

Teachers petition for better pay

Story by Arianna Nalbach
Illustration by Malia Savella

One of the many highlights about California State University, Monterey Bay (CSUMB) for students is the low cost of enrollment. It is one of the least expensive CSU's to attend, but this comes at a cost for our teachers.

CSUMB is one of the worst paying CalStates in the system, with some teachers making wages comparable to a 7-Eleven employee.

Recently, a petition went out through The Action Network about the situation. Through signing this petition, CSUMB students and faculty were able to send a pre-written email to President Ochoa on the issue, demanding he stand up for faculty and help them receive adequate pay.

Fourth-year communication design student, Val Ramirez signed the petition prior to when it ended. They stated "I think it's great that teachers are using their platform and educating the population. I found the link through Instagram and I feel that social media is a great way to get something done"

Once the petition closed, it received approximately 300 signatures. Communication design lecturer Wes Modes

mentioned the petition received more signatures than expected for the CSUMB's student enrollment.

According to openpayrolls.com, the average pay for employees of the entire CSU system in 2020 was \$62,930 with 136,531 employee records on file. This is already 10.9 percent lower than other universities and colleges.

However, this takes into account a variety of different positions within the system, rather than just teachers. Looking at the employee profile available for download on calstate.edu, it states that in 2019 the average salary for full-time lecturers is \$65,944 for the academic year. It also includes a head count of 2,718 total lecturers.

For full-time lecturers working a 12-month year rather than just the academic year, they have an average salary of \$88,497. There are only 131 lecturers in this category.

As for part-time lecturers, the employee profile states there are 12,741 employees with an average salary of \$59,751 working through the academic year.

Average salaries between the different CSU's is not available to the public. However, taking the listed salaries of 20 randomly selected CSUMB lecturers on openpayrolls.com, the average salary for 2020 is only \$38,061.

Openpayrolls.com does not disclose how many classes each lecturer is teaching; however, this average is shockingly low in comparison to the average listed on their site as well as the CSU site.

"I do hope that some changes can be made in our school system, since students are taking the initiative to share this information with others, I feel like we can really help all the teachers out there," Ramirez said.

Fellow fourth-year communication design student, Victoria White held a similar outlook to Ramirez.

She explained "I had no idea that our professors got paid so little, after all the hard work that they put in to help us learn and grow as professionals they absolutely deserve to be paid more. I signed the petition because they all go above and beyond to help us, this was the least I could do to return the favor!"

President Ochoa has not yet acknowledged the petition publicly, nor has the Lutrinae received a response from him at the time of publication. If the Lutrinae receives a response from President Ochoa, this article will be updated on our website.

Writers from the Edge

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Writers from the Edge reflects on Native American history

Story by Jennifer Gibbs
Illustration by Malia Savella

Beginning in elementary school, we are taught that Christopher Columbus “discovered” America. As if, when he arrived, the land was empty and there were no Indigenous people already living there. What teachers left out was that Columbus and his men essentially told Native Americans, “you are less than us, and we are taking over your land.”

The racist and culturally superior attitude of the early settlers set the tone for hundreds of years of conflict with American Indians, culminating in the U.S. government setting aside tracts of land called reservations for Native Americans to live on.

The main goal of the reservations was to bring the Indians under U.S. government control, and minimize conflict between their tribes and the settlers. However, the results were disastrous, and more than 200 years later, the lingering effect of these poor choices is still felt by many American Indians today.

In honor of Native American Heritage month, Writers from the Edge hosted award-winning novelist David Heska Wanbli Weiden to talk about his book “Winter Counts” on Nov. 17.

Weiden is an enrolled citizen of the Rosebud Sioux Tribe of South Dakota, and a former attorney who now teaches Native American studies at the Metropolitan State University of Denver.

Weiden is a first-generation college student who grew up impoverished in Denver, and as a child, spent summers going to the reservation where he was inspired to write

this book. “Winter Counts” is themed around the 1885 Major Crimes Act - the law that places certain crimes committed on Indian reservations into the hands of the federal government, and states that Native American Nations may not prosecute felony crimes that occur on their own land and involving their own citizens.

In essence, this took away their native sovereignty and independence.

“This is an egregious violation of their sovereignty, because it is the hallmark of an independent nation,” Weiden said. “They can make and enforce their own laws, but that right has been stripped from us.”

The FBI takes on the responsibility, but they decline to prosecute 40 percent of all crimes.

“A violent criminal can be let go and reoffend, and this is really harming the quality of life on many Indian reservations,” Weiden said.

The protagonist of the book is Virgil Wounded Horse, a hired vigilante that takes the law into his own hands

by enacting street justice for anybody who hires him. For instance, if somebody harms your child or another family member, and the FBI won’t do anything, you might call Virgil. And for \$100 for every tooth he knocks out or bone he breaks, he will go out and beat someone. Weiden read an excerpt from his book during the event, where his hero Virgil “is musing upon what it means to be a Native person in the 21st century.”

Today, there are nearly 600 Native nations in the U.S. that feel their independence and sovereignty has been severely limited. Weiden’s reservation is about the size of Delaware and there are only two grocery stores, no decent healthcare and residents have a terrible time getting decent and healthy food to eat.

We, as a society, have become anesthetized to the plight of the American Indian, rendering them silent and vulnerable to the dangers that exist in our world. Weiden’s book will open our eyes.

For more information on the Writers from the Edge series, please contact Daniel Summerhill, assistant professor of poetry/social action and composition.



Illustration of author David Heska Wanbli by Malia Savella

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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Hey Fall graduates! Do you want to be a part of our final issue for the semester?

Our final issue will be published on Dec. 13! We would love to highlight Otters graduating this semester about their time here and plans after they graduate. If you wish to be included, please email culery@csumb.edu for more details.

CSUMB agriculture club looks to the future of ag

Story by Bryan Chavez

Illustration by Malia Savella

The agriculture club at California State University, Monterey Bay (CSUMB) continued their guest speaker series with the Produce Marketing Association (PMA) on Nov. 16.

Barbara Hochman, who works for the Center of Growing Talent at PMA, spoke to students about why they created the center and how it can help those seeking a career in agriculture.

The foundation was founded back in 2005, when industry and employment trends were showing that by 2010 baby boomers were going to retire, and if industries did not start creating and seeking new talent, they would be in trouble. PSA took that to heart, and they started the Center for Growing Talent as a pipeline to usher a new generation into the industry.

While baby boomers did not retire as expected based on predictions back in 2008, the industry is now seeing them retire in waves, growing the demand for new positions.

In the U.S., produce is a \$554 billion industry and is still growing.

In her presentation, Hochman put up a list of over 50 produce and floral companies and asked participants to recognize as many as they could. A majority of students could only recognize five.

The reason Hochman did this was to show that while agriculture may be an industry of interest to some, with wide potential for career opportunities, many don't even know the companies they can apply to. This makes recognizing these opportunities much more difficult.

Part of Hochman's goals for 2022 is to create a page for a job board from their sponsors for new talent looking for a career in agriculture. New career opportunities



include jobs in sustainability/climate change, plant-forward diets, consumer shopping trends, food safety challenges, research and development and supply chain advancements.

PSA utilizes a free online certificate program created by industry members. Not only are students hearing about a specific segment on the supply chain, but they get to learn about a specific company and hear from people who created the module. Students can register for the module by going to centerforgrowingtalent.org.

"We've had hundreds of students complete it and it takes so fast," Hochman said. "Students have said it made them want to do more research in the careers they learn about. Overall, the feedback has been overwhelmingly positive."

Each module roughly takes 15 minutes to complete, being a fast-paced course that features interactive Q&A.

Addressing mental health & forming healthy habits

Story by Nikki Dodd

The Student Association of School Psychology (SASP) at California State University, Monterey Bay (CSUMB) held their monthly meeting centering around mental health first aid (MHFA) and self-care on Nov. 18.

SASP aims to allow CSUMB students to discuss issues and concerns that directly affect them - both professionally and academically. By doing so, they increase communication between students, and promote networking and sharing useful resources.

The meeting had various hosts from SASP, but a majority was led by Maria Miranda Ramirez, the SASP secretary.

Ramirez led the event into a recorded interview with Shannon Snapp, an associate professor at CSUMB. In Ramirez's interview with Snapp, Ramirez wanted Snapp to speak freely on topics such as self-care, self-love and self-compassion.

At the beginning of the meeting, Snapp asked students to start off by meditating as a way of focusing and grounding themselves. After the meditation and relaxation, Snapp addressed a few notes before digging into the topics at hand.

First, Snapp said to take a deep breath, acknowledge the moment/experience one is in, recognize that self-love and self-compassion are a journey, a continuous practice, and lastly, to believe in the experience and oneself.

Snapp highlighted that self-love is not just about body image, but rather a way to free oneself from self judgement and encourage self-acceptance in every aspect of one's life.

Next, Snapp asked "what is self-compassion?"

Snapp noted that self-compassion and self-love sometimes get confused and thrown together.

Snapp shared a detailed quote from Kristin Neff she feels best describes self-compassion: "Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism."

Now how does one live with self-love? According to Snapp, one needs to remember to take out toxic things: images, people and media, and speak kindly to oneself and have collective compassion.

After the enlightening interview with Snapp, the meeting concluded with key takeaways regarding mental

health first aid. MHFA is an eight-hour training course consisting of four hours via Zoom and four hours of asynchronous online training available for students. Topics addressed included knowledge of common mental health disorders such as depression, anxiety, psychosis, substance abuse, self-harm and suicidal behaviours. The training informs the community how to help someone who is developing a mental health problem or experiencing a mental health crisis.

SASP allows students access to these resources and helps them attain the knowledge and skills central to their lives.

Slowly, the stigma with mental health can be reduced with resources like these and awareness brought on by the SASP. The next meeting will take place on Dec. 9.

Let there be Carnage



Story by Bryan Chavez
Illustration by Malia Savella
Instagram: @CentralCoastCarnage

Local skate competition Central Coast Carnage held their last skate jam at the Marina skatepark on Nov. 13. Founders Shawn Burn and Anthony Johnson have been holding competitions since 2017.

"Ever since then we have been doing our Halloween jam, that's kind of our staple," Burn said. "We've been to Sacramento and Oakland, and in the midst of all that, we've been doing the P.A.L jam (Police Athletic League) as well. We just wrapped up our third and final one of the year, and now off to a new city, a new park and to bring the carnage."

For these two, skating has always played a big role in their lives since they were younger, so putting on these contests is important both to them and the community.

"We grew up skating these contests," Johnson said. "Back when we were in middle school, we were on a skate team through the city of Marina through the teen center. Shoutout to Terry Siegrist, the recreational manager for the city of Marina. He got us all together and this is where it all started."

The two would travel all over and both landed jobs at the skate company NHS, Inc. in Santa Cruz printing t-shirts. From there, they decided to work together to make their own skate competition after participating in and running them for so long.

As the year closes out, the duo plans on heading out of Marina and into other cities both in and out of California. For them, it's important to host these competitions to give the youth a chance to show off their skills, get used to skating competitions and get hooked up with free gear.

"You want to bring that level of competition because it gives the kids something to look forward to," Burn said.

The competitions also incorporate local businesses, whether it be food or clothing brands, giving them a chance to show off their products to their communities.

By doing what they do, these competitions help grow skateboarding as a culture, making a more positive experience for youth.

"You got kids always skating here together and they just feed off each other," Johnson said. "If a kid's doing a good trick, he's gonna see that and he's gonna want to push even harder to do better. The harder you go, the better your outcome's gonna be."

"There's people from out of town you may not normally meet on a regular basis," Burn added. "But by coming here, you guys skate and become friends. We have loads of friends from Sacramento just from skating contests."

The duo have made friends in San Jose, and all traveled together to Tampa, Florida to host another skateboard competition.

"It's really just about getting the community together and having fun," Burn said. "That's why you start skating in the first place."

CSUMB students reflect on finance

Story by Daniel Gallo

Students at California State University, Monterey Bay (CSUMB) joined advising and recruitment specialist Lamberto Figueroa for a virtual financial literacy workshop on Nov. 16.

The university's Center for Student Success aims to serve working-class people and low-income populations in the local community. Figueroa guided attendees through his presentation with a series of engaging discussion questions and activities.

With the holidays approaching, taking a closer look at needs and wants in spending is valuable during the shopping season. Organizing finances is an essential skill in the adult world following the university experience.

Figueroa opened the meeting by asking participants to reflect on their current spending habits and assess decisions through a values lens. Learning about free resources and expanding monetary knowledge was the focus of the dialogue.

Jocelyn Chavez Diaz, third-year student at CSUMB and Spanish language and Hispanic cultures major, explained her reason for attending.

"I wanted to attend this workshop to learn more about budgeting," Diaz said. "I have tried to budget before, but I can never stick to it."

Figueroa approached the concept of budgeting by presenting the 50/30/20 budgeting rule, spending 50 percent on needs, including housing, food and transportation, 30 percent for wants such as entertainment and clothing, and 20 percent in savings.

After discussing the budget rule resource, students proceeded to an online budgeting exercise. The PlaySpent simulation left players with the challenge of surviving a month under the circumstances of minimal earnings and unemployment.

The PlaySpent experience seeks to help people recognize the obstacles that low-income members of society face every day. Many students struggled to make it past day nine.

Figueroa emphasized that financial priorities evolve in life.

"Financial awareness and financial education changes over time," Figueroa said.

Thinking about future investments is pivotal, and examining purchases like a car or an apartment is significant in the decision-making process. Utilizing funds requires one to pay attention to their transactions.

Ryan Leal, CSUMB business administration student concentrating in marketing, highlighted the value of economic education and its meaning in his major.

"Financial literacy is important to everyone," Leal said. "Prioritizing what needs to be paid off before a business can spend on things that would be considered a want like upgrading facilities."

Figueroa recommends taking opportunities to continue learning, and attending webinars provides time to make changes and assessments surrounding savings.

For students looking to learn more about budgeting, the Financial Aid Office and United Way Financial Literacy Workshops are available resources at CSUMB.

Keeping track of savings and spending takes experience and practice. The Center for Student Success understands this and dedicates its mission to helping CSUMB community members with their finances and well-being.

Dining Commons spreads Thanksgiving cheer

Story by Helene Kristensen
Photos by Joshua Label

The Dining Commons (DC) at California State University, Monterey Bay (CSUMB) hosted its second Thankful Food Festival a few days before Fall break and Thanksgiving on Nov. 18.

The DC was decorated with fall and Thanksgiving themed decorations. Students had the opportunity to write down something they were thankful for and place it on the wall for a chance to win a prize.

All the different stations at the DC joined in on the event. The TV screens displaying the menu had received a Thanksgiving themed background.

There was a variety of food students could choose from, including traditional Thanksgiving food served at the “Flame” station. The “Sweet Shop” station tempted students with desserts such as pumpkin pie and an assortment of cookies.

Students who donated three items of non-perishable food items for the Basic Needs pantry were able to eat for free.



Otter Kitchens marketing coordinator Alexandra Perez greets students at the Thankful Food Festival in the Dining Commons on Nov. 18.

Paint away the stress



Otters paint canvases of different scenes at the Paint Away the Stress Event on Nov. 15.

Story by Anna Stubler
Photos by Joshua Label

Students gathered in the new Otter Student Union (OSU) at California State University, Monterey Bay (CSUMB) to “Paint Away the Stress” with CSUMB’s chapter of Active Minds on Nov. 15.

According to Active Mind’s website, “The purpose of this organization is to start the conversation about mental health, teach students to prioritize their mental health by providing coping strategies, and create a safe space for students to discuss their mental health journey. We do this through our events, meetings, and training we facilitate.”

Lilly Hanna, secretary of the club and visual and public art major at CSUMB led the event. Active Minds provided students with a canvas, easel, paint, brushes and some jazz music to set the relaxing mood throughout the event.

Hanna shared tips on how to make the painting process easier such as painting the whole canvas white to start, which helps create a smooth texture to apply further paint on.

Hanna created a landscape scene with fall colors in the hour painting session. Other students created abstract works or other fall themed pieces.

Students carried their paintings and the mellow vibe from the event out the door at the end of the night.



Students pose during the Paint Away the Stress event on Nov. 15.

Celebrating LGBTQ+ scientists

Story and photos by Anna Stubler

As prospective students drive into California State University, Monterey Bay (CSUMB)'s campus, they pass by banners that boast inclusive excellence the campus offers. However, students from the LGBTQ+ community may still worry about facing homophobia when joining the campus community, especially in STEM fields which has been traditionally dominated by heterosexual male scientists.

This was the case for third-year biology and UROC scholar Danielle Anderson when applying to CSUMB.

"I was talking with another queer person, and I found out that her and I had done the exact same thing when applying to CSUMB, as that we lied and said that we're straight."

Anderson said the reason for omission of her identity was she was unsure if the person viewing her application had negative feelings toward LGBTQ+ people. Experiences like these prompted Anderson to put on a tabling event within the Chapman science building on CSUMB's campus to celebrate the International Day of LGBTQ+ people in STEM.

Anderson worked with the College of Science, as well as Olivia Equinoa - an officer in the science club on campus - in order to set up a table, informing students about famous scientists in the queer community, safe spaces on campus for queer scientists and the history of the International Day of LGBTQ+ people in STEM.

"A lot of people took brochures," Anderson said. "This is our second stack of the day because they all went."

According to the brochure, the event celebrates the anniversary of American astronomer and gay activist Frank Kameny's U.S. Supreme Court case fighting against workplace discrimination.

While it may be difficult for queer people to break into STEM because of potential discrimination, the table noted other notable queer scientists such as

neurobiologist and first openly transgender elected member of the U.S. National Academy of Sciences Ben Barres.

The colorful table sported flags representing different segments of the queer community, as well as information about gender and sexual orientation. Additionally, information about support programs and scholarships that may be of interest to students were presented.

Despite the support and resources available, Anderson shared some worries that her and other queer people in STEM face.

"You worry about a lot of people, specifically possible mentors and teachers and guidance people who might be homophobic," Anderson said.

"I want [queer people] to know that no matter what their identity is, that they're welcome here," Anderson said. "If there are people in the College of Science that don't

welcome them here, they are not welcome. It's not the other way around."

Below are some helpful resources for LGBTQ+ STEM students provided in the brochure:

Organizations

- The Trevor Project - thetrevorproject.org
- Pride in STEM - prideinstem.org
- The STEM Village - thestemvillage.com

Scholarships

- Point Foundation - pointfoundation.org
- WiseGeek LGBTQ+ Awareness Scholarship wisegeek.com
- Unicorn Scholarship - bold.org/scholarships/unicorn-scholarship/
- NOGLSTP - noglstp.org



Danielle Anderson (left) and Olivia Equinoa (right) inform students about LGBTQ+ people in STEM on Nov. 18.

What's your favorite Thanksgiving dish?

Otter Chatter by Bryan Chavez



Gisselle Marquez

Kinesiology
Fourth-year

"My family's very non-traditional when it comes to Thanksgiving, so we pretty much make carne asada. That's our go to. Carne asada with rice and beans, and then everyone just brings their own thing that goes along with it."



Angel Cabada

Psychology
Second-year

"My favorite dish is a honey spiral ham with pineapple on it. I really like it because you could use it the next day on a sandwich. The leftover pineapple makes it a really good sandwich."



Maya Flores-Mejia

Kinesiology
Fourth-year

"My favorite Thanksgiving dish is stuffing because I like bread."

It's time to take a break

Monte's Mindfulness

Story by Anna Stubler

This time of year brings a lot of different stressors to students. Finals season, the holidays and graduation for some students can pile up, creating mental and physical tension.

Students looking for ways to destress can turn to resources on and off campus to seek a release and reprieve. Working the following solutions into a regular schedule before, during and after winter break can set students up for a productive Spring.

Adventurous students might try water activities like paddle boarding, surfing or scuba diving in the Monterey area. California State University, Monterey Bay (CSUMB) offers beginning scuba lessons for students interested in exploring the lush underwater habitat the bay has to offer.

Water polo coach and interim aquatics coordinator Emily Schmidt likes to use the water to destress.

“Swimming is unique in that it creates a quiet bubble which can help quiet the mind,” Schmidt said. “The water pressure can also feel a bit like a hug to some folks.”

Schmidt added that the club water polo team, which is coed, will also be restarting and students can look at club sports on MyRaft for more info.

For students who aren't as excited by the water, Schmidt suggests checking out CSUMB's “Exercise is Medicine,” which Schmidt describes as offering lots of different land-

based exercise options for all CSUMB students, faculty and staff.

For students who want to stick to land, hiking is also a great option.

“I'd recommend Garrapata State Park or Point Lobos for great vistas, moderate hikes, and a close proximity to campus,” said Kaci Turpin, coordinator of outdoor recreation at CSUMB.

Located right in CSUMB's backyard is Fort Ord.

“We are so lucky to have Fort Ord National Monument in our backyard with miles of trails through rolling hills and pockets of chaparral and oak woodlands,” Turpin said.

The recreation department likes to utilize the app “All Trials,” when deciding where to take their next hike.

Turpin believes recreation has many benefits. “Through individual and group based activities, students can take a moment to step away from academics, move their bodies, laugh and create memories with friends - all of which contributes to lower stress levels,” Turpin said.

“There is an entire movement surrounding Nature Rx that is providing a non-pharmacological alternative to improving our mental health by simply spending more time outdoors. Physiologically, it can improve concentration and cognitive function, so consider a walk outside when you need a recharge after hours of studying,” added Turpin citing an article from Cornell University.

For students who prefer the indoors, CSUMB yoga teacher Marcia Moseley explained the benefits of yoga. Moseley recommended finding what works for each student individually.

“One pose, one exercise, one activity does not fit all when dealing with stress,” Moseley said.

“Practice movement and compassion,” Moseley said. “Practice fun activities, practice all kinds of activities and tune into your experience. Practice quietness, try to make room for yourself - by yourself.”

Developing habits takes time and effort but will serve you well when you most need it in times of stress.

“Take a break from studying and move your body! Whether it's in the pool, gym or outside on the trails. Fresh air and getting your body moving can do wonders for your mental well-being and your brain as you study for finals,” echoed Schmidt.

Students can check out Monterey Bay Moves for recreation activities, sign up for yoga classes or swim classes on Oasis to start working recreation into their routine, or check out MyRaft for recreation's upcoming events.

For students looking to take a dip in the pool on campus, current open swim times are Monday, Wednesday and Friday from 3 to 6 p.m. and Saturday from 1 to 4 p.m.

December Horoscopes

Story by Anna Stubler

Photo courtesy of Numerology Sign via Flickr

Aries (March 20-April 19):

Aries, you have been in overdrive working to fulfill work and personal commitments. Slow down to avoid calamitous mistakes and take a step back to assess which commitments are actually necessary. Otherwise, you will overwork yourself. Just because you have exceptional focus when you put your mind to a task doesn't mean you should be extra ambitious.

Beware boasting about your success - lest you are viewed as hubristic. Practice humility and you may have surprising successes.

Taurus (April 20-May 20):

Hey Taurus, are you ready for a phenomenal December? Surrounded by a great group of compassionate friends and family, you are ready for some relaxation and recharging.

Try not to be so adamant about things going your way. Just go with the flow. Also, beware of your witty comments that may be misinterpreted and cause unnecessary conflict. Think before you speak. Happy December!

Gemini (May 21- June 20):

Beware of advice from a prominent authority figure in your life. Consider your own needs before following their advice, blindly lest you stumble into an egregious error.

You may encounter an unassuming and odd stranger. Don't judge a book by it's cover. They become important to you soon.

Cancer (June 21- July 22):

November was bizarre, but you rolled with the punches. While you may have felt naive and unprepared for the challenges you faced, you have grown from the experience.

Use this growth to make rational and practical decisions in December. Think before you act and use your newfound wisdom.

Leo (July 23 – August 22):

Mind your temper, Leo. You are known for your sassy personality, but make sure you tread carefully. Surround yourself with effervescent and positive people that make you happy.

Beware of your temper in business and work as well. Don't make hasty judgements based on your mood.

Virgo (August 23 – September 22):

Your ordinary and familiar routines may be boring you, Virgo. Mixing up your same old routine could give you new energy in December.

Talk to new people. Try new things. Spice up your day-to-day routine and see what happens. It's always good to get outside your comfort zone.

Libra (September 23 – October 22):

Keep doing you, Libra. You are on a roll. Keep up the momentum, but also take a moment to reflect and relax. You have done a lot, but there are still more urgent tasks to complete.

Don't be too hard on yourself. Realize that you are doing the best you can and that has led to some great results.

Scorpio (October 23 – November 21):

Beware of your capricious nature. Stick to the commitments you have made and follow through. This leads to earning people's trust and respect. If you change your mind and your plans often, you may lose the respect of those you admire.

Don't drag anyone into drama. Everyone has their own concerns. This doesn't mean not asking for help, but don't involve people if you know they are already overwhelmed.

Sagittarius (November 22 – December 21):

This is your month! Take advantage of your energy going into December, and accomplish tasks you have been

putting off like cleaning the car or calling your relatives to check-in.

Get these tasks off your plate and then take time for yourself. Treat yourself to some self-care.

Capricorn (December 22 – January 19):

Try something new, Capricorn. Depending on your comfort level - mix it up. Cut your hair in a new style or wear a different color. If you wear makeup, try a new shade.

This may put you in a mindset that could lead to new successes.

Aquarius (January 20 – February 19):

Take a moment to reflect before speaking. This will prevent unnecessary conflict with relatives during the holidays. It may be tempting to correct naive or incorrect assumptions they make, but just let it be.

Keep it together, and the holidays will be more enjoyable.

Pisces (February 20 – March 20):

Let loose, Pisces. You have been working hard. Take a break and do something that gives you joy.

Go dancing, sing out loud, take a hike. Hit pause on your work and take time for you.



Caring for yourself & your succulents

Story and photos by Anna Stubler

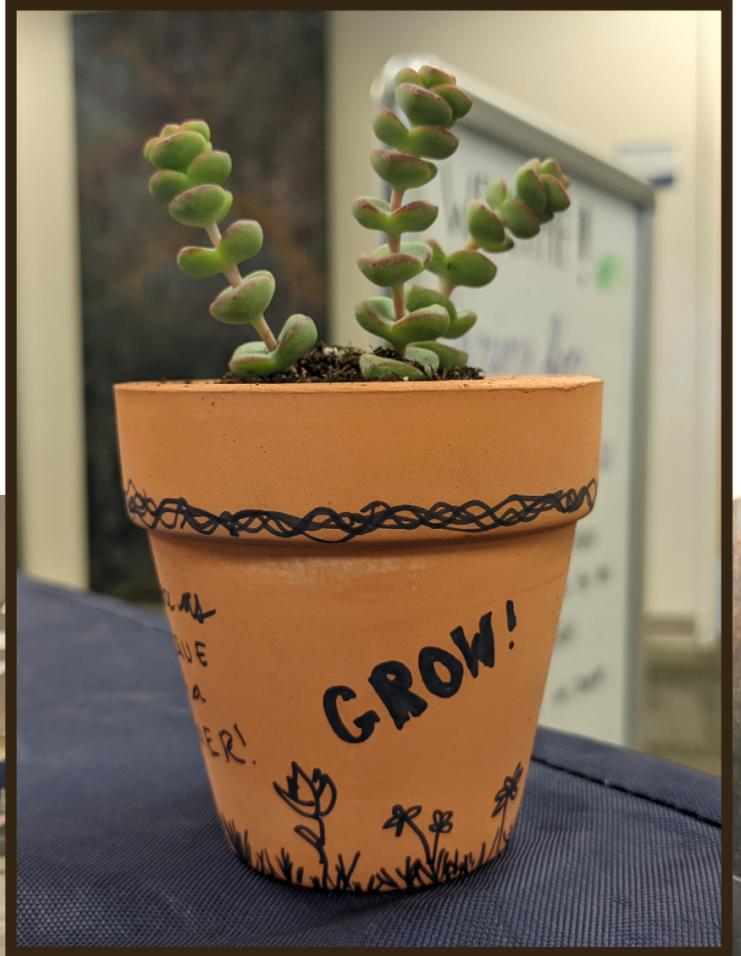
Students gathered in the old student union building at California State University, Monterey Bay (CSUMB) to decorate plant pots and take home their very own succulents on Nov. 17.

As the Fall break approached, students took a moment to relax with the recreation and health and wellness departments in an event, which was entitled “Caring for Yourself and Others.”

Expert succulent plant parents at the event utilized technology to identify their new additions to their dorm gardens.

Using the apps on their phones, some students identified which of the myriad variety of succulents their plants were in order to best care for their new addition.

As Otters trickled out of the event with their succulents, other students took note of the cute miniature plants in their hand, decorated pots and were drawn to the event.



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

rwtine

nwnamos

bmeercde

rawetes

aknlbet

cie sesakt

raicfeelep

yuaranj

toh cacoo

oftsr

	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
8	1	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

Winter, December,
Blanket, Fireplace,
Hot Cocoa,
Snowman, Sweater,
Ice Skates, January,
Frost