

# the Lutrinae

CSUMB Student-Run Newspaper

March 5, 2020

## The Future Belongs to Those Who Can

# Imagine It.



## CSUMB presents the President's Speaker Series with Luis Valdez

Story and photo by Cassidy Ulery

California State University, Monterey Bay (CSUMB) hosted the President's Speaker Series on Feb. 28. President Eduardo Ochoa invited Luis Valdez - playwright, actor, writer and film director - to speak to students and members of the community on progressive ways to positively influence the future.

"It is with great honor to introduce a legend, founding member of our school, vital part of the community and friend," Ochoa said.

Valdez, known for the movies "Zoot Suit," "La Bamba" and "The Cisco Kid," is regarded as the father of Chicano theater in the United States, having created El Teatro Campesino (the farm worker's theater). Additionally, Valdez is part of the 1994 founding faculty at CSUMB whose artistic visionary helped form the school's World Theater in 1995.

"The present is a negotiation between the past and future," Valdez said. By embracing the cultural history of California and Salinas Valley, we have an opportunity to tap into our ancestor's struggles and allow for a more diverse future.

"The future is born out of inspiration, hope and the belief of something greater than ourselves," Valdez said.

Having been part of a migrant farm worker family, Valdez is no stranger to the taxing work farm labor has on the human body and mind. His creation of El Teatro Campesino was a release for farm workers in Salinas to escape reality and embrace the beauty of the arts.

"The theater took away from the wage slave lifestyle," Valdez said.

Staying current with technology is important for all professions, but particularly farm work. Valdez noted with the changing times, farm workers and their families have a shorter career future than most, due to the incorporation of robotics in society.

"We don't need STEM (science, technology, engineering and mathematics), we need STEAM (science, technology, engineering, the arts and mathematics)," Valdez said.

Thinking outside the box is crucial in making societal differences. Valdez addressed issues of gentrification to the audience, discussing its negative consequences turning cities into strips and abusing the natural resources handed to us. On the contrary, cities can make a positive impact by maintaining environmental beauty.

"If there is anything more magical on Earth than Salinas Valley, I don't know what it is," Valdez said.

By embracing diversity and artistic potential in younger generations, we allow for a pandemic to tap into everyone's creative abilities. The children in our schools are the living future and according to Valdez, need to be invested in, especially 4 to 5-year-olds.

Students and community members were given the chance to ask Valdez his thoughts pertaining to issues plaguing society.

When expressing the detrimental effects of social media, he noted, "With that access, we get everything from lies, egomania and insecurities."

"Social media is turning into a sewer pipe," Valdez concluded.

When it comes to resolving a society that heavily focuses on technology, Valdez proposed ideas centered on the arts. To encourage our youth, diverse

curriculum is essential. Highlighting only STEM-related majors and technology will eliminate creative attitudes.

"We need to be able to exchange energies," Valdez said. "Theater is a social medium to connect people."

Members of the audience showed a clear consensus with hopes to see change in the future, regarding politics and diversity in the entertainment industry.

General questions concluded that the Latinx population and people of color are often overlooked, but opportunities are on the rise with California reining in diversity and parting from the traditional Anglo-Saxon roots once predominant.

Ochoa and those present were ecstatic to have the chance to speak with Valdez after his speech, and participate in a question and answer session.

When Valdez mentioned Trump won't be in office for much longer, the crowd shared a unanimous joy in the thought of liberal, diverse attitudes confronting issues that seem to be neglected.

It is important for people to remember that lying to one another does not inspire people. As Valdez noted, "Someone's gain is not your loss."

Empower your neighbors, accept change and be willing to make a difference. "Every generation is a tree ring in the tree of life," Valdez said.

While it may be hard, nothing is impossible. Valdez stated it beautifully, "The future belongs to those who can imagine it."

*Photo: Luis Valdez (left) and President Eduardo Ochoa (right) participate in a question and answer session.*

### Midterms

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# CSUMB talks body image at LGBTQIAA2S+ weight stigma presentation

Story by Malia Savella

On Feb. 27, the Personal Growth and Counseling Center (PGCC) hosted a talk exploring body image in the queer community. Spearheaded by PGCC intern Caryn Zaner, the event used both intimate discussion and an informative presentation to find ties between queer representation, beauty standards and societal expectations.

Zaner defined body image as how one views themselves, making clear the distinction between concerns about one's body and disordered eating, the latter a severe manifestation of the former. Though many audience members were familiar with eating disorders, Zaner asked the audience to think closely about what they felt a eating disorder looked like. Together, the audience uncovered how eating disorders are thought to be a "white middle-class woman's disease."

Zaner then introduced the idea of intersectionality to weight stigma through startling statistics; according to the National Eating Disorders Association, the queer community is at a higher risk for developing eating disorders, hypothesized as being resultant of what Zaner called "minority stress." They exemplified LGBT beauty standards through images of the most popular queer couples in media, all of which were made up of thin people. In queer representation, an already limited demographic, body diversity is nearly nonexistent.

Following the presentation, the audience discussed what could be done to address disordered eating in the queer community. Some focused on looking out for

symptoms, while others sought to truly define queer beauty standards. As a whole, the audience stressed the need for kindness and empathy for those suffering from disordered eating. Zaner closed by introducing the idea of body neutrality, which suggests that one can accept their body without actively loving it.

Zaner, who attends Pacific University, is spending the last year of their doctoral program at California State University, Monterey Bay. "I've worked in college settings before and I really wanted to continue that for my last year of training," they said.

Zaner found interest in the topic after taking a body image and weight stigma course in graduate school, and decided to bring some of its content into their internship. "I just wanted to provide some of the information, increase awareness and also let people know that I am available as a counselor at the PGCC," they said.

Fourth-year Kianna Hughes, who attended the event, is a resident advisor for the LGBTQIAA2S+ Scholars community. "I think it's just really good to have information about harmful things that could happen in minority communities," Hughes said. "I plan on providing this information to residents and my peers."

Campus Health Promotion and Prevention Manager Gary Rodriguez saw the discussion as a way to make the PGCC available to students.

"We want to make sure that individuals have all the information they need around staying healthy and how to stay well when it comes to issues like disordered eating," Rodriguez said.

To Rodriguez, Zaner's expertise on weight stigma is a valuable asset to the counseling team. "I just want to make sure students know about resources like the PGCC, should they ever need to talk to somebody about whatever's going on in their lives," Rodriguez said.

**"In queer representation, an already limited demographic, body diversity is nearly nonexistent."**

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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## Editorial Policy

The Lutrinae is a student-run publication produced for the students of CSUMB. Opinions expressed herein do not necessarily reflect the views of *The Lutrinae*, CSUMB administration, faculty, or staff.

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.

Advertising revenue supports *The Lutrinae* publication and events. Letter to the Editors should include first and last name and should be submitted via email. *The Lutrinae* reserves the right to reject any Letter to the Editor for any reason, and anonymous letters will not be published.



# Upcoming Events

## Youth Advisory Board Interest Meeting

March 5

The Monterey Youth Advisory Board (YAB) is hosting a meeting from 1 to 3 p.m. in Room 116 of the University Center. YAB's mission is to evoke difficult dialogues of youth homelessness among young adults. Free lunch will be provided.

## Transfer Students: Career Connections

March 5

The Transfer Student Success Center is offering the Career Development Team's expertise to help students with everything from resume development and interview preparations to internship and grad school application support. This event will be held from 2:30 to 4 p.m. in Forest Hall and is open to all students.

## LSAT Prep Sessions

March 6

The Law Society will be helping students hoping to get into law school prepare for the challenging LSAT exam from 2 to 5 p.m. in Room 1173 of the library. The LSAT includes three sections of reading comprehension, logical reasoning and analytical reasoning. These prep sessions will continue weekly through May 8, excluding Spring Break.

## CAHSS Brown Bag Series

March 6

The College of Arts, Humanities and Social Sciences' (CAHSS) newest installment of the Brown Bag Series will be from noon to 2 p.m. in Room 1301 of the CAHSS building. The event will focus on virtual reality and feature Dr. Yong Lao, Dr. Jennifer Lovell and Dr. Christine Valdez.

## Open Mic Night

March 7

Residential Housing Association's open mic night this month is taking place from 7 to 9 p.m. in the Black Box Cabaret. The event is free for students with an Otter ID.

## APA Workshop

March 8

The Cooperative Learning Center (CLC) and Maestros Project are holding an APA workshop from 4 to 4:50 p.m. in Room 2125 of the CLC, located in the library. Attendees will receive hands-on practice with reference page and citing in-text.

## Beware: midterm season is approaching!

Story by Sydney Brown  
Photo courtesy of Mikko Mananghaya

How is it March already? It seems like we just started school and yet, we're already at the halfway point of the semester. The homework is piling on and instructors are ready to test us on what we've learned so far. This marks a stressful test that most of us have to endure: the midterm!

Midterms are indeed scary, because they can be weighed heavily on your final grade. If you're worried about passing your midterms, here are a few unconventional coping mechanisms to get your mind on track.

### #1. Study outside

Usually when we're in the midst of a hardcore study sesh, we tend to stay in one spot for hours, hunched over a desk. After a while, your body will start to feel drained or like it needs a break. When you really need to study, there isn't a whole lot of time to take a break. To overcome that slump in studying, grab your backpack and head to a table outside! The movement and change of scenery is bound to perk you up, at least a little bit. Then, you can continue your studies in a refreshing environment.

### #2. Record yourself

If you have a ton of vocabulary words or concepts to remember, say the term or concept out loud and then verbally describe it. Record yourself saying those concepts and then you can play it back later on. This is great when you're tired of reading, taking notes or talking, because you can still study without focusing on anything. You can listen to the recording while you're running errands or cleaning, but I find the recording method is most effective if played as you are falling asleep. When you wake up, it's like the information is freshly engraved in your mind!

### #3. Give yourself rewards

When working so hard to get a good grade, you deserve to treat yourself! This could be done in any form that best suits you: giving yourself a five-minute break, doordashing yourself a milkshake, knowing you're going out with your friends right after you finish your test - you name it. The rewards can be big or small, but what's important is that you are kind to yourself and notice your personal achievements, no matter what grade you get on that midterm. If you're taking a lot of time to study, chances are you'll do great anyways.



Fourth-year Jessica Uhlenhop studies outside in Divarty Quad.

### #4. We know you'll drink caffeine, but be careful

First of all, any coffee product is safer for your heart and body over energy drinks. I know coffee isn't for everyone because it can cause tummy problems, but energy drinks have tons of sugar and will make you crash harder than a cup of coffee! If you are consuming any caffeine products in large quantities, try to simultaneously drink lots of water. It'll give your brain lots of oxygen to keep it running sharply, while also cutting back on the jitters you might be getting from the caffeine and lessens your chances of having a caffeine/sugar crash. If you're really sensitive to caffeine but need a pick me up, try some green or black tea. They're lower in caffeine than coffee and energy drinks, but will still wake you up. If you're a coffee lover, order a double shot of espresso on ice. It's going to have an intense flavor, but it's low in calories, has no added sugar (which makes you crash hard) and its coolness will make you even more awake.

### #5. Don't let test day nerves control you

Sometimes, the fact that you're taking a test alone is what makes you forget the answers for it. Knowing it's important to your grade and shapes how the rest of your semester will go are valid reasons to be nervous, but try to take a few minutes before your test starts to take a few breaths. Remind yourself you studied hard and you've got this. Say it to yourself in the mirror. Hype yourself up! You're going to do great on those midterms.

When in doubt, remember, you're going to knock these midterms out!

## “What do you enjoy most about CSUMB?”

Otter Chatter By Cassidy Ulery



### Joshua Pugel

Spanish  
Fourth-year

“I think we have a really supportive community here. My classmates are very encouraging towards me to do better and they are always pushing me to do as best as I can.”



### Emily Callen

Human communications  
Third-year

“I really enjoy CSUMB and the chill atmosphere. I like that there are a lot of resources, especially for transfers. Being a transfer student, I like having the transfer success resources that are available for use. I'm still friends with a lot of people from orientation and I've met people within my major, which I really enjoy.”



### Ashley Snijders

Human communications  
Third-year

“CSUMB is very accepting towards international students, which is great. We are close to the beach. I love my classes so far, especially the grading process. The facilities are great up here, so it's easy to grab dinner and the food is pretty good with a nice variety. They have a lot of resources at the library and that is something I'm not used to.”

# King Krule is the “Man Alive!”

Music Maven



King Krule performs on stage at Melt! Festival on July 19, 2013.

Story by Jenna Ethridge

Photo courtesy of Henry Laurisch via Wikimedia Commons

King Krule, also known as Archy Marshall, released his third studio album on Feb. 21. It's been seven years since Marshall's debut album, "6 Feet Beneath The Moon," was released on Aug. 24, 2013. The album quickly launched him into stardom with songs such as "Baby Blue," "Easy Easy" and "Border Line." Marshall's follow-up, "The Ooz," came out on Oct. 13, 2017 and was also well-received by both fans and critics.

"Man Alive!" features the singles "(Don't Let The Dragon) Draag On," "Alone, Omen 3" and "Cellular" - two of which were included in his short film, "Hey World!" released in November of last year.

Marshall's signature deep voice isn't the only aspect that translates from his previous material to his new album, as themes of loneliness and mental health from "The Ooz" are extremely prevalent.

In "(Don't Let The Dragon) Draag On," Marshall sings, "I hang my head for those who ain't been held too close in times of pain." Marshall sings from the perspective of someone who has possibly been in a similar situation, empathizing with those who can relate.

This message is carried into "Alone, Omen 3," as Marshall sings, "The ache and thunder in the storms of your mind, soak it in, for the rain will pass in time, nothing wrong in sinking low." The song reminds the

listener that they're never alone, though it's okay to embrace that feeling when it arises.

In between albums, Marshall welcomed his first child, Marina, with photographer Charlotte Patmore in March of last year. The two can be seen at the end of the "Alone, Omen 3" music video.

"Man Alive!" can be listened to on Spotify, Apple Music and other music streaming services. You can see King Krule on tour in Oakland at the Fox Theater on April 8.



# Tatted Otters: Cassidy Ulery

Story by Arianna Nalbach

Photos courtesy of Cassidy Ulery

As tattoos are becoming more common, it is also becoming more and more common for people to get tattooed once they are of legal age to. While getting tattooed for the first time is exciting, it is even more thrilling when it's a birthday present.

"I got this tattoo when I was 18," said transfer student, Cassidy Ulery. "I was in Oregon and my grandma gifted me the tattoo as a birthday present. The picture reflects when I got it touched up in San Jose from it slightly fading over time."

Ulery currently has two tattoos. "[I have] the anchor and red roses on my ankle. I also have my Capricorn zodiac sign on my right shoulder blade which I got on my 18th birthday with my best friend; she's an Aquarius," Ulery said.

Turning 18 and finally being able to get inked is enticing, but sometimes people don't know what they want to get. This wasn't the case for Ulery, who had already been thinking about her first tattoo.

"I have always loved anchors and red roses are my favorite flower," Ulery said. "It seemed obvious to get two of my most beloved things permanently on my body. I had started thinking about the tattoo before I turned 18 and I took full advantage of legally getting it done a month after turning 18."

Every tattoo has a story. Sometimes it holds a deeper meaning, other times it's just something the person likes. It could even be as simple as seeing cool flash art in the shop and wanting to get it tattooed.

"[They have] no crazy meanings other than they symbolize two of my favorite things, my zodiac sign is representative of my birthday," Ulery said. "I used to be super into horoscopes and astrology, plus it was an unforgettable experience with my best friend."

The tattoo process is different for everyone, but it certainly seems that there are areas that almost everyone can agree is painful, such as anywhere near or on a bone.

"Getting the white color done was painful, the same with color on the bone," Ulery said. "I was surprised when I got it retouched I didn't feel any pain at all. My shoulder tattoo didn't really hurt. If anything, it felt weird from the vibrations of the tattoo gun."

Ulery currently doesn't intend on getting another tattoo in the near future, but has still thought about new tattoos.

"I've had ideas for future tattoos cross my mind, but nothing that I would feel comfortable getting soon or having forever. I can gladly say that while I was young when I got both of my tattoos, I don't regret them," Ulery said.



# Navigate the world of recycling and composting



## iVerde!

By Carolyn Hinman  
Graphic courtesy of AdManor, Inc.

Whether you live, work and study on campus or only spend a few hours here each week, the way you sort your waste at California State University, Monterey Bay (CSUMB) is important. The CSU system has a goal of keeping 80 percent of our waste out of landfills this year, but as of 2018, our campus was only achieving a 40 percent diversion rate. This means we were landfilling 60 percent of our waste.

We have a long way to go before we achieve our goal of 80 percent diversion and an even longer way before we reach our long-term goal of becoming a zero-waste campus, but the good news is with a little bit of knowledge and effort, our small individual actions will go a long way toward making a huge impact.

Navigating the world of recycling and composting can be confusing and frustrating. The list of acceptable materials varies depending on the garbage hauler and the facility to which the waste is hauled. CSUMB's recycling program has a larger acceptance list than most, but there are some general guiding principles that are universally applicable:

1. When in doubt, throw it out - if you aren't sure whether it's recyclable or compostable, put it in the landfill trash.
2. Make sure your recyclables are relatively empty, clean and dry. If recyclables have food or liquid in them, they contaminate the bin and cause the whole container to be processed as landfill waste.
3. Compostable disposable food service items **MUST GO INTO THE COMPOST!** They do not break down in the landfill and they contaminate the recycling. Check packaging for a compostable symbol or ask a Dining Services employee to help you decide whether the item should go in the compost, recycle or landfill bin.

Your actions have an impact! The more we educate ourselves about waste reduction, diversion and proper recycling practices, the closer we will get to our sustainability goals and really effecting change on a larger scale. Be proactive and start separating your recycling and food waste in your residence hall. If you live in the Promontory or on East Campus, you have food waste services available to you on site. Just email your resident advisor for more information on how to use it.

If you are confused about recycling, just ask somebody for help. Contact the GreenWaste recovery environmental outreach coordinator at [chinman@greenwaste.com](mailto:chinman@greenwaste.com) or visit the CSUMB sustainability page at <https://csumb.edu/sustainability/landfill-diversion>.

# Everything that's coming to Netflix this March

By Arianna Nalbach

## March 5

Castlevania: Season 3  
Mighty Little Bheem: Festival of Colors

## March 6

Guilty  
I am Jonas  
Paradise PD: Part 2  
The Protector: Season 3  
Spenser Confidential  
Ugly Delicious: Season 2

## March 8

Sitara: Let Girls Dream

## March 10

Carmen Sandiego: To Steal or Not to Steal  
Marc Maron: End Times Fun

## March 11

The Circle Brazil  
Dirty Money: Season 2  
On my Block: Season 3  
Last Ferry  
Summer Night

## March 12

Hospital Playlist

## March 13

100 Humans  
BEASTARS  
Bloodride  
Elite: Season 3  
Go Karts  
Kingdom: Season 2  
Lost Girls  
The Valhalla Murders  
Women of the Night

## March 15

Aftermath

## March 16

Search Party  
Silver Linings Playbook  
Tinker, Tailor, Soldier, Spy

## March 17

Bert Kreischer: Hey Big Boy  
All American: Season 2  
Black Lightning: Season 2

## March 18

Lu Over the Wall

## March 19

Altered Carbon: Resleeved  
Feel Good

## March 20

Archibald's Next Big Thing: Season 2  
Buddi  
Dino Girl Gauko: Season 2  
Greenhouse Academy: Season 4  
The Letter for the King  
Maska  
The Platform  
Ultras  
Tiger King

## March 23

Sol Levante

## March 25

Crip Camp: A Disability Revolution  
Curtiz  
The Occupant (Hogar)  
YooHoo to the Rescue: Season 3

## March 26

7SEEDS: Part 2  
Unorthodox  
Blood Father

## March 27

Car Masters: Rust to Riches: Season 2  
The Decline  
Ozark: Season 3  
True: Wuzzle Wegg Day  
Uncorked  
Killing Them Softly  
There's Something in the Water

# The Lutrinae named best student newspaper at CCMA awards



CCMA first place award featured on top of past Lutrinae issues.

Story by Arianna Nalbach  
Photo by Mikko Mananghaya

The Lutrinae staff took home four awards at the annual California College Media Association Awards (CCMA) banquet, held at the Hyatt Regency Hotel in San Francisco on Feb. 29.

Each school is placed into one of three divisions: community colleges, four-year universities with an enrollment of under 15,000 students and four-year universities with an enrollment of over 15,000. The Lutrinae competed within the smaller four-year universities division.

Production Manager Mikko Mananghaya and staff writer Malia Savella won second place in Best Infographic for the Fall 2019 enrollment fast facts in issue nine. Managhaya and columnist Kristen Finley

took third place in Best In-page Design for Finley's Car-ticle in issue 10. Managhaya also took first place in Best Overall Newspaper Design.

The banquet ended with the final - and arguably most anticipated - category, Best Newspaper. The five Lutrinae staff members in attendance cheered as their paper was awarded first place in the category.

The CCMA started in 2003 and ever since, have been holding an annual award banquet to honor college journalists all throughout California.

"We - the staff, advisers and supporters of college news media in California - create this association to foster cooperation among colleges in the region in order to give a unified voice in addressing problems and issues that college news media face, to provide support and communications to advisers and editors, to nurture

college journalists, and to share resources," as explained in their mission statement.

Across 65 schools, there were a total of 940 entries with 318 winners. Each school was able to submit content for any of the 39 categories. There were categories dedicated to everything from podcasts, magazines, videos and even advertisements.

Making a weekly newspaper with a small staff and decreasing budget can be hard, but The Lutrinae proves you don't always need to have the biggest budget or the largest staff to produce an amazing paper.

We are all extremely grateful for these awards and excited to see what is to come from The Lutrinae in the future.

Can you unscramble these words to reveal their anagrams of items found in a common household?

tacit

flesh

psalm

inks

bleat

thicken

rotates

votes

oafs

warred

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

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

attic, lamps, table, sink, kitchen, stove, toaster, sofa, shelf, drawer