

the Lutrinae

CSUMB Student-Run Newspaper

Nov. 15, 2021



Queer Cat Productions explores space and liberation through theater

Story and illustration by Malia Savella

California State University, Monterey Bay (CSUMB)'s Humanities and Communication Department (HCOM) held their 26th annual Writers from the Edge author series on Nov. 10. This year, it featured Bay Area theater company Queer Cat Productions, who led attendees through an interactive, virtual theater experience.

HCOM professor Daniel Summerhill and faculty lecturer Kristin LaFollette emceed the event, introducing the company as a spot to find "playful, curious and haunting" works of theater. Company co-founders Nicole Jost and Carson Beker led the audience through the production.

To begin, Jost and Beker established the three norms of Queer Cat Productions: consent is key, impact over intent and that all attendees are whole people. These expectations were created as a direct contrast to how interactive theater is usually run.

"[Beker and I] shared an opinion of a certain type of interactive theater, where what happens is you're sitting comfortably in your seat, and an actor comes and takes your hand and drags you up on stage. And we were very clear that that was the opposite of what we wanted to happen," Jost said.

Jost and Beker invited attendees to contribute their own norms, then asked what the audience was curious about in the current age of storytelling. Common contributions included explorations of style and genre, as well as a reimagining of theater safety in a post-pandemic world.

The theater began when the company introduced the character Jules to the group. Jost and Beker gave vague descriptions of the imagined friend, while audience members invented stories about her. After toying with Jules's character, Jost revealed that Jules is a Martian who is trying to return to her home planet.

In order to do so, Jules needs all commercial transactions to stop for 26 minutes on Black Friday. The audience was tasked to create 60-second public service announcements to stop consumers from shopping that would appeal to their heads, hearts and laziness. Breakout groups were created for audience members to create their pitches.

After some time to mull the task over, each group presented their pitch. Solutions included convincing the public to participate in a world record, making shoppers too depressed to go out and several other creative ideas.

Jules, played by Jost, came online after groups shared, expressing her thanks for everyone's help. "Intergalactic" by the Beastie Boys played as participants danced by themselves and with their pets on camera.

The event concluded with a Q&A session with Jost and Beker.

The two answered questions on virtual theater, collaboration in theater, creating accessible art and queer representation. For the co-founders, making queer theater means creating an extended definition of queerness that includes joy and liberation.

"We wanted to be queer, not just in terms in representation and people's individual identities, but in term of our approach to art and our approach to community," Jost said.

Jules's story is not the first Queer Cat Productions science fiction piece. Beker spoke on their space-themed inspirations.

"I think that there's something about the world that we're trying to access, which is a kind of future where everyone's nice to each other," Beker said. "Where there's a lot more imagination of liberation, so I think that that puts us naturally towards the future."

Queer Cat Productions was created in 2019. The company has six members including Jost and Beker, and is looking for more through their Artist Offering program.

Though their first productions were in-person, the pandemic opened the company up to virtual theater. In making the transition, the company learned about inclusivity.

"What we discovered when we went virtual is that we got to have audiences that we didn't get before," Beker said. "Some people have actually told us that we were one of the first theater experiences they've had because the theater seat didn't fit their body. So we're still learning a lot about access."

Queer Cat Production's next theater event will be held in October 2022.

Welcoming dean Harald Barkhoff

Discover the CHSHS dean Harald Barkhoff and his plans for CSUMB

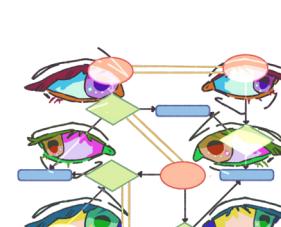
Page 2



Social Justice Dialogues

Reframing problems and biases in affinity spaces

Page 5



8-Bit

"Cozy Grove" delivers on comfort and fall vibes



Page 6

CSUMB holds interview with new CHSHS dean Harald Barkhoff

Story by Daniel Gallo
Illustration by Malia Savella

Otters gathered for a virtual chat with Harald Barkhoff, the new dean of the College of Health Sciences and Human Services at California State University, Monterey Bay (CSUMB) on Nov. 10.

The pandemic has allowed for greater flexibility in participation from home, and while online classes have been valuable in the pandemic, Barkhoff acknowledges in-person classrooms are filled with an energy virtual environments can't always provide.

Barkhoff asked students about the university's positive qualities and the areas in need of greater attention in an effort to celebrate what's working well in the school while also seeking to improve.

CSUMB students come from a variety of backgrounds, and the variety of housing options is something participants at the meeting believe makes the school attractive. The reduction of asynchronous courses was brought up because of their deficiency in fostering legitimate instruction.

The discourse also examined the benefits of building community relationships with locals around the campus, bringing residents and university members together. Students at the virtual chat discussed the connections available through service learning and internships.

Having experience collaborating with people outside CSUMB provides graduates with networking skills and valuable experience.

"A big part for me is to assess the needs of the community," Barkhoff said. "Everything we do should be tailored to need and interest for students."

Providing the right programs and opportunities is something Barkhoff seeks to enhance on campus.

Barkhoff spent the last 20 years in Hawaii, but he's originally from Germany. When President Ochoa

interviewed Barkhoff for the position of dean, he emphasized the special connection Monterey has with Hawaii being the closest from the U.S. to the islands.

Barkhoff understands that CSUMB is a young institution with promising potential and his objective moving forward is to enhance the college environment by taking input from students.



the Lutrinae

The Lutrinae is a weekly campus newspaper covering CSUMB and its neighboring areas. Here at *The Lutrinae*, our goal is not only to educate and inform the public, but to entertain, to spark creativity, to encourage diversity of opinion, and to build a sense of community on campus and with the neighboring cities.

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The Lutrinae serves two purposes: It is a training ground for students who wish to develop journalism skills and build their resume, and it is a forum for free expression of campus issues and news. *The Lutrinae* Editorial team will determine what to print and reserves the right to edit for libel, space, or clarity.

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Sure on this Shining Night

Photo by Joshua Label



Pianist Paula Fan and baritone Jeremy Huw Williams perform new American and Welsh songs during CSUMB's "Sure on this Shining Night" concert in the Music Hall on Nov. 12.

Campus

thelutrinae.com

11.15.21

Please don't pass the turkey

Story by Anna Stubler

When thinking of Thanksgiving, the first things that may come to mind are turkey, bread and pies. However, this just won't do for people who are vegetarian, gluten-free or have diabetes. What then, can these people do for Thanksgiving?

Vegetarian options

Thanksgiving doesn't necessarily mean loading up on tofurky. There are lots of other tasty options for vegetarians.

Appetizers

Samosas - Think outside the box and try a Punjabi samosa recipe. Even though this isn't a classic Thanksgiving fare, it's got potatoes and a flaky dough so it'll fit right in at the table. Look for the [New York Times' Aloo Samosas \(Potato Samosas\)](#) recipe.

Fancy carrots - Just because carrots are healthy doesn't mean they have to be boring. Try adding flavor to carrots and spice things up with garlic, ginger, fennel seeds, anise, clove, cinnamon or Szechuan peppercorns. Alternatively, just buy Chinese five-spice powder and follow the recipe for [Five-Spice Roasted Carrots With Toasted Almonds](#) found on the New York Times website.

Main Course

Stuffed squash - Consider substituting meat for a healthy and hearty stuffed squash or pepper. Stuff the squash with quinoa, apples, kale, pomegranates or whatever else is fresh at the farmer's market. The internet is filled with stuffed squash recipes. One particularly yummy looking one is the [Quinoa Salad Stuffed Acorn Squash](#) featured on the vegetarian cooking site Love & Lemons.

Fancy hummus - Dress up hummus for the holidays with roasted pumpkin. Look for [Spiced Roasted Pumpkin with Farro and Hummus](#) on the "minimalist vegan" website.

Gluten-free options

Just because people with gluten allergies can't eat bread doesn't mean they have to skip appetizers and dessert.

Appetizers

Lentil flour muffins - While white bread rolls are probably out of the question, there are a lot of fun and healthier substitutions. One such recipe is for [Banana Date and Honey Muffins with Lentil Flour](#) on the "Healthy Home Cafe" website.

Artichoke dip - Technically artichokes are sold alongside vegetables, but they sure don't taste like it, especially when sour cream is mixed in. Try a spinach and artichoke dip paired with tortilla chips for a delicious and gluten-free appetizer. There are dozens of recipes online, but "Cooking Classy" has a [top rated one](#) on their website.

Dessert

Just because gluten free means no pumpkin and apple pie doesn't mean dessert is off the table.

Pumpkin pie crumble bars - Pumpkin, oats and brown sugar are an unbeatable trio in this gluten-free dessert option found [on the "Nutrition to Fit" blog](#).

Apple crisp - The "Cookie and Kate" blog features a [spicy and sweet apple pie alternative](#). For an adult dessert, alcohol can be added to the crust as well.

Low-sugar options

Typically, dessert is the most anticipated part of Thanksgiving, but for people trying to cut their sugar or suffering from diabetes, this may not be the case. However, dessert can still be possible with some alterations.

Dessert

Blueberry cookies - These "cookies" don't contain any added sugar. Visit the "Big Man's World" to learn how to whip up these quick and easy [Blueberry Breakfast Cookies](#).

Holiday bark - Try out [pomegranate and pistachio dark chocolate bark](#) found at the "Maple and Mango" website for a low sugar take on holiday bark.

Faculty and students express gratitude for campus community

Story by Bryan Chavez

The Humanities and Communication (HCOM) department at California State University, Monterey Bay (CSUMB) held their virtual friendsgiving event for students and faculty in the department to take a break from writing and grading essays and exams on Nov. 12.

Estella Porras, a professor and HCOM adviser at CSUMB, helped coordinate the event for people in the department to be able to wind down and get to connect with each other online through games and icebreakers.

Everyone started with basic light introductions of names and fun facts about themselves, and then went into a game of "would you rather" to see what people would pick given two options which would reveal more about that person.

Then, after some rounds of BINGO and a thanksgiving themed "20 questions" where students could win prizes, Porras had everyone share what they are thankful for in the semester so far.

With this being the first semester back in-person after going into lock down for over a year, many were thankful

to be back on campus or even to step foot on a college campus for the first time for those who started coming to CSUMB during quarantine.

Others were thankful for the opportunities they've been given to make new friends and connections within the community that have given them the support to succeed. Through this support, they have been able to make tremendous growth into their adult lives.

"I'm thankful for the kindness and the soft spots I've seen in people," Porras said when closing out the meeting and thanking everyone for making the event successful.

Dining Commons goes global with international cuisine

Story by Helene Kristensen

Photo courtesy of Matthew Mendoza via Flickr

The Dining Commons (DC) at California State University, Monterey Bay (CSUMB) hosted a Global Street food event on Nov. 10. The event was marketed as offering street foods from various countries around the world.

The food station "Flame" participated by tempting students with Chinese potstickers.

An information sign was listed at the station giving students information that potsticker recipes can be dated back to the Song Dynasty (960-1280 A.D.).

They were initially regular boiled dumplings cooked in a wok. A chef who was boiling dumplings forgot about them, and after the water boiled away, the dumplings stuck. Not knowing what to do, he fried the dumplings from the wok and served them.

Over the years, the Mandarin name for potstickers - guotie - stuck and was translated into English, since woks are the basic pot in a Chinese kitchen.



11.15.21

Terrific tips for studying and time management



Story by Jennifer Gibbs

Photo courtesy of Perzonseo Webbyra via Flickr

We all know how to waste time, but do we know how to manage it effectively? Effective time management allows students to complete more in less time, because their attention is focused and they're not wasting it on distractions like social media, hanging out with friends or just thinking of other things to do besides their work.

A student's ability to plan and control how they spend their day to accomplish the goals they've set allows them to be successful in all areas of their life!

A virtual event entitled "Time Management and Study Tips" emphasized consistency and creating a balance between school and work life on Nov. 13. Hosted by the Transfer Student Success Center Steps to Success Program peer mentors Lambert Figueroa and Priyanka Karki, the workshop gave students many tips on how to recognize the self-imposed obstacles that hinder academic success.

At the top of the list was procrastination. Delaying one's tasks for tomorrow or the next day only brings about more stress and anxiety. One way to combat this: complete the most difficult task first, then the rest may not seem as daunting.

Letting assignments and tasks build, then trying to complete them all in a short amount of time is setting oneself up for self-sabotage. Having too many tasks on the schedule, too many interruptions, being unable to

say "no" and seeking perfection are just some of the other ways we sabotage our success.

Students might be feeling overwhelmed just reading about this, thinking about all of the things they have to do, so start out small.

Set up a virtual office space in the home or dorm as a study and work area. Eliminate as many time wasters as possible: set a limit for social media, avoid watching crime shows or medical shows, as well as any other frenzied show before bed to get the best quality of sleep.

And for the commuter students, leave a little earlier than needed to get through heavy traffic and look for a parking space. Keep extra supplies in your car such as phone chargers and a change of clothes.

Take advantage of breaks in the day to get caught up on emails and classwork. Connect with fellow commuter students, and set up a carpool if one's schedule permits.

For everyone, there are campus resources like the Cooperative Learning Center Peer Coaching, where students can set up one-on-one sessions with a peer mentor based on their expressed needs.

There are several sessions available and students can find more information at csumb.edu/clc

There is also YOU@CSUMB offered by the Personal Growth and Counseling Center. Here, students will find

an anonymous online well-being platform, personalized just for them.

Not only can they help with time management, but they can also offer support with mental and physical health. Find them here at csumb.edu/pgcc/youcsumb.

And last but not least, for those students who want to tackle making changes on their own, there is a great book called "Atomic Habits" by James Clear, which emphasizes making small improvements add up over time, and focuses on what one wants to become, not what they have to achieve.

"Changes that seem small and unimportant at first will compound into remarkable results, if you're willing to stick with them for years," Karki said.

A sign on CSUMB's campus reads "Life begins at the end of your comfort zone." Even though students want to get organized and feel less stressed about classwork and life, it's easy to stay in the comfort of one's chaos and just get by.

But that won't bring students the peace that comes with good time management and organization.

Karki stated towards the end of the meeting, "One step at a time. Changes happen over time, don't expect overnight results! Choose progress over perfection."

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.

Social Justice Dialogues explores affinity spaces & institutional problems

Story by Cassidy Ulery
Illustration by Malia Savella

Challenging the traditional ways problems are discussed and handled were part of California State University, Monterey Bay (CSUMB) and the Otter Cross Cultural Center (OC3)'s Social Justice Dialogues event on Nov. 10.

During the "Reframing Systems as the Problem: Overcoming Differences in Affinity Spaces" event, OC3 student services coordinator Victoria Gomez led the discussion and asked attendees to define an affinity space in their own words, as well as potential benefits and negative consequences from participating in those spaces.

"An affinity group is a small group of people who support each other and work together to change the world," Gomez said.

Gomez introduced a fictional character, Danny, to help demonstrate the beauty and issues of utilizing affinity spaces and how those problems can be addressed.

Danny is a commuter student from a rural town taking STEM classes, while looking to socialize and develop relationships with people who associate as queer or of color, but on a tight time schedule balancing work and studies.

Gomez asked the audience to list some difficulties Danny may encounter by using affinity spaces, which ranged from feelings of isolation by only communicating and interacting with a particular group of people, to not being able to experience different groups of people which can break down biases and stereotypes.

Despite the negatives, Danny can also flourish in affinity centers by sharing similar interests and having support from like-minded individuals.

Gomez shared with Otters two types of biases that occur within groups and spaces: internal and affinity.

"Everyone holds unconscious beliefs about various social and identity groups," Gomez said. "And these biases stem from one's tendency to organize social worlds by categorizing."

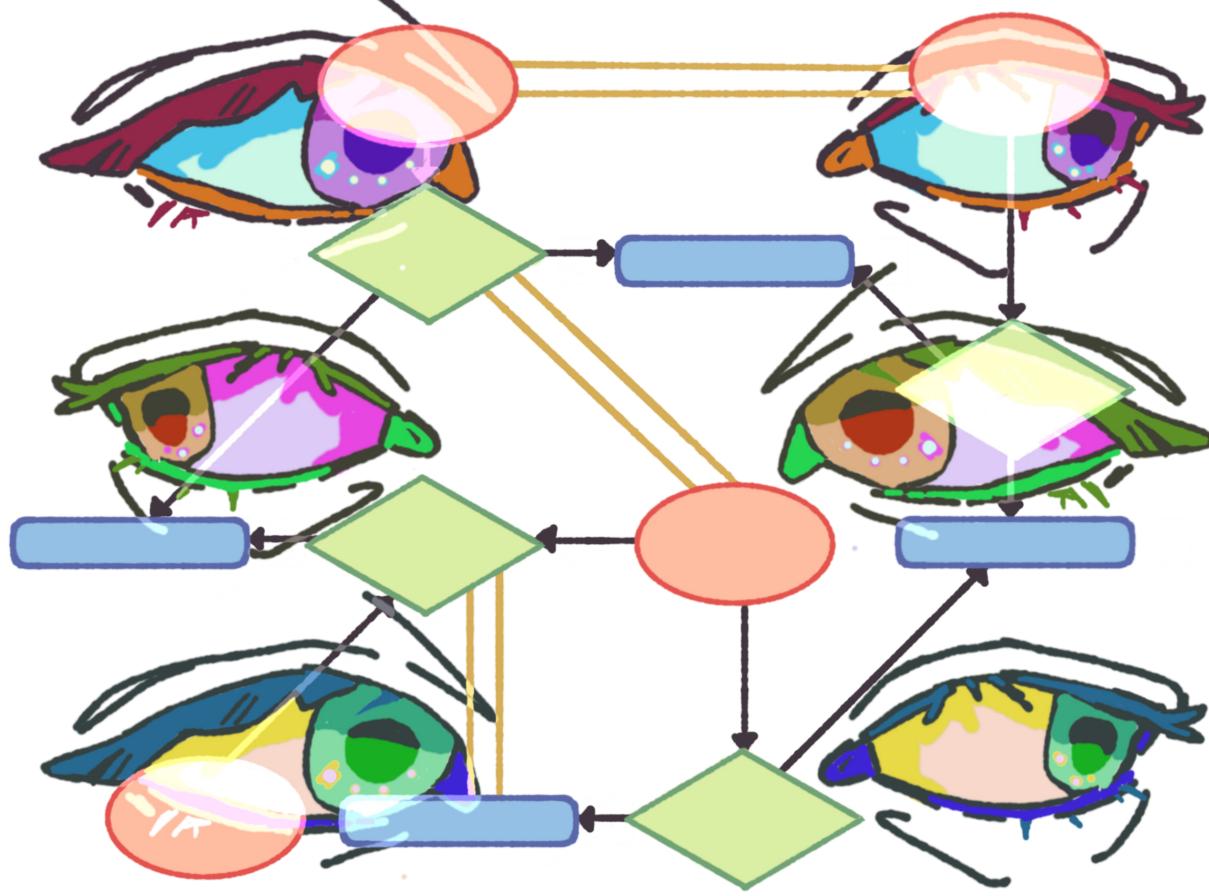
Affinity bias is commonly known as the similarity bias, where people only desire to connect with those who share the same interests or associate with a certain group.

After introducing the types of discriminatory behaviors people can have, Gomez played a TED Talk with activist Verna Myers, a diversity and inclusion trainer, on overcoming biases and recognizing the ones we carry subconsciously.

Looking toward the future, being intentional and checking in with internal and cultural biases can help create an equal space for everyone.

Gomez highlighted educational opportunities and assignments such as dance, food, conferences, music and festivals that can help form community alliances and bring different affinity groups together as one.

"Coming together isn't a new thing," Gomez said. "It's happened in the past, and it continues to happen today. Something that has happened in the past is the contribution of Filipino Americans to the former labor movement that was housed by Cesar Chavez and Dolores Huerta."



What are you thankful for?

Otter Chatter

by Jennifer Gibbs



Sage Crawford-Herald

Marine Science
Second-year

"My parents and friends. Last night I just had a really fun time with all my friends, and I'm really close with my parents, too. They're very supportive."



Brandon Cabrera

Communication Design
First-year

"I'm thankful for my family. They helped me get here, and I'm also thankful for my cousins who are also very encouraging and supportive of my goal to be a graphic designer."



Ulrich Haydt

Computer Science
Third-year

"I'm very grateful for my family. They've supported me and helped me get to this point. I'm grateful to be back in college! I had a long break... I was in Mexico for four years saving up money to come back, and I was finally able to this year."

“Cozy Grove” is the perfect game for the cozy season

8-Bit

Story and screenshots by Arianna Nalbach
Illustration by Malia Savella

“Cozy Grove” is an indie life simulation game about camping on a haunted island that was initially released on March 19, 2021. It retails for \$14.99 and is now available on PC, Xbox, Playstation, the Nintendo Switch and Apple devices with an Apple Arcade subscription.

Playing as a Spirit Scout, gamers will work to help soothe local ghosts and explore the island. “Cozy Grove” starts off as a very desaturated island, purely in grayscale. However, as players progress through the different ghosts’ stories and help them, more and more color returns to the island.

“Cozy Grove” syncs to the player’s system and progresses in real time. Each day, there is up to two hours of quest content for players to go through and progress in the story.

This helps players pace themselves and is a nice, relaxing change to look forward to each day. Whether you’re coming home from a long day at work, finishing up a stressful project or just looking for a different game to play, “Cozy Grove” offers the perfect chance to simply unwind and enjoy the game’s atmosphere.

Progressing in real time and having only a set amount of quests to go through each day makes “Cozy Grove” fairly low-commitment. This is perfect for gamers who don’t have time to dedicate tons of hours to a heavily story-driven game.

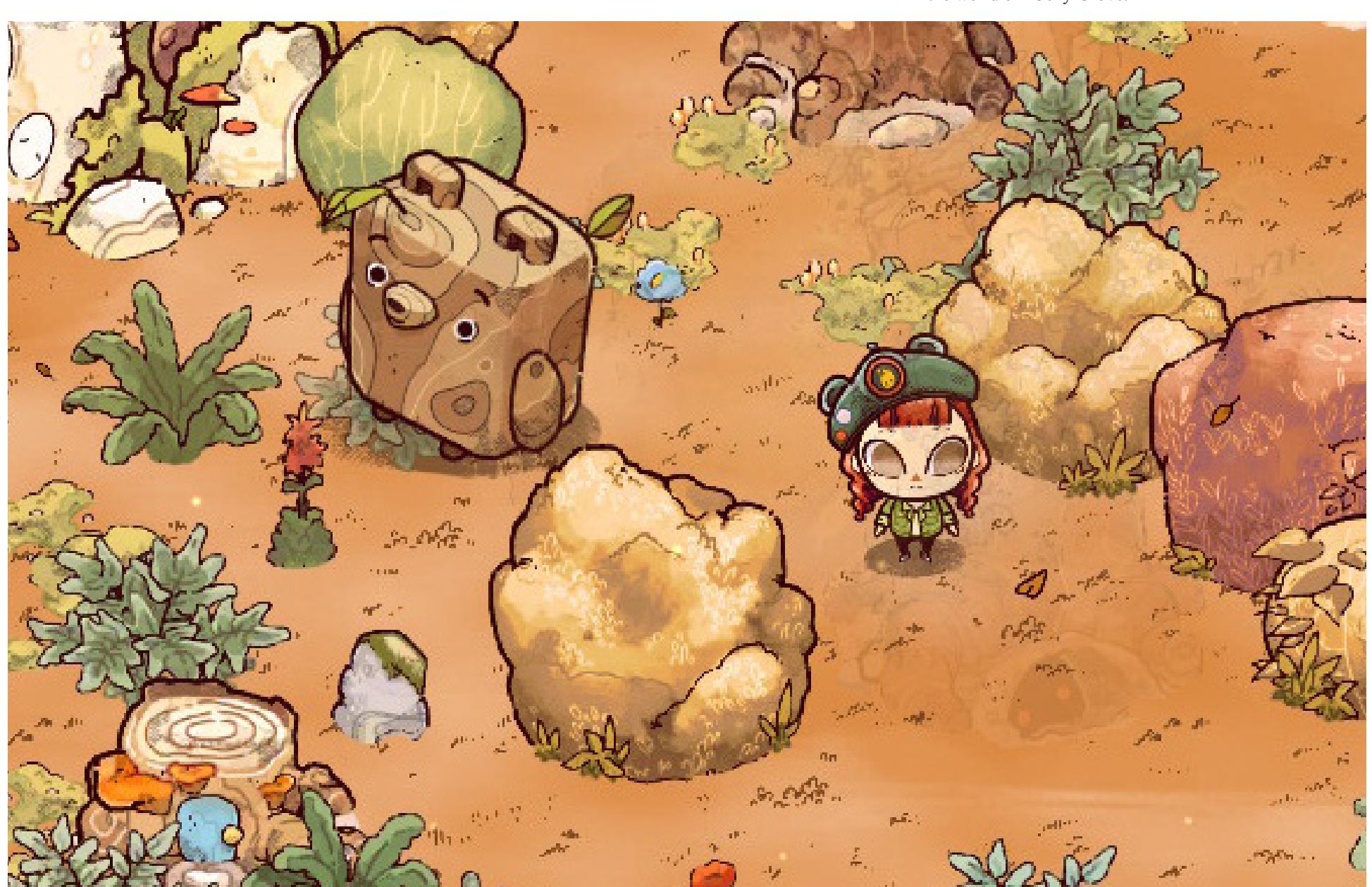
Even after completing the story quests for the day, players can still craft, fish or decorate their camp as much as they wish.

According to the game’s description on Nintendo’s website, “Cozy Grove” offers 40+ hours of campaign gameplay that is designed to last their players months.

“Cozy Grove” has an adorable 2D art style that is somewhat reminiscent of the “Don’t Starve” games. On top of a similar art style, “Cozy Grove” also plays similarly to “Don’t Starve;” however, there’s nothing trying to kill the player’s character and there’s no way to die.

As the title would suggest, “Cozy Grove” is very calming and chill, but still holds a spooky vibe in the best way possible. Every aspect of the game embraces the cozy vibe, from the art, music and subject matter of the game.

For only \$15, “Cozy Grove” is definitely worth picking up for anyone who loves cozy games. With loveable characters and art style, it is safe to say Spry Fox did an amazing job with “Cozy Grove.” It is the perfect game as the weather cools down. Snuggle up with your favorite blanket, grab a cup of coffee or hot chocolate and enjoy the world of “Cozy Grove.”



A guide to surviving the holidays Monte's Mindfulness

Story by Anna Stubler

Photo by Aaron Burden on Unsplash

The holiday season is right around the corner. Many people often see the holidays as a positive and happy time. However, there can be situations or emotions students may experience during the holidays which are not so positive. For some students, the holidays may pose mental health challenges.

The American Psychological Association reported that 38 percent of people surveyed said their stress increased during the holiday season, and a survey by the National Alliance of Mental Illness (NAMI) found that 64 percent of people with mental illness report holidays make their conditions worse.

"While the holidays can be a joyful time for some students, it can also be a challenging time for those who are far from loved ones, grieving the loss of a loved one or don't find their holiday and cultural traditions celebrated or recognized," said Jessica Lopez, licensed marriage and family therapist at California State University, Monterey Bay (CSUMB).

"For the holidays, you can't beat home, sweet home," states the classic Christmas song "Home for the Holidays." However, going back home for the holidays can be a stressful experience.

"Students returning home for breaks may feel stressed for various reasons. Some may want to avoid family criticism or interrogation about their academic progress, plans for the future, relationships status, etc.," Lopez said.

Lopez offered some helpful tips to students.

"If you have certain topics you just don't want to discuss, come up with some statements beforehand such as: 'thanks for asking, I'm working on that with my academic adviser,'" Lopez said. "Or 'I'm making progress, thanks, how are things going for you?' You can also take the lead in starting conversations and trying to steer them toward something you enjoy talking about."

Even if students are braced for interrogation, their responses may not align with their family's views.

"Some students may find that their values and worldviews have shifted and can, at times, be in conflict with their family or region of origin," Lopez said.

An article by NAMI's California chapter advises, "Set boundaries. Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure."

Lopez echoed NAMI's statements.

"No one's experience will be alike, so it's really helpful for students to think about their situation in advance. What are they expecting and hoping for over break and is this realistic?" Lopez asked. "Can they talk with their supporters before going home to indicate if they have plans to study or meet up with friends - making sure they have shared expectations?"

The holidays may pose unique challenges for some students.

"For some international students, fall and winter breaks can increase loneliness since so many peers leave the campus," Lopez said. "Also, if these holidays are

celebrated at home, they may be different here or feel not as enjoyable since they are far from home."

Lopez has come prepared with suggestions to help students combat feelings of loneliness.

"Some students may find it helpful to gather with other students who are still on campus, planning a meal or activity together," Lopez said. "Perhaps enjoying the local spots or going for a hike or a beach trip to enhance a sense of connection with something that is universal such as nature."

Lopez offers some final advice to students who may struggle with mental health during the holiday season.

"There's no one way to cope and enjoy the holidays. Do your best, focus on what's in your control such as how you respond to stress, and remember, it's a holiday season so it will come to an end," Lopez said. "Then you can go back to your routine and things that bring you joy without all the holiday pressure!"



Upcoming Events

Finding & Applying for Summer Research

Nov. 16 Join the Undergraduate Research Opportunities Center (UROC) to learn about summer programs, developing efficient search strategies and crafting strong applications from 12:30 to 1:50 p.m.

Agribusiness Club Guest Speaker Series: Center for Growing Talent

Nov. 16 The Agribusiness Club will be hosting Barbara Hochman, program manager for the Center for Growing Talent (CGT) for the Produce Marketing Association, to discuss industry challenges and the benefits of working with CGT from 6 to 7 p.m.

Writers From the Edge Presents David Heska Wanbli Weiden

Nov. 17 In celebration of Native American Heritage Month, award-winning novelist David Heska Wanbli Weiden will be doing a virtual reading and participating in a Q&A discussion from 6:30 to 8:30 p.m.

Business Technology Club Guest Speaker Series: Vishal Arya

Nov. 18 The Business Technology Club will be hosting Facebook (META) business analyst Vishal Arya from 2 to 3 p.m. as he shares insight to his personal journey, interview strategies and answer questions about the company's current plans.

Cooking with CSUMB

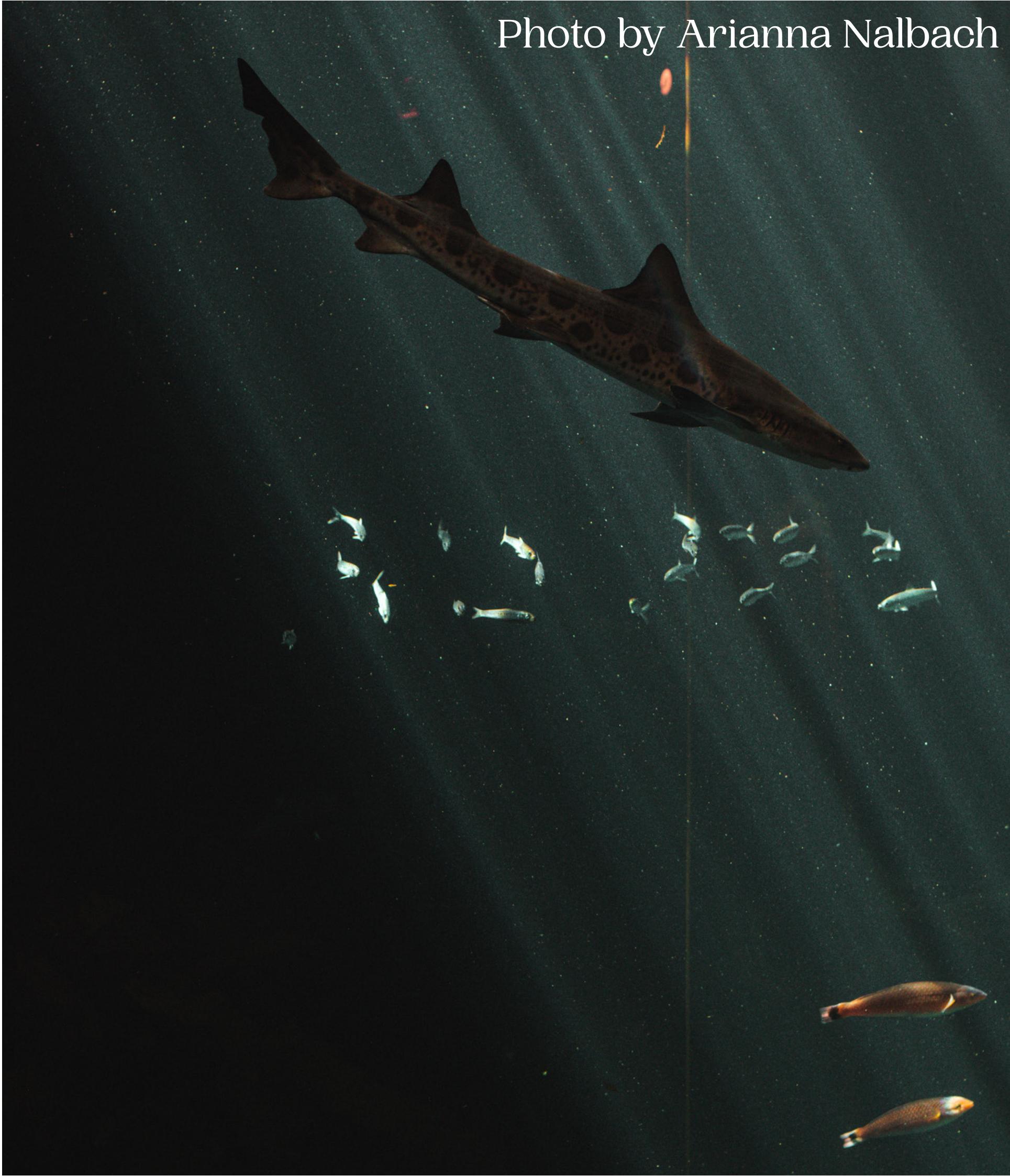
Nov. 18 Basic Needs is partnering with the International Programs department in honor of International Education Week and Hunger & Homelessness Awareness Week for a virtual cooking demonstration from 3 to 4 p.m.

MHFA & Self-Care Meeting

Nov. 18 The Student Association of School Psychology will be hosting a virtual event teaching Otters about first aid and self-care methods and practices from 7 to 8 p.m.

Monterey Bay Aquarium

Photo by Arianna Nalbach



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

teyruk

upmnpki epi

ifntgusf

arbnyrcre useca

medsah oteostpa

masy

egner absne

rolsl

paelp eip

agyvr

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

Answers:

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

yams, rolls, gravy
cranberry sauce,
pie, pumpkin pie,
green beans, apple
mashed potatoes,
turkey, stuffing,