

# the Lutrinae

CSUMB Student-Run Newspaper

Feb. 15, 2021



Story by Anna Stubler  
Illustration by Elke Windschitl, photo by Nicole Freeman

“Graceful, magical, mesmerizing!”

This is how long-time volunteer Joanne Garden described the jellyfish at the Monterey Bay Aquarium (MBA). Garden is not alone in her awe of the institution, or the flora and fauna that call it home. Volunteers describe the aquarium the way a young child describes Disneyland: it’s a magical, inspiring place where they feel at home.

Garden started as a volunteer in May 1984 before the Aquarium opened in October of that year. She recalled the dive program starting small, but the aquarium quickly realizing the potential of divers to connect with visitors.

The aquarium started having volunteers like Garden narrate feeding times using a special mask equipped with a microphone.

“[I] wonder how many visitors remember placing their hand against the window of that tank with a diver’s hand on the inside? That was fun, when it happened,” recalled Garden.

The captain of the Tuesday A dive team Alice Bourget remembers seeing a feeding show the first time she visited MBA. “I was a young diver (back then) ... I applied to be a volunteer diver within days.”

Some of MBA’s most beloved attractions include the sea otter and penguin habitats, jellyfish room and the towering kelp forest. Bourget and Garden helped maintain the kelp plants, which needed constant maintenance. They grow an average of about four inches a day and require weekly underwater gardening by scuba divers who untangle and trim the fast-growing plants, according to the aquarium’s website.

The aquarium utilizes passionate volunteers in many areas, not just for tank diving.

“Volunteers are kind of like the ambassadors for the aquarium,” said volunteer Laurie Dixon, who also works at California State University Monterey Bay (CSUMB) as a lead analyst in budget and planning. “We’re the ones that help interpret the exhibits.”

Dixon was a member at the aquarium before she became a volunteer. She first fell in love with the aquarium when she moved to California and her friends who volunteered convinced her to conduct a volunteer interview to join them. She was accepted into the program and said, “It’s really become a happy place for me.”

Volunteers outnumber paid staff by over 2 to 1 with about 1,200 total volunteers, according to the aquarium website.

“Volunteers are involved in nearly every nook and cranny,” said Garden. “It is a symbiotic relationship.”

While most volunteers are not currently able to be at the aquarium in person, they remain connected to the community which is “a family type culture,” according to Dixon.

Few volunteers are allowed back onto the MBA premises to help maintain exhibits. But with plenty of volunteers stay involved virtually, eagerly awaiting the aquariums reopening. MBA Director of Volunteer Engagement Laraine Lomax explained guide or docent volunteers continue to attend the virtual classes or enrichment sessions via Zoom. Classes contribute to “maintaining a sense of community during the closure,” she said.

The volunteers at the aquarium are not only passionate about what they do, but they are also passionate about the community they create and the aquarium family.

Former MBA employee Drew Morgan stepped down to become a volunteer diver, switching to a volunteer to work as the diving safety officer of his alma mater, CSUMB. He enjoys the familiarity the volunteer cohort brings him.

The best part of the aquarium is “the dive operations staff, they are still some of my best friends and [I] collaborate with them often both personally and professionally,” he said. “The vibe is very family-like ... birthday cards are always remembered, treats (are) baked and packed up for enjoying during pre-shift meetings and gathering outside of the aquarium (is common.)”

The Monterey Bay Aquarium is not only unique because of its large and eager volunteer base.

“The location largely drives the uniqueness of the place,” said Morgan. It is “a regional aquarium, meaning it showcases the habitats and ecosystems found just off its back deck.”

According to the aquarium website, about 1.8 million visitors pass through its doors each year. Morgan noted that “guests com[ing] in droves ... to see the brown, slimy giant kelp on exhibit is quite amazing.”

Local students at CSUMB share Morgan’s enthusiasm for the opportunity to experience the aquarium. “There are CSUMB students working and volunteering in almost every department at the Aquarium,” he said.

He added that many students come to CSUMB because of its location near the aquarium. “It is a place that many of our students visited as a child and it made such a large impact on them that they decided to be a part of it in their intellectual pursuits.”

Many children see ocean life for the very first time when visiting MBA. Volunteer Dixon said young visitors are big components of making MBA a joyful place. She

enjoys “the enthusiasm when a kid sees the sheephead swim by,” and being able to share her knowledge with them.

Dixon was at the aquarium right before it shut down. She said losing weekly trips to MBA has been difficult and she misses seeing the animals and her friends.

“[The aquarium] is a magnet to people near and far to want to come experience the display and beauty and drink in the knowledge of these many beauties from the aquatic world,” Dixon said.

The aquarium also supports the local community economically, providing jobs and revenue for tourism. There have been reports of \$55 million in revenue loss since the shutdown, according to the KION news station in Monterey County.

Bourget is currently volunteering in the dive tanks. She said some volunteers who take care of the exhibits and animals have returned after a break, while others are still waiting to come back. The aquarium has not set a date for when all volunteers can return nor when it will reopen.

Plans to reopen rely on county guidelines and steps for reopening will include safety procedures like a directed path through the aquarium in smaller groups instead of allowing guests to roam.

“In time, there is great hope for a full recovery back to the glory and excited business of having crowds of excited visitors filling the areas inside this incredible institution of discovery of our world’s oceans,” said Garden.

While the near future of the aquarium reopening is uncertain, its volunteers look positively to the impact it will continue to make when it does.

“It is my hope the aquarium can positively influence counties, states, our country and other nations to pay much needed attention to environmental issues and caring for our planet and oceans,” said Garden.

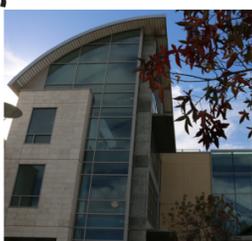
Morgan sees an increased collaboration between the aquarium and CSUMB in the future and likeliness guests will help to “spread the ocean stoke that is so strong here along the Monterey Bay.”

“The aquarium has shown that a facility like an aquarium can also be a policy influencer, conservation champion, research facility and more,” said Morgan. “It is so much more than an aquarium.”

CSUMB students or community members that are inspired to join these passionate volunteers once it is safe to do so can go to <https://www.montereybayaquarium.org/join-give/become-a-volunteer> for more information about the volunteer program.

## Words from CSU Chancellor

Chancellor Castro addresses the future of the CSU.



Page 3

## Pesto, Please!

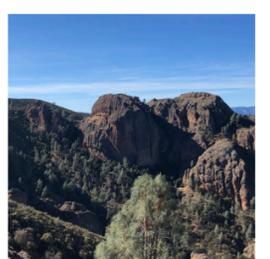
Cooking with CSUMB teaches a fun, simple recipe.



Page 4

## Pinnacles National Park

A creative work relishes escaping the city.



Page 5

# Welcome nature, respectfully

Story by Breanna Peterson

Graphic courtesy of CSUMB Recreation, photo by Sydney Brown

Outdoor Recreation held their first Lunch n Learn event - an introductory course for new nature-goers - of the spring semester on Feb. 10. The organization's informational session listed tips and tricks to making the most out of any experience outdoors.

Facilitated by students Lauren Wild, Emily Tate and Kaci Turpin of California State University, Monterey Bay's recreation team, this talk was full of valuable information, starting with an explanation of the Leave No Trace principles.

Wild said this principle contains a set of guidelines to ensure one can enjoy the outdoors responsibly and ethically. There are seven principles in total, which include disposing of waste properly and respecting wildlife. A helpful phrase to remember is "pack it in, pack it out," which essentially means take everything you brought to your outside trip back to wherever it came from. This includes trash, menstrual products and even organic waste - littering any of these items in nature can do great damage to wilderness ecosystems.

There is a misconception that it is permissible to leave food waste such as banana peels and apple cores because they are compostable. A good way to think about it is to decide whether the food scraps in question naturally exist in that environment. More often than not - they don't. Banana trees don't grow in Big Sur or Pinnacles and are not suited to decompose the fruit.

Leave No Trace principles aim to influence nature-goers to leave their campsites with no evidence that they were there. Another important tenet of Leave No Trace is to leave the plants and all that surround them - like rocks, soil and small critters - where they were originally found.

It is also recommended not to camp too close to a trail in

order not to block the path. While on a hiking trail, uphill foot traffic has the right of way. This is because walking uphill is more difficult, and uphill hikers should be able to continue their momentum.

Outdoor Recreation also touched on barriers to the outdoors. They mentioned that many people refrain from going outside because they feel intimidated by the overrepresentation of the white, wealthy, able-bodied depiction of outdoors people, but nature was made for all to enjoy.

Also included as a barrier is the misconception that one needs all the updated gear. Turpin cleared this up by saying that there are a few recreational items that should be invested in and purchased new, primarily life-saving equipment such as rock climbing harnesses and helmets. Aside from safety equipment, most things can be used, borrowed or rented. Hiking boots are recommended but not required. Outdoor Recreation even rented out such equipment, with tents and camping stoves available before the campus closure due to COVID-19.

The folks of Outdoor Recreation had some great hacks for planning a successful camping trip. To keep warm in a chilly tent, Wild recommended filling up a Nalgene

bottle with hot water and storing it at the bottom of your sleeping bag. Vests, beanies and wool socks which are not only great for hiking, but also for keeping warm, were recommended as well.

A thick pad can be placed under a sleeping bag to offer more insulation to a tired camper. In fact, the temperature gauge for sleeping bags is most accurate if they are used alongside a sturdier pad. Thin foam pads are the least insulating.

Turpin also had a safety hack of wrapping duct tape around the bottom of a wide water bottle. That way, nature-goers have tape on-hand in case of emergency and it doesn't take up any more storage space.

The best way to get outdoors is just to get out. It helps for new recreationalists to start small by utilizing local trails. One is not required to be an expert in nature activities in order to enjoy the outdoors.

This talk was informative, helpful and engaging, granting a great introduction to lead people to the outdoor enthusiast lifestyle. For a calendar of Outdoor Recreation's upcoming events, visit [csumb.edu/recreation/outdoor-recreation](http://csumb.edu/recreation/outdoor-recreation).





## OUTDOOR RECREATION

### Intro to the Outdoors: Checklist

Suggested gear	Get outside!
<p>Depending on the activity, not all of this gear will be required! To make the most of your adventure, consider bringing some of the following items.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Backpack</li> <li><input type="checkbox"/> Water bottle (hydrate!)</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Binoculars</li> <li><input type="checkbox"/> Snacks!</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> A sturdy pair of shoes</li> </ul>	<p>See how many things you can check off!</p> <p>Take some pictures and tag us on Instagram (@csumb_recreation)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify a local bird</li> <li><input type="checkbox"/> Pick up some trash on the trail</li> <li><input type="checkbox"/> Explore a new park</li> <li><input type="checkbox"/> Practice identifying local flora</li> <li><input type="checkbox"/> Your favorite color</li> <li><input type="checkbox"/> Sketch/journal in the park</li> <li><input type="checkbox"/> Connect with your five senses</li> <li><input type="checkbox"/> See how many <a href="#">LNT Principles</a> you can practice</li> </ul>



 CSUMB\_RECREATION  
 CSUMB.EDU/RECREATION

## 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.

Vol. 4, Issue 14

### The Staff

**EDITOR-IN-CHIEF**  
Sydney Brown  
[editor@thelutrinae.com](mailto:editor@thelutrinae.com)

**PRODUCTION MANAGER**  
Arianna Nalbach

**ASSISTANT EDITOR**  
Cassidy Ulery

**WEBMASTER**  
Anna Stubler

**STAFF WRITERS**  
Emma Garcia  
Breanna Peterson

**ADVISER**  
Sara Gobets  
[sgobets@csumb.edu](mailto:sgobets@csumb.edu)

**OPERATIONS MANAGER**  
Monica Conner  
[mconner@csumb.edu](mailto:mconner@csumb.edu)

### Contact

**OFFICE PHONE**  
831.582.4066

**GENERAL INQUIRIES**  
[thelutrinae@csumb.edu](mailto:thelutrinae@csumb.edu)

**ADVERTISING SERVICES**  
[advertising@thelutrinae.com](mailto:advertising@thelutrinae.com)

**MAILING ADDRESS**  
Wave Hall  
100 Campus Center,  
Seaside, CA 93955

**WEBSITE**  
[www.thelutrinae.com](http://www.thelutrinae.com)

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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.

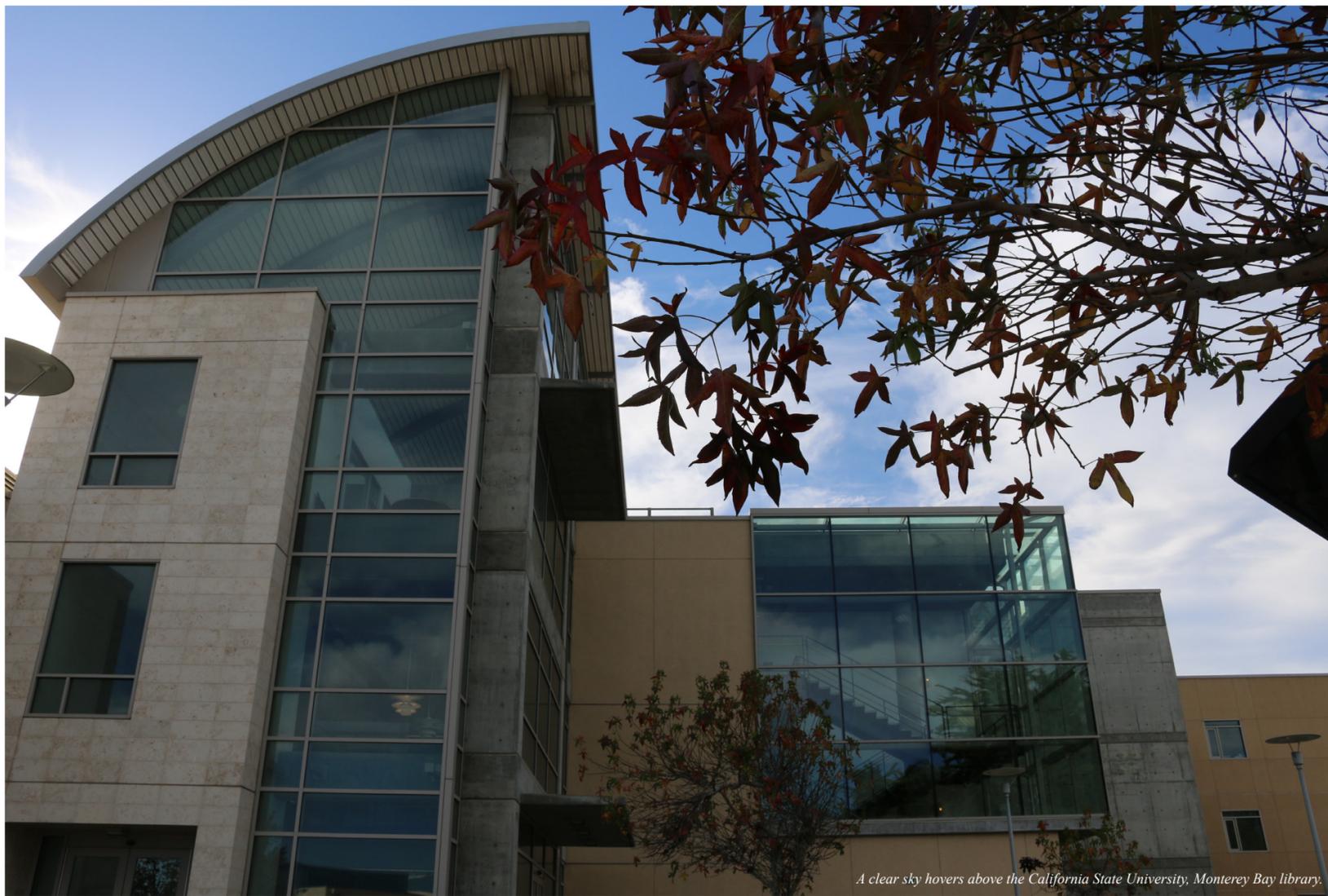
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## CSU future is envisioned by Chancellor Castro



*A clear sky hovers above the California State University, Monterey Bay library.*

Story and photo by Sydney Brown

As the pandemic strings along, the wheels of the California State University (CSU) keep on turning. With thousands of people enrolled in classes all across the golden state, virtually every county inside of it has affected students, each of them wondering what is next to come of their learning experience.

Back in December the CSU announced Fall 2021 is anticipated to be held in-person, but details on safety rules and regulations for the return were still undeclared. To answer questions regarding specific processes for students who will attend CSU's in the fall, CSU Chancellor Joseph Castro held a press conference on Feb. 8, answering student inquiries to the best of his ability.

The reign of COVID-19 points to an uncertain future. Depending on the number of cases or available vaccines, safety measures can fluctuate at any time. This is no different for the CSU system, Castro explaining all current plans are based on the most recent information provided by health officials, such as long-term physician Dr. Fauci. This means there were no absolutes discussed during the press conference, aside from Castro's commitment to helping students and staff live as healthily as possible.

"First and foremost - and I think most appropriate - is to ensure the health and safety of all of our students, faculty, staff and communities, and continue to focus on ways in which we can do that and support your continued success in meeting your educational goals," said Castro at the start of the conference. "Our plan to continue that commitment (of hosting in-person class in Fall 2021) and plan to have a majority of courses in-person in the fall if health conditions allow for that."

He continued to note the return to campus will vary across each university in the CSU system and will be constructed according to a university's local safety measures. It is a possibility each of the 23 campuses may have a different approach to the return.

Castro also assured if the return becomes infeasible in the future because it cannot coincide with the COVID-19 precautions of that time, he will communicate that change to students and employees. As for now, the return is scheduled for fall and Castro has heard from Dr. Fauci that "it's appropriate to plan in this way."

Equipped with large parking lots or open spaces, several campuses are fit to work as mass drive-through vaccination sites, Castro noting that 13 of the CSU's are already welcoming frontline health workers to receive their first round of the mRNA vaccine. He anticipates this trend will extend to more universities within the system.

It was clear that Castro would like to make the vaccine as accessible as possible for all CSU students and employees, but did not state whether having a vaccine will be required or not when folks head back to campus in September.

"The focus right now for the CSU is to get as many vaccines as possible in our communities and to inspire our students, faculty and staff to get the opportunity to get vaccinated," he said.

The chancellor said he'd like to work with the University of California system and California community colleges on a marketing campaign to influence folks to do so. He acknowledged that some members of the CSU community might not choose to receive a vaccine and said he is "going to respect that," still obtaining the main goal being to "inspire participation."

Aside from vaccines, Castro anticipates there will be social distancing and safety equipment precautions - such as mask-wearing - during in-person classes across the 23 CSU's. He said each CSU will continue to adhere to their county's health recommendations.

Another element of returning to campus during a pandemic is that not everyone may want to come back to the fairly-populated environment. If students or employees live with at-risk family members or simply are not comfortable jumping back into society, in-person classes could be daunting. Castro clarified individuals taking those precautions will not be reprimanded or forced to step foot on campus:

"I know that each campus is going to accommodate that interest (of staying back home.," he said. "It's a time to be flexible and reasonable and compassionate, and that's how we'll process in the fall as well."

Another large organism in the university ecosystem is student housing. Usually, there are thousands of students residing on each CSU campus, but it is unclear that this will be the case in Fall 2021. Housing regulations, like all CSU return plans, will be based on local health concerns, meaning the system as a whole doesn't have a single, set plan for housing arrangements.

"It's going to depend on how the local circumstances are ... each campus is going to look at the environment in which they're working and make determinations about [housing] and do our best to keep people safe," Castro said. "I think that we're going to be very thoughtful about our consultation with county public health directors and their experts there as well as with the campus community before making those decisions."

The same process of decision-making goes for CSU sports teams and clubs, with all choices on athletics participation depending on the chancellor's conferences with each university in the system. Centralized on local health concerns, individual CSU's will converse with Castro and other CSU officials to finalize sports precautions in the upcoming future.

Despite much of the framework for the Fall 2021 return relying on county health information, Castro anticipates at least 50% of CSU classes will be held in-person at that time. Hybrid courses will be available and more online courses will be offered in Fall 2021 than in the years before the hit of COVID-19.

Along with much discussion on the pandemic's coexistence within the CSU system, Castro also spoke on the CSU's ambition to fulfill its 2025 graduation initiative, also known as GI2025.

Castro described GI2025 as an "ambitious and bold" plan to enrich the CSU system in the next few years, which hopes to raise graduation rates by offering better resources to students. Within the plan, his main focus is to address equity and diversity concerns across the CSU to create a better environment for the entire CSU community.

To "eliminate" the "very stubborn" equity gaps that target underrepresented students, Castro said the CSU will "look at the ways that [it has] been successful already and to try to identify additional strategies that will help us to meet our graduation rate goals and to close those equity gaps, also noting he "anticipates [the CSU] will do its work quickly."

Making GI2025 come to life requires additional state and federal funding. Castro said the CSU is "aggressively" advocating for general grants and relief funds and hopes to restore the \$299 million in government funding that was cut last year by asking government officials for \$365 million to fund GI2025.

"It's a bold request and I am cautiously optimistic that we're going to be able to inspire our legislative leaders and government to fund it," said Castro. "We've received a lot of support so far, and we're going to need to continue to be very aggressive to make our case."

# Pesto please!

Story and screenshot by Cassidy Ulery

California State University, Monterey Bay (CSUMB) partnered with the Basic Needs Initiative program and virtually hosted a cooking demonstration of a shrimp pesto pasta recipe on Feb. 11. The tutorial was conducted as part of Basic Needs "Cooking with CSUMB," which provides budget-friendly meal ideas for hungry college students. Led weekly by CSUMB staff and faculty members, each participant has the opportunity to win \$25 gift cards, applicable towards groceries.

CeCe Chavez from CSUMB's Student Housing and Residential Life instructed viewers on how to make the healthy, simple and adaptable pasta recipe. It pairs exquisitely with whole grain, penne, spaghetti or zucchini noodles, and this scrumptious and appetizing weeknight staple can be prepared in under 20 minutes.

Chavez had some spiralized zucchini noodles laid out on a paper towel, sprinkled with a dash of salt to draw out the water, while explaining the type of shrimp called for her recipe. Using a Costco Kirkland brand of frozen, deveined and deshelled shrimp, Chavez prefers the simplicity of tossing the shrimp in a cast iron skillet with olive oil and saving the mess of peeling and discarding tails.

"I prefer to use frozen shrimp because I prefer a fresher taste," Chavez said. "You don't necessarily need to go to a seafood market to achieve that."

Chavez quick-thawed the shrimp before cooking by placing 12 to 15 frozen shrimp in a bowl of cold water for five minutes. Cold water prevents the shrimp from cooking while defrosting and is an effective, fast method.

"The cool thing about shrimp is it takes no time to cook them," Chavez said.

Seasoning the shrimp with oregano, salt and pepper, Chavez informed viewers that dashing some red pepper flakes can turn up the heat, adding a twist of spiciness. Once the shrimp have a touch of orange color in the middle, flip and continue cooking. Switching to a high heat for the last 30 seconds to a minute beautifully browns and crisps the shrimp, producing a crunch.

Basic Needs intern Misha Arnold provided viewers with plant-based modifications for the pasta dish. Incorporating extra vegetables, such as broccoli and zucchini, as well as adding tofu or chickpeas allows for vegetarian and vegan dietary options.

"You can steam vegetables in a bowl with a little bit of water, covered, in the microwave for about five to six minutes," Arnold said. "There's a lot more protein in vegetables than people give them credit for."

If using pasta noodles, boil the water and cook according to the instructions on the box. "Sometimes I test my pasta by biting a noodle," Chavez said. "If it's too chewy or too



stiff, it's not done yet."

For those who favor vegetables and 'zoodles,' add a few tablespoons of olive oil in a cast iron skillet for five to 10 minutes, depending on desired texture, and that will savorily cook the zucchini noodles.

Drain the noodles, combine with a pesto sauce of choice,

top with shrimp, spinach, tomatoes and cheese and voila! The simplicity of the recipe gives home chefs the ability to combine ingredients of choice for a delectable, healthy and budget-conscious meal.

Join "Cooking with CSUMB" to learn how to re-create tri-color quinoa with veggie stir fry on Feb. 18.

# Let's get down to business! CSUMB & Dole

Story by Cassidy Ulery

California State University, Monterey Bay (CSUMB) and the Diamond Key Program - part of the College of Business Accelerated Career Exploration for Student Success (ACCESS) - virtually hosted panelists from the Dole Food Company on Feb. 12. Speaking in areas of marketing, accounting, business and agriculture, Dole panelists provided attendees with insightful and constructive feedback useful for prospective employees, as well as an introduction to their daily life working at the world's largest producer of fruits and vegetables.

Diamond Key Program Director Susan Harker began the discussion by providing background information on the university's business resources, then introduced CSUMB Accounting Society President Sydni Andrus who spoke on the night's agenda.

"This is a multi-club event," Andrus said. "For all of our College of Business clubs have come together to bring you this first-ever annual business clubs event."

Business Club President Daniela Castillo moderated the panelists asking questions on what working for Dole is like, as well as being an active member of the agriculture

industry and the daily tasks and responsibilities each role requires. Accounting Controller Dolores Salguero-Lopez spoke on the different departments accounting oversees, ranging from operations to farming.

"We have sales, we have expenses and we need to get financials, in a timely manner, to operations," Salguero-Lopez said. "We have to make sure we are paying invoices, compiling everything on the U.S. gap and providing different reports for operations."

Working directly with a team of eight, Salguero-Lopez and her team manage accounting from the greenhouses to the spreadsheets, concentrating on Dole's FreshPak - which creates salad kits, fruit cups and more - guaranteeing financially feasible ideas for production to begin while maintaining the company budget.

Senior Project Manager of Innovation Aris Adams spoke on the quality work environment Dole creates for its employees, encouraging new ideas, supporting education and furthering knowledge and experience.

"Globally, everyone knows the brand," Adams said. "When they hear Dole, eyes light up. It's a fulfilling job to work for."

Talent Acquisition Manager Adam Johnson admires the flexibility of Dole and the advantages working for the company offers. Changing your field or passion doesn't mean the end when working at Dole, but opens the door to new opportunities.

"You don't live and die in sales, you don't live and die in HR," Johnson said. "Dole gives you the resources to switch careers and that's unique. I don't see that with many companies."

Dole prides itself on being a sustainable, high-quality company that produces environmentally safe products and continuously looks for ways to improve safety and educational standards. Engaging in nutritional dialogue and advocating for children's health, Dole leads the industry with ethical practices. Summer internships and career opportunities are available within Dole and can be found on their website.

## Hiking among the sunrise

Story and photos by Sydney Brown

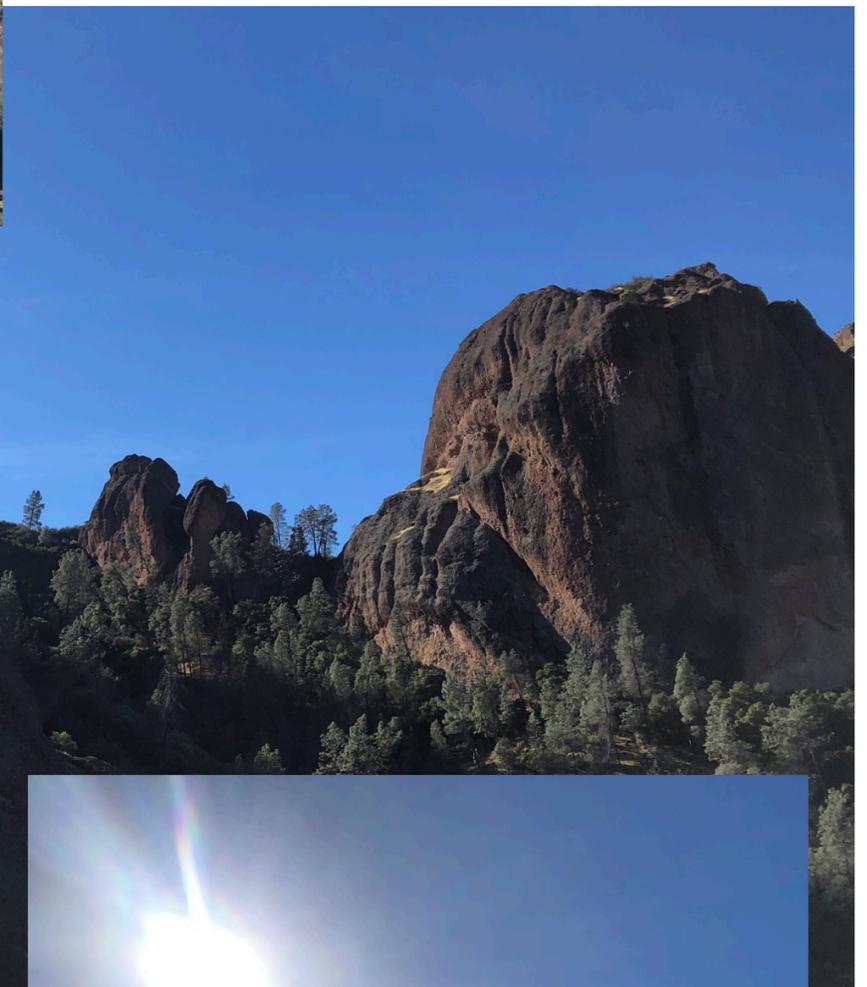
Nothing beats starting the morning outdoors, it's as if you get a chance to say hello to yourself before anyone else can - a greeting unblemished by society. In a nine to five world, mornings are typically organized for work, and when changing that commonality to instead awaken with the Earth, it makes you feel a little more human.

On a chilly January morning, I did such a dangerous thing, and packed up for an eight mile trek at Pinnacles National Park. I woke up at 5 a.m., driving into the hills instead of an office. The roads were so peaceful, winding down the countryside like a thread of ribbon, where you can't see the end until you've unraveled the string completely. Leaving so early, the only other cars I saw were farmers trucks. They blew tiny pieces of hay in my direction, flowing past my car, waving "hello!" as they went by. When I arrived at the park, the sun was still nestled behind the mountains.

On I went, starting at the bottom of Pinnacle's rocky cliffs, then making my way up to the high peaks. As I climbed, I was eye level with the tips of each mountain top and finally aware of my blissful insignificance in this universe. I, standing 4 feet and 9 inches tall on top of a peak hundreds of feet in the air, I, a microscopic dot on the map, I who make a small percentage of the bulk in the world, I am here - how lucky is that?

The weight of the world is not on my shoulders. How could I carry something so big? I have the simple duty of recognizing the world, of being polite to it and keeping it clean. That is the fee for existing, and as it is formed as an errand, it feels more like a luxury.

Hiking among the sunrise, I was able to remember what it means to embody the present. I worried less about my place in the world, focusing more deeply on how I can stand within it.



# 9.29

## 9; Cybertorture I

Poem by Adam Christian Nielsen

I round a narrow footpath  
onto a gravel road...  
there the trees have made a tunnel  
and I pass beneath the branches.

A windy day,  
with storms on my horizon...  
leaves cover the ground,  
and only few hang on.

It's late in my fall  
I can sense the winter coming...  
I feel the cold that's on its way,  
and shudder.

I see the thrashing branches,  
and the rolling leaves beneath my feet...  
staring blankly, solemn, and aside my thoughts I think:  
that silence isn't always silent.

# Insta Pot shredded chicken tacos



Story and photo by Cassidy Ulery

This quick and easy recipe is perfect for busy weeknights or when looking for a juicy, comforting fix. Requiring few ingredients and spices already commonly found in households, this indulgent meal is complete in under 30 minutes.

Calling for frozen chicken breast, fresh can be supplemented and placed on the trivet that comes with the Instant Pot Duo, in order to prevent sticking to the bottom of the inner-pot. Not a fan of chicken? This recipe's versatility allows for beef or pork to be used - just adjust cooking times as necessary.

Start by placing 2 large frozen chicken breasts in the silver inner-cooking pot, followed by a diced white onion, 1 can of Rotel diced tomatoes and green chiles, 1 packet of preferred taco seasoning, flavor with additional spices, such as garlic and onion powder, cumin, chili powder and salt, if desired, and mix 1 tablespoon of chicken bouillon

in 1 cup of water to help pressurize the Instant Pot, adding additional taste.

Once the ingredients are combined in the pot, lock the lid and turn the steam release valve towards sealing. Cook on high pressure for 25 minutes. Don't be alarmed if the Instant Pot says "on" when pressuring, as that is normal.

After the 25 minutes, the house will be filled with mouthwatering aromatics. Quick release the Instant Pot by turning the steam release valve towards venting and let the pressure pin collapse back into the valve, before twisting open the lid.

Beware of steam that may escape. Turn the Instant Pot off, then press the sautee button to burn off excess liquid while shredding the chicken. This delicious mixture can be incorporated into tacos, burritos or enchiladas. Complimenting corn or flour tortillas, garnish with cilantro, sour cream and cheese or toppings of preference and devour. Pair with rice and/or beans for a satisfying, well-rounded meal.

## Ingredients:

- 2 frozen chicken breasts
- 1 small white onion, diced
- 1 can of Rotel diced tomatoes and green chiles
- 1 packet of taco seasoning
- 1 cup water
- 1 tablespoon of chicken bouillon
- ¼ teaspoon of chili powder
- ¼ teaspoon of cumin
- ½ teaspoon of garlic powder
- ½ teaspoon of onion powder
- Salt to taste

# Analyzing COVID-19 communications

Story by Nikki Dodd

The Otter Cross Cultural Center (OC3) at California State University, Monterey Bay (CSUMB) co-hosted the Social Justice Dialogue on Feb. 10. The event started with a brief introduction from OC3 coordinator Bianca Zamora which then led into CSUMB student Jesus Orozco presenting information from the Fall Undergraduate Research, Scholarship and Creative Activity Competition.

Orozco, alongside fellow Otter Amelia Parker, delved into widespread communication and how COVID-19 was addressed throughout CSU campuses. More specifically, the two focused on how colleges were not immune to messaging mishaps - whether that stemmed from a lack of communication or another complication. They believed no plan was set to handle a global crisis or the translation of important messages being relayed throughout universities.

The pandemic has drastically changed operations. In early March of 2020 when society began to shut down, it seemed as though campuses were having a difficult time deciding when to close. Orozco and Parker's research looked at different contributing factors to communication challenges, ranging from the language the information

was in, reading level, comprehension and gender of the individual speaking to a mass of people.

Two emails were presented - Campus A, a thoughtful and personal response from a female administrator, and Campus B, a straightforward email from a male administrator that listed basic information in bullet point form - that proved to be interesting, both being a medium of communication, but setting a different tone and attitude towards students.

Circling back to real-time, speakers deliberated on the concrete communications of the CSU. At a difficult time filled with uncertainty, the question was raised as to why various emails were approached differently and why there seemed to be no language translation. All emails sent were in English. It is expected that as college students we speak and read English to be able to attend universities, however, English is not always the first or preferred language for some, demonstrating a lack of inclusivity.

Feedback was shared from students on the effectiveness of communication techniques and whether there was any confusion brought on by CSUMB officials. Unfortunately, many students recounted similar experiences, having frustrations with correspondence since March 2020.

Multiple students recalled original emails from the campus, along with back-and-forth emails to those living in campus housing. With the university being one of the last few CSU's to make a decision on transitioning to an online format, some students felt the school could have better prepared for the crisis.

Students expressed personal struggles contributing to the stresses of online learning and where they stand with classes next fall. Unfortunately, it may be too soon to tell. Some feel that the most recent email from CSUMB President Ochoa provided no substance or clear course of action and wished for more transparency from the university and CSU system.

The event concluded with Orozco reiterating the importance of relaying effective communication.

The Undergraduate Research Opportunities Center (UROC) provides information on communication which can be found on the school's website. UROC's hard work and research brings to light the need for planning ahead for situations at this magnitude on college campuses.

## Upcoming Events

### Campfire Cookin'

**Feb. 16** Making food that fuels the body is a great way to sustain energy for recreational activity. Join the recreation team at 3 p.m. to learn some nutritious, tasty, and easy to make breakfast recipes to get ready for an outdoor trip.

### Diamond Key Workshop

**Feb. 16** Otters who are seeking summer work experience can visit this workshop at 6 p.m., where a representative from the College of Business will offer tips and tricks to receive internship opportunities.

### Plan Your Intentions with La Loba Loca

**Feb. 17** This workshop begins at noon and will discuss growing herbs and vegetables to teach Otters about indigenous herbalism and the importance of gardening with how it connects to environmental justice.

### When to say no: Self Empowerment

**Feb. 17** As students grow into older adults, they may have trouble establishing boundaries and having self-discipline. To conquer these growing pains, visit this workshop at noon to gain knowledge on self-empowerment practices.

### Cooking with CSUMB

**Feb. 18** At 3 p.m. Basic Needs will lead students through a cooking tutorial, creating a dish of tri-colored quinoa with a veggie stir-fry. Whether vegetarian or not, join this event to learn more about making this nutritious meal at home.

### Writers from the Edge

**Feb. 18** Kicking off the Humanities and Communication Studies department's Writers from the edge series, Kunoichi Productions will present interactive, original work for all Otters in attendance at 6 p.m. The performance will be followed by a Q&A session.



**Introducing Otter Mail, the new pen pal program, brought to you by The Lutrinae and AS!**

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## How are you celebrating Black History Month?

*Otter Chatter* by Sydney Brown



### Nawied Amin

Business  
Second-year

"Celebrating Black History Month by posting amazing Black scientists on Instagram!"



### Darcy Burnett

Social and Behavioral science  
Fourth-year

"Teaching my 1 year-old niece about our culture."



### Zah-rah LaTour

Business  
Second-year

"Just being kind to myself."

# Photo contest winner!

theme: love

Nicole Freeman



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

tryhemcis

gingeregen

lioobgy

tionavobser

cisspyh

mentexiper

pothsisehy

vanceadtemn

cheserar

cholosypgy

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

Answers:

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

chemistry, biology,  
 physics, hypothesis,  
 research, engineering,  
 observation,  
 experiment,  
 advancement,  
 psychology