

the Lutrinae

CSUMB Student-Run Newspaper

August 29, 2022



President Vanya Quiñones poses for a photo outside of the president's office on Aug. 25.

President Quiñones prioritizes student relationships

Story by Estrella McDaniel
Photos by Arianna Nalbach

As the California State University Monterey Bay (CSUMB) campus said farewell to former President Eduardo Ochoa, it also welcomed new President Vanya Quiñones. Quiñones has been here for only two weeks but has been working hard to make her presence known to everyone on campus.

Quiñones came from New York, and prior to coming to Monterey she did her research and made sure to learn everything she could about CSUMB's campus. Upon arriving in Monterey, she was immediately impressed.

"I continue to be very impressed with the students. I see their potential, and I see their passion for their education, and it's very motivating; the thing I'm most impressed with is to see the quality and commitment of the students," said Quiñones.

Not only has she dedicated time to get to know the students, but she has also made time for events and campus activities.

"Working on residential life and food services, I'm trying to bring in food trucks to the university and having a more robust residential life for the students after hours," Quiñones said.

She is hoping to better CSUMB for staff, faculty and students.

Quiñones explained, "in the next 100 days, I want to talk to the community and come up with a very specific targeted plan that is based on communication with faculty, staff, and students and to have an action plan to continue to move the institution forward."

She is already coming up with both short-term and long-term goals for the campus. Quiñones is thinking about the future of CSUMB and how to better the lives of the institution's community.

Quiñones' experience has helped shape how she sees things and works with others. From the many different positions she's held she's grown to the person she is today.

"When you go through your life, professional or personal, you acquire a lot of different tools, and I've been a faculty director of grad programs, chair of a department that was 50 faculty members and 4,000 students. In each of the levels you go through in your professional career you see the university in a different perspective," Quiñones said.

Quiñones is considering everyone's wants and needs and is trying to meet them; she wants CSUMB to be a role model for other CSUs and is set on making that a reality.

"The number one thing is the caring of the community. I think that's the most important thing that a president can do is to care for all the members of the institution. The second one is the listening and compassion, that is important for any leader to listen to faculty and students and to understand where they're coming from," Quiñones said.

Since her arrival, Quiñones has been working to ensure that the campus community is safe for everyone.

"The most challenging thing right now is the communication because sometimes you believe you're being transparent, but you're not," Quiñones said.

Looking back into the earlier parts of her career, Quiñones spoke on other challenges she has had to overcome.

"When I was earlier in my career, I was in a very prestigious institute, but I was the only minority and one of the few females in the lab. Even though it was my dream job in terms of science, I felt like I needed to do something else," said Quiñones. "I went to a college in New York, and I told them they had to hire me because it was something I wanted to do, so they hired me, and I was there for 15 years."

Although her major was molecular neuroscience, she still set her mind to something else and could be great at that while still doing lab work, but she now gives all of her attention to this position.

"Part of the beauty in education is you can change your mind about jobs but still be able to use the tools, and it allows you to be more flexible in the future," Quiñones said.

Past experiences have provided her with a unique perspective and set of skills she can now use as president of CSUMB. She has shown herself to be dedicated to the students and it will be interesting to see how she shapes the university during her time here.

"You guys are here for your life, and I'm lucky enough to be here to help you fulfill your dreams," Quiñones said, "so every day that's my motivation to ensure that I facilitate a student life."



Planttvibes Spotlight

Otter Media held the first of their "Otter Spotlight" series, featuring Julia Bozzo.



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Cooking with CSUMB

Learn how to make soba peanut noodles with Basic Needs Case Manager, Ashley Ramsden.



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8-Bit

"Cult of the Lamb" is the most adorable cult game out there.



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Upcoming Events

Vision Board Night

Aug. 29 Head to the Promontory B courtyard from 2:30 - 4 p.m. to create vision boards of what your semester is going to look like. Using magazines, inspirational quotes and stickers to create what you want to see this year. Supplies will be provided but attendees are welcome to bring their own as well.

Community Partner Opportunity Week Kick-Off Fair

Aug. 29 Service Learning students can learn more about the opportunities currently available with community partners for the Fall 2022 semester. Students can stop by from noon - 2 p.m. outside the University Center.

DIY Street Corn

Aug. 30 Join Otter Kitchens in a do-it-yourself meal event where attendees can make their own authentic street corn. Students can head to The Eatery in the Dining Commons from 5-8 p.m. to participate.

Waste Less Sustainability Event

Aug. 31 Meet Otter Kitchen's Executive Chef, Mary Russo and a registered dietician to learn easy-to-implement tips and tools to reduce food waste. Head to The Eatery in the Dining Commons from 9-11 a.m. to join.

Otter Showcase

Aug. 31 Head to the Main Quad any time between 11 a.m. to 1 p.m. to meet representatives from all the different clubs and organizations at CSUMB.

Sea For Yourself: "Seaspiracy" Documentary Viewing

Sep. 1 Student Engagement & Leadership Development will be hosting a free screening of the documentary "Seaspiracy," starting at 8 p.m. in Inter Garrison Plaza. They will be serving popcorn, candy and soda and the first 15 students to arrive will receive a free beach blanket.

Beach Cleanup at Moss Landing

Sep. 2 Join Student Engagement & Leadership Development in cleaning up Moss Landing State Beach. The event will go from 9 a.m. to noon. Optional transportation will be provided at 8:00 a.m., leaving from Lot 71.

Friday Mountain Bike Ride

Sep. 2 Recreation will be leading a free mountain bike ride, leaving from the Otter Cycle Center and heading to the Fort Ord National Monument. They will be leaving for the bike ride at noon.



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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Editorial Policy

The Lutrinae is a student-run publication produced for the students of CSUMB. Opinions expressed herein do not necessarily reflect the views of *The Lutrinae*, CSUMB administration, faculty, or staff.

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

Advertising revenue supports *The Lutrinae* publication and events. Letter to the Editors should include first and last name and should be submitted via email. *The Lutrinae* reserves the right to reject any Letter to the Editor for any reason, and anonymous letters will not be published.



Students enjoy Sono on Aug. 29.

CSUMB introduces a new dining experience

Story by Estrella McDaniel

As the year begins, California State University, Monterey Bay (CSUMB) opened its doors to Sono, a build-your-own dining experience that will hopefully leave students wanting more.

Sono has been popular throughout the first week of school. The new dining location allows students to create their own burritos and bowls.

"I feel like everything seems more popular right now just because we have a lot more students, but I feel like more people like this better for sure," said second-year student Juliana Porter.

They aim to be convenient with fast on-the-go food for students going from class to class. Not only do students appreciate the quickness of it, but some have stated it reminds them of Chipotle, and they don't have to drive off campus for it.

Second-year Nicole Torres said "it is very popular because there are long lines all the time at the door, plus this place gives me Chipotle vibes, and everyone loves Chipotle."

Sono is located in the Otter Student Union, where Bok Choy used to be. Some students have compared Sono to Bok Choy, and it appears to be an upgrade.

"It has new food to offer to the campus, and honestly, it is pretty good. I like it better than the last place that was there," said fifth-year Eric DeSoto.

So far, Sono has appeared to be very popular with CSUMB students. Those who want to give it a try can stop by from 11 a.m. to 8 p.m. Monday through Friday, or 11 a.m. to 4 p.m. on Saturday and Sunday.

Monkeypox: Symptoms & Testing

Story by Maxwelle Tartaglia
Illustration by Malia Savella

The Epicenter of Monterey County hosted their Virtual Monkeypox (MPX) Seminar: Science and Stigmas online presentation on Aug. 23.

The Zoom presentation covered information regarding monkeypox, how it spreads, what the effects are, and what to do if exposed. The seminar also discussed LGBTQIA+, Black, and brown community stigmas.

Infectious Disease Specialist Dr. Allen Radner led the first part of the seminar regarding MPX, where it comes from, its effects, and where to go if exposed.

Dr. Radner noted our severe lack of knowledge regarding MPX in general.

“There’s a very high chance that if you see a provider right now with concerns, you may know more than they do,” said Dr. Radner. “We are still trying to understand this.”

MPX is a viral illness as well as a DNA virus. DNA viruses tend not to mutate like RNA viruses, meaning that there is a very low chance that they will adapt and mutate like COVID.

The viral illness is part of a family of viruses called Poxviridae. Getting immunity to any of the viruses in the family protects you from contracting any others in the same family.

MPX was first found in lab monkeys in 1955. There are two significant strains, one sourced in Western Africa and the other in Central Africa. The strain that we are currently facing is from Western Africa and has a much lower mortality rate (<10%) than the Central African strain (10%).

The outbreak began in May 2022. The initial cases were predominantly in the United Kingdom, Spain, and Portugal.

Historically, after being exposed and during the incubation period, it is not infectious and most people are unaware that they have MPX. Then you start experiencing symptoms like fevers, chills, headaches, and fatigue. Then you begin to contract a rash and lesions on places like the mouth, face, palms, feet, and genitalia. During this stage, you are infectious.

In 2022, if you are exposed, research has shown that symptoms are generally less aggressive. People are getting fewer lesions that start at the site of physical contact and then appear across the body. There is no prodrome.

If exposed, a person should isolate themselves until the rash has fully resolved, avoid close contact with others, and not share potentially contaminated items. Also, avoid close contact with pets.

The Department of Public Health recommends limited activities outside of the home if respiratory symptoms have been resolved and no new lesions have appeared for at least 48 hours.

“If you are exposed, particularly in four days, if you get vaccinated, it will dramatically improve the course of the disease,” said Dr. Radner.

An exposed individual should consider using antivirals such as TPOXX as treatment if they are hospitalized, immunocompromised, under 8 years old, pregnant or breastfeeding, IBD, or have severe dermatologic disease.

There is no vaccine designed explicitly for MPX; the vaccines currently used are for smallpox. The two available vaccines are ACAM20000 and Jynneos.

Currently, the Jynneos vaccine is being prioritized for certain immunocompromised groups.

Monterey County’s Assistant Director of Public Health, Kristy Michie took over the second half of the informational seminar, where she detailed what people should do if exposed to MPX.

If you have been exposed, call the Monterey Communicable Disease Unit at 831-755-5100. They are vaccinating infected individuals.

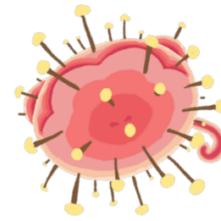
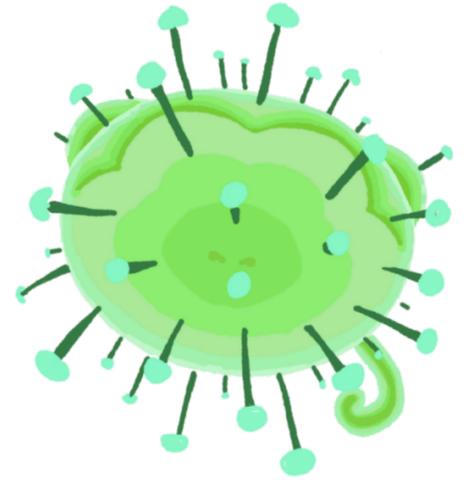
“It is important that you get vaccinated within the first couple days,” said Michie.

If you have symptoms, contact your medical provider to be evaluated and tested, and stay home until you get your test results.

Those interested in being tested for MPX can visit the Monterey County Health Department (831 755-4521), Salinas Valley Medical Clinic, Seaside Family Health Center, and some private medical offices.

Unfortunately, there are few treatment options available at the moment and clinics in Monterey do not currently have access to antiviral treatment options like TPOXX. The clinics are undergoing the appropriate processes to be able to access treatments in the coming weeks.

As of recently, the Monterey County Health Department is administering the intradermal route of vaccination. Both vaccines have the same level of efficacy.

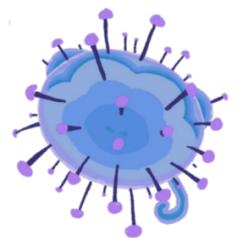
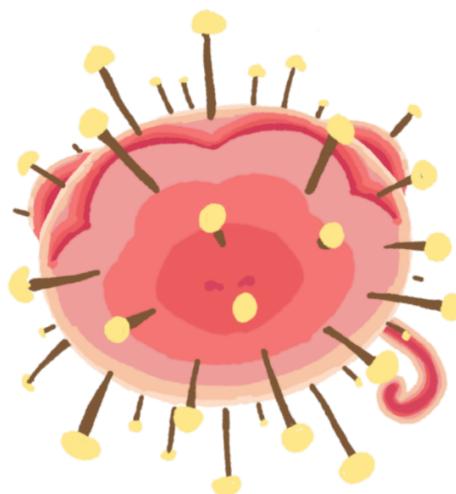
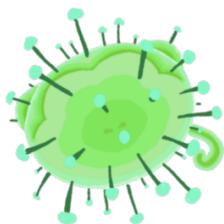


The Monterey County Health Department plans to host vaccine clinics similar to the COVID vaccine clinics and hosted a MPX Vaccination Clinic on Saturday, Aug. 27. Vaccines will be given out on a first-come, first-served basis for those without an appointment.

To follow future MPX vaccination clinics, check out Monterey County Health Department.

Additional Resources
Monterey County Health Department Monkeypox (MPX) Website: <https://mtyhd.org>
Monterey County Health Department Social Media:
Twitter: @Washcoverstay
Instagram: @Mchdstdandhiv
California Department of Public Health Monkeypox (MPX) Website: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Monkeypox.aspx>
CDC Monkeypox (MPX) Website: <https://www.cdc.gov/poxvirus/monkeypox/index.html>

To view the seminar: <https://www.youtube.com/watch?v=AJs3wwmlbZM>



**The Lutrinae
wants to hear
your voices**

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

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

08.29.22

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Monte's Music spotlights planttvibes

Story by Haley Graham
Photos by Arianna Nalbach

On Aug. 23, Otter Media collaborated with the Otter Student Union (OSU) to showcase a new event on campus known as "Otter Spotlight" as part of their Monte's Music series. The first in the spotlight was a fourth-year communication design student from San Jose, Julia Bozzo, also known as "planttvibes." She is a self-made, jazz-indie bedroom pop musician who now has over 30,000 monthly listeners on Spotify.

Bozzo began her music career in the eighth grade on SoundCloud, recording covers like Steven Universe's "Love like you" in her bedroom. After gaining a following she began writing her own songs, inspired by classic female jazz singers, her friends, and her own personal life experiences. Bozzo added being a lesbian also heavily influences her music.

"Another thing that inspires me is being queer, that's really important to me and it's always been important for me to use female pronouns in my songs and make music for queer people," said Bozzo. "So shout out to the queer people, I love you guys."

These themes were reflected in her appearance in the Spring 2022 Cinematic Arts and Technology Capstone Festival. Alongside close friend and director Kelly Dam, they adapted a music video for her song "Just a Dream." The elegant film portrays a lesbian couple, paying tribute to Bozzo's sexuality. The music video can be found on YouTube by searching "Just a Dream planttvibes."

Bozzo's ethereal energy became apparent as she sang original songs such as "Heart on a Shelf" and "Your Love" off of her EP, Bedroom. Otter Media interviewer Derek Rasmussen, described her sound as "infectious" and everyone in the room was "just vibing."

Before performing her most popular song, "One Sided Love," Bozzo explained how even with no experience or training one may still be successful creating music.

She advised anyone trying to create a name for themselves in the music industry to "just start small, post anything and everything and it will hit or resonate with people. Just put yourself out there even if you don't think that it's worth listening to, someone will want to listen to it."

The hit "One Sided Love," was recorded on a pair of Apple's original earbuds, developed with GarageBand, and now has over one million streams on Spotify.

Bozzo announced that she no longer recognizes herself with the Planttvibes name she created in the eighth grade. With nothing set in stone, she said she is debating on changing her name to match her Instagram, "Mother Mercury" emphasizing that she identifies with it more. To stay updated and keep an eye out for new music from Bozzo, you can follow her on Instagram @mthrmercury.

If you are interested in being the next "Otter in the Spotlight," apply through the link on Otter Media's Instagram, @om_csmb.



During the Aug. 23 Otter Spotlight, attendees could scan the Spotify Code to plantvibes' "Bedroom" EP.



The cover for Julia Bozzo's "Bedroom" EP. Photo courtesy of Julia Bozzo.



Julia Bozzo performs at the Otter Student Union on Aug. 23. Between each song, she answered questions about her music career and personal life.

Cooking with CSUMB: Keeping cool with soba peanut noodles

Story by Maxwelle Tartaglia
Illustration by Malia Savella

California State University, Monterey Bay (CSUMB) and the Basic Needs Initiative program paired up once again to produce their monthly Cooking with CSUMB virtual event for the first time this semester on Aug. 25.

Cooking with CSUMB is a live Zoom series demonstrating and sharing easy recipes targeted to college students. The Zoom demonstration was hosted by Basic Needs Case Manager Ashley Ramsden.

This month's demonstration was a recipe for soba noodles with peanut sauce led by Care Manager Joanna Snawder-Manzo.

The natural ease of this recipe comes from its versatility to be enjoyed at any temperature.

"It's something you can make a batch of, throw it into a reusable container, and take to campus for lunch without having to heat up because it is really good cold!" said Snawder-Manzo.

The recipe for the noodles goes as follows:

Noodle bowl	Sauce
12 ounces soba noodles or spaghetti noodles of choice	$\frac{2}{3}$ cup creamy peanut butter
5–6 tightly bunched broccoli stems (about 1½ to 2 pounds), cut into florets	$\frac{1}{4}$ cup rice vinegar
1–2 tablespoons vegetable oil for stir-frying	2 cloves garlic, minced
2 handfuls of fresh cilantro leaves, chopped	1 teaspoon toasted sesame oil
1 small bunch of green onions, thinly sliced	2 tablespoons reduced-sodium tamari
A handful of roasted peanuts for topping	Big pinch of crushed red pepper flakes
	$\frac{1}{4}$ to $\frac{1}{2}$ cup hot water

Steps
Boil noodles (according to the instructions on the package). Drain and rinse with cold water.
Chop veggies and press liquid out of the tofu before cutting into bite-sized pieces.
Sauté your broccoli and tofu over medium-high heat with a splash of vegetable oil for about 5 minutes, or roast at 350°F for 20 minutes.
Whisk together the sauce, adding the hot water to thin in increments until desired consistency.
Once your noodles are done cooking, rinsed and drained, toss together the noodles, veggies, tofu, cilantro, green onions and sauce.
Portion into small bowls and top with a sprinkling of dry roasted peanuts.
Snawder-Manzo recommends substituting almond butter for peanut butter for those who do not enjoy the taste of peanut butter.
The broccoli can be swapped for any vegetables that you enjoy, or you could even add more vegetables for a more diversified flavor.
The Basic Needs Initiative's will return with another installment of Cooking with CSUMB next month. Until then, students can look for Basic Needs Initiative opportunities such as food-based assistance programs at https://csumb.edu/basicneeds/



Interested in joining our team?
The Lutrinae holds meetings every Monday at 3pm via Zoom! Email analbach@csumb.edu for more information!

Letter From the Editor



Dear Otters,

Welcome, or welcome back! My name is Arie Nalbach, and I am happy to be returning to my role as the editor-in-chief of The Lutrinae for volume 6.

I am a fourth-year communication design major with a concentration in visual design and will be graduating in the spring. I have been fortunate to work with The Lutrinae since my first year at California State University, Monterey Bay.

Throughout my time at The Lutrinae, I have worked with many unique and dedicated individuals. I am excited for what this year's staff has in store for the paper.

I wanted to dedicate this time to our faculty advisor Sara Gobets and her family. Sara passed away over the summer, and The Lutrinae will not be the same without her. We were lucky to have her as our faculty advisor. I am grateful to have gotten to work with her over the past three years, and I hope I can embrace everything I have learned from her to the fullest.

I would also like to thank Dave Kellogg for stepping into the advisor role for us during this difficult time. I am looking forward to learning from him, and I think he will be an excellent advisor for myself and the rest of The Lutrinae team.

I am incredibly proud of The Lutrinae team for persevering through this and wanting to continue publishing the best possible newspaper we can. I am so lucky to have such a fantastic group of people working with me.

To all of our readers, thank you for your continued support of The Lutrinae. I wish you all a safe and successful school year and hope you enjoy volume 6 of The Lutrinae.

Sincerely,

Arianna Nalbach
Editor-in-Chief of The Lutrinae

What are you looking forward to this year?

Otter Chatter by Estrella McDaniel



Katie Montejano

Human Development and Family Science
Fourth-Year

"I'm really looking forward to doing all of the things I wasn't able to do over the past four years due to COVID-19. I really want to see more of Monterey."



Bianca Medina

Psychology
Fifth-Year

"I'm looking forward to finishing my classes and graduating in the spring, and seeing my parent's faces knowing I'm the first one graduating."



Abigail Knapp

Molecular Biology
Fifth-year

"I am most looking forward to enjoying my time in Monterey before I graduate in December."

“Cult of the Lamb” is the most adorable cult game

8-Bit

Story and screenshots by Arianna Nalbach

As the name suggests, “Cult of the Lamb” is a game inspired by cults. The rogue-like game was developed by Massive Monster, an indie team composed of only three people.

“Cult of the Lamb” was released on Aug. 11 and is available on Nintendo Switch, PlayStation, Xbox, MacOS, and Windows computers. It can be purchased for \$24.99 on all platforms.

Despite being made by such a small team, Massive Monster sold over one million copies of “Cult of the Lamb” within the first week. The game is insanely popular, and for a good reason.

In “Cult of the Lamb,” you play as a lamb, saved from being sacrificed by an ominous stranger named The One Who Waits. To repay the stranger, you must build a following of adorable woodland creatures.

“Cult of the Lamb” combines aspects from management games and rogue-like exploration games.

When at your cult’s village, you must cook, clean up after, and build things for your followers. If your followers have unmet needs, they may act out and leave the cult.

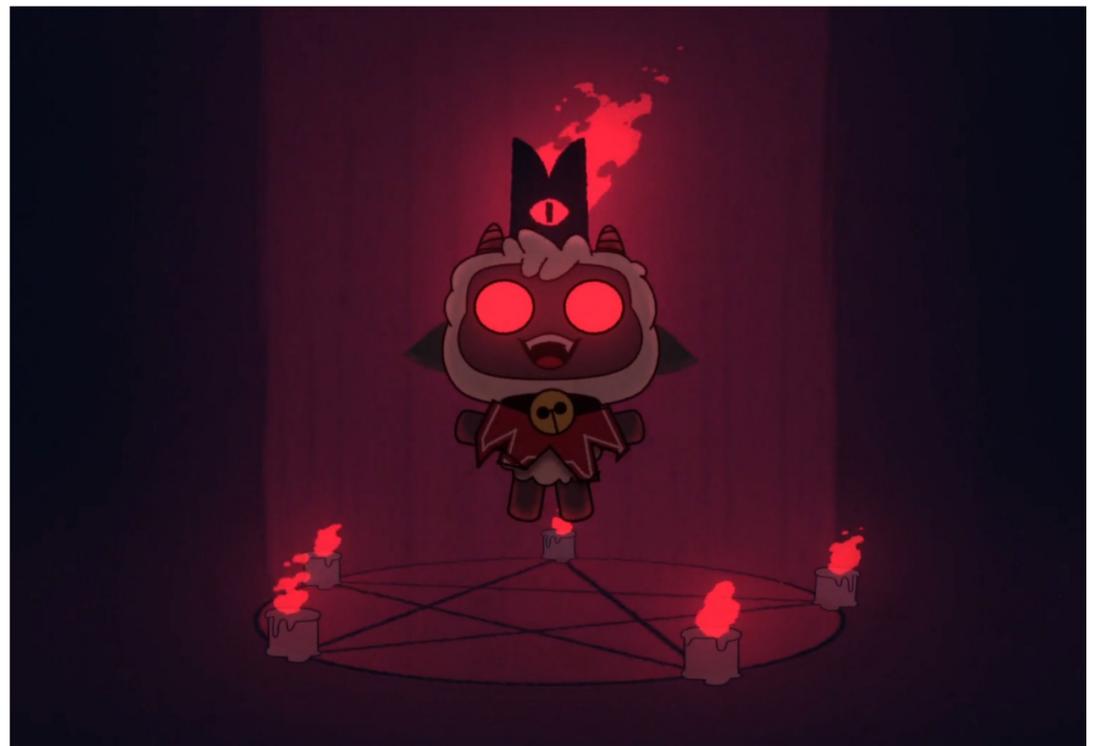
Additionally, you can hold sermons and rituals to strengthen your followers' allegiance to you.

Players can also enact various doctrines, which will dictate how their followers will react to specific events, such as the death of another follower.

Once the debris and materials have been cleared from the village, the player must venture out into the Lands of the Old Faith to gather more material.

Players will encounter the more rogue-like elements of the game while in the Lands of the Old Faith. The levels play like classic dungeon crawlers - you go through different rooms until you encounter a boss. Once you’ve beaten the boss, you can return to your village with your loot from the adventure.

The combat is smooth and has no major issues. At the start of each level, you will receive a random weapon and spell. Throughout the level, there are opportunities to upgrade or switch your gear to something else, which keeps the player from being boxed into one combat style.



While there are some grinding aspects to “Cult of the Lamb,” the juxtaposition between managing everything in your village to fighting and exploring in the Lands of the Old Faith keeps the game from getting stale.

For streamers on Twitch, “Cult of the Lamb” also offers Twitch integrations to the game. Those that are part of the Twitch Affiliate and Partner programs will be able to let their audience impact their game directly.

Streamers can select audience members to create an avatar that will be one of their cult followers. However if you are not selected for this, Twitch viewers can still impact their favorite streamers’ gameplay through voting to either help or hinder them.

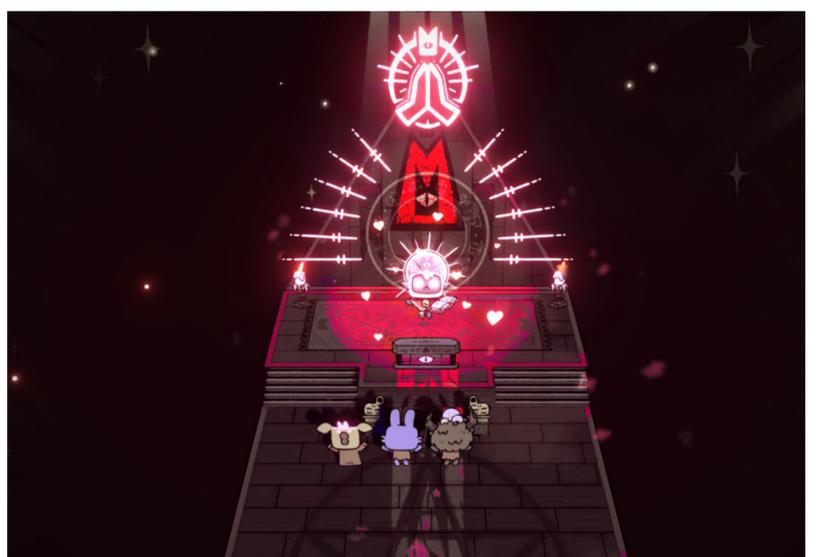
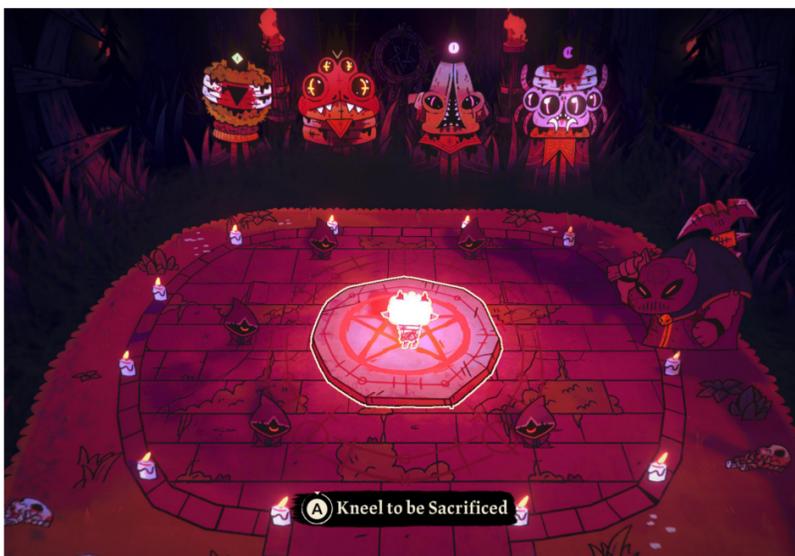
Once the voting has finished, another vote will pop up to decide how you will help or hinder the streamer, depending on which choice won. Whatever choice wins will take place in-game.

One of the areas where “Cult of the Lamb” truly shines is with its visuals. While it might seem like a pretty dark game based on the name, “Cult of the Lamb” has a cute art style with darker aspects to it.

All the character designs are adorable, and the main character seems to be a particular favorite among fans, spawning lots of fan art within the community.

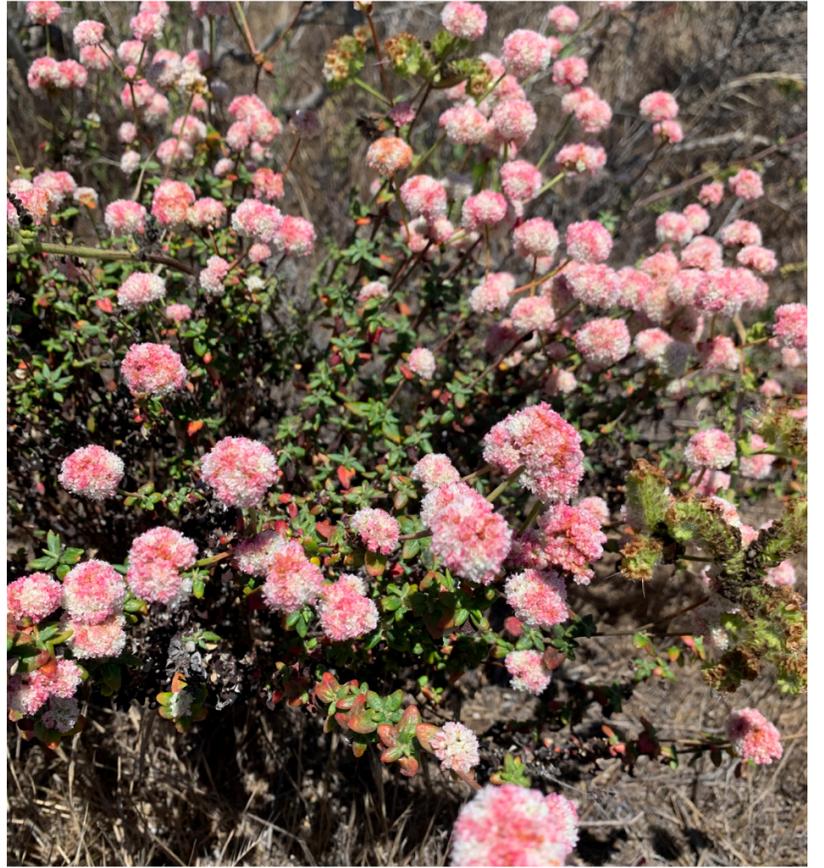
“Cult of the Lamb” didn’t bind itself to one genre, and it paid off. While it easily could have been just a management simulator or just a rogue-like, Massive Monster opted to combine the two, creating an experience unique to “Cult of the Lamb.”

Whether it is for the unique game play experience or the adorable art style, “Cult of the Lamb” is definitely worth picking up.



Monterey Eclectic

Haley Graham captures the diversity of local beauty



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

ksbootxet _____
stugau _____

veom-ni _____
tingcorade _____

gnioppfos _____
ssseacl _____

busllasy _____
skoobteno _____

nuingckpa _____
ttingse saarm1 _____

				5			
	3			4		1	5
				3			
6				9		8	
	9			4			3
	1	9		6		3	5
		4			9		6
	6			5	8		
							1

Answers:

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

Textbooks, Move-In,
Shopping, Syllabus,
Unpacking, August,
Decorating, Classes,
Notebooks,
Setting Alarms