

the Lutrinae

CSUMB Student-Run Newspaper

Dec. 14, 2020



Story by Sydney Brown and Arianna Nalbach
Graphic illustration by Arianna Nalbach

California State University Monterey Bay (CSUMB) held a town hall meeting where it's affiliated organizations, including the Abolition and Decolonial Education Collective (ADEC), California Faculty Association (CFA) and the group representing Black Faculty, presented their thoughts about the university police department's advisory committee proposal. There were roughly 45 total people in attendance at the town hall, including CSUMB students, faculty and staff.

The town hall meeting aimed to tackle a variety of issues surrounding police force and racism at CSUMB. Representatives from multiple organizations were able to share their thoughts regarding these issues.

The CSUMB University Police Department Advisory Committee (UPDAC) draft proposal is roughly one and a half pages long and it does not specifically address race, brutality, or ways to protect Black, Indigenous, and people of color (BIPOC).

The goals of UPDAC is to help further promote a safe environment for students on campus. The draft proposal states "the group will consult with other departments and groups across campus, bring in subject matter experts as necessary, and provide innovative ways for campus stakeholders to interact."

If the UPDAC proposal goes into effect, the members "will meet on a quarterly basis and work directly with the Chief of Police in identifying and addressing public safety issues, recommending solutions, and seeking out cross-divisional partnerships to improve the overall experience of all campus members."

The proposal specifically mentioned acting as liaison between the UPD and campus community and also mentioned receiving regular updates and summary of activities of UPD, including current trends impacting the campus, among other things.

While this is a good start to improving the relationship between UPD and the CSUMB community, some town hall speakers were concerned about the lack of addressing race, brutality or BIPOC. They referred to the murder of George Floyd and felt anti-Blackness needs to be more rigorously discouraged to ensure the safety of BIPOC at CSUMB.

As it currently stands, there are parts of the proposal that would not achieve this. The various organizations listed what both the school and UPDAC need to do to support BIPOC from brutality and racism.

Black Faculty wrote an official statement in response to the UPDAC proposal, which said "we call for the campus to prioritize a review and response to the CFA Call to Action Proposal. These demands are critical to addressing systemic anti-Black racism at CSUMB and across the CSU."

The CFA also put out a statement, covering the weaker points in the proposal and why they needed to be highlighted in detail. In particular, it stated "we have an obligation to address the structural racism that shapes policing in our society and that resulted in the murder of George Floyd. It is not enough to condemn this public execution that calls lynching to mind."

They also brought up that during the pandemic, people of color have faced a variety of different challenges at a disproportionate rate. "We must take this opportunity to call on our leaders to not only condemn racism and white supremacy, but to announce programs to enact systemic change."

The CSU employees union (CSUEU) at CSUMB created a BLM resolution which said CSUEU will dedicate time and space to support Black lives on campus. CSUMB has always tried to create a safe environment for all of their students, and they believe it is needed now more than ever.

"As a result of the persistent deaths of innocent Black citizens in the United States at the hands of police officers, the CSUEU believes that silence is complacency," the CSUEU statement read. "Therefore, with purpose we affirm that Black Lives Matter, and we support, advocate, and stand in solidarity with the movements for Black lives."

After the ADEC, CFA and Black Faculty voiced their concerns with the proposal, CSUMB student Vanessa Monroy told town hall participants about a story involving UPD and a suicidal student, which was also reported on by the Monterey County Weekly.

A CSUMB student was threatening to commit suicide

and the first UPD officer to arrive on the scene tried to calm the student down. Despite living in a time where the United State's police force is scrutinized and feared for brutality and excessive force, the CSUMB officer was threatened with termination by Marina Police Department for not using enough force.

According to The Weekly, once the Marina Police Department arrived on scene, things quickly turned violent. They said Marina Police Department officers treated the student harshly and "one of the Marina officers used a taser on the student." The president of the Statewide University Police Association Jeff Solomon said the Marina officers "filed their complaint preemptively, fearing the CSUMB officer would file a complaint against them for excessive use of force" according to The Weekly.

It's instances like this that make the committees in opposition of the proposal nervous about UPD activities and influenced their calls to action.

The ADEC, CFA, and Black Faculty collectively said they are asking for two things: to "reduce the presence and role of UPD on campus" by suspending budget increases and reducing role in crises like mental health and to "name the problem, research the problem, before jumping to the 'solution' of an advisory committee."

"We are asking for the University to take steps to reduce the presence and role of the University Police Departments on campus," the committees stated. "This includes reducing their role as crisis responders and suspending budget increases and hiring."

During the town hall, the ADEC said they are issuing a survey for students, faculty and staff to understand the depth and nature of community interactions with police because "no meaningful attempt to address concerns with policing on campus can begin without taking stock of the issue itself from the perspective of those directly impacted."

UPD was not specifically invited to the town hall so participants felt safe when speaking their mind. Additionally, UPD was not discouraged or forbidden from coming, but no one in the town hall said they were from the UPD. They have yet to publish a written response to the collective committees calls to action or the town hall meeting on their website or any social media.

CSU announcement

The CSU system plans to return to in-person school in Fall 2021.



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Great Otter Bake Off

CSUMB students learn to make delicious sugar cookies.



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Homemade gifts

Discover budget-friendly, DIY gifts to make this Christmas.



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Zoom in .. Zoom out?

Story by Anna Stubler
Photo by Sydney Brown

The California State University (CSU) System announced that “it is planning for an anticipated return to delivering courses primarily in-person starting with the Fall 2021 term” on Dec. 9. This announcement came on the heels of another CSU announcement to extend the application deadline for CSU admissions from Nov. 30 to Dec. 15 for Fall 2021.

According to the press release, the reason for the announcement was to continue “efforts to provide current and prospective students and families with information, clarity and time to plan.”

Whether this will have an impact on application numbers it is too soon to say. Chancellor Timothy White mentioned the promising results of vaccines as having an impact. The press release stated “the emerging evidence provides optimism that the upcoming 2021-2022 academic year can be conducted much more in person.”

“The CSU announcement about the plan for an anticipated return to in-person course delivery for the Fall 2021 semester is exciting news that almost every student and faculty member have been waiting for,” said Professor Amir Attia who teaches communication design at California State University, Monterey Bay (CSUMB).

CSUMB first-year computer science major Autumn Benton who started her college experience virtually said, “expecting the return in Fall 2021 to campus is very exciting, and it will be nice to be back in a classroom and lab working face to face with professors and classmates.”

CSUMB also posted the announcement on Instagram and was met with mixed comments. “Best news in the world!!!! So excited for my daughter to actually get to move up there!!!!” commented Matt Stratton (@thetoad16), the father of a CSUMB student.

The CSU is optimistic about the fall, but said as for summer “it is too soon to determine what the science will allow for the 2021 Summer term.”

Second-year math major at California Polytechnic University, San Luis Obispo Bella Padavana said, “I think that it is a good thing to be aware of the constant changes and opening in the fall would be nice, but I think blended would be a better start to the move back.”

“We would need to continue to play it by ear,” Padavana said. “Housing should also be limited to prevent too much close contact”.

Padavana’s classmate, second-year kinesiology major Cosette Gibler is also cautiously optimistic about the fall. “I think it’s great the schools are going to open. I’m super excited, but I also don’t want to get my hopes up because

there are so many unknowns,” Gibler said. “The vaccine looks super promising so that makes me happy, but also so many things could change before fall.”

Professor Attia added that although the switch to online was challenging, “I will invest the technology, techniques, and experiences gained through the remote mode to enrich these classes and establish communication channels that go beyond the class time limits.”

To stay up to date on the latest from the CSU, students can check their Twitter or news on their website.



Safe ways to look for love during winter

Story by Anna Stubler

When college students were sent home in Spring 2020, some rejoiced while others did not. When the reality of online learning began to settle in, many students struggled. Another consequence of stay-at-home orders, perhaps less noticeable at first, was a negative affect on students' social life.

Many students are tech savvy and communicate regularly with friends and family via virtual channels. According to United Healthcare, humans greatly benefit from physical interactions like hugs. United Healthcare claims that human touch has myriad health benefits, including lowering stress.

As the winter season or “cuffing season” sets in, students might be feeling pressure to find a partner to talk to, even if they can’t see them in person right now. When grandparents and nosy aunts ask the traditional “are you dating anyone” question during the holidays, students may struggle to find an answer. How are students supposed to connect with potential partners and continue dating during stay-at-home?

Creative and entrepreneurial people, many of them college students themselves, have endeavored to solve this problem. So, for students stuck in their small hometowns, with the same 700 people they went to high school with as Tinder match options, there is still hope.

When the “Bachelorette” and “Bachelor in Paradise” was postponed due to coronavirus, students may have despaired. However, if students are extroverted enough to want to try to fall in love on camera, similar to their favorite tv shows, they can do so with newly formed reality shows on Instagram’s IGTV.

Students at University of California, Berkeley started “Love Campus.” According to their Instagram it is, “just your friendly neighborhood online college dating show,” which is now on season two.

The Lutrinae staffer Emma Garcia spoke with show creator Lena Reibstein about the project. Reibstein said “Love Campus” helps create community and is especially helpful for incoming freshmen that “don’t have a social hub.”

Reibstein was inspired to create “Love Campus” by other colleges doing their own versions of the Netflix show “Love is Blind.” Along with the “Love Campus” myriad, similar shows popped up on Instagram geared at helping people find love virtually. While there are many focused on helping students in particular, others are trying to steal the “Bachelor’s” audience.

Some popular ones are “Sheltered in Love,” “In A World: The Dating Show,” and “LOVE IS QUARANTINE.” So, for outgoing people looking to shoot their shot during stay-at-home orders, there are certainly options.

This kind of public visibility (or embarrassment) is not every student’s cup of tea. For the more introverted student, there are options as well. Searching speed dating on Eventbrite yields myriad choices.

Whether students are looking for singles in their area or with specific criteria, like vegans who are also coders, there are events out there. If students are extra shy they can go on “Love is Blind” style speed dates via Zoom.

Ava Gibler, a fourth-year Liberal Studies major at California Polytechnic University, San Luis Obispo, recently attended a “Love is Blind” style event. “Even though I didn’t walk away with a serious match it was still fun talking to people outside my quarantine circle,” Gibler said.

Another bonus to this format, according to Gibler, was switching from the hook-up, short-term relationship style of Tinder to a more meaningful one. She said she felt the people in attendance were more serious about finding a partner.

However, for students who do prefer the app-based relationship search there are some options that are particularly suited to stay-at-home orders. Apps that have a video feature allow prospective matches to “meet-up” while at home and safely get to know each other. Bumble, Curtn and Lively all offer video chatting features.

College students need not give up on love and dating during shelter-in-place. All the lonely college students out there can try these safe ways to meet people over winter break. Who knows, maybe they can find someone to bring to an in-person holiday party next year.

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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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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Body image reimagined in F*&k Your Diet

Story by Nikki Dodd

In honor of self-care week, California State University, Monterey Bay co-hosted the F*&k Your Diet event on Dec. 9 with journalist turned comedian Chloe Hilliard. Hilliard is the author of the book entitled "F*&K Your Diet," and was a journalist for over a decade until drastically changing professions and becoming a comedian. This book showcases her mix of skills.

Hilliard stated the continuous shifting of the industry led to her career change and elaborated that the internet was "killing" journalism. Hilliard's focus was to take herself out of the comfort zone from being a behind-the-scenes reporter and thrust herself in front of the camera.

The discussion was supposed to be focused on society's body norms and dieting. However, Hilliard had a way of making it more personal by sharing her own experiences with body image issues and dieting.

Hilliard opened the conversation with a slideshow that detailed her life and her struggles with weight and body positivity growing up. She is 6 feet tall and has been since she was 12 years old. Hilliard remembered the

bullying and pressure she experienced from her peers to fit into the "norm."

Sharing that her first diet started at 11 years old, Hilliard started the long, tumultuous relationship with her body at a young age. She cited Regan's cut on school lunches as a helpful factor. When her school's food quality changed, Hilliard's eating habits did too. In addition, she pointed out eating habits and how they are developed.

Hilliard touched upon how one's grandparents' diet determines your parents' diet, and what your parents ate becomes what you eat. Sadly, it is not always the healthiest of choices.

Coming from a southern, Black family, Hilliard's eating options were not always healthy and hard to resist. After some time, Hilliard was able to make better choices and succeed, pushing it on her family to do the same. She was able to better herself and learn to say no to her family when it came to what she puts in her body.

When noticing Hilliard's grappling with her own inner thoughts and diet battles, her family also reflected on who she let into her life. A brief relationship in college led to

abuse and after that Hilliard spent six years of her life pushing and telling herself she deserved better.

Hilliard also discussed society and how women are viewed, stating that one of the biggest things people need to stop doing as a whole is calling little girls "princesses" and having them strive to be as such. To change this outlook, think about what most princesses go through in movies: they are poisoned, cursed, kidnapped and most importantly, silenced. Hilliard's own experiences in toxic and damaging relationships confirmed this perspective.

Overcoming many hurdles, but being able to be so vulnerable and raw in her storytelling, made Hilliard's testimony all the more touching and relatable. This event taught an important lesson: no one is alone in this battle of self-identity.

Self-esteem is a constant battle for some. Individuals may find themselves, especially right now, being extremely hard on themselves and struggling with their own inner turmoil. It's important to remember that everyone is human. Being human is continuously learning, changing, setting boundaries and loving ourselves and bodies as they are.

Baking brings students together

Story by Anna Stubler

Photos courtesy of Julie Ramirez

The Associated Students (AS) of California State University, Monterey Bay (CSUMB) hosted The Great Otter Bake Off On Dec. 10. AS programming specialist Victoria Alcantar narrated the event while her coworker Julie Ramirez led the baking demonstration.

Ramirez showed participants how to make sugar cookies with "like, a lotta butter." Optionally, the finished cookies could be topped with Hershey's Kisses in whatever flavor the baker desires.

After bakers "set it and forget it," as participant and fellow AS employee Torin Pyers-Pereira exclaimed, Alcantar and Ramirez led viewers through a few rounds of holiday pictionary.

Everyone was stumped by Ramirez's rendering of the Grinch. Commenting on her drawing skills Ramirez cheerily said "You guys can make fun of me, it's totally ok."

While her drawing skills might have been questionable, AS marketing specialist Daisy Barrett compared her cooking show hosting to Selena Gomez's. "Selena Gomez has nothing on you Julie," Barrett proclaimed.

Ramirez wasn't as confident, however. "I grew up watching baking shows on the Food Network so it's a dream of mine to appear on a baking show," Ramirez said. "Although I don't think I would do well in a baking competition."

When Ramirez pulled her cookies out of the oven and added the finishing touch of peppermint kisses on top, she was met with praise from the audience.

The event, complete with Christmas music while waiting for participants to arrive, put students in the mood for the holidays and was a fun way for students to de-stress before finals week. "Baking is one of my favorite things to do during the holidays so I thought, how can I create a community for others to bake along with me?" Ramirez said.

If students missed the event but want to make the cookies, below are the ingredients:
 1½ cups powdered sugar
 1¼ cups (2½ sticks) butter, at room temperature
 1 large egg
 1 teaspoon vanilla extract
 3 cups all-purpose flour
 1 teaspoon baking powder
 1/2 teaspoon salt
 granulated white sugar
 Hershey's Candy Cane Kisses or any Hersey's Kisses of choice!

Ramirez mixed the dry and wet ingredients separately then combined them and rolled the cookies out. She then baked them in an oven at 350 degrees for about 10 minutes and added the Kisses right away.



The Lutrinae
wants to hear
your voices

Want to showcase your work in the student newspaper? Email sybrown@csumb.edu to have your work considered for our next issue.

We love to see your:
illustrations • short stories • poems

OnlyFans emerges into a sex industry empire

How homemade, online porn transformed the sex work economy and empowers sex workers.

Story by Sydney Brown

User 765 opens up his MacBook Air in his bedroom after a long day of office work and dims his LED lights. He does a double-take, ensuring his bedroom door is locked and there's not a chance his roommate will stumble inside while indulging in his evening wind-down. There's already a bookmark signifying the after hours website of his desires, the mouse tapping on his favorite link: onlyfans.com.

According to the OnlyFans How It Works page, "anyone can earn" money on the website for uploading tutorials, tips and behind-the-scenes content that their subscribers pay a monthly fee to view. While a wide variety of posts are made by OnlyFans creators, many lean towards having behind-the-scenes content and more often than not, those include nude photos and videos. Essentially, OnlyFans has become the hottest new online porn outlet and many users are happy to subscribe.

#onlyfangirl has a total of 267,000 posts on Instagram and a whopping 38.8 million views on TikTok where creators advertise their accounts in hopes to gain more subscribers. The subreddit OnlyFans101 - which allows those over 18 to view posts NSFW - obtains over 300,000 members.

Promos on TikTok and Instagram showcase some creators twerking, doing dances in their bathing suits or showcasing their newest cosplay outfits. Reddit lets creators get a bit more freaky, where naked pictures and masturbation videos are commonly found. But, the play is not only reserved for women, as several men and couples (or groups) also have OnlyFans accounts.

"You're your one own person porn studio," said the 31-year-old male OnlyFans ex-creator, who we'll call Lomania.

Lomania broadcasted his OnlyFans from December 2019 to August 2020 while working a regular 9-5. He mainly used Twitter to publicize his account and filmed what he called two "big" porn videos a month for his subscribers. Lomania's typical tasks involved recording having sex with others or taking sexy photos of only himself. He said he "was enjoying the endorphins" knowing his subscribers wanted to see more of his content and felt "a little bit of exhibitionism" when running his account.

He enjoyed his new job until it blurred the lines of his work-life-sex separation. "I would end up hooking up with people, but the thought in the back of my mind is 'should I be recording this?'" Eventually, he terminated his account in August.

Lomania's subscription rate was \$10.99 a month, plus tips or any custom content his subscribers paid him to do. A few of his subscribers would also buy sex toys for him to play with as he made content for them. He saw OnlyFans as a great second hustle and during one month made \$1,000 from his account.

Creators income can fluctuate from sustaining as a side-gig or a full-blown career. Creators post whatever they'd like and set up a fitting subscription rate with their only requirement being to give 20% of their subscription proceedings to OnlyFans. For example, Codie Phillips - a YouTuber and OnlyFans creator - said she made roughly \$10,000 in two weeks from her OnlyFans subscribers in a video she made in September. That's more than some folks make in an entire year.

Twenty-four-year-old Aspen Pauluhn used OnlyFans to express herself as well as make some cash at the same time, and it only took her three months of creating until she decided to quit her day job. She started building up her platform in August, which took lots of dedication as she didn't have a strong social media following beforehand.

"I have learned so much from (self-promoting online)" said Pauluhn, "but it also takes up almost all of my free time."

Her content is photo-focused, showcasing Pauluhn in sultry outfits that may or may not pose herself fully nude. Soon enough, Pauluhn's OnlyFans work began to pay off. "I totaled \$2,900 for the month of October, the month before I made \$1,360. I have made \$2,300 in the first 9 days of November, so I'm projected to make around \$6k-\$9k by the end of this month."

"Basically your income increases exponentially if you put in the time and work," said Pauluhn. "That is why it has been such a great platform for helping people get through COVID-19 if they lost their job or to help someone quit their day job."

OnlyFans indeed changed the economy of sex work. Traditional sexual marketplaces like strip clubs or topless bars are highly dependent on customers physically visiting those establishments, but with OnlyFans all one needs is a WiFi connection and a debit card to satisfy their hungry eyes.

Undoubtedly, it makes getting one's fix of sexual pleasure more easily accessible and with the hit of COVID-19, it created the perfect opportunity for the site's engagement to grow exponentially.

"It's only natural that OnlyFans skyrocketed ... COVID was the perfect condition for OnlyFans to take off," Lomania said. "It's now a competitive market."

Business Professor Leslie Boni from California State University Monterey Bay agrees that online marketplaces have the potential to change the financial landscape of in-person business. Sometimes online stores make customers feel more inclined to visit in-person establishments, or it can lead them to keep indulging in

goods and services from the comfort of their own home.

It "depends on whether it replaces or adds to total demand for the product or service," Boni said. So, OnlyFans could lose some users or continue flourishing after COVID-19 cases start to diminish. As of right now, the platform is still flourishing and the girls (or boys) next door are in high demand.

Aside from changing the economy, OnlyFans gives creators the opportunity to be their own boss. Grace Elizabeth is a 20-year-old, full-time college student with over 3,000 Instagram followers and many OnlyFans subscribers. She said after making her OnlyFans it helped her reach new financial heights and she appreciates her ability to work on her own time.

"I can spend time at home with family and friends because I'm not working 9-5 for somebody else," said Elizabeth. "I wouldn't want it any other way."

Elizabeth also said OnlyFan's rise in popularity brought sex work to a new chapter. "Only fans definitely changed the sex industry ... everyone has their own specific niche and there's every kink or fetish available online that anyone can access," she said. "It's also convenient in the way that you can stay anonymous and delete your trace."

Aside from the pleasure the users derive, OnlyFans offers creators a safe space to play on their own terms and with their own rulebook. Pauluhn believes creators benefit from the online platform as COVID-19 popularizing OnlyFans supports sex workers.

"OnlyFans basically allows women and men to monetize their bodies while still having full security in how they get paid and what they do with their body," she said. "Other forms of sex work come with a lot of problems like not getting paid what you should be or getting scammed, being taking advantage of and abused in many different ways and being influenced to work with partners you may not be comfortable with."

Posting personalized porn may create pathways for sex workers to avoid endangering encounters with clients as they are working from home.

"We need to protect people who do sex work, it is a power dynamic," Lomania said. "Some people aren't safe, and I think we need to be sure to do everything we can to make sure not only the people who are paying for sex are safe."

Taking control of your body and using it to create your own income is nothing less than genius. Sex work is a part of life, and OnlyFans contributes to normalizing homemade, ethical porn. Many people love to view XXX content and have a good, consensual orgasm. Ain't nothing wrong with that.

Love might be blind, but does it need to be so dramatic?

Review

Story by Anna Stubler

The Netflix show "Love is Blind" has gained widespread attention as an unorthodox matchmaking series. The concept of the show is to have singles connect on a purely emotional level before seeing each other, essentially being an anti-Tinder. Anytime during a ten-day "dating" period, each male contestant can choose to propose to one of the women who has chosen to keep "seeing" them. In reality, they are separated by a semi-opaque glass wall and each participant is in a dating pod across from potential matches.

Once a proposal is made, the couple meets for the first time where they continue the engagement and are sent on a vacation in Mexico to test their emotional bond to each other or decide if looks are more important than personality, ending the relationship. This popular tv show's uniquely wholesome concept based on an

intellectual connection before physical attraction lived up to some expectations.

While giving the men the power to choose a girl created a lot of drama and love triangles, one participant actually chose to reject the proposal from her man and propose herself, which was a refreshing contrast to the patriarchal norms the show perpetuated.

Another deep topic explored in the show was interracial relationships. One woman upon meeting her match in person was shocked to find he was white because she had never dated a white man and would not have done so if not in this type of situation. What seemed like it could be a large hurdle, turned out to be an opportunity to have some meaningful conversations in the show. Interspersed with the more substantial content was a lot of drama, dull conversations and wine chugging.

One of the more dramatic aspects of the show was when one participant revealed they were bisexual and had dated men in the past. While it is hard to say exactly how things went down, like on most reality shows, both sides handled this badly and it was uncomfortable to watch them being so immature.

Overall, some couples seemed strong and mature while others seemed likely to fizzle out when the cameras turned off. If wondering if it is worth it to spend 11 hours watching all the episodes of "Love is Blind," for those who love drama and the "Bachelor," absolutely. However, for those hoping it would be a more wholesome romantic tv show, perhaps they should pass.

Finals Week Speech

Poem by Gloria Rose

It's the final countdown,
final call
Final soft thud of my head against the wall
Full throttled abstention
Just one week to go
I'm google over-drive
And it's starting to show
Click "Done"
"Exit Meeting"
Yes, i'd like to "Finish&Submit"
It's not you monitor,
It's me
But i'm calling it quits
We ought to stop seeing each other
Take a little time apart
Nature's been flirting with me
And I think there's a spark
Next,
I'd like to address the class,
All you capital letters
And voices
And jokesters in the chat
It saddens me to part our paths
I hope to see you around town
Then again,
I probably already have
I'd like to give an honorable mention to breakout room #9
Together we have been through so much
I will miss you all dearly,
I don't think I will ever again
share my screen so sincerely
Oh and just to get ahead of things,
A little PSA
For the foreseeable future,
No.
My google calendar is not up-to-date
So hold onto your zoom links
The jamboard can wait
I have a date with fresh air and
I'd hate to be late



Story and photos by Sydney Brown

Pasta elevates to the next level when making this meatless, ever so tasty baked ziti at home. With two different cheeses, a layer of veggies, nutty pesto and creamy alfredo in its mix, it can satisfy the deepest carb craving. Watch out Maggiano's, because this pasta packs a flavorful punch.

Ingredients:

1 box of ziti noodles
1 cup alfredo sauce
¼ cup pesto sauce
1 cup ricotta cheese
2 eggs
2 cups parmesan cheese
8 ounces of spinach
½ cup cherry tomatoes, chopped
½ cup green beans, chopped
3 cloves minced garlic
⅛ of an onion, diced
2 tablespoons olive oil
Dash of oregano
Dash of parsley flakes
Salt and pepper to taste

How to make:

Firstly, boil a pot of water and add in the ziti noodles. Cook until tender, strain and set aside. In the meantime,

prepare the egg mixture and veggie layer of the dish.

To make the egg layer, mix the eggs with the ricotta cheese and one cup of the parmesan cheese. Once fully incorporated and glossy, set aside and begin making the veggie layer.

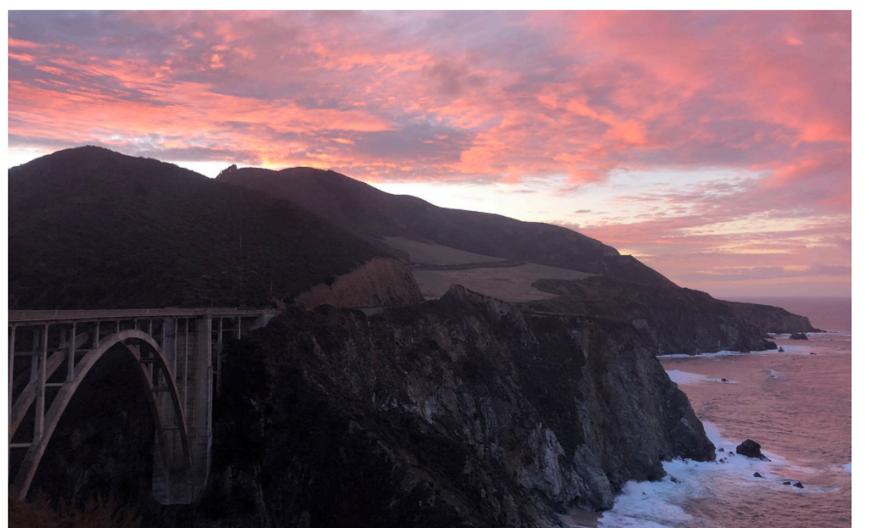
To do this, add olive oil to a saucepan on medium heat and add in the garlic and onion. Let them ruminate for a few minutes. When they start to soften and brown slightly, it's time to add in the tomatoes and green beans.

Let those sautee for about five minutes and toss in the spinach. While the veggies are cooking, add in the spices and salt and pepper. Cook until the spinach is a deep green color and has shrunk in size significantly, then set aside.

Once the veggies are done, grab a casserole dish to begin layering the ziti. Add in half of the cooked pasta, half of the alfredo and pesto and all of the egg mixture. Next, add the rest of the pasta and sauces, then top it off with the remaining one cup of cheese.

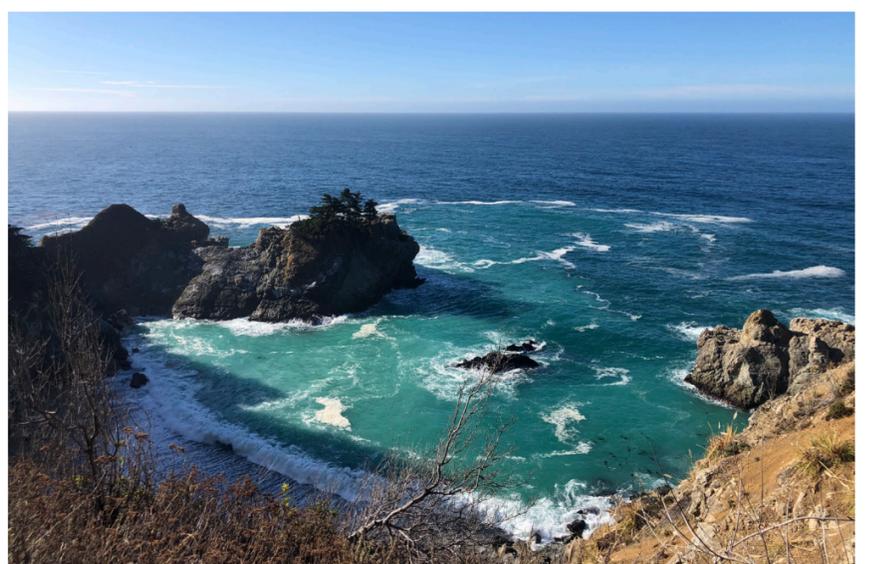
Place the ziti in an oven at 350 degrees for 40 minutes, or until the cheese on top begins to bubble. Let it cool for a few minutes, serve and enjoy!

Big Sur



Poem and photos by Sydney Brown

A true meeting of heaven and earth
mother wind kisses your face with purity
the woods remind you, you are vulnerable
on 1, everyone is a little more human.



12.14.20

thelutrinae.com

The gift of giving



Story by Cassidy Ulery
Photo by Melony Mishler

The holidays can be stressful and expensive. From families, coworkers, friends and significant others, the act of gift giving can tally a bill that breaks the bank. But it doesn't have to be that way. Instead, making homemade presents is a fantastic way to relieve stress from finals. These gifts are thoughtful, enjoyable and recreatable for all budgets.

Beeswax Candles:

Who doesn't love filling the room with the aroma of vanilla, apple cinnamon, balsam and spiced cider?

Candles compliment a relaxing ambience and are a neutral idea for any type of gift.

The problem with conventional scented candles? Normally made with synthetic fragrances and paraffin wax, breathing those in can be as toxic as second-hand smoke or the fumes from a car. Eliminate the fear of artificial fragrances polluting the air of loved ones and do-it-yourself. Using all-natural beeswax and essential oils, these candles are versatile and perfect to make for year-round gifts.

Ingredients:

1 16 oz bag of beeswax pellets
6 4 oz jelly jars
Wicks (cut to length)
1 Tbsp essential oil (scent of choice)

Optional: organic items to embed (lavender, rosemary, pine needles, etc)

Tools:

Wooden skewer for stirring
Double-boiler pot (filled with few inches of water)
Electric heat source

Start by placing the wicks in a jar, holding in place with a clothespin or pencil. Heat the beeswax in the double-boiler pot on the electric heat source over medium heat from 10 to 15 minutes.

Carefully stir the wax with the wooden skewer and pour the mixture into the jars, leaving some behind. Adjust the wicks as necessary, add organic items if desired, combine essential oil and let harden.

Once the wax has completely cooled and settled into the jar, some may sink near the wick and require the leftover wax to be reheated, filling the jar to the edge. Lastly, trim the wick to approximately ¼ of an inch for a long-lasting, non-sooty burn.

Assorted Treats Box:

Fellow foodies unite. The act of giving homemade treats shows the time and love that went into baking, melting, molding and dipping candies and sweets suitable for all ages and dessert is the main star of the evening.

During the holiday season, indulging in the sugary delight of gingerbread, thumbprint cookies, caramels, hot chocolate, chocolate chip cookies, sugar cookies and candy canes is almost an unspoken rule in society. Make it fun and delicious by recreating family recipes or finding new ones to follow, bag the delectables in festively decorated cellophane treat bags and add to gift boxes with paper confetti to safely share the spirit.

Switch up the traditional hot chocolate route and opt to make hot chocolate stirrer sticks sprinkled with tiny marshmallows or crushed peppermint. Using smaller cookie cutters, opposed to the classic gingerbread man, can save room and maximize the dough.

Assorted treat boxes can be personalized and crafted to meet the sweet tooth or sour needs of each individual. If baking isn't your speciality, the treat box can be reimaged to include popcorn, peanuts, pretzels and trail mix. Bath bombs, handmade soap, lotion and sage are soothing non-food related box-filler ideas.

“Big Mouth” season four is slightly woke and hilarious

Story by Sydney Brown
Screenshot by Sydney Brown from Netflix

Fit with penis jokes, iconic fourth wall breaks, dreamscapes and lots of singing sequences, “Big Mouth” season four continued to develop an outrageous comedy about the trials and tribulations of the average adolescent. The new season presented its beloved main characters with new - yet still hilariously awkward - hurdles to jump through on their journey into eighth grade, all while creating a discourse on social justice, mental health and budding sexuality.

The animated series centers around the students of Bridgeton Middle who experience the cringiness of puberty, whether that be formed by periods, irrational horniness or anxiety about the hardships of existing. Some characters are visited by their infamous hormone monsters, who advise them on what to do when going through changes (que the “Big Mouth” theme song, please.)

Season four invited more fictional monsters to the forefront such as the anxiety mosquito and gratitude toad, adding to the story arches of Nick, Andrew, Jessie, Missy and their friends.

Nick Kroll is the mastermind behind “Big Mouth,” and created the Netflix show to debut back in September 2017. “Big Mouth gives zero fu***,” Kroll said in an interview with Esquire, and it's safe to say season four definitely stayed true to that statement.

The first three episodes of the season are set in a sleep-away summer camp, effortlessly threading together with season three's ending, into a world of grotesque jokes about constipation and barf, among many other traditionally inappropriate topics.

The new setting was fun and optimistic, but lacked some laugh-out-loud scenes. On the flip side, new transgender character Natalie came to camp who was voiced by Josie Totah who is a transgender woman herself. Also, comedy heroes Seth Rogan and John Oliver make appearances in



Connie the Hormone Monster makes a grand entrance.

the three summer camp episodes, exciting audiences with some legendary cameos.

Keeping with the theme of great role assignment, season four episode nine features a new voice actor for the adorable and ultra-awkward Missy. Black actress Ayo Edebiri took over for previous white actress Jenny Slate, who stepped down from her role “to make room for a black performer” in June, according to The Independent.

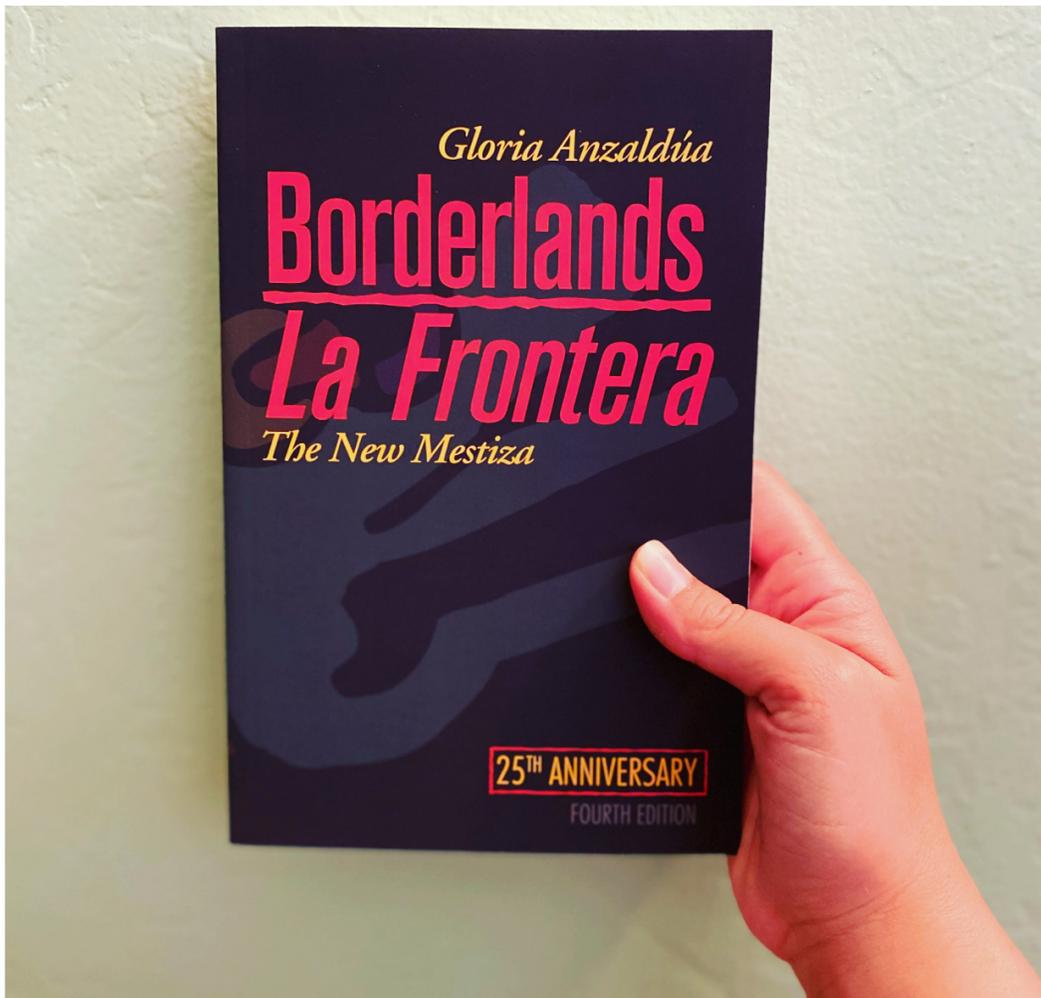
The show's storyline also accounts for this as Missy breaks the fourth wall to disclose Slate's discomfort in playing a Black character. Additionally, Missy begins to notice her color in season four, deciphering her own idea of what it means to be a biracial Black girl in a predominantly white middle school. (Check out episode five to experience a musical number on code-switching.)

Throughout almost every episode, the newest creature Tito the anxiety mosquito visits Nick and Jessie when they struggle to be vulnerable with others. Embarrassment, negativity and shame are traits that carry from adolescence into adulthood, offering viewers a chance to reflect on their own feelings of stress and nervousness, which is especially necessary amidst COVID-19.

Despite covering many story elements, the 10th episode beautifully ties up all loose ends and plants a few seeds for the plotline of season five. “Big Mouth” season four was a funny and socially relevant installment of the satire, poking fun at middle school shenanigans to make light of the dark points of preteenism.

Book review of Borderlands/La Frontera by Gloria Anzaldúa

Vivlio Talks



Story and photo by Cassidy Ulery

Anzaldúa transforms the literary world with her groundbreaking, dual language book that highlights the Latinx experience through the eyes of race and identity. Written as a semi-autobiography, Anzaldúa combines her first-hand experiences with essays and poetry which opened the door for personal narrative journaling in professional novels.

Her legendary work is often cited within feminist theories and is highly recommended for readings appreciating Indigenous cultures. This read is necessary for eye-opening discussions and allows for the understanding of situations not lived directly by the listener.

“Borderlands/La Frontera” connects the borders that divide society and reimagines a world of acceptance and wholesome reflection of attitudes and perspectives.

Even though Anzaldúa wrote this book in 1987, the teachings learned from her memoirs are applicable in today’s times. This book is empowering, transforming and celebrates the cultural beliefs of individuals, regardless of ‘borders.’

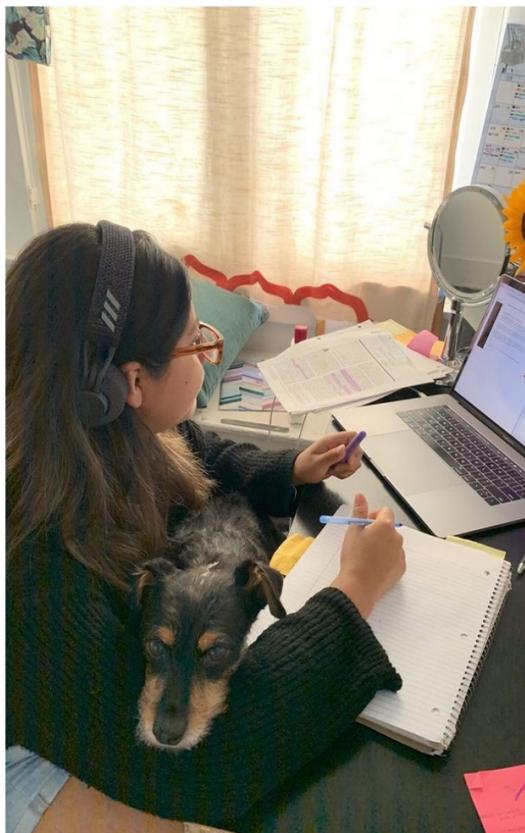
How have your pets helped you get through the pandemic?

Otter Chatter by Anna Stubler



Stephanie Agudelo
Business
Fourth-year

“Pets help me cope with stress, like my dog Teddy, and my boyfriend’s cat has made class more distracting but also way more fun because there’s a cute cat next me.”



Lesly Morales
Humanities and Communication
Fourth-year

“My doggy kept me company through it all. She was the best study buddy/emotional support.”



Melissa Vezard
Marine Science
Third-year

“My pets help me to relax”

Photo contest winner!

theme: festive
Calvin Norwood



Letter from the editor

Dear Readers,

Thank you for all your interest and support over the semester.

The Lutrinae will be taking a brief hiatus over the course of California State University, Monterey Bay's (CSUMB) winter break and will pause production until late January at the start of the spring semester.

I am extremely proud of The Lutrinae's teamwork over the semester. Under the restraints of virtual learning and the pandemic, our writers remained inspired, prevailing to create valuable and insightful content. The newsroom was able to create news, columns, surveys and more for the enjoyment of all Otters, and we are excited to continue doing this in 2021.

I also want to thank readers for their time and interest. Student participation in the weekly photo contest, Otter Chatter and with commentary in our articles enriches the newspaper and is a fun, collaborative way to connect to the CSUMB community.

As The Lutrinae continues to adapt to the online school year, please reach out to us with any comments, concerns, story ideas or submissions that may be of interest to Otters. Readers can do so by visiting our about page at thelutrinae.com to contact the team or send a letter to the editor, as well as submit personalized work.

Amidst this stressful point in time, be kind to yourself, and to others. I hope the winter break is gratifying, relaxing and fun for all.

Have a great break,

Sydney Brown



Can you unscramble these cooking-related words to reveal their true meaning?

mannonic

damomcar

mehyt

moserary

agnoero

mincu

eags

leysrap

acneney

idll

Cinnamon,
Cardamom, Thyme,
Rosemary, Oregano,
Cumin, Sage, Parsley,
Cayenne, Dill