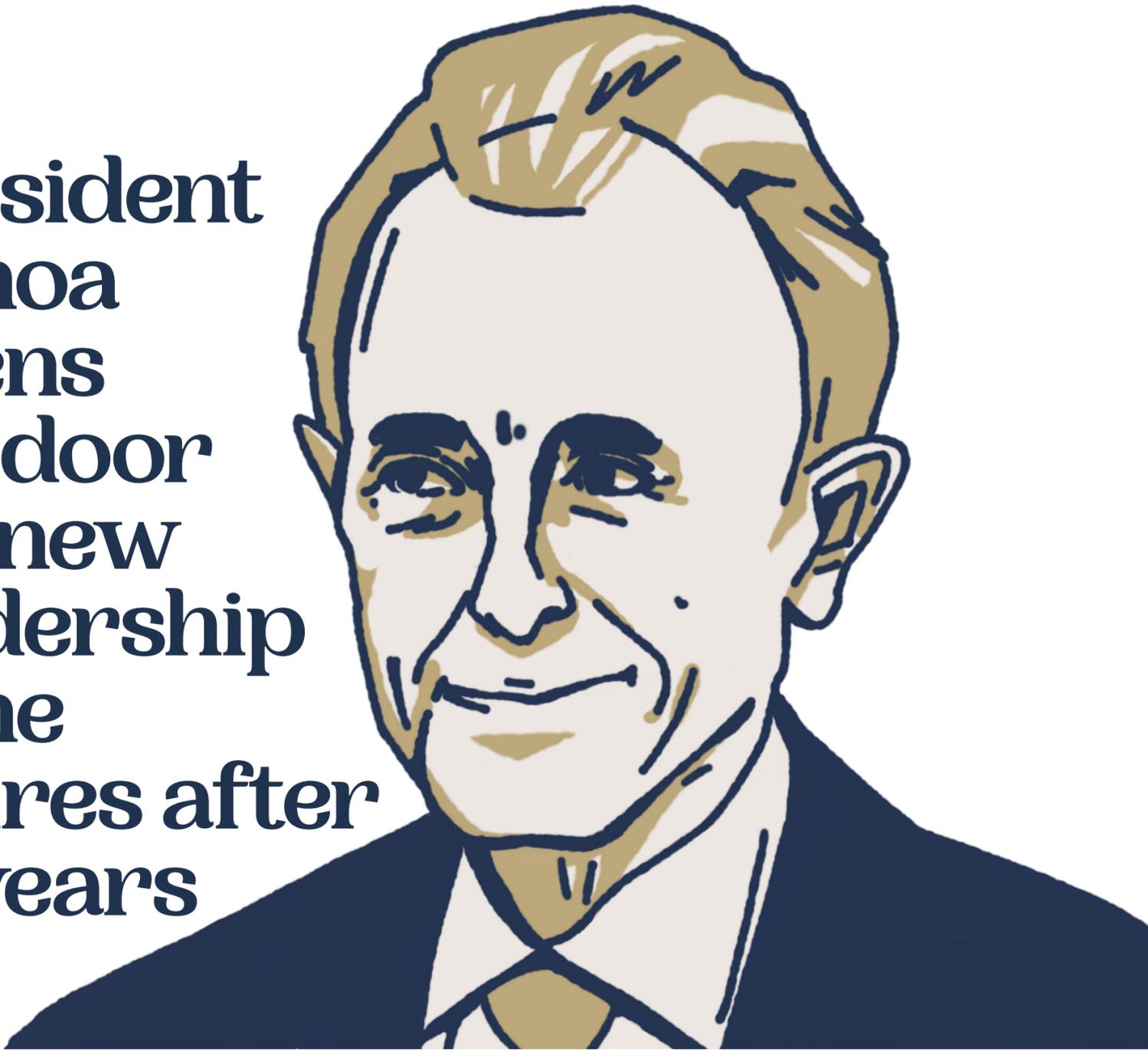


the Lutrinae

CSUMB Student-Run Newspaper

Nov. 1, 2021

President Ochoa opens the door for new leadership as he retires after 10 years



Story by Daniel Gallo
Illustration by Malia Savella

As a young man growing up in Buenos Aires, Argentina, Eduardo M. Ochoa began his academic expedition in bilingual schools, achieving proficiency in the English language and migrating to the U.S. at 14 years old.

Now an accomplished academic administrator, engineer and President of California State University, Monterey Bay (CSUMB), Ochoa is retiring after 39 years of service in the CSU system.

Ochoa's parents admired the U.S., and they understood the importance of learning English, so they enrolled him in British schools for grade school and half of high school before migrating to the U.S.

Moving to Oregon brought challenges to Ochoa's life.

"It felt like one of those science fiction shows," Ochoa said. "Where you wake up, and you're somebody else in another life and nobody knows about the memories you have."

Ochoa and his family parachuted into Portland in the middle of the summer and Ochoa dealt with depression for the first month. After starting school and meeting new people, he pulled through, reinvigorated for a new chapter in life.

At Reed College, Ochoa majored in physics. His original plan was to pursue two majors, physics and philosophy.

Ochoa completed all the coursework for philosophy, but because Reed requires a thesis for each major, he decided that once he satisfied his intellectual curiosity, it wasn't logical to write a philosophy thesis on top of a physics thesis.

His interests drifted from epistemology and the possibility of knowledge to social issues, losing interest in philosophical science.

The Vietnam War had been raging during Ochoa's time in high school and social science teachers opened his eyes to political and global issues.

Ochoa weighed his options once he graduated. His experience in science and informed social awareness presented two engineering career possibilities - nuclear and electrical.

After spending a year in Argentina, he discovered work opportunities related to his expertise. Ochoa returned to the U.S. and took advantage of Columbia University's nuclear engineering program, completing his master's degree in two years.

The political situation in Argentina had deteriorated and massive military repression in the area became a problem. Ultimately, making Ochoa's dream of working with atomic energy in Argentina no longer possible.

Ochoa stayed in the U.S. and worked as a full-time engineer for one year and developed a desire to study social science at The New School for Social Research in New York, selecting a degree in economics because of its marketability.

Following his endeavors in the Empire State, Ochoa and his wife, Holly, moved back west and had their first son. He accepted his first job at Fresno State and completed his dissertation while teaching.

Ochoa returned to the job market, took a tenure track job at California State University, Los Angeles, moved up to a department chair position, became a dean at Cal Poly Pomona, and proceeded to take on the responsibility of Provost at Sonoma State University.

Collaborating in postsecondary education with the Obama Administration was an unexpected, exciting offer. Ochoa grew a national network of connections in higher education as the assistant secretary of postsecondary education.

Raising the profile of CSUMB and the surrounding community has been a highlight for Ochoa.

"It was like a caterpillar growing," Ochoa said. "During my tenure, we've been able to come out as a butterfly."

A telling indication of progress is the recent completion of the first comprehensive funding campaign. The target was \$25 million and the community raised over \$100 million.

Ochoa didn't use any of his jobs as stepping stones. Rushing through positions wouldn't have allowed him to make a difference.

His calm yet focused demeanor stems from years of preparation, and by the time he stepped into the shoes of President at CSUMB, it was comfortable.

Ochoa believes the campus is unique.

"The university was founded with only six months of planning," Ochoa said. "It attracted people that were great improvisers who wanted to do things differently."

CSUMB has a harmonious culture that separates it from other universities. The school is motivated by innovation and change.

Ochoa credits the success of the CSU to applied research that can help undergraduates flourish. CSUMB's establishment of criteria for retention, promotion and faculty tenure has rewarded activity that pushes the institution's initiative forward.

Generating an environment for good people to achieve excellence is the work he will miss most.

President Ochoa has driven the campus to greater heights. His dedication to the university mission and connection with students, faculty and staff have provided CSUMB with a better tomorrow.

Spooky Spotlight Walk

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Pumpkins galore at annual Halloween Bash

Story by Malia Savella
Photos by Joshua Label

The resident advisers of the North Quad housing area of California State University, Monterey Bay (CSUMB) held a Halloween Bash on Oct. 28. The effort was a Living Learning Program (LLP) organized by CSUMB's Residential Housing Association (RHA).

Located on North Quad's lawn, this event allowed students to partake in an essential fall activity: pumpkin decorating.

Both paint and carving supplies were made available, with attendees given the option to bring their own pumpkin or use one provided. Music played as students circled up with their pumpkins on the grass.

Some attendees dressed in spooky attire, while others kept their wardrobe casual. A backdrop on the side of Pinnacles was available for Otters to take pictures with each other.

Resident advisers passed out candy and pamphlets sharing the history of Halloween.

Vineyard resident adviser and third-year Zoe Williams shared that the purpose of the event was to build community during the fall season.



Otters mingle and paint pumpkins at the annual Halloween bash in North Quad on Oct. 28.

"It seems like everyone is having a good time," Williams said. "I'm happy to see everyone hanging out together."

Halloween hike brings species to life

Story by Daniel Gallo
Illustration by Malia Savella

The Wildlife Conservation Society at California State University, Monterey Bay (CSUMB) invited club members to the Spooky Spotlight Walk at the Fort Ord Natural Reserve on Oct. 26.

Students gathered in the parking lot before they embarked on their Halloween-themed journey.

Club officers selected a random winner to receive a free GearLight headlamp, well-suited for the dark hike.

Jennifer Duggan, environmental science professor and the club adviser, unlocked the gate and led participants toward the open trail.

Signs at the entrance reminded attendees to be vigilant regarding bobcats, mountain lions and rattlesnakes.

As members headed down the path, Duggan pointed out a wood rat nest. Their numbers are declining from the loss of coastal habitats caused by fragmentation and deforestation.

After crossing a large puddle, students discovered a pile of coyote scat on the road ahead, identified by Duggan.

Strawberry crops were pointed out by officers near the Natural Reserve, in the distance, and not far from the Marina Municipal Airport.

Duggan detailed the use of squirrel traps in the farming area. She explained that promoting biodiversity is essential as an environmental enthusiast, but she acknowledged that agronomists need to protect crop production.

As the sun went down, the group came across a concentration of oak trees full of lichen surrounded by moths.

Danielle Anderson, President of The Wildlife Conservation Society, explained the importance of lichen and its contribution to ecosystems.

Anderson described the composite organism as algae wrapped in moss, digesting the contents of trees to transition into an individual organism.

Duggan reminded students of the common misconception that lichen hurts trees. In reality, they share a symbiotic relationship.

The Halloween atmosphere intensified when the sounds of free-tailed bats came from above, feasting on the abundance of moths.

Pig and cow craniums greeted the participants as they exited the oak forest, reminding them to avoid the area off the path.

The skulls ward off visitors from a military well on the premises, packed with mating rattlesnakes.

Before the group migrated to the next trail, Phoebe Lord, the club secretary, located deer vertebrae and additional remains nearby, assembling each piece like a puzzle.

The hike concluded with the sighting of a young adult-sized salamander, the surface of their skin coats water to their body, maintaining moisture.

Club members also spotted millipedes, fire ants and Jerusalem crickets on the trip.

For more events in the natural world, join The Wildlife Conservation Society on MyRaft.



Trunk-or-Treat



Photos by Joshua Label

Top: Otters gather at the Trunk-or-Treat event in East Campus on Oct. 31.

Top right: A festive student dresses as an Otter for the Trunk-or-Treat event on Oct. 31.

Top left: Otters Arturo Mejia and Abby Aguilar go as Shaggy and Velma for Trunk-or-Treat's Halloween event in East Campus on Oct. 31.

Top right: Otter Bernadette Angeles wears a flower girl costume during the Trunk-or-Treat event on Oct. 31.

Read Like a Teacher

Story by Jennifer Gibbs
Illustration by Malia Savella

Elementary education majors gathered for the Read Like a Teacher workshop, hosted by California State University, Monterey Bay (CSUMB) College of Education Adviser for Student California Teachers Association Ondine Gage on Oct. 29.

Many students can remember the excitement they felt sitting in a circle in kindergarten as story time was about to begin and listening to a teacher read to them when they were young conjures up fond memories for many. The more animated teachers were as they were reading, the more it held the children's attention.

This event taught future teachers of young children how to read aloud to them, and what techniques they could use to keep children engaged.

Gage was joined by Read Like a Teacher cofounder, Jaydene Elvin, who is an assistant professor of linguistics at California State University, Fresno.

Cheryl Chan, assistant coordinator for The Hub for Language Teaching and Learning, Alyssa Tobar; Read Like a Teacher cofounder; Andy Waldron, assistant professor of theater education at Ball State University also joined Gage for the workshop.

Elvin began the workshop by playfully asking participants what their favorite children's books were when they were young, and answers ranged from the thought-provoking "The Giving Tree" and "Beautiful Blackbird," to the more entertaining "Mustache Baby" and "Gerald McBoing-Boing."

Elvin then challenged attendees to think back to "how" the book was read to them.

"Movement, voice and improvisation are very important when reading to a young child," Elvin said.

Read Like a Teacher was conceived based on these three principles.

"Playing with the words in the book and using our voices to accent the different emotions helps foster an empathetic environment," Elvin said. "Because you're asking students to see things from another perspective."

Tons of kids' books have repetition in them, which not only helps children retain more, but also helps them remember patterns and connect key concepts.

Tobar commented on how effective emotion is when reading to kids.

"Emphasis is really important, which word do you want to emphasize?" Tobar asked. "Facial expressions and tone can change the meaning of what is being read."



Sometimes students are cognitively not ready to understand the context of what is being read. Taking into account learning styles and background, shows that a teacher has empathy for their students, and that is something that student teachers need to master.

Elvin reminded audience members to "be aware of the diversity in your classroom."

Stopping to ask questions while reading is another way to find out if your students are listening and retaining.

"When getting answers from the class, it's great to say, 'what are these three ideas,'" Waldron said. "This limits how many kids are shouting out ideas and keeping you on track."

Waldron additionally added "We know that young people need practice identifying emotions on faces. What are

they feeling? Why are they feeling it? Ask questions for participation."

Teachers can have a roomful of restless young listeners who are eager to learn and be entertained. Some final tips on getting their attention: make sure you are holding the book correctly, know who you are reading to and read so you can see the words, but the students can see the pages in the book.

Lastly, practice reading to students as much as you can.

"We're hoping people will come to us for language teaching and learning," Chan said. "How can we provide them with the best opportunities?"

For more information about the program, please visit www.fresnostate.edu



Halloween

Virtual photography by Arianna Nalbach

Game: Red Dead Redemption 2



November Horoscopes

Story by Anna Stubler
Illustration by Malia Savella

Aries (March 20-April 19):

Aries, October was a big month for you. This may have left you feeling drained and adrift going into November. No worries! Take a break and go with the flow. Reflect on all you did this year and what you want to accomplish in the coming weeks.

Lean on your friends for advice and use their company to bring your mood up. If you isolate yourself, you'll only dampen your mood and encourage procrastination. Get out there and have fun!

Taurus (April 20-May 20):

Stop putting so much pressure on yourself. Remember that you are doing a lot and you can only take on so much. Practice saying no to commitments you don't need to be involved in.

Surround yourself with people that bring your energy up. Don't let yourself be taken advantage of by people who drain your energy and don't reciprocate the effort you put in. Positive vibes only, Taurus!

Gemini (May 21- June 20):

Stop rushing through life and slow down this month. Take time to reflect, relax and recharge. Do things slowly and deliberately for a change of pace. Put yourself and your wellness first when making decisions and agreeing to commitments.

Practice cultivating your relationships by using your active listening skills. What are people saying and how can you help support your friends?

Cancer (June 21- July 22):

Take November to realign your priorities. Are you surrounding yourself with people who support you in your goals? How can you support others' goals?

Don't make any hasty decisions. Think things through and seek advice before jumping into new commitments.

Leo (July 23 – August 22):

You do you, Leo. Don't let other people's opinions sway you and stay true to yourself. Do what makes you happy instead of trying to please others and win their approval.

Take time to connect to your creative side. This will give you more energy going into November.

Virgo (August 23 – September 22):

Virgo, you are full of pride this month. Be careful you don't offend anyone by accidentally being rude or arrogant. Your confidence could help you win the opportunity to participate in something important. Don't be too stubborn and get in your own way.

Your relationships trust you. Be sure to honor that trust and keep their confidences secret. Otherwise, you could jeopardize an important relationship.

Libra (September 23 – October 22):

Libra, you need to relax. You are being pulled in lots of directions, but remember what you value and what you need to do to achieve those goals. Take time to slow down and meditate or exercise. This will help you recenter yourself and get on track.

You don't have to be perfect. Just be you and surround yourself with people who appreciate you for you.

Scorpio (October 23 – November 21):

This month may feel crazy and pressure filled with lots of responsibility. You got this. Remember how you have successfully managed commitments and stress in the past and utilize those strategies. The intense pace of the month may leave you feeling melancholy. Treat yourself, you deserve it.

Try to be a mediator in conflict between your relationships this month. Don't get dragged into the argument. Stay above the drama.

Sagittarius (November 22 – December 21):

You may feel bored by your typical routine. Try to mix it up. Take a different route to work or school. Wear that shirt you never wear. Take small steps to be spontaneous.

Try to build understanding with that person who is bothering you. They're not evil, they just don't understand your perspective and you don't understand theirs. Work on building a conversation with them and try to see their point of view.

Capricorn (December 22 – January 19):

You are going into November with lots of energy. Seize that momentum and get stuff done. Deep clean the bathroom or do that assignment for work or school you've been putting off.

Seize your energy to plan fun events for you and your friends. Try planning creative get togethers to connect you and your friend group.

Aquarius (January 20 – February 19):

Keep it up, Aquarius. If you find yourself stagnating, take a day to recharge and then get back to work!

Take time to meet people in person and catch up. Just talking to people digitally isn't as fulfilling for you. Meeting with people will give you a boost and help you succeed in your responsibilities this month.

Pisces (February 20 – March 20):

You've been working really hard, Pisces. Reflect on the past month and what you did that worked and what didn't. What made you happy and what didn't? Try to plan this month based on your reflection.

Don't jump to any hasty judgments about new relationships in your life. Give people a chance and they may not be what you expect.



Taare Zameen Par: stars on earth

Monte's Movies

Story and screenshot by Anna Stubler

“Taare Zameen Par” is a heartfelt movie about the power a teacher has to change a child’s life, and the challenges students who don’t conform to normal learning standards face.

Ishaan, a young boy living in India, is sent to boarding school by his father for not keeping up with the other students his age. No matter how hard he tries, the numbers and letters refuse to stay still, causing frustration and outbursts.

While the transition to boarding school is emotional, it ends up being a life changing transition.

The movie stars Indian actor Aamir Khan as a silly but talented and insightful art teacher who works at Ishaan’s boarding school and takes him under his wing.

The movie is filled with charming graphics and illustrations, and gives the viewer a look inside the head of a student with dyslexia living in a family and country that highly prizes good marks in school.

“Taare Zameen Par” exposes some of the glaring issues within the current education system in most countries, which is a system that does not accommodate people who learn differently.

This movie also shows the power art can have in many neurodivergent people’s lives.



What was your favorite Halloween costume?

Otter Chatter by Jennifer Gibbs



Julian Garcia
Environmental Studies
First-year

“I think for me it was a stretchy one-piece alien suit that went over my entire body. I ran around in it the whole night, it was great!”



Reilly Moore
Psychology
First-year

“When I was in fourth or fifth grade, I went as a prom queen. So I went to a thrift shop and got a really small dress, and my mom did my hair up and gave me flowers.”



Tanya Sanchez
Business
Fourth-year

“I think it would be Scooby Doo. I watched it a lot as a child, and I think it’s cute you can make the little Scooby ears and nose. And I actually did it this year with my friends, so we were all Scooby, Shaggy and the whole Mystery gang.”

Otters learn how to cope with stress

Story by Nikki Dodd
Illustration by Malia Savella

The Personal Growth and Counseling Center (PGCC) at California State University, Monterey Bay (CSUMB) hosted a Self-Care Workshop for students on Oct. 28. These workshops have been offered before and serve as a reminder periodically for students to reflect and take a break from their day to day routine.

PGCC strives to provide an open conversation and safe environment for students. Additionally, it emphasizes practicing self-care habits on top of sparking new ideas and ways to achieve that.

Jessica Lopez, counselor faculty at PGCC, led the event.

A question posed before and asked again was “what is self-care?” Self-Care has been defined as “the practice

of taking action to preserve or improve one’s health,” by Oxford Dictionary.

This meaning can be manifested as various activities or things used to serve as an escape from their normal day-to-day routine, bettering the mind and soul. Purposely slowing down and reflecting on what is efficient and beneficial to oneself is part of practicing self-care.

The next question proposed with self-care is “how has it changed now that students are in the middle of the semester?”

Early on in the semester, the workshops looked at what self-care is, how to identify stressors, how to maintain physical and emotional help and how to create safe spaces. Reflecting on the tools given, the challenge for most students is continuing practices and making good habits stick.

While this can be challenging, it was highlighted that just like students’ courses, to be able to maintain something takes effort and accountability on students’ behalf. With midterms and the end of the semester fast approaching, it can be difficult to think about anything else.

Different activities and practices were discussed and suggested to maintain self-care such as:

- Exercising and short walks
- Reading
- Watching TV
- Taking a nap
- Going out with friends (dinner, drinks)
- Waking up early instead of sleeping in
- Plan a trip, whether big or small
- Meditate (mindfulness)
- Repeat affirmations to oneself as a way of motivation

While listing activities can be easy, it is the constant reminder to be disciplined to separate and dedicate specific time to solely take care of yourself when needed.

Self-care provides an opportunity to justify and find time to pause everything and do what one truly enjoys. There is no harm or guilt in taking a step back from time-to-time to recharge one’s mind and body.

Consistency is key, as well as being able to identify what works and what does not. Each workshop presented various ways to address and brainstorm different avenues to achieve self-care.

The self-care workshop serves as a reminder to check-in with oneself and evaluate thoughts and emotions during high levels of stress throughout the semester.

If at any point a student is still struggling to achieve and maintain self-care practices, You@CSUMB is available through the school’s website. All that is needed: an OtterID and students can create and customize their dashboard to fit their needs.



The Lutrinae is hiring for all positions!

If you are interested in joining our team for the Spring semester, please head over to Otter Jobs by Nov. 19 to find out more.

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

- | | |
|---------|---------|
| tsars | mnoo |
| _____ | _____ |
| urpteij | rehta |
| _____ | _____ |
| upotl | etenupn |
| _____ | _____ |
| rucemry | msra |
| _____ | _____ |
| srntau | nvsue |
| _____ | _____ |

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

Answers:

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

Stars, Jupiter, Pluto,
Mercury, Saturn,
Moon, Earth,
Neptune, Mars,
Venus