

the Lutrinae

CSUMB Student-Run Newspaper

Sept. 13, 2021

Music is life

CBSS presents Bay Area hip-hop artist Kev Choice



Story by Cassidy Ulery
Illustration by Malia Savella

The Center for Black Student Success (CBSS) and California State University, Monterey Bay (CSUMB) hosted a virtual event with Bay Area hip-hop artist Kev Choice on Sept. 9. Choice, an Oakland-based rapper, pianist and activist spoke with CBSS' Umi Vaughan about his musical experiences working with hip-hop legends, as well as working with kids in Oakland's schools and how music can be used as a form of social justice activism.

Vaughan began the event by discussing the services CBSS provides to CSUMB students such as mentorships, supplies for academic success and resources for conducting research. This event kicks off CBSS' first installment of the Katherine Dunham African Diaspora Art Series for the semester.

After giving a brief introduction of CBSS, Vaughan introduced Choice, while he opened the event with a live performance of his song "Countin Blessings."

"Countin Blessings" is a dedication to one of Choice's former students that was tragically killed while studying at the University of Southern California.

"I was feeling a lot of pain, but we still have to count blessings," Choice said. "We have to live on. The people that we lose, we have to live on in their memory and keep pushing."

Choice's fascination and introduction to music began when he was child, his exposure to the church choir and music that his family or neighbors were playing intensified his musical passion. Growing up in Oakland, Choice was often listening to Too Short, Prince, The Beastie Boys and Run-D.M.C.

While in school, Choice had the opportunity to take a music class and his love for the piano was born. In the seventh grade, Choice took formal piano lessons to further his training and artistic skills.

Lyrical verses came natural to Choice who, under the guidance of his uncle, was taught how to write bars. Choice began writing poetry and putting it in bar form for rap verses.

"At the junior high age, I was around a lot of cats and we would just be rapping," Choice said. "We saw who was who, you rap and you do music. We all started hanging out with each other."

Choice furthered his musical repertoire in high school, ciphering lyrical verses every day after each class period. Working on beats and freestyling with other classmates and friends was something Choice took pride in. "We would jump on the bus and freestyle battle anybody," Choice said. "That was the culture back then. It was all fun, but competitive for sure."

After high school, Choice made the move to New Orleans for college, where he often participated in the underground rap scene - reminding him of home back in the Bay Area. Upon completing his bachelor's degree, Choice began his graduate studies in Chicago, where he formed influential relationships and began implementing the soul music style of Chicago into his own practices.

"Hip-hop introduced me to jazz," Choice said. "To me, the connection of the music is the Black diaspora - it's music from our culture, it's music from the streets, it's the music from our people and it helps tell our stories and express ourselves."

Throughout his music career, Choice has traveled to Europe and worked with various artists from Lauryn Hill to Mos Def.

"Trying to stay true to my vision and pushing through is a daily challenge," Choice said. "When you believe in yourself and the intention of what you're doing, then you push through all obstacles."

As an independent artist, Choice values music and the space it creates for collaboration. Travelling and

interacting with people from other countries, Choice has been able to recognize his own privilege, as well as break down barriers and stereotypes.

Using music as a platform to give voices to the oppressed, Choice finds it his civic duty to inform others of key issues plaguing the country such as police brutality, lack of voter awareness, education and housing crises and violence within his own community.

"If you have a platform, that is an opportunity to speak up for something," Choice said. "If I was out here struggling to survive, I would hope someone would speak out for me and that would encourage me to speak out - that's how you start a movement."

Concluding the event with a live performance of "That Life," Choice reflects on the experiences and opportunities he has been granted from music, utilizing music as an outlet for self-expression and activism.

"It's all about being influenced by where we are and where we go," Choice said.

Choice will be releasing a video of his work with the San Francisco Symphony across all digital platforms on Sept. 24. Choice will also be performing in the Bay Area on Oct. 1 at Oakland's jazz venue Yoshi's.

Leaving viewers with the advice to have faith and develop spiritual connections - not necessarily pertaining to religious beliefs - Choice finds that having a strong sense of self and spiritual connections are crucial for moving past adversity.

"When you remember that power and divine connection we all have, I feel like there's anything that you can get through in life," Choice said.

CBSS will be hosting a "Black Money Matters" event on Sept. 23 with financial coach Byb Bibene. Bibene will be giving Otters helpful tools on how to make effective money decisions.

SCC Updates

Sports Club Council addresses safety plans for an in-person comeback.



Page 2

Wildlife Conservation

Students discuss endangered species.



Page 4

Monte's Mindfulness

Tips for testing success.



Page 7

The SCC's resocialization plan



The women's rugby team poses for a picture after their first fifteens game in October 2019. The rugby team is one of the sports clubs affected by the new policies.

Story by Daniel Gallo
Photo courtesy of Fernanda De La Cruz-Reynoso

While athletes eagerly wait in the wings, the Sports Club Council (SCC) is working hard, taking actions that weigh safety risks, student experience, and the reestablishment of team communities on campus.

A new phase system for clubs aims to bring players back into action. The SCC is basing its procedures on proven return-to-play plans from institutions around the country.

Daily self-checks, mandatory mask usage and distancing, unless impractical, will be present for the remainder of the semester. Competitions remain prohibited for low, medium, and high-risk clubs during the remainder of the month. High-risk clubs must also comply with the travel ban that concludes on Oct. 1.

Although many restrictions conclude in the third phase that begins next month, leaders must submit event, travel, and practice scheduling requests for approval.

Timothy Collins, the Senior Coordinator of Recreation, began phase system production by contacting a colleague from the University of Tampa, a private school that remained open during the pandemic. Learning from their experiences in recreation during that time provided a blueprint for the SCC.

Collins and his team looked at additional models for handling sports clubs this year, examining The United States Olympic Committee for rugby, NCAA's protocols for volleyball and replicating models of success with a layered approach.

Josh Mueller, the Sports Club's Assistant, defined the SCC's strategy.

"We gathered information from any governing body that was relevant to our club sports," Mueller said.

Providing a direct communication chain has been instrumental in restoring these communities, delivering updates to student leaders and clarifying deadlines. Without proper networking, campus clubs will suffer.

Emma Borrelli, the SCC Secretary, explained how she addresses communication.

"Our goal is for all the clubs to succeed," Borrelli said. "I like to make myself available, trying to bridge the gap of communication between the clubs and the SCC."

Satisfying the needs of sports clubs and the university is one of the council's most significant challenges. By establishing connections between both parties with transparent messaging, they've managed to overcome that struggle.

Chris How, the SCC Treasurer, discussed his presence in recreation.

"I feel less like a leader and more like a facilitator," How said.

The number of proposals and guidelines requires attention to detail. How's understanding of university obligations helps him assist teams in reaching their goals.

The third phase of the resocialization plan is exciting for athletes, but leaders will have to remain vigilant as the pandemic continues to alter in-person opportunities.

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. 5, Issue 3

The Staff

EDITOR-IN-CHIEF
Cassidy Ulery
editor@thelutrinae.com

PRODUCTION MANAGER
Arianna Nalbach

**ASSISTANT EDITOR
& WEBMASTER**
Anna Stubler

STAFF WRITERS
Nikki Dodd
Daniel Gallo

VISUAL EDITORS
Joshua Label
Malia Savella

ADVISER
Sara Gobets
sgobets@csumb.edu

OPERATIONS MANAGER
Monica Conner
mconner@csumb.edu

Contact

OFFICE PHONE
831.582.4066

GENERAL INQUIRIES
thelutrinae@csumb.edu

ADVERTISING SERVICES
advertising@thelutrinae.com

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

WEBSITE
www.thelutrinae.com

@the_lutrinae



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.

Greek Life recruitment in full swing with Rush Weeks

Story by Malia Savella
Photos by Joshua Label

Sept. 8 marked the beginning of a two-week recruitment event called Rush Weeks for sororities and fraternities of California State University, Monterey Bay (CSUMB). The 15 Greek organizations on campus could be found tabling in the Main Quad from 11 a.m. to 3 p.m, raising

awareness for their chapters and campaigning for new members. Greek Life at CSUMB, which is overseen by the Multicultural Greek Council (MGC), supports high academic achievement, philanthropy and community involvement.

More information on joining a Greek organization can be found at csumb.edu/greek/.



Fire alarm mishaps

Story by Arianna Nalbach, Anna Stubler and Helene Kristensen
Photo by Arianna Nalbach

In a mere three weeks, the fire alarms have gone off 12 times on campus. Many students have raised frustrations about how sensitive the fire alarms seem to be and how easily they get set off.

Fourth-year student Jakob Herbert Upmeier zu Belzen recounted when he and his roommates accidentally set off the fire alarms in Strawberry.

“It was pasta with the sauce, actually very basic stuff,” Upmeier zu Belzen said. “But we did it with onions and that was the reason why. Before we made the sauce, we put onions in.”

Despite having their stove’s overhead fan on and having their windows open, cooking the pasta still triggered the fire alarm to go off.

Upmeier zu Belzen noted that having the window open while he was cooking prevented the kitchen from getting too smoky, which made Upmeier zu Belzen believe that everything would be fine.

While they were evacuating, Upmeier zu Belzen and his roommates were unsure if they had caused the alarm to go off or not.

“We weren’t sure, but after we knew that this already happened, one of us was saying ‘yeah it was, it was us,’” Upmeier zu Belzen said. “The other one was like ‘no, it wasn’t. We would see,’ and at the end, it was us.”

Upmeier zu Belzen and his roommates didn’t get into trouble for setting the fire alarm off; however, the fire department advised them to be more careful while they are cooking in the future.

Vineyard Suites fire alarm went off three times on Sept. 3. Many of the residents were frustrated with how many times the fire alarms went off, especially since two of the alarms were early in the morning.

Third-year Haley Graham was more concerned that the kitchens and ventilation systems were not up to code, rather than being annoyed at the amount of times the alarms went off.

“I heard that there was an issue with ventilation in the community kitchen from another girl in my dorm,” Graham said. “It seems as if this problem goes unfixed, people are going to end up staying in their rooms when alarms go off.”



The police and fire departments were on North Quad, exiting Strawberry Apartment on Sept. 9.

“How will we know when there is a real emergency?” Graham asked. “I know that it is annoying and an inconvenience to have to evacuate the building up to three times in one day, but shouldn’t there be a bigger concern for our safety?”

The majority of fire alarms that have gone off have been in North Quad; however, those in Main Campus and Promontory have also had their fire alarms triggered a few times.

Second-year Autumn Benton is currently living in Avocet Hall on Main Campus.

“The alarms haven’t gone off in my building yet, but the building adjacent to mine went off and woke me up one night,” Benton said.

“The alarms were on for about 20 minutes, and I heard some yelling of resident advisors (RA) trying to herd students to the designated evacuation zone,” Benton said. “Due to all of the commotion, I did not sleep well that night.”

Fourth-year Hannah Paige is currently a RA in Tortuga Hall. Tortuga’s fire alarm has gone off once so far.

“As an RA, it sucks when the fire alarm goes off because of the additional responsibilities we have,” Paige said. “It’s our job to knock on people’s doors, while the alarm is going off to tell people to evacuate.”

“Plus we have to gather everyone to a specific spot and take attendance,” Paige said. “When the fire alarm goes off all the time like it has been lately, not only does it mean extra work, but it also causes residents to not take the next ones as seriously.”

With the amount of times the fire alarms have gone off so far, this raises concerns about safety and if the alarms are working properly. The Lutrinae reached out to the CSUMB police department for comment, but did not receive a response prior to publication.

Helping younger generations prepare for the future

Story By Nikki Dodd

California State University, Monterey Bay (CSUMB) holds many programs within the various departments on and off campus, but sadly most of them go under the radar due to the busy schedules and lives of students. One of, if not the most important, is their “Pre-College” programs they have that drive future generations of students.

What is Pre-college?

Pre-College is a scholarship program aimed to assist low-income students achieve academic success. Whether it be through financial aid, assistance in filling out forms for financial aid, mentoring or tutoring is available.

How many programs are available?

Pre-College is made up of a core of three programs: Educational Talent Search (ETS), Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP) and Upward Bound. Each program serves a different purpose in helping the community.

ETS is primarily focused on high schools, GEAR UP is more grant focused and aimed to help low-income students achieve their goal of a higher education, and Upward Bound is similarly another program centered around helping students move into that next phase in postsecondary education.

These programs are all possible with the help of the U.S. Department of Education, but not without countless time and effort put in by their staff. All three programs are spread out throughout the county, ranging from Monterey County to South County and as far as Pajaro Valley. While each program is different in how they cater to students, all come together to help.

Pre-College staff

Kim Barber is the director of Pre-College and oversees all programs. Barber has been at CSUMB since 2017, and has been in the education field for more than 15 years. Her passion for helping others is truly what is a driving force in these programs maintaining its status. Barber stated that one of the main goals of these programs is to be able to prepare and open a new world of exploration for kids. Whether that be mentoring, tutoring, help filling out applications or field trips to universities.

At the same time, dealing with a pandemic in the last year, having empathy and patience with online learning has been key. Barber mentions academics have always been the priority. However, the program along with herself had to take into consideration the mental aspect to it, as everyone adjusted to a new learning experience.

Continuously asking the question of “how are you doing,” Barber highlighted that the pandemic opened her eyes to how much mentally goes into schooling, and to consider a student’s hardships they may be facing.

COVID-19 opened that to a whole new level, showing that sometimes it is not always about academics.

Why should students care?

All three programs offer opportunities for current CSUMB students to apply and work part-time as a tutor. A student can work up to 20 hours a week and will go through the normal hiring process as most places do. Once hired, each tutor will work with a tutor trainer and be guided in the process.

Tutors are assigned to students needing the most help. Barber notes that most tutoring jobs do not always have a trainer to give an individual the basics. This is done as a way for the student worker to be able to feel comfortable, and prepared for the work they are going to do.

Barber stated that no matter what “you are a student first.” Trainers also check-in with workers, as they do regular students in the program.

Overall, the main reason why students should care all comes down simply to giving back to the community. It may be hard to think about, considering a college student’s life is forever filled with balancing homework and social life to name a few things.

However, students can remind themselves that they may have been in that same place: young, eager and not sure what to do next, as they moved into the next phase of their lives. To be able to give a younger generation the tools and advice to do better is a gift in itself.

The recall election: a CSUMB community guide

Story and illustration by Malia Savella

The last day for California voters to participate in the 2021 California Gubernatorial recall election is on Sept. 14. Due to a recall petition that amassed more than 1.6 million signatures (about 105,000 signatures more than the required 1.495 million), the state is holding a special election to determine whether Governor Gavin Newsom will stay in office until the end of his term in Jan. 2023.

Beginning on Aug. 16, all registered California voters were sent mail-in ballots. Voters must drop off or have their mail-in ballot postmarked by 8 p.m. on Sept. 14 or must visit an in-person polling location on the same day. The closest ballot drop-off boxes to California State University, Monterey Bay (CSUMB) are at the Marina Community Center (211 Hillcrest Ave.), Seaside City Hall (440 Harcourt Ave.) and the Monterey Public Library (625 Pacific St.). Voters may also drop off or mail their ballots before Sept 14.

Those eligible to vote must be registered more than 15 days prior to Election Day. However, those who need to register or update their voting information on Sept. 14 may undergo Conditional Voter Registration at an in-person polling location. The closest polls to CSUMB are at Los Arboles Middle School (294 Hillcrest Ave.), Epiphany Lutheran Church (425 Carmel Ave.) and the Nancy Dodd Community Center (3043 MacArthur Dr.).

The recall ballot contains two questions. The first question asks if voters think that Gavin Newsom should be recalled. If over 50 percent of voters answer "yes" to this question, the candidate with the most votes will finish out Newsom's term.

If not, Newsom will remain the governor of California for the rest of his term. The second question asks which candidate should be elected if Gavin Newsom is recalled. Voters are not required to fill out this second question, and voting "no" on the recall does not disqualify a voter from selecting an alternative candidate. There are over 40 candidates running against Newsom, with voters having the option to write in a candidate.

All polling locations in California can be found at https://www.sos.ca.gov/elections/polling-place/?utm_source=CANOW+ADVOCACY.

All early voting and vote-by-mail ballot drop-off locations can be found at <https://caearlyvoting.sos.ca.gov/>.

The official list of candidates for this election can be found at <https://elections.cdn.sos.ca.gov/statewide-elections/2021-recall/certified-list.pdf>.

More information on the Gubernatorial recall election can be found at <https://www.sos.ca.gov/elections/upcoming-elections/2021-ca-gov-recall/newsom-recall-faqs>.



Students discuss endangered species

Story by Daniel Gallo

Photo courtesy of U.S. Fish and Wildlife via Flickr

Students gathered virtually to discuss endangered species during the Wildlife Conservation Society (WCS) meeting on Sept. 10.

Club officers shared a Jamboard digital brainstorming document with members, where students expressed what conservation meant to them while submitting images of their favorite species, from pandas to elephants and a variety of sea turtles.

The throughline amongst club members was taking care of different populations and their environments, understanding people's impact, and preventing the waste of resources. Students felt that these ideas were at the core of conservation.

Phoebe Lord, the WCS Secretary, explained her favorite aspect of the club community.

"We're always open to learning from our members," Lord said. "It's an educational spider web that helps us get things done."

The club is based on collaborating within the team and educating each other.

The meeting addressed upcoming events and the importance of including members open to in-person activities, while creating opportunities for those who feel more comfortable virtually.

Virtual meetings include guest speaker events, movie nights, and trivia. Kayaking and camping trips are in the works. The club advisor, Jennifer Dugan, will host Sunday hikes - a chance to take in nature and discuss various topics each week.



An endangered hawksbill sea turtle swims in the ocean

Danielle Anderson, WSC President, is excited to be back in person.

"Education, conservation, via recreation, that's how I describe it," Anderson said. "It's exciting to be back on campus."

The WSC promotes recycling, educating voters on the law and policies that support conservation efforts, and hosting local clean-ups.

Kailee Huebner, WSC Vice President, was drawn to the club's message, tangible and applicable environmental activities, and getting students involved in promoting change. Huebner is passionate about the cause.

Students can look forward to documentary movie night on Sept. 20 and a Halloween night hike planned for Oct. 26.

Upcoming Events

Gubernatorial Recall Election Official Ballot Drop-Box

Sept. 14 Community Engagement is hosting an official walk-up/drive-up ballot drop box on election day from 7 a.m. to 8 p.m. Ballots will be collected at the corner of Bunker Hill Drive and Saratoga Court.

Steps to Success

Sept. 14 Students can learn helpful tips on understanding course repeat limits, the pros and cons of credit/no credit options and financial aid requirements. Designed to increase retention and graduation rates for students from 6 to 6:45 p.m.

Social Justice Dialogues

Sept. 15 Join an engaging discussion regarding hot topics and communities. Focusing on the impact the pandemic has had on different communities, this event is held in-person and virtually from noon to 1:30 p.m. Food will be provided.

UROC Series Speaker

Sept. 16 Kicking off the UROC Speak Series for the Fall semester, join Dr. Dolores Mena from 3 to 4:30 p.m. Mena will cover various topics from parent engagement, cultural perspectives in counseling and community-school relations.

First-Gen Voices

Sept. 16 Part of National Hispanic-Serving Institutions Week (HSI), listen to different CSUMB faculty, staff and alumni speak on motivations for attending, preparing for and persisting in graduate programs from 4 to 5:15 p.m.

Student Leadership Conference

Sept. 17 Keynote speaker Rachel DeAlto will be discussing engaging and practical tools for students to rebuild their relationships and academic success amidst the pandemic. This will be a hybrid event from 3 to 6 p.m.

Do you think Governor Gavin Newsom should be recalled?

Otter Chatter by Jennifer Gibbs



Corina Reed

"I do not think he should be recalled. It's a little silly because all of the COVID restrictions that he imposed were to keep one of the most populous states safe from a virus that we're still learning about and, even if we do know everything, we know that it is highly transmittable, and that masks and getting the vaccine can cut down the spread. He did the best he could to limit public exposure."



Emily Puga

"I think he did a really great job of how he handled the virus by closing everything down. If he hadn't, I think the spread of the virus would be so much worse, and the Delta variant would be everywhere."



Abraham Avila

"I actually signed the petition when it first came out, even though I knew I was going to vote against it. I was mostly upset about how Newsom kept imposing more restrictions, but also being hypocritical by hosting his own private events, like when he attended that huge birthday party at a restaurant in Yountville. He needed to practice what he preached."

Yes Queen: Tales of independent women in Indian cinema

Monte's Movies

Story by Anna Stubler

Photo courtesy of amypointer via pixabay

Just like Hollywood, Bollywood is filled with classic tales of women falling for strong men who can, supposedly, take care of them. However, two movies stand out that go against these tropes. They are “Queen,” and “Dangal.”

“Queen” is a 2013 film about a woman who is left by her fiancé days before their wedding. With her emotions in shambles and her family scrambling to cancel all the wedding preparations that were underway, Rani embarks on her honeymoon alone. At first, Rani is too engrossed in her troubles to enjoy the trip, but along the way she meets a variety of friends that make her grow as a person and make her solo honeymoon not so bad after all.

“Queen” is a comedic drama that portrays a strong woman facing the pity of a community who largely believes she is crazy for stepping out on her own and going on an adventure, which involves a hostel with three male roommates no less.

“Dangal” is a 2016 film that is more true to life. It is based on the true story of two girls born to an ex-wrestler father who hopes for a boy to continue his dream of achieving wrestling fame. Going against all tradition and flying in the face of disrespect and judgement of his small rural community, he trains his daughters how to fight not just each other, but other boys who are sometimes much bigger than them. This film showcases a loving, but determined father and two strong and stubborn girls who fight to make their father proud.

Both films show that women can be independent and still achieve success and happiness even if that means going against all expectations of them.



Book review of “Dominicana” by Angie Cruz

Vivlio Talks



Story and photo by Cassidy Ulery

Angie Cruz’s novel “Dominicana” is a powerful work of fiction highlighting the struggles of immigrating from the Dominican Republic to America. As a 15-year-old girl, the protagonist Ana escapes the Dominican countryside for a life in New York City, with the catch of marrying a much older man. Ana is reluctant to be married, but holds onto the possibility of bringing her family to America for a new opportunity at life.

Feelings of despair and agony overwhelm Ana, and with the realization that a loveless marriage is restricting her personal freedoms and desires, she formulates a plan to return to the Dominican Republic, but never makes it there.

This novel gracefully intertwines friendship, nostalgia, love and hate - tying in all the trials and tribulations Ana encounters as a young child and a married woman. Amidst political turmoil back in her home country, Ana’s husband leaves her with his brother back in America, and a new world opens for Ana, allowing her to embrace her creative side and regain a sense of independence.

An engrossing coming-of-age novel, Cruz depicts the American Dream and resilience of the immigrant experience in bright, musical prose. Written in vivid, first-person present tense, Cruz tells a fascinating story that will invoke a multitude of emotions for readers.

“Dominicana” was shortlisted for the 2020 Women’s Prize for Fiction, as well as A Good Morning America Book Club pick. It is a must-read, enlightening piece of thriving and survival.

Testing... Testing... Tips for test success

Monte's Mindfulness

Story Anna Stubler

Illustration by Malia Savella

Many students are all too familiar with the sound of a silent classroom with only the sounds of pencils scratching paper and chairs squeaking intermittently, as they and their classmates frantically fill out pages of questions testing their knowledge. What can be done to make testing a less stressful experience and a more successful one?

Fourth-year Vivianna Vigil, a Calculus 1 tutor at the Cooperative Learning Center (CLC) at California State University, Monterey Bay (CSUMB), discussed helpful and productive testing tips for students.

"I like to emphasize that cramming is not the answer," Vigil said. "Students should make a schedule to study for all of their exams and incorporate meaningful breaks in between."

According to the American Psychological Association, anxiety severely affected 41.6 percent of college students in 2013. With a return to campus after online education during the pandemic, students are likely even more affected by anxiety now.

"Study for exams, but prioritize your mental health and wellbeing, and eat a good meal before," advised Vigil.

Students looking for help with exam preparation can visit the CLC online or in-person at the CSUMB library. The hours of the CLC according to the CSUMB website are as follows:

The Cooperative Learning Center will be physically open in Fall, with front desk staff available and welcoming students into our office:
Monday & Wednesday 9 a.m. to 9 p.m.
Tuesday & Thursday: 9 a.m. to 7 p.m.
Friday: 9 a.m. to 5 p.m.
Saturday: noon to 5 p.m.
Sunday: 4 to 7 p.m.

Session times will vary during our open hours. We will also have a variety of virtual sessions available via Zoom.

"Begin your test with a clear and positive mind, you got this," Vigil said.



Gamer's Choice: September game releases

8-Bit

Story by Arianna Nalbach

Illustration by Malia Savella

There are always new games coming out and being developed, but here are a few that are standing out this month.

Life is Strange: True Colors

"Life is Strange: True Colors" is the third installment to the "Life is Strange" series, developed by Square Enix. The game follows Alex Cheng, an extreme empath who has the "ability to absorb and manipulate the strong emotions of others," as stated on Square Enix's website.

It was released on Sept. 9 to the Playstation 4 and 5, Xbox One, Xbox Series X and Series S, Nintendo Switch, PC and Google Stadia. The original "Life is Strange" games were also released to the Nintendo Switch on Sept. 10. "True Colors" retails for \$59.99.

WarioWare: Get It Together!

The "WarioWare" franchise is getting another installment with "WarioWare: Get It Together!" "Get It Together" will be a minigame party game for up to four players.

It was released on the Nintendo Switch on Sept. 10 and can be bought now for \$49.99.

Lost in Random

"Lost in Random" is an action-adventure game developed by Zoink Games. Inspired by gothic fairy tails, citizens of the kingdom of Random have their fate decided by the roll of a die.

"Lost in Random" released on Sept. 10 is available for PlayStation 4 and 5, Xbox One, Xbox Series X and Series S, Microsoft Windows and Nintendo Switch for \$29.99.

DEATHLOOP

Follow two rival assassins who are trapped in a time loop, doomed to repeat the same day for eternity in the next-gen FPS, "DEATHLOOP." Playing as Colt, players must try to break the cycle by assassinating eight key targets before the day resets.

"DEATHLOOP" was developed by Arkane Studios and will be released on Windows PCs and the Playstation 5 as a timed console exclusive on Sept. 13. It can be purchased for \$59.99.

Skatebird

Developed by Glass Bottom Games, "Skatebird" is pretty much exactly what it sounds like. This game gives players the opportunity to play as birds and go skateboarding. In the game description on Steam, you can "grind on bendy straws, kickflip over staplers, and carve killer lines through cardboard and sticky tape parks."

"Skatebird" is planned to release on Sept. 16 to Nintendo Switch, Xbox One, PC, Linux, and Mac computers. There is currently no price listed.



Photo contest winner!

Mark Lopez | theme: black and white



**The Lutrinae
wants to hear
your voices**

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

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

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

nocr

raohcdr

sterhav

esret

knpiupm

reinobf

otoblfal

lepaps

flae

deihyar

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

Answers:

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

corn, harvest,
pumpkin, football,
leaf, orchard, trees,
bonfire, apples,
hayride