight for true equality still continues every day.

“There’s always been two countries in America. The United States of America (USA) and the Confederate States of America (CSA),” said Willmott. “The USA expands freedoms and the CSA reduces freedom. This is a fight we will always be having.”

Willmott explained, during Barack Obama’s eight years as president, the country made major strides of progression. Willmott considered this to be a time where the states were truly United and considerable expansions on freedom were made. However, he feels we are currently facing a time where freedom is once again being reduced that we must overcome once again.

“When we overcome it, it’s such a great great feeling,” said Willmott.

the
Lutrinae

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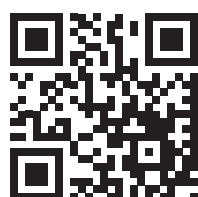
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The *Lutrinae* serves two purposes: It is a training ground for students who wish to develop journalism skills and build their resume, and it is a forum for free expression of campus issues and news. The *Lutrinae* Editorial team will determine what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

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Keep Valentine’s Day going with Verve’s new drinks



Story by Sydney Brown and Arianna Nalbach
Photo by Arianna Nalbach

In honor of Valentine’s Day, the Library Cafe has added three themed drinks to their menu: the Love Mocha, Cupid’s Smoothie and I Love You, A Latte! These drinks will only be on the menu until Feb. 28, so make sure to pick one up while they’re still there.

The Love Mocha is espresso based, filled with the perfect blend of cream and chocolate with just a hint of raspberry. The berry flavor can easily be found when you take your first sip, but it doesn’t overpower the chocolate base of the drink. This is a great coffee if you want something a little sweet before class, but nothing that will make you feel too sugar high. When drinking it, the Love Mocha reminded me of biting into a fruit-filled candy that you’d find in a box of chocolates. You can order this drink iced or hot, and it gives your typical mocha latte an extra bit of flavor.

As for Cupid’s Smoothie, this delicious drink tastes like chocolate covered strawberries in liquid form. It’s a strawberry smoothie drizzled with chocolate sauce and you will not be able to put it down once you take a sip. If you’re in the mood for something sweet, you have to try this one out.

Lastly, we have the I Love You, A Latte! The name of the drink alone gives you enough justification to buy it, but this new drink was on the simpler side. It’s a regular latte that can be served hot or iced and has a lovely raspberry whipped cream on the top. The whipped cream was really yummy and is a nice way to spice up your regular latte. It’s a great drink if you don’t want to stray too far from that strong coffee taste.

The drinks almost have different levels of eccentricity and sweetness, with the I Love You, A Latte being the least sugary and Cupid’s Smoothie being the most. No matter what your preference is, at least one of these new tasty treats will suit you!

Photo: The Cupid’s Smoothie now being offered at the Library Cafe.



Students worry about their future housing plans due to new roommate selection process

Story by Sydney Brown
Photo by Mikko Mananghaya

While Feb. 3 marked the opening for California State University, Monterey Bay (CSUMB) students to start paying their reservation fee to select their campus housing for next year, some students are worried about the changes the CSUMB Housing Department made in the reservation days roommate selection process.

In previous years, CSUMB students were allowed to select up to six people in their roommate groups for their next academic year. This is because some housing layouts like the Promontory apartments and North Quad suites can fit up to six housemates. This year, the process changed, and students are only able to select up to three people in their roommate groups for next year, risking students in larger housing layouts to be rooming with people they do not know.

The Director of Student Housing and Residential Life at CSUMB, Jeff Cooper, said he and his team, “have been critically reviewing our housing selection process this year with a clear goal to make the process easier while also increasing student satisfaction. In this particular case, we knew that roommate groups were very important to our students, but we also knew that managing groups up to six people became a very cumbersome process because of the limited amount of rooms available for groups of six and the frequency of students not being able

to reserve those rooms easily when they try with that many roommates.” Cooper also stated that his team, “decided to pilot a new approach with groups of three to see if it might allow the process to work more efficiently while also maintaining roommate group options. Students are still able to reserve rooms in a group of six if there is availability, but it just means that students need to manage it with two groups of three as they review options in the portal. If six spaces are not available, then students will not be slowed down in their reservation process because they can immediately review options for a group of three.”

Despite the housing departments expectations, the new rule has caused stress surrounding the reservation days process for many students, including CSUMB sophomore, Hailey Hill.

“I’m sure I’m not the only one who is frustrated by this,” said Hill. She added, “Living with people you don’t know can be really stressful, especially if you’ve had to do it more than once.”

Hill also explained she thinks, “We haven’t heard much about it because it’s such a new policy, and I’m sure housing expected it to be met with some anger and confusion. If they gave a much more thorough explanation far in advance students wouldn’t be as frustrated with it.”

Hill knows there is “still a chance” that she can live with the six people she planned to live with, but said,

“If one or a few of us gets displaced because of the new process it’s going to be really hard. It creates awkward situations because someone might get left out.”

CSUMB transfer student, Lauren Rafter, is hoping to keep all of her same roommates in their Promontory apartment next year, but said she is, “nervous because [she] wants to room with all my roommates again next year,” but fears she won’t be able to because of the roommate rule.

She also said she found out that housing will be, “reserving all of [her] floor for community based housing,” next year, and she is, “disappointed that [she and her roommates] won’t be able to be in the same apartment next year.”

Cooper said that he “thinks the new roommate selection process will make reservations easier for students; however, as with any pilot initiative, we know we may learn new insights after implementation.”

He said that he and his team “plan to continuously review the process as we make plans for next year. As always, feedback from our students is valuable in this assessment.”

Photo: East Campus residents discussing with one another

CSUMB Vitalant blood drive draws in donors

Story and photo by Malia Savella

California State University, Monterey Bay (CSUMB) held its first blood drive of Spring 2020 through Vitalant. The drive, a collective effort between the Campus Health Center (CHC) and Associated Students (AS), took place from 10 a.m. to 3 p.m. on Feb. 12.

The drive is one of many hosted over the academic school year. “Our goal is to bring in Vitalant and the American Red Cross, and they both come in twice during the fall, and twice during the spring,” said Campus Health Promotion and Prevention Manager Gary Rodriguez.

Although frequent, these blood drives often attract many students, faculty and community members, for both appointments and walk-ins. “Turnout has been good for this one ... we pretty much [had] all of the spots taken for this drive,” Rodriguez said.

Vitalant is a nonprofit transfusion medicine organization that CSUMB has partnered with for two years. Blood donated through Vitalant reaches over 1,000 hospitals in 40 states, as well as aids in blood safety research at the Vitalant Research Institute. Vitalant operates both through donation centers and blood drives, the latter of which happen often and at accessible locations in Monterey county.

“Vitalant especially is really good,” said second-year donor Gavin Drumm.

The CSUMB community has many members who feel called to donate. Second-year donor Emma Garcia said, “I usually donate every year when [the drive]

comes around, just because I like that it goes out to the community and it helps other people.”

Garcia has been donating blood since she was 16. “If I was in [that] situation, where I needed blood, I hope someone would help save me,” she said.

Drumm is also a frequent donor. “I’ve always been raised to help people ... that’s given me a drive to go into the medical field later on and that’s why I want to donate,” he said.

Although he frequents several drives, he finds that the ones on campus make it the easiest for him to donate. Garcia echoed this sentiment: “It’s just a lot more convenient for me, it’s just minutes [away] on campus,” she said.

CSUMB makes it easy to donate in hopes that the community will contribute to the cause. “We want to make sure our campus is actually active in the community to make sure that whenever the need arises,” Rodriguez said. “We want to make sure that our community is prepared.”

Rodriguez is grateful that CSUMB supports the effort and community outreach.

The next blood drive should happen within the next semester. “I wish [CSUMB] did it more often, just because I would love to be a part of it as many times as I could,” said Drumm.

Photo: Emma Garcia proudly displays her bandage after donating blood at the blood drive.



2.20.20

thelutrinae.com

The Strokes are “At The Door,” do we let them in?

Music Maven



By Jenna Ethridge

Photo courtesy of Roger Woolman via Wikimedia Commons

When discussing the early pioneers of 2000s indie rock who continue to influence artists today, The Strokes are almost always the first to come to mind. Since their last studio album, “Comedown Machine” in 2013, The Strokes have been silent other than the “Future, Present, Past” EP in 2016 - until now.

“At The Door” was released on Feb. 11 and is the first single from their upcoming album, “The New Abnormal,” out on April 10. While the release caused quite an uproar from fans, many criticized the band for the new sound being too similar to lead-singer Julian Casablancas’ solo material and side project, The Voidz.

During The Strokes’ hiatus, Casablancas released two albums - “Tyranny” and “Virtue” - with The Voidz. The project divided the majority of his fanbase, as it was more synth-heavy and experimental than anything The Strokes put out in their almost two decades as a band. The overwhelmingly negative reaction reminded fans of when Arctic Monkeys released their last album, “Tranquility Base Hotel & Casino,” with parallels to the sound too closely resembling lead-singer Alex Turner’s side project, The Last Shadow Puppets.

“At The Door” is an emotional ballad of yearning, escaping and the unknown. Casablancas’ self-awareness

is prevalent in the bridge, “Not tryna build no dynasty, I can't see beyond this wall, but we lost this game so many times before.” Despite being slow, The Strokes have recently debuted new songs at shows that fans describe as their classic sound - one Pitchfork referred to as “trying to be a Strokes cover band.”

You can see The Strokes perform on March 14 at The Forum in Inglewood and listen to “The New Abnormal” on all streaming services April 10.

The Old West Creative Works

By Arianna Nalbach

Digital Vector Illustration Feb. 1 2020



What to know before getting your first tattoo

Story by Arianna Nalbach
Photo courtesy of Pikrepo

Getting a tattoo for the first time is no doubt an exciting experience, but it can be hard to know what exactly to expect. The experience is different for everyone. It depends on the person's pain tolerance, location of the tattoo and the artist they go to. Each artist tattoos differently and has their own techniques, so of course it will feel different depending on how they tattoo.

That being said, there are some areas of the body that are considered to be more painful than others. In general, arms and legs are considered to be some of the less painful areas for tattoos, while ribs and any area close to the bone are considered to be some of the most painful areas.

Of course, where someone decides to get their tattoo is up to them, but it is good to have a general idea of what level of pain to expect. Make sure to research the area you want to get tattooed and see what levels of pain most people experience during their tattoo.

Outside of the pain, it is extremely important to research an artist prior to getting tattooed. You want to make sure that you like the artist who you're getting

tattooed by. Many tattoo shops and artists have social media accounts like Instagram to promote their work. Check out their digital portfolios and make sure you like their style.

Make sure to also check out reviews of the shop and see how other people's experiences were there. If you still aren't sure you want to make the commitment to that shop or artist, try stopping by the shop and checking it out before booking an appointment.

It is also important to note that good work will cost money. Tattoos are permanent. Be ready to put forth the money for quality work the first time. Cover-ups or laser removal surgery will cost more than getting something you're happy with to begin with.

Getting a tattoo isn't always the fastest process. Depending on the detail and how big it is, the tattoo could take a mere 10 minutes or upwards of 10 hours. Make sure to eat well and stay hydrated before your tattoo, regardless of how little or how long the appointment may be.

With longer appointments, you'll be able to take breaks throughout the day. Make sure to bring some snacks and water with you if you're getting a bigger piece done that will take longer.

One of the most important things to note is that you cannot move while getting a tattoo. You need to be able to stay still, otherwise it will make it harder for your artist to complete the tattoo and you may put yourself at risk of messing it up. That being said, it can be advised to get something smaller and in a less painful area for your first tattoo so that you can get used to the feeling of being tattooed.

Proper aftercare for tattoos is also extremely important. Your artist will go over the specifics that they want you to follow to help your tattoo heal. Some artists like to use products such as Saniderm, which is a medical bandage, while others may give you different instructions. Listen to whatever your artist recommends and if you have any questions about the healing process, don't hesitate to contact your artist! They will be willing to answer any questions you may have to help insure it heals properly.

Ultimately, it is just important to make sure that you do your research and are happy with what you're getting before you start the actual tattoo. As long as you listen to your artist, you should be okay and you'll get to walk away with some sweet art on your body!



What do you enjoy most about the campus scooters?

Otter Chatter By Cassidy Ulery



Sydney Brown
Human communication
Third-year

"It's convenient because the campus is super spread out and it's nice when I'm lazy. I rode it the other day when I was super late to class. It would have taken me like 15 minutes to walk to class, but it only took me four minutes to ride to class. The fact that they are fast is nice."



Joseph Hernandez
Cinematic arts and technology
First-year

"My favorite part is you can park them anywhere. There are designated spots to park them, but there are so many around campus that it's convenient if you need to go to class. You do not have to worry about parking it here or there. It's right next to my class and I really like that. I think that's the best part about riding it."



Bruno Martinez
Social behavioral sciences
Third-year

"I think they are very convenient for one, but I don't think they help too much with the traffic here on campus. They seem to be getting in the way of people driving their cars on the road and you're supposed to be wearing a helmet on the road, but none of them do. That's the little annoying part, but they are convenient, cheap and students do utilize them a lot."

What to know about the coronavirus

Story by Arianna Nalbach

The novel coronavirus outbreak has gathered a lot of attention: from ill-advised jokes circulating on the internet to people genuinely scared over just how dangerous it is. By this point, everyone is aware of this, yet might be lacking the understanding of what exactly it is.

At the end of January, the World Health Organization (WHO) declared the novel outbreak a public health emergency.

There doesn't seem to be much talk about the coronavirus on campus.

"I know it started back over winter break, and that there's been some speculation about how severe the outbreak is in China," said second-year Eric Holst.

According to WHO's website, "Coronaviruses are a large family of viruses found in both animals and humans" Some coronaviruses cause illnesses such as the common cold or something more severe such as Severe Acute Respiratory Syndrome (SARS).

The current outbreak is considered a novel coronavirus (CoV) because it is a new strain that had not been identified in humans. It is now called 2019-nCoV and had not been detected prior to the outbreak in Wuhan, China in December 2019.

MedicalNewsToday.com explained the initial reports made connections of the virus to a seafood market in central Wuhan, which was closed down on Jan. 2.

Assessments later suggested the market wasn't solely to blame as some of the infected people did not go to the market often.

It is not yet known what the specific source of the virus is.

2019-nCoV spreads from person-to-person in close contact. It is thought to mainly occur through respiratory droplets that an infected person produces when coughing or sneezing, similar to how the flu or common cold spread.

However, this doesn't explain just how dangerous the new coronavirus is. As of Feb. 9, the outbreak exceeded the death toll of the 2002-3 SARS epidemic (774 people worldwide), killing over 900 people in China alone, according to The New York Times.

The numbers seem pretty scary, but the symptoms can vary from person to person and the amount of deaths compared to the amount of people infected is not as high as people may expect. Estimates suggest the death rate is in the range of 2 to 3 percent, according to MedicalNewsToday.com.

Compared to other coronaviruses, 2019-nCoV seems to be more infectious, but is less likely to lead to death.

The coronavirus can cause mild symptoms such as a runny nose, sore throat, cough or fever. More severely,

it can cause pneumonia or difficulty breathing and more rarely, it can become fatal. Those who are older or have pre-existing medical conditions "appear to be more vulnerable to becoming severely ill with the virus," explained WHO.

The Centers for Disease Control and Prevention (CDC) believes that symptoms may appear within two to 14 days after being exposed.

The best way to prevent becoming infected is to avoid being exposed to the virus, according to the CDC. They also recommend everyday actions to help prevent the spread of respiratory viruses.

There have been eight confirmed cases of the coronavirus in California, as of Feb.13. Coronavirus patients on the Diamond Princess cruise ship may be quarantined at Camp Roberts, however this has not been confirmed yet, according to The Californian.

"It stresses me out a bit, but from what I've heard, campus is aware of it and has made warnings to not come to campus if you may be sick," Holst said. "Most American cases have been quarantined relatively quickly, so the risk of spread seems relatively low."

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LOOKING FOR WRITER JOURNALIST
STORYTELLER ARTIST
PHOTOGRAPHER POET

Can you unscramble these words to reveal their anagrams related to weather?

hate _____
insures _____

forts _____
wed _____

clod _____
iran _____

overacts _____
could _____

steel _____
owns _____

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

heat, frost, cold,
overcast, sleet,
sunrise, dew, rain,
cloud, snow