

the Lutrinae

CSUMB Student-Run Newspaper

Sept. 20, 2021

A bright future for football at CSUMB



Monterey Bay F.C. partners break ground on the new stadium on Sept. 16.

Story by Daniel Gallo
Photos by Joshua Label

The Monterey Bay Football Club (Monterey Bay F.C.) held a seminal event, revealing two important announcements for fans and California State University, Monterey Bay (CSUMB) students on Sept. 16. The first announcement being the multi-year club partnership with Cardinale Auto Group, and the groundbreaking for the shared-use stadium on campus. Cardinale Stadium will be complete by May 1.

New stadium renovations include four 90-foot high poles with broadcast sports lighting implemented for night matches and FIFA-approved turf. Premium seating options and newly renovated locker rooms are worthy additions.

A new beer garden is under construction by Monterey Bay F.C. and Alvarado Street Brewery, bringing the football atmosphere to life with a place for spectators to enjoy local beer during events. The garden will be one of the largest for a United Soccer League (USL) soccer stadium.

Joe Cardinale, the President of Cardinale Automotive, believes that Monterey Bay F.C. has an all-star team. Cardinale can barely contain his excitement for the team, which guarantees a packed stadium at every game.

Bringing football to Monterey was the dream of Monterey Bay F.C. Chairman and Owner Ray Beshoff. Developing an environment that celebrates the region's diversity in its community members and landscapes, creates the greatest union of land and sea, which is represented through the club nickname - "The Union."

The university has been searching for a private partner to rehabilitate the stadium. CSUMB's President, Eduardo M. Ochoa, outlined what excites him about the partnership.

"Soccer aligns with the communities that we serve," Ochoa said. "It will attract people from Salinas Valley, and there's a lot of soccer talent there."

Ochoa is no stranger to the game of football. Growing up in Argentina sparked his passion for the sport.

Monterey Bay F.C. will raise the university profile through international viewership, stimulating interest in the region and expanding tourism.

The USL's partnership with ESPN+ provides more than 100 million homes in 55 countries with streaming access to matches.

Frank Yallop, Monterey Bay F.C. Head Coach, expressed his goals with the team.

"My main aim is to ensure that the local players have a chance," Yallop said. "I'd rather take a player from Watsonville or Salinas than someone at the same level from Indiana."

Yallop has known Ray Beshoff for a long time, and credits his ability in putting good people in the right places. Beshoff's understanding of team composition and Yallop's extensive experience with the sport provide coverage sets the team up for success.

Cardinale Stadium will provide CSUMB soccer athletes with the opportunity to compete on the renovated field for specific events.

Allexis Hand, forward on the women's soccer team, discussed her thoughts on the new stadium.

"I think the environment of fans and being able to come out to support a pro team is very exciting," Hand said.

Monica Hrcir, women's soccer team defender, explained why she's looking forward to the future of soccer at CSUMB.

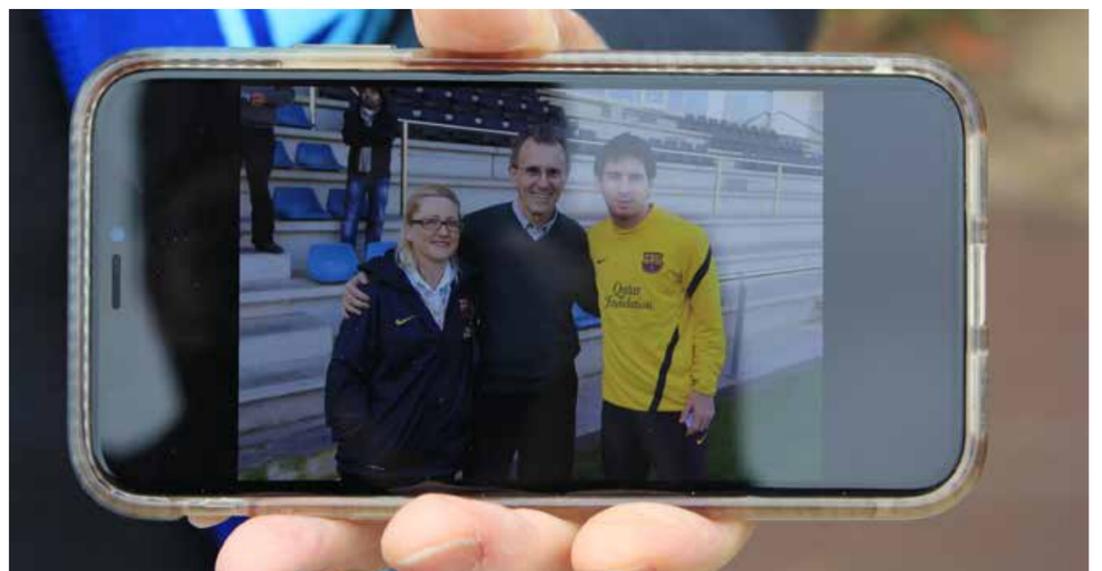
"This attraction will bring more to our sport," Hrcir said. "Being able to tell my family that this is where I went to school, this is Cal State Monterey Bay."

While Hand and Hrcir are graduating this year, and seeing their sport reach greater heights on campus is something to celebrate.

Football is coming to Monterey, surging new life into athletic events on campus. Spectators will have to wait until spring before the action begins. A bright future lies ahead for recreation at CSUMB.



CSUMB President Eduardo Ochoa speaks at the Monterey Bay F.C. groundbreaking ceremony on Sept. 16.



Ochoa shows a picture on his phone proudly posing with infamous soccer player Lionel Messi at a past game.

Social Justice Dialogues

Conversation sparks concerns amongst students



Vitamina T for Tacos

Explore a multicultural children's book



Gubernatorial recall election

CSUMB hosts official ballot drop-box



Students learn to embrace their authentic selves as student leaders

Story by Daniel Gallo
Photos by Joshua Label

Students assembled at the Student Leadership Conference at California State University, Monterey Bay (CSUMB) to hear campus leaders discuss student engagement strategies with event host Dan Burfeind and guest speaker Rachel DeAlto, while enjoying Italian cuisine from Otter Kitchens on Sept. 17.

The event started by asking attendees what leadership means to them. Students defined the concept as guiding those with shared interests in achieving a common goal.

Burfeind, Coordinator of Student Organizations, does not believe in a prescription for action and leadership. Burfeind believes leadership is about providing students with the necessary tools to lead their organizations towards success.

Burfeind recognizes that returning to campus is different. It has been an emotional ride, grappling with a college experience, trapped by the pandemic.

Leaving the audience with more knowledge than they arrived with was the intent of the conference, as Burfeind spoke to students.

"This is an opportunity to grow your horizons," Burfeind said. "To grow as a leader."

Organization leaders face different challenges every day, and Burfeind approached this by presenting the S.W.A.T. method: strength, weakness, opportunity and threat.

Weighing these variables provides students with an alternative approach for tackling obstacles. This process is honest but not brutal, allowing them to confront their problems by taking action.

The seminar prioritized a green light mindset, overcoming problems by looking for solutions instead of dwelling on impossibility.

DeAlto, a television personality, relationship expert and keynote speaker, emphasized the importance of being genuine, and showing up to work with authenticity by embracing imperfections.

DeAlto grappled with her identity as a young mother, hiding it from her co-workers in a place that had no respect for love and responsibility. Lawyers at the firm took pride in not seeing their children for long periods.

Keeping that secret was inauthentic. She was hiding a part of herself.

DeAlto described the connection between relatability and leadership.

"There's strength in revealing who we are," DeAlto said. "If people don't know the real you, how can they like, love, and be led by you?"

Showing up as the most authentic version of yourself is the ticket to effective leadership. Leaders don't need perfection to attract members to organizations. Being human is acknowledging imperfections.

The Student Leadership Conference illustrated that organization representatives have what it takes to guide club communities through another year of uncertainty.



Students gather at the Student Leadership Conference to hear keynote speaker Rachel DeAlto on Sept. 17.



DeAlto addresses Otters at the Student Leadership Conference on Sept. 17.



Burfeind speaks to students on Sept. 17 at the Student Leadership Conference.

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.

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.

COVID case updates

Story by Emma Garcia

California State University, Monterey Bay (CSUMB) has been in session since August 23. Students began the new school year with in-person classes for more than a year of being in an online format, but within the four weeks of instruction, CSUMB has reported at least 18 cases since the last email to students on Sept. 13.

Since the pandemic began, CSUMB has been updating students, faculty and staff about positive COVID cases on campus via email, but on Sept. 16 CSUMB Community Communication sent the entire CSUMB community an email expressing that the university will no longer send email updates.

Instead, the school will be updating their COVID-19 web page with new COVID cases and locations.

According to the CSUMB COVID information page on Sept. 17, since the start of the pandemic, 27 students and 20 staff and faculty on campus have tested positive for coronavirus.

The information page doesn't give a clear number of how many students, faculty and staff have contracted COVID from the start of the school.

Additionally, the COVID information page doesn't clarify if students who test positive for COVID are employed by CSUMB, or if they are double counted as staff and students. In addition, it's also uncertain if the locations with positive cases were accessed by individuals or multiple people.

Campus

thelutrinae.com

9.20.21

Social Dialogue raises questions for Otters on campus

Story by Nikki Dodd
Illustrations by Malia Savella

The Otter Cross Cultural Center (OC3) at California State University, Monterey Bay (CSUMB) hosted the first Social Dialogues event of the semester on Sept. 15. In the OC3's standard practice with each dialogue event, they ask students to leave their title "at the door," enabling everyone to engage in an open and authentic conversation. The event was hosted by Ranu Sinha, Wendy Feng and Karla Garcia.

Sinha, an alumnus and staff member at CSUMB, led the conversation starting off by asking how students are feeling now being back on campus, as well as asking what struggles they are going through.

Students expressed various feelings, but all came to the same conclusion - it's a little nerve-wracking being back on campus, with the Delta variant and positive cases popping up on campus.

Fears that CSUMB may have been unprepared to open up campus were mutual among students; their concern being certain areas on campus students are seen clustered and not wearing masks indoors. Adding to feelings of discomfort, students are worried about large gatherings for events that are taking place in-person on campus.

A hot topic of interest is the troubling activity on MyRaft, and the administration's regulations. Discussions questioned why certain political posts, which target certain groups, were being taken down, as well as prohibiting students from engaging in online discussions.

Mention of the campus group "Turning Point USA (TPUSA)" was brought up during the event. TPUSA has been the center of attention amongst certain students, leaving students questioning why an alleged alt-right group was allowed to table along with other clubs at the Otter Showcase on Sept. 1.

Students shared concerns over legal names being displayed, versus the names some students have created. Students now ponder if that is safe for student's security and well-being.

The answer is not entirely clear; however, students brought up the fact that being able to change their name on the platform prevents someone from potentially reaching out to them in-person.

As more questions and feedback arose in the conversation, Sinha tried to tie back the conversation to the questions proposed by the OC3, which aimed to understand how students are feeling and where they are coming from.



Vitamina T for Taco

Story by Byan Chavez
Illustrations by Malia Savella

Writers Mando Rayo and Suzanne García-Mateus came together to talk about their new book "Vitamina T for Tacos" on Sept. 17.

The children's book goes through the entire Spanish alphabet, with each letter representing different foods and places tied to Mexican culture.



Mando Rayo, a taco journalist from "The United Tacos of America," and a street ethnographer strongly believes in the importance of understanding the community one is part of. Rayo gets to speak to different people about the connection between food and culture.

The importance of this book for him is to empower children to embrace their Latinx heritage through the foods and culture that he and García-Mateus grew up around, using both English and Spanish languages, also referred to as "Spanglish."

García-Mateus is an educator at California State University, Monterey Bay (CSUMB), a writer and an immigration activist/advocate. García-Mateus says she wants to engage children growing up in households, similar to the ones both authors were raised in as Chicanos, by producing books targeted towards them.

While there's a growing number of books written in Spanglish, there still aren't many.

Rayo and García-Mateus want to contribute to the increase of bilingual children's literature, and put something out there that will be enjoyed by young readers in libraries and homes.

The alphabet book was illustrated by Martha Samaniego Calderón, and the trio currently have two other books in the works that are set to be published and released next year.

"Vitamina T for Tacos" is available for purchase online on jadepublishing.org or at a bookstore near you.

Live & learn - education abroad

Story by Daniel Gallo

Education Abroad's informative meeting on Sept. 14 left students with enticing reasons to go outside their comfort zone, giving them an opportunity to discover new places, build lifelong friendships and increase employment marketability.

Julio Castro-Bello is the Education Abroad Adviser at California State University, Monterey Bay (CSUMB). Castro-Bello walked guests through updates, scholarships and program offerings during the virtual gathering.

Semester and year-long programs are available for all majors, with over 100 partner universities in 30 countries in Asia, Europe, Oceania, and North and South America.

Students eligible for study abroad scholarships can receive up to \$5,000 for regular programs and \$8,000 if studying a critical language. The study abroad fee is \$350.

Students will pay CSUMB tuition and housing at the partner university. The next cycle begins in Spring 2022.

There are also virtual international passport programs available for students with travel concerns. For virtual study abroad, there is a course fee payment required for the foreign university, but no Education Abroad fee. The length of the programs varies depending on the university.

An exciting lineup of winter programs is coming in 2023, a smaller selection including Germany, Costa Rica, France, Japan and Australia.

The National Student Exchange is an additional option for students looking to stay within the United States, allowing applicants to study in a different state.

Castro-Bello advises applicants to avoid studying abroad during their first and final semesters. He recommends researching options, meeting with one's academic advisor and applying for scholarships.

Virtual advising appointments are available for students with questions and concerns.

Students can experience a range of different cultures and expand their knowledge by studying abroad.

CSUMB hosts official gubernatorial recall election ballot drop-box

Story by Cassidy Ulery
Photos by Joshua Label

The race to see who would be California's Governor was in full swing on Sept. 14. California State University, Monterey Bay (CSUMB) and Community Engagement, a Student Engagement & Leadership Development program, hosted a walk-up/drive-up official ballot drop-box.

The ballot drop-box was available for students, faculty, staff and community members to have their voice heard and vote from 7 a.m. to 8 p.m. on the corner of Bunker Hill Drive and Saratoga Court.

Community Engagement volunteers Zack Simmons and Derek Gutierrez were working the drop-box tables during the early afternoon. The turnout by noon had already accumulated more than 51 votes.

Comparing the voter turnout to the last drop-box Community Engagement hosted

with the November presidential election, Gutierrez found the outcome and the voter atmosphere upbeat.

"The traffic is pretty similar to last time," Gutierrez said. "We don't really have a way to tell if it's all the CSUMB community, but it seems like everybody in the area."

Voters were unable to pick-up ballots to vote there, but they were able to drop-off their ballots before it was time for California to start counting the results.

The election ensured Newsom's victory to remain governor with him collecting more than 60 percent of the votes by the end of the election. Governor Gavin Newsom will serve as governor until his term ends in 2023.



Simmons assists a local voter at the ballot drop-box on Sept. 14.



Community Engagement volunteers Zack Simmons (left) with Derek Gutierrez (center) work the ballot drop-box table on Sept. 14 with Dan Burfeind (right)

Upcoming Events

Job & Internship Fair

Sept. 21 Join Career Services for a virtual part-time job and internship fair from 11 a.m. to 2 p.m. Over 20 organizations and companies will be sharing with Otters current and future openings.

Agribusiness Club Series Speaker "Women in Ag" Panel

Sept. 21 The Agribusiness Club is hosting their first hybrid guest series speaker event of the semester from 6 to 7 p.m. Conversations with past AgClub presidents will discuss education, careers and experiences in the agricultural industry.

Movie Night

Sept. 23 Promontory RA's will be hosting a free viewing of "The Boy Who Harnessed the Wind" from 7 to 9 p.m. in the Promontory movie theater. Snacks will be provided, and the movie will be followed by a valuable discussion.

Black Money Matters Workshop

Sept. 23 The Office of Inclusive Excellence and Sustainability and The Center for Black Student Success is hosting a virtual financial workshop from 6 to 7:30 p.m. This workshop will help Otters learn effective ways to budget their finances.

Makerspace Open Hours

Sept. 24 Visit CSUMB's library Makerspace hours from noon to 4 p.m. All supplies and tools will be provided and are free to CSUMB students, staff and faculty. Trained assistants will be available for help.

Vitamina T for Tacos

Sept. 24 Meet the authors and illustrator of Vitamina T for Tacos for a virtual discussion and reading from 2:30 to 3:30 p.m. The guest speakers will be discussing multicultural literature, inspirations for the book and how the authors came together.

Discover the benefits of Basic Needs

Story by Cassidy Ulery

The Basic Needs team at California State University, Monterey Bay (CSUMB) believes in helping students. Whether it be through assisting students with resources related to food security, the CalFresh application or farmers market vouchers, Basic Needs offers students the opportunity to have their lives transformed in healthy and sustainable ways.

CalFresh is a nutrition assistance program which helps low-income students receive monthly funds for purchasing groceries. When students don't find themselves eligible for CalFresh, the Basic Needs team provides Otters with means to stock their pantries and fridges through Otter Groceries, the AS Food Pantry and vouchers for local farmers markets.

Joanna Snawder-Manzo, Care Manager of Basic Needs, has been working with the team for almost six years. Snawder-Manzo works directly with students to help assist them with physical, mental, academic and basic needs related concerns.

"Having been a college student myself at one time, I know that students often have limited funds and are just trying to piece everything together to make it work until graduation, when they can ideally get a good paying job," Snawder-Manzo said.

"However, that is not how it works anymore," Snawder-Manzo said. "With the rising costs of education and just the expense of living, many students are faced with graduating without such a job and a ton of debt."

Snawder-Manzo's previous experience working as a Title IX coordinator and women's center director has allowed her to help students develop their identities and make sure their basic needs are being met.

Ashley Ramsden, Basic Needs Coordinator, has been with Basic Needs for two years. Her passion for helping and working with students comes from her desire to support students reach their educational goals and discover their dreams.

"I have a background in working with high school students who were involved in the foster care and juvenile justice

systems," Ramsden said. "I think my awareness of the struggles of even advancing to college from such challenging circumstances started there."

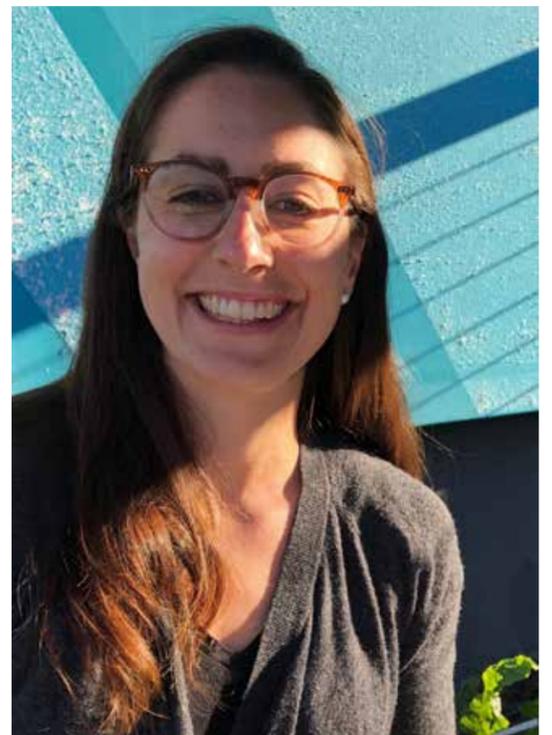
Due to the pandemic, Basic Needs has been experiencing challenges ranging from funding and staffing shortages to an increase of students needing resources. When students returned home from campus in response to COVID, many Otters were facing food insecurities, but Snawder-Manzo and Ramsden were able to continue assisting students through online appointments and various virtual services.

"I am passionate about getting to know students and learning what motivates them and how we can support them along the way," Ramsden said. "I would love to increase student awareness of our department, as well as continue to meet the needs of students in a timely, helpful manner."

Basic Needs aims to dismantle the former stereotypes idolizing the "starving college kid," while continuing to further individual opportunities with resources from mental, physical, emotional and nutritional.

"Not all situations, and therefore, solutions are one-size fits all," Snawder-Manzo said. "Never make assumptions, you never know what a person might be going through unless they open up and share from their own voice."

Otters looking to utilize Basic Needs should fill out a referral form on their Basic Needs California State University Monterey Bay website, which will be sent directly to their professional staff. Appointments are available through the website, and students can reach out via email or on social media. MyRaft offers the latest programs and events being hosted by Basic Needs.



Photos courtesy of Joanna Snawder-Manzo (left) and Ashley Ramsden (right)

Taking off the mask: showing up as your authentic self

Story by Cassidy Ulery

Illustration by Malia Savella

Ashanti Branch has a passion for helping others realize their full potential. California State University, Monterey Bay (CSUMB) and Monterey Peninsula College (MPS) hosted a hybrid event highlighting student support resources on Sept. 14 with guest speaker Ashanti Branch, founder of The Ever Forward Club, which seeks to

provide community engagement, mentorship, academic and family development through various workshops and services.

Being raised by a single mother in Oakland, Branch quickly became aware of the lack of role models and positive outlets for Black and Latino males. Inspired by his passion for teaching and his desire to give young people of impoverished communities a fighting chance of

educational success, Branch's vision came to fruition by starting The Ever Forward Club.

Branch began the event by asking the audience how they were feeling that day on a scale of one to 10. His goal was to inspire students to live each day as their authentic selves, and never being afraid to ask for help when it's needed. Having a group of people around us we can confide in, that we can be 100 percent comfortable around, is essential for self-growth development and remaining optimistic.

"When do you decide you aren't going to stay silent?" Branch asked. "It's easy to say that words don't hurt, but words you can feel them."

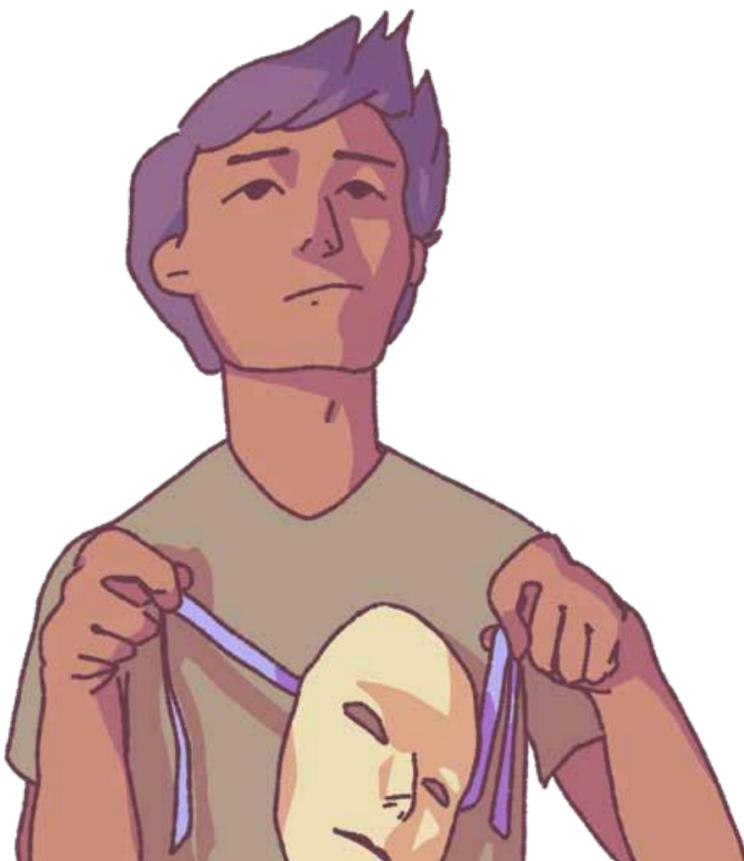
When it comes to "taking off the mask," Branch doesn't mean in the literal sense of living life in a pandemic maskless, but living without restrictions and having to put up a front for others to appease them.

The event was engaging, with Branch calling up volunteers to share personal stories and struggles. The mood of the event was ranging from somber to relief. After doing the activities, Branch advised the audience to reach out to people on their minds - someone they haven't spoken to in a while.

"Sometimes it feels good to know that we are being thought about," Branch said. "I want you to reach out to someone for the sake of them being thought about."

Ending the event with another group activity, Branch had the audience speak to their neighbors for two minutes each to allow everyone a chance to catch up or express concerns they have been concealing.

All volunteers that participated in the event were recipients of gifts Branch brought to express thanks and gratitude for being vulnerable and opening up.



A foray into French film gone wrong

Monte's
Movies

Story by Anna Stubler

With dozens of French films on Netflix, there are bound to be a few bad ones. However, “West Coast” was truly très très horrible. The only thing viewers can take away from the film, if they manage to make it all the way through, is a myriad of French curse words to add to their vocabulary and a feeling of confusion about why such a movie exists.

The moral the movie seems to be aiming for is that the four teenage boys, who are the main characters, learn to value each other's friendship. However, in order to watch them learn this moral the viewer must listen to the main characters spew racial and gay slurs, as well as insulting women.

One character tries to tell one of boys that insulting women is not the way to their heart, but it is unclear whether this message sinks in.

For viewers looking to feel very uncomfortable and confused, this is the movie for them. Otherwise, there are better French films out there.

First-Gen voices

Story by Cassidy Ulery

Illustration by Malia Savella

As part of National Hispanic Serving Institutions Week, California State University, Monterey Bay (CSUMB) and The Transfer Student Success Center held a virtual event on preparing first-generation students for graduate school success on Sept. 16.

Facilitator Jesus Orozco, a first-generation college student, recipient of TRIO and Vice President of the Law Society, began the event with an introduction of the various organizations he participates in.

After introductions, Orozco began introducing the alumni who would be giving the audience helpful tips and tricks when applying to graduate school and how to make the most of the experience.

The event kicked off the start of the college preparation series for the semester. Alexandria Cervantes, a current graduate student, spoke to the audience about different strategies to use when needing help in graduate school.

“Nag people,” Cervantes said. “Ask for what you need always, the worst they can say is no.”

Kenny Garcia, a CSUMB associate librarian and graduate student at San Jose State University, emphasized the importance of taking time for self-care and studies. Reminding students that graduation is not a race, but a milestone.

“Find a core group of folks that will support and nurture you within the program,” Garcia said. “As well as those that support your social needs.”

Renee Penalver, an associate professor of psychology at CSUMB and doctoral candidate at University of Texas at El Paso, recognizes how asking questions can advance the education of students.

Rudy Medina, associate director of Educational Talent Search, believes students who have a good support system excel in graduate school and career opportunities.

“Don't ever sell yourself short, you belong in graduate school,” Medina said. “Look for programs that will

support you, including financially, and provide you with the opportunities to be successful.”

There's no denying that the acceptance process of starting graduate school comes with obstacles and personal challenges, but each panelist believes in making use of mentors and scholarship programs to make the transition an easier one.

Throughout the next couple of months, The Transfer Center for Student Success and the Undergraduate Research Opportunities Center will be hosting multiple graduate workshops to help guide and support students looking to continue their education.

Learning how to write letters of recommendations, building your resume or curriculum vitae, interview practice workshops and career fairs are available to interested Otters. All events can be viewed and registered for on the MyRaft platform.



Simple ways to practice self-care

Monte's Mindfulness

Story by Anna Stubler

Practicing self-care can help reset one's mindset. Try something new! Follow the tips below, and choose whichever one suits you best. Watch worries and stress disappear.

Make a DIY bath bomb

Nothing is more relaxing than sitting in a pleasantly scented bath after a long day or on the night before a big test. Making a bath bomb at home adds an extra aspect to this self-care routine by giving oneself time to be creative and unwind.

The following bath bomb recipe is from byrdie.com and can be customized based on one's preferences.

Ingredients

1 cup baking soda
1/2 cup citric acid
1/2 cup Epsom salt
1/2 cup cornstarch
3/4 tsp. water
2 tsp essential oil *see below for tips
2 tsp oil (jojoba, sweet almond, coconut, olive or even baby oil)
A few drops of food coloring
A mold of your choice such as regular or mini-muffin tins, candy pans or round plastic molds specifically for bath bombs
Optional: Dried flowers or sugar cake decorations like flowers or stars

Step 1: Mix all dry ingredients - except citric acid - in a large mixing bowl.

Step 2: Mix all liquid ingredients in a jar with a top. Close the jar and shake.

Step 3: Pour the liquid mixture into the bowl of dry ingredients, and use your hands to combine and meld together. At this point, add the citric acid. Fizzing should occur, don't add water.

Step 4: Mash the mixture into molds very tightly. Overfill the molds slightly and use a spoon or glass to press the mixture in as tightly as possible. Immediately loosen the bombs from their molds onto wax paper and let them dry overnight.

Step 5: Give the bath bombs a day or two to completely dry before using them.

**Certain scents are known to decrease anxiety. Different scents suit different needs so pick the best one!*

Lavender - to help with sleep

Cinnamon - to sharpen one's mind

Pine - to alleviate stress

Citrus - help one feel more energized

Vanilla - can elevate your mood

Peppermint - may boost concentration

Jasmine - may ease depression

(From <https://www.huffpost.com>)

Clean!

This may seem like an odd choice to practice self-care. However, sometimes the best thing oneself can do for themselves is to take care of themselves by taking care of their environment. This doesn't have to be a full-on top-to-bottom house cleaning. Focusing on deep cleaning a small area of one's environment can be a cathartic experience.

Here are some ideas:

Clean out the bookcase (or closet)

Clean your computer keyboard or phone (also a good choice to remain germ free!)

Organize your cabinets and throw away some of the mugs in your collection

Mop the bathroom floor and vacuum - put on some of your favorite music and dance it out!

Go to bed at a reasonable time and wake up early(ish)

Mix up your routine and go to bed at a decent time. Try waking up early and seizing the day. Start the day off with a walk, yoga or other low impact exercise. Then follow it up with a healthy breakfast. Restart your routine with a good night's rest and a strong start to the day.

Take some alone time

Alone time doesn't mean surfing Instagram by yourself in your room. This means taking some time alone with no distractions outdoors or indoors and just sitting. Alternatively, you can practice mindfulness by listening to relaxing music, coloring or journaling your goals.

How do you feel about the campus internet?

Otter Chatter by Jennifer Gibbs



Litzy Lopez

Undeclared
First-year

"It works fine for me, it's actually pretty fast - I like it! And whenever I open my computer, it's already connected."



Maribel Gutierrez

Psychology
First-year

"When I go into classes at the library, it's pretty fast. Also, when going to different sites, especially multiple tasks, it's still fast."



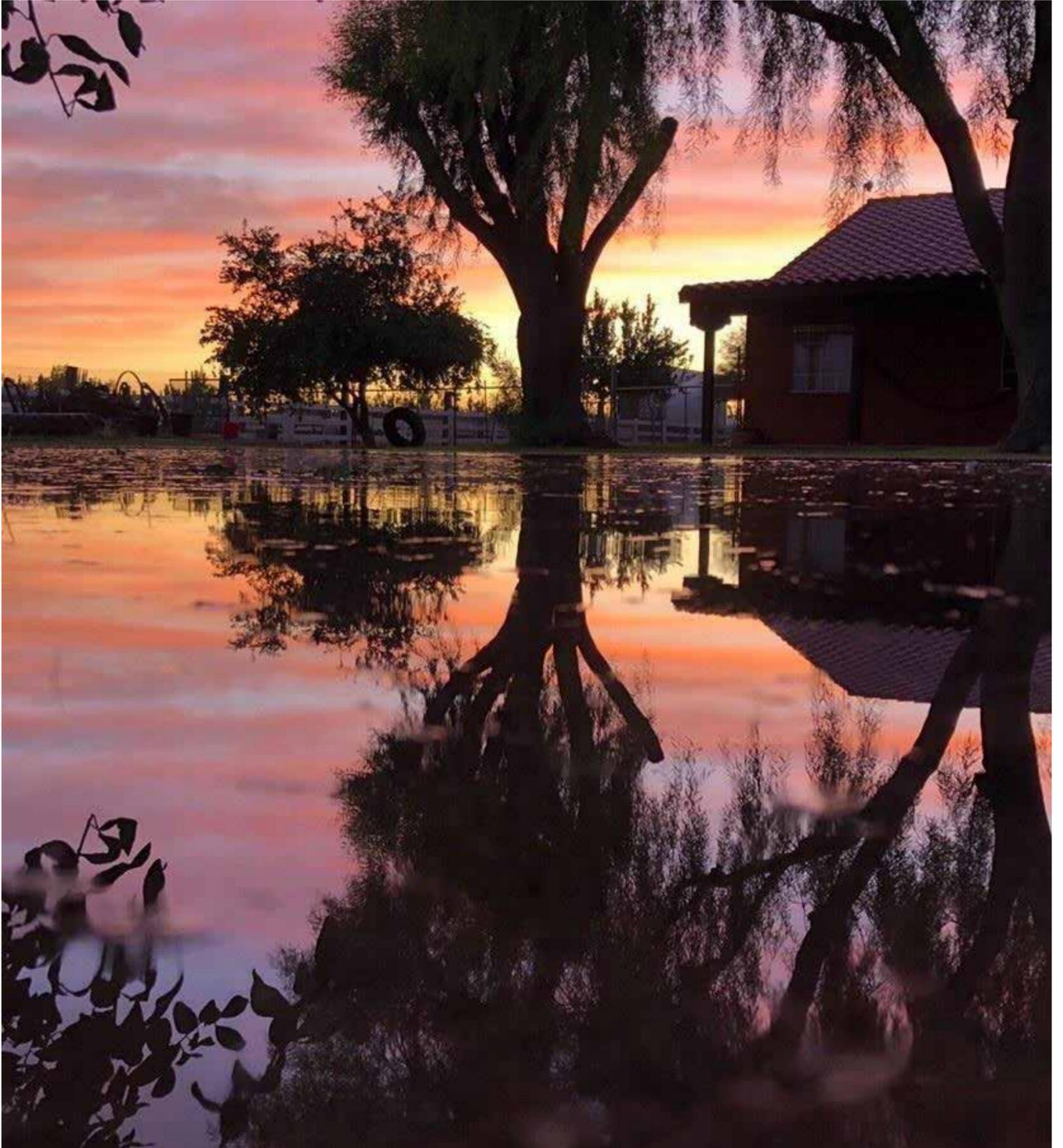
Anthony Herrera

Computer science
Fourth-year

"Overall, I feel like the internet is pretty good on the main campus. I usually come here for all of my downloads that I need to do for my classes. It's on East Campus where it's a bit slower. But I understand, because it's off campus and they can't really provide as much service out there for that. Overall, though, I'm very happy with it!"

Photo contest winner!

Julissa Silva | theme: nature



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

tnituvcloia

oscpr

gadrngnei

bssnguriaesi

arnfgmi

turtherulrcio

eligalt

irronaiitg

raotret

lievcktso

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

Answers:

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

cultivation,
gardening, farming,
tillage, tractor,
crops, agribusiness,
horticulture,
irrigation, livestock