

# the Lutrinae

CSUMB Student-Run Newspaper

March 6, 2023



## International Coffee Hour celebrates March holidays

Story and photo by Ferris Crosby

With a turnout of around 20, students pushed the separate tables together to create one big table to enjoy snacks, laugh and bond over shared experiences at the International Coffee Hour on Friday, March 3.

Education Abroad, International Club and the International Student and Scholar Services came together to host the event in honor of March holidays Nowruz and Holi in the west lounge of the Student Center.

While the gathered students enjoyed coffee, cookies, and apples, Mahshid Zamani of the International Program at California State University, Monterey Bay (CSUMB) gave a presentation on Nowruz, or New Year. This holiday always falls on March 21 and is celebrated by most of the Middle East and Asia, a total of 500 million people.

Nowruz means “new day” and is celebrated at the moment the new year begins, which is calculated and changes slightly each year. Families will prepare a Half Sin, meaning “Seven S.”

**This is a table of symbolic items which typically includes:**

- Sabzeh:** sprouted grass symbolizing rebirth and renewal of nature
- Samanu:** wheat pudding to represent fertility and sweetness of life
- Senjed:** dried fruit to symbolize love and affection
- Serkeh:** vinegar, meaning patience and age
- Seeb:** apples represent health and beauty
- Seer:** garlic, for good health
- Somagh:** crushed spice of berries which represents the sunrise and spice of life

**While these are the traditional seven items, it is common for those celebrating to also place:**

- Mirrors:** to represent the sky and self reflection
- Goldfish in a bowl of water:** symbolizing movement and life
- Decorated eggs:** attracting fertility
- Coins:** manifesting wealth and prosperity
- Books:** meaning knowledge

Nowruz is an occasion for families to exchange gifts, enjoy delicious food and dance. Zamani ended her presentation by handing out chocolate coins to wish students prosperity.

Following Zamani was speaker Devanash Sharma, President of International Club, sharing his lecture on the Indian celebration of Holi. This is a festival held worldwide on the full moon day of Phalguna (February-March).

“Holi tells me how exuberant life is. The only thing we have today, right now, is that we’re alive,” said Sharma.

Holi is a two-day festival celebrating the arrival of spring and the end of winter. It has been celebrated since the Fourth Century CE. Farmers look forward to this holiday to signal the start of the harvest season.

During this celebration Holika, a medicinal herb, is burned in bonfires to represent removal of bitterness and negativity. This is due to the famous fable behind Holi, which has many versions.

In one version, Hiranyakashipu, a demon king, terrorized the world and believed himself to be all powerful. He forced those around him to be worshiped as a god. When he found his son Prahalad worshiped Lord Vishnu (protector of the universe and his devotees) as his deity, the demon king ordered his son to be killed by any means possible. Time after time, his attempts failed and his son remained unharmed. Enraged, Hiranyakashipu ordered his sister, Holika, to kill Prahalad. Because of Holika's immunity to fire, he told her to hold Prahalad in a bonfire until death. When the plan was attempted, Prahalad was protected by his devotion to Lord Vishnu who reversed Holika's power and burned her instead of him.

“Besides being a reminder of the power of good over evil, the story of Prahlad teaches us the important strength imbued to those who remain humble, kind and tolerant to

all the many negative situations life inevitably presents,” said Sharma.

During this festival, the streets and attendants are painted rainbow with Gulal, colored powder, that is thrown by participants at each other and into the air. These colors are bright, beautiful and hold significant meaning to the festivities. Red represents want, passion, and courage. Blue, the color of the sky and ocean, symbolizes calm and serenity. Each color attracts another positive quality to the rest of the year.

**Food and drink enjoyed during the festivities include:**

- Thandai:** a milk with peppercorn, almonds, fennel seeds, poppy seeds, cardamom, saffron and rose.
- Gujiya:** sweet fried dumpling filled with a mixture of milk solids and nuts.
- Dahi Bhalla:** Deep fried lentil fritters dunked in yogurt and topped with chutneys.
- Rasmalai:** Juicy cheese discs with thickened milk

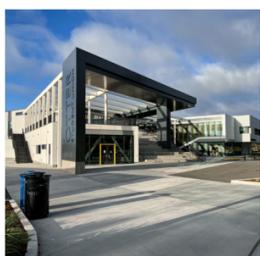
“When I put color on my face, you don’t know where I’m from. You don’t know my gender, my nationality, what I believe in, we are all one. Holi is that festival that makes me one. With nature, with people, with earth, with everything. I am one with everything today,” Sharma’s presentation concluded.

If you missed this event, the CSUMB Dining Commons will be hosting another Holi celebration on March 8 from 11 a.m. to 2 p.m. with Samosa Chaat, Mango Lassi and colored powder.

“Nowruz Mobarak!” declared Mahshid Zamani. “We need to use any opportunity to celebrate each other's holidays because it's fun. Simple as that.”

### AS Referendum

Students share mixed reactions about the proposed AS fee increase.



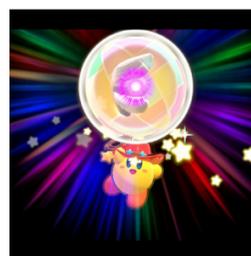
### Karaoke

Taylor Swift fans gather together to sing karaoke with the Swifties club.



### 8-Bit

Kirby returns to Dreamland again on the Nintendo Switch - and it's great.



# Students learn about summer universities in Germany

Story and screenshots by Estrella McDaniel

In a Zoom presentation on Feb. 28, Christiane Hendess and Charlotte Meyn provided California State University, Monterey Bay (CSUMB) students with information about both of their International Summer University programs and why this would be a great experience with lots of opportunities.

They clarify not only the cost and class schedules but also other activities you can partake in that are made to be fun, so you're not only thinking about classes.

"There were positive evaluations, and some said that the perspectives they gained here have contributed to their work opportunities," said Hendess, an International Summer University (ISU) Coordinator.

The program opens students up to different possibilities that they may not be able to get here in the United States.

They do recommend this program and students have learned just as much in three weeks than they would have in a semester, Hendess stated.

Not only is the university in Osnabrück open with lots of opportunities, but so is the program at the University of Lingen.

"We're going to be visiting a lot of businesses which is a great opportunity to network and to get a kickstart on your future careers," said Meyn, an ISU coordinator.

The University in Lingen focuses more on the business aspect of things which is helpful to those who want to start their own. It also looks into some technology and helps students grow into that.

"It's a real combination where we have lectures, we have a practical project, we have company visits and is open to students of our universities as well as international students," Meyn said.

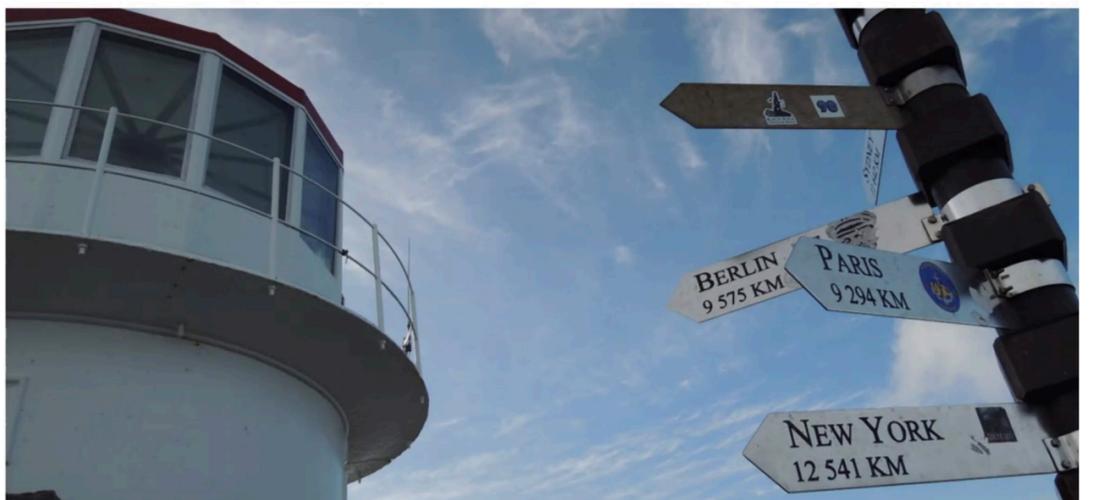
Both universities provide opportunities to learn different things and a summer abroad program is an excellent chance to go out of the country.

Not only are there chances for you to grow within your career but also to experience a change of scenery and soak up the culture of Germany.

"Our summer university is open to everyone, we're open to all subjects you don't need to be a business major in order to formally participate in this program," said Meyn. "We have people from all over the world participating."

## Presentation of

- International Summer University (July 13 – Aug 4)
- Summer University Lingen (July 9 – July 22)



## PROVISIONAL SCHEDULE I

HOCHSCHULE OSNABRÜCK  
UNIVERSITY OF APPLIED SCIENCES

Week	Monday July 10, 2023	Tuesday July 11, 2023	Wednesday July 12, 2023	Thursday July 13, 2023	Friday July 14, 2023	Saturday July 15, 2023	Sunday July 16, 2023
Arrival Week				Arrival Day 9 - 6 pm Welcome booth in entrance hall of Osnabrück main train station, shuttle service to accommodation	Welcome Session ISU Osnabrück City Tour	Facts about Germany and Osnabrück Intercultural Competence I Course	Build the Team! Group 1 Build the Team! Group 2
Week 1	Courses Cultural / sport activities	German Language Courses	Courses Cultural / sport activities	German Language Courses	Weekend Trip to Berlin		

Lectures / Official Program
Travel Activities
Leisure activities: Beachvolleyball, Swimming, Yoga, Botanical Garden (from cocoa to chocolate) ...

\*Lectures are provisional and may be subject to change.

# Liberal studies professor placed on leave; school can't confirm why

Story by Estrella McDaniel, Andrea Valadez and Max Guerrero

Professor Miguel Lopez who instructed within the Liberal Studies unit was placed on administrative leave Feb. 20, according to a statement issued to students from Patty Whang, the chair of the Liberal Studies major at California State University, Monterey Bay (CSUMB).

According to students, another professor was brought in to finish the Liberal Studies 380 class "Teaching for Social Change" for Lopez.

The university wouldn't confirm to The Lutrinae that Lopez was put on leave or why he would have been put on leave citing employee privacy rights as required by state and federal laws.

Earlier this year, a survey was taken from among CSUMB students who have taken classes from Lopez. A total of 39 responses were collected, not including the experience of the students who started the survey.

The data collected from it was used to construct a PowerPoint presentation that consisted of 32 pages which went into detail about alleged gender bias, language exclusion, racial bias and unprofessional disclosure of ADA information. That information was presented to the Dean and Title IX officials on Oct. 14. Title IX is a federal civil rights law that prohibits discrimination on the basis of sex in education programs and activities.

Since then, the Title IX coordinator has left the university. Raquel Boniolla has stepped in as the interim Title IX officer. She so far has had no communication with the students who reported discrimination. Email messages to Lopez from The Lutrinae have not been returned.

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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## 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.



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# Proposed AS fee sees mixed reactions

Story by Helene Kristensen  
Infographic by Haley Graham  
Photo by Arianna Nalbach

Last week Associated Students (AS) sent out pamphlets to start campaigning for the proposed student fee increase. The current fee is \$48 per semester. With the proposed increase of \$42 per semester, the AS fee would cost \$90 per semester.

Suppose students approve the increase in students' fee during the AS elections on March 20 - 22. In that case, AS proposes the extra money goes to increase the amount of funding available for clubs in the Inter Club Council and Sports Club Council, provide more scholarships and grants to students, sustain and enhance AS signature service and Programs and build capacity for shared governance.

However some negatives to the potential fee increase include the financial impact on students. Not every student may use the services and students may be unfamiliar with AS operations, programs and services offered.

"I feel like at first hearing that there's going to be an increase in student fees made me a little bit upset because currently, I feel like I pay a lot of money for things I might not necessarily use or know that I have access to. But after hearing some of the benefits and I mean it's going from what, \$48 to \$90? That's not an unreasonable increase," said third-year Chloe Taylor.

"Collectively, it could lead to a lot of benefits. But then I also think it comes down to media and letting students know that they have access to these resources because I feel like that's a big problem at the school if things aren't communicated well. .... And there isn't a good relay of information on what we have access to and the things that we could do and the clubs we could join," Taylor said. "So I feel like if that gets better, then more people would be on board."

**To help spread the word there will be an AS fee referendum open forum Wednesday, March 10, at the Otter Student Union in room number 310. From noon until 1 p.m., there will be formal presentations and from 1 to 3 p.m., there will be drop-in hours.**

"... having a small jump in price for the AS fee could really be beneficial in expanding what we have and giving us more funding to be able to include new things in our school, and make what we have better," she continued. "Unfortunately, it does all come down to money, like seriously."

Another student sharing Taylor's perspective is third-year Dee Davila.

"I feel, for the most part, OK as long as the money goes where it's supposed to. My only question is just transparency, right? Like where, where is this going? Who is it helping? Overall I think it's great, you know, to have more money and more funding to help any student services and make the school just that much more engaging for others," Davila said.

On the topic of transparency, Davila shared they would like to have some more information from the AS on exactly what the money is going toward.

"Sharing their records, like this is how much we gained, this is how much is going to scholarships, the different clubs. To prevent lumping everything together, because if you said something like this is going toward administration functions, scholarships, clubs, etcetera. If not, you risk 80% of it going to administration and 20% of it being used for everything else. And in that case, I don't know if I would be OK with it."

AS President David Ledesma said students who want to see transparency and a breakdown of what their student fees are being used for are encouraged to attend the finance board meetings.

Ledesma says the meetings are hosted Wednesdays from 8:30 a.m.-10 a.m. through Zoom. Zoom ID: 688 636 4503

"This is where the budget development occurs, and students can make public comments on what to prioritize," Ledesma says.

Fourth-year Anthony Chun said, "People not understanding how AS operates, I feel like this is a big thing for me. I feel like when people see the price increase it is just that; how it's going to affect them, especially those with low income? I feel like most people don't know what AS does."



"I have limited knowledge. I know to a certain degree that they advocate for us, but the fact that they fund scholarships that they fund all of those things [like clubs and sports] was news to me. I feel like for an organization to ask for money, they have to be more connected with students and say hey, here's what we do and be very transparent. Like here is how we use the money because I didn't know they did any of that stuff," he continued.

"I'm worried it's going to affect people because it doesn't seem like a lot to a certain person. To me personally, it's not too much because I get a lot of financial aid, but there are a lot of students who don't. So that increase is big for them," said Chun. "As a whole, I am just kind of mixed about it."

Similar to Davila, Chun is also looking for transparency.

"Like exactly what funds are allocated? I'm more than sure they have a sheet or something saying what goes where. But the average student doesn't have the time, you know, to look at that kind of stuff and to take the time to understand what is going on. I feel like if AS wants more support on it, they need to create something that's accessible to people that is like, okay, here are the quick facts. Here's how we use it and how we want it. You know?"

Despite the advertising campaigns hosted by AS, all students are not aware of this election.

"Has the voting been?" Taylor asked. "I didn't even know that this was happening. How do I vote? How do we get students to vote?"

"I was not aware of this [AS fee increase] happening. I never knew about it until now. I don't follow their Instagram page, but maybe send out an email to the CSUMB network," Davila said.

"I heard about it before. I know they promoted this; they've been doing this for a while. Like the entire campaign and stuff, trying to get information. I didn't find out until like a month or two ago," Chun said.

"I feel like I saw it somewhere on social media. I can't remember specifically where, but I know on social media for sure," he said.

"I feel like being able to vote online would be really helpful," said Taylor. "I mean, if they have a way to ensure that somebody is only voting one time, maybe from their school email. If someone can't come to campus, such as those who go to school here but don't live there. They are probably gonna have a say in it and I feel like nowadays, how technologically advanced we are, that we should be able to vote online and maybe also have a paper option if people want to."

Ledesma said voting will be held on campus March 20-22, but the location has yet to be determined. Students also have the option to vote on MyRaft. Results will be posted on Instagram and shared online on the AS website at [csumb.edu/as](http://csumb.edu/as). There may be an election results celebration on campus.

If students have questions, they can contact [as@csumb.edu](mailto:as@csumb.edu) and any of the Officers of Associated Students/Inter-Club Council/Sports Club Council. They can come to AS at tabling events and in the office in OSU Room 304.

Information provided by AS  
Infographic by Haley Graham

## REFERENDUM QUICK FACTS

### FEE CHANGES

CURRENT	PROPOSED INCREASE	FEE IF IMPLEMENTED IN 2023/2024
<b>\$48</b>	<b>+</b> <b>\$42</b>	<b>=</b> <b>\$90</b>
per semester <small>*established 2003</small>	per semester	per semester

### SERVICE USAGE

<b>2,500+</b> student organization members	<b>1,600+</b> students attended AS events
<b>600</b> students on average attended AS Weekly Farmer's Market	<b>40</b> scholarships awarded in the amount of \$9,300

\*Data retrieved from MyRaft & 2021/2022 AS Reports

### PROS

- **Increasing** the amount of **funding** available for clubs in the Inter-Club Council and Sports Club Council.
- Providing more **scholarships** and **grants** to students.
- **Sustaining** and **enhancing** AS signature Services and Programs
- **Building capacity** for shared governance.

### CONS

- **Financial impact** to students with the increased fee.
- Not every student may **use services**.
- Students may be **unfamiliar with AS** operations, programs, and services offered.

**VOTING WILL BE HELD MARCH 20-22 ON CAMPUS AND MYRAFT**

# Struggling to eat well? This self-care approach might help

Story and screenshots by Andrea Valadez

California State University, Monterey Bay (CSUMB) students had the chance to speak with Leslie Pinkerton, a local clinical dietician about the practice of intuitive eating during an event held on March 1 to promote Eating Disorder Awareness Week. The talk was one of four separate events to raise awareness and create a discussion around the difficulties that come with trying to eat healthy.

Intuitive eating was popularized in the media following the publication of the book "Intuitive Eating: A Revolutionary Program that Works" by certified nutritionists Elyse Resch and Evelyn Tribole in 1995.

This practice focuses on "a self-care eating framework that treats all bodies with dignity and respect . . . and a personal process of honoring health by listening and responding to the direct messages of the body in order to meet your physical and psychological needs," according to Pinkerton.

Pinkerton also touched on the fact that eating disorders are "more common than any of us would think, and a lot of disordered eating has been normalized in our culture. I think it's so important to know about it, so this awareness week is really about learning how serious it can be, and knowing that there's a lot of help out there."

She also wants students to know that "eating disorders are serious and life-threatening, but they are treatable. Early treatment means lower likelihood of relapse and higher likelihood of lasting recovery."

Intuitive eating consists of 10 main principles, as taught by Resch and Tribole - they are:

1. **Reject the diet mentality**
2. **Honor your hunger**
3. **Make peace with food**
4. **Challenge the food police**
5. **Discover the satisfaction factor**
6. **Feel your fullness**
7. **Cope with your emotions with kindness**
8. **Respect your body**
9. **Movement- feel the difference**
10. **Honor your health- gentle nutrition**

## Benefits of intuitive eating

- Greater body appreciation and satisfaction
- Positive emotional functioning
- Greater life satisfaction
- Unconditional self-regard and optimism
- Psychological hardiness



## Health at every size

Promotes health equity, supports ending weight discrimination, and improves access to quality healthcare regardless of size



Another big part of becoming an intuitive eater is gaining introspective awareness. This means having the ability to be aware of your body's physical cues and sensations. Being attuned to your body will allow you to tap into your body's needs such as emotional feelings and biological eating cues.

"Stress, trauma, eating disorders, intense exercise . . . and some medications" are all side effects of life that may affect someone's ability to be introspectively aware, according to Pinkerton.

While it can be difficult to be objective with yourself, it's best to "treat yourself with kindness when it comes to food. A lot of pressure can come from social media and it's easy to compare yourself, but my biggest takeaway is to just be kind to yourself," said Annaleah Torres, a health education assistant for CSUMB's Health Promotion and Education program.

According to Pinkerton, there are four key characteristics of intuitive eaters. The first is eating for physical reasons rather than emotional reasons. The second characteristic is granting yourself unconditional permission to eat - don't restrict or cut anything out from your diet.

## Resources

- [intuitiveeating.org](https://intuitiveeating.org)
- [Anad.org](https://Anad.org) | Free Eating Disorder Support Groups & Services
- Scan's Pulse Summer 2017, Vol.36, No.3
- 2015 Sutin AR: Weight discrimination and risk of mortality
- [asdah.org/health-at-every-size-haes-approach](https://asdah.org/health-at-every-size-haes-approach) | The Health at Every Size® (HAES®) Principles - ASDAH
- Weight cycling is associated with a higher risk of death | [endocrine.org](https://endocrine.org)
- [platebyplateapproach.com](https://platebyplateapproach.com) | Eating Disorder Treatment

The last two characteristics of people who have mastered this approach are having a reliance on both internal hunger and satiety cues and making food choices that are compatible with what the body needs/wants on any specific day.

"I think a lot of people can relate to comparing yourself, or cutting out certain food groups that you think may be bad, such as carbs," said Pinkerton. She explained that because our bodies need carbs for energy, limiting carb intake is not only depriving the body of essential nutrients, but it also takes away the satisfaction of eating.

Pinkerton's presentation also pointed out that intuitive eating has been proven to increase life satisfaction, body appreciation, and emotional functioning. Studies have also shown that people who adopt this practice end up having a greater motivation to exercise, since the focus is on enjoyment rather than guilt.

Pinkerton shared some resources for anyone who is struggling with an eating disorder, or who knows of someone who might need help. She said that "students and friends can support each other by reaching out to eat meals together, encouraging one another to ensure proper fueling with good nutrition and supporting each other through conversation."

Visit [intuitiveeating.org](https://intuitiveeating.org) or [Anad.org](https://Anad.org) for free support groups and more information on how to apply intuitive eating habits into your daily life.

# Smoothie seminar spreads eating disorder awareness

Story and photo by Max Guerrero

The Dining Commons hosted a seminar with registered dietitian Jacqueline Ernst-Smith for Eating Disorder Awareness Week during lunch on Thursday, March 2. Students were offered banana berry sunflower butter smoothies to sip on as they learned about nutrition and eating disorders.

Ernst-Smith said that the smoothie seminar ties into eating disorder awareness because "people with eating disorders have 'fear foods' and we encourage them to try new things. Educating them on the benefits of adding these things to the smoothie and encouraging playfulness with highly nutritious foods is thinking outside the smoothie box."

During the seminar, Ernst-Smith broke down the importance of fiber and protein, as these nutrients provide our bodies with energy and keep us satiated.

"Eating healthy is encouraged of course, and it's important to eat your fruits and veggies and make it tasty in a fun way," said Ernst-Smith. "You can play with healthy fats which is why we have chocolate chips with the smoothies, for satisfaction and satiety."



Jacqueline Ernst-Smith speaks about Eating Disorder Awareness on March 2.

Disordered eating is "a delicate situation" according to Ernst-Smith. From the executive chef of the Dining Commons to Health Center staff, a team of professionals was there to answer questions and educate students.

The Health Center Promotion and Prevention Manager Gary Rodriguez said "we want to make sure people know the warning signs. It's all about making sure students know the resources available to them."

When a loved one shows eating disorder symptoms, "it's not about labeling them or saying anything is necessarily wrong with them. It's about being there and showing support," says Rodriguez.

Students with questions or concerns are encouraged to reach out to the Health Center or Personal Growth and Counseling center to speak with a registered professional.

## Karaoke night brings out the Swifties

Story and photos by Andrea Valadez

“Swifties” came together to sing their hearts out to their favorite Taylor Swift songs during the first karaoke night held by the Swifties club at California State University, Monterey Bay on Feb 28. Around 40 Otters attended the event held in the rookery, which is located on the third floor of the Otter Student Union.

Both classics and more underrated songs from Swift’s discography were performed, including “Blank Space,” “Haunted,” “Our Son,” and fan-favorite, the 10-minute version of “All Too Well.” There was a short break in the middle of the evening, where a student performed his version of Elvis Presley’s hit song “Can’t Help Falling in Love,” which was happily received by the crowd.

Even though performing in front of a group of strangers may be daunting to some, first-year Allison Hyde said that while she was nervous and didn’t want to participate at first, “it was very supportive and I really like how everyone sings along and cheers.”

The president, vice president and treasurer of the Swifties club all attended the event and waited until the end of the night to perform. They led the recital of Swift’s critically acclaimed record “All Too Well,” which has been a go-to song for fans since its release in 2012. The music found more commercial success in 2022 when Swift released Red (Taylor’s Version) and finally released the 10-minute version of the song that fans had been waiting to hear for a decade.



“I think [karaoke night] went well, with Julie leading most of the efforts tonight. She did a good job of making sure all the songs were lined up properly and that people got to sing what they wanted to. It was cool to see people express themselves through the various Taylor Swift songs,” said Swifties Club President Katie Scariot.

“Like most events we hold, I get nervous that no one will come, but I kept a tally tonight and around 40 people showed up. I’m proud of everyone who decided to sing and I’m happy they came out and opened up and maybe went outside of their comfort zone,” shared Julie Ramirez, the club’s treasurer.

Ramirez also explained that these karaoke nights are “put on by the Interclub Council. Every other Tuesday, a club on campus hosts karaoke. We were just fortunate enough to have an entire artist to focus the night on.”

The Swifties club held another event the same week, with Swifties coming together in the Makerspace of the library on March 3 to make friendship bracelets and bond.

## Makerspace only guaranteed through May

Story and photos by Max Guerrero

The Makerspace is one of the most popular destinations for students to visit on the California State University, Monterey Bay campus, yet each year they face funding challenges. Last semester, almost 20% of the student population visited the Makerspace to take a breather and let their creative juices flow.

Often used to support other organizations and departments on campus with resources and events, Makerspace still isn’t receiving any benefits from the university outside of the library. According to the Makerspace Director Rachel Hester, a large majority of funds come from outside sponsors.

“We’re constantly finding new funding sources and we’ve graciously been funded by Chevron,” said Hester. “I apply every year to different grants that are internally offered.”

While it’s open to all students, the Makerspace accelerates the professional efforts of employees, as “they can build their skills and resumes with what they are interested in. They have unique skill sets which we can use to cater to their educational goals,” according to Hester.

She spends her time working immersed in the Makerspace, but is primarily responsible for finding funds. Her time spent doing so could be used to interact with students and improve resources within the facility.

The Makerspace room was once used as a storage facility, but is now home to countless arts and crafts supplies, laser cutters, 3D printers and computers with creative software. An abundance of equipment was donated by the Monterey County Office of Education at no cost to the university.

Second-year Student Assistant Albert Hejmadi applied at the Makerspace last spring and hasn’t looked back since.

“It doesn’t even feel like work to be honest. Sometimes I forget to clock out because I’m so busy making crafts or helping someone make crafts.” He described the work environment as welcoming and safe. “It’s unlike any other job I’ve had. It’s a grounding, fun and healing experience for me.”

Those who aren’t affiliated with the Makerspace have the opportunity for growth.

“We’re happy to provide custom guidance,” said Hester. “We’re even working on creating a Canvas course with modules about all the general access tools and supplies that you’ll always have access to here.”

Unfortunately, student employees and visitors are constantly in the dark about the future of the Makerspace. It was never approved permanently and while they receive funds from the Department of Sciences (who they share resources with) and the library, its continuity is debated each semester.

Hester says she is unable to give a timeline for the permanent budget application because administration is modifying the process for doing so. She plans on submitting a request once the application is available.

Associated Students has proposed increasing its fee to further support activities and resources on campus, but the Makerspace will not be included in the sharing of these funds because it is not considered a recognized department, program, or Student Organization. Categorizing it as such could guarantee funding.

The Makerspace is an investment in students’ futures and well beings. Students are encouraged to visit often as attendance is kept to prove that the space is being used effectively, which has kept its doors open thus far.



# Otter Media, one year later

Story by Oscar Daniel Jimenez Iniguez

During the COVID-19 pandemic, California State University Monterey Bay's (CSUMB) student-led entertainment network Otter Media was put on pause like so many other organizations and clubs at the time.

They went silent for a few years until CSUMB students Micah Stamps, Derek Rasmussen, Jacob Alfano and Kah'maurie Norwood stepped in to become station managers and revive the student service.

As a cinematic arts major, Stamps envisioned using his creativity to impact the university's students. Rasmussen, Alfano and Norwood believed in that same mission and helped him rebuild Otter Media back from the ground up.

What started as a project to play their favorite music to the University simply evolved past an ordinary campus radio station. It aimed to become a network for students to unite and express themselves creatively to collaborate on student-led and run projects.

With February of 2023 marking their first anniversary since restarting Otter Media, they have been able to platform student voices by offering live shows through their radio station, the Current, via channel 74 on StreameTV. They have produced TV shows such as "Radikitchen," "Tales of Slaughtermedia" and "Game Show" for the Current while also throwing several concerts featuring local student artists and bands in "5th St. Festival," "Monte Mash" and most recently the "Punk Show."

Despite how successful they believe the Current and their events have been, Stamps and his station managers feel they must constantly prove themselves to the university.

"Last semester, we tried hard to get into a much better position," said Stamps. "One thing that we keep running into is that we keep proving ourselves to all these different organizations and bureaucracies. One of the roadblocks we consistently run into is some of the weird rules Associated Students (AS) has implemented into how they do things."

Otter Media relies on funding from AS to create much of the content they produce. As thankful as Stamps and

his station managers are for the support, they feel that the process of getting events done at CSUMB is slow and arduous, which hinders their overall ability to create. Despite how they feel about the creative process, they acknowledge that their hard work is starting to be seen by the University.

"This semester, we're finally seeing some of the benefits of the work we have put in. Until now, the work we have done has been entirely voluntary, with the university finally just deciding that we should probably get paid," said Stamps. "We got approved a little bit of money to be able to spend some on some equipment, so the campus is definitely starting to invest in Otter Media."

Stamps credits the success of Otter Media to what he believes is the most vital aspect of CSUMB, the students. Without the students, Otter Media would not be as successful as it has been, according to Stamps. He and his station managers believe that Otter Media has earned students' trust, allowing them to make more content for the students that will help platform their voices and creative works.

"The craziest thing that happened during the Punk Show was that students were tearing the posters off the wall and keeping them for themselves because it was such a good memory. By making those memories on campus for students, Otter Media is doing the absolute right thing," said Stamps.

He and his station managers want to champion student voices and continue giving them a platform to express themselves creatively without limitations. They want students to use Otter Media as a vessel for their work because they want the University to know that student voices matter and should be listened to.

"Student participation shows the University that they can't make decisions without consulting students. They should have a seat at the table for major decisions CSUMB makes," Stamps said. "It is important to have that strong student voice which we think Otter Media is helping show the entertainment side of."



Photos courtesy of Otter Media



Photo courtesy of Jaelynn Diokno



Photos by Oscar Daniel Jimenez Iniguez



Photos by Oscar Daniel Jimenez Iniguez

## Interested in graduate or professional school? Check this out

Story by Oscar Daniel Jimenez Iniguez  
Flier courtesy of UROC

To get into grad school, those in the academic world say students need to build realistic timelines for applications, strategize letters of reference, outline personal statements, learn about preparation for admissions tests and funding structures and learn about the variety of degree, graduate and professional programs available.

Undergraduate Research Opportunities Center (UROC) Writing and Professional Communication Associate Natasha Oehlman hosted an information session about an upcoming conference titled "Graduate School Or Professional Degree Conference: Writing Your Application" on Feb. 28 addressing those very points.

Within this session, UROC, the Cooperative Learning Center, Making Accessible and Effective Systems for Teacher Readiness Outcomes (more commonly referred to as MAESTROS) and the Center for Advising, Career and Student Success collaborated to teach undergraduate students about the steps involved in applying to graduate schools and credential programs.

UROC hosted the same event last academic year and felt it was a success that could be repeated.

This time (the conference will be May 23-25), they want to do just that because they recommend students start their application process six months before deadlines for Doctoral, Master and Professional programs because of the competitiveness of the application process.

During the conference, Oehlman and UROC believe that students will help build realistic timelines for applications, strategize letters of reference, outline personal statements, learn about preparation for admissions tests and funding structures and learn about the variety of degree, graduate, and professional programs available.

Through a survey given to students who attended the conference last academic year, Oehlman found that 94% had not started their application before attending the conference.

She wants to assure students curious about applying for the conference and that they don't need to be prepared beforehand.

It will be a place where they can learn about the landscape of graduate or professional schools to get a sense of the information they could consider.

"Not everybody who came on the first day had it figured out. A lot of them were like, I'm not sure what I want to do, and they used the conference as an opportunity just to sit back, listen and learn and talk with others," said Oehlman.

"A lot of folks think that we have it all figured out, and we don't. Ninety four percent hadn't started their application because they hadn't, and that's fine. But by the end of the conference, they were already working on their application and getting a sense of 'oh, these are the graduate programs I want to attend.'"

"They started to research websites and put their information together. They started to organize their thinking and were like; these are the kinds of programs I might be interested in. If you don't know much about

graduate school and professional degree programs after CSUMB, this could be a place for you to explore that."

The conference is funded by the Mentoring and Equity in Transitions to Achieve Student Success grant and will be held May 23-25.

Application for the conference is free. The deadline to apply is March 15, with acceptance notifications going out March 17-20. The applicant confirmation date is March 24.

Housing and food will be available for those who need them, according to Oehlman. To book your spot for the conference, fill out the application form below. For more information about the conference, contact [uroc@csumb.edu](mailto:uroc@csumb.edu) or [noehlman@csumb.edu](mailto:noehlman@csumb.edu)

Conference Application Form:  
<https://docs.google.com/forms/d/e/1FAIpQLSdPBGbrso4NR4L0XEG-d8jpfwkd8t3LCIkDkEhfbGbyly-LWw/viewform>

May 23-25, 2023

California State University  
MONTEREY BAY

For accommodations, please contact  
[uroc@csumb.edu](mailto:uroc@csumb.edu) | Phone: (831) 582-4241

GRADUATE SCHOOL &  
PROFESSIONAL DEGREE  
PREP CONFERENCE:  
WRITING YOUR  
APPLICATION

Application Deadline: March 15, 2023

# Otter reserve overcomes physical challenges on court

Story and photos by Max Guerrero

Damjan Agovic, a second-year Psychology major and center on the California State University, Monterey Bay men's basketball team is a beast on the court who overcomes his challenges so well that they become unnoticeable. Agovic was born with one hand, but doesn't view this as an impairment.

"Basketball made me the same as everyone else."

Agovic attributes his skills on the court to hard work. "Determination is consistency. If you're not consistent you're not going to be good."

Fueled by the support of fans and his teammates, he described playing basketball as a euphoric experience.

Being part of a team brought him a sense of solidarity growing up, "In basketball I wasn't treated differently, but there were some times when I was growing up. My mom made me play basketball so that I could see that I can do the same things as anyone else."

A dedicated teammate and friend, he finds inspiration in those around him. "Sometimes it's hard to stay motivated but my friends and family around me help me. I'm also doing it for them, not just me."

Agovic wants to be known as "not only a good basketball player, but a good caring person."



# What's your favorite show from childhood?

*Otter Chatter* By Andrea Valadez



**Connor Foote**  
Humanities and Communication  
Third-Year

"I have to put it in like a top three. So 'Courage the Cowardly Dog,' 'Zoboomafoo' with the lemur, that's a super OG if you've never heard of that one and then also 'The Marvelous Misadventures of Flapjack.' Top three shows right there because they're all super wacky and charismatic. Even if you're an adult now, they still have basic humor that will appeal to you. I'd definitely recommend those."



**Marissa Torres**  
Humanities and Communication  
Second-Year

"I have a lot, but my main ones are 'Phineas and Ferb' - I love that show, 'Rugrats.' [which] I've seen every episode and every movie and '64 Zoo Lane,' which I think is a PBS Kids show. When it was canceled, I wrote a letter to Nickelodeon begging them to bring it back."



**Roxy Ortiz**  
Music  
Third-Year

"My favorite childhood tv show was 'Dora the Explorer' ... because I looked like her when I was younger."

03.06.23

thelutrinae.com

# Returning to Kirby's Dreamland.. again

## 8-Bit

Story and screenshots by Arianna Nalbach

"Kirby's Return to Dreamland" was initially released on the Nintendo Wii in late October 2011 as the eighth main-series installment to the franchise. During the most recent Nintendo Direct, it was announced that the beloved Wii title would be coming to the Nintendo Switch.

On Feb. 24, "Kirby's Return to Dreamland Deluxe" launched on the Nintendo Switch for \$59.99.

The remastered title features the same storyline players of the original version will already be familiar with, but with a graphic overhaul and a few new features, freshening up the game for the modern age (although the Wii version is still a joy to play).

Even though the graphics received a major overhaul, the game still has the same aesthetic as the original title, and Nintendo stayed true to the charm the Wii version had with an outline around all of the characters, which has been removed from other new "Kirby" titles such as "Kirby and the Forgotten Land."

"Return to Dreamland" didn't just receive a graphics overhaul for the Switch, though. The gameplay also got a few changes, with a huge expansion to the minigames (which Nintendo referred to as subgames), two new Copy Abilities for Kirby to use during the primary story campaign and a story epilogue.

In "Kirby's Return to Dreamland Deluxe," up to four players can work together locally to help Magolord rebuild his ship, which crash-landed on Planet Popstar, Kirby's home planet, and return to his own home planet, Halcandra.

As previously mentioned, all of the story is the same as the original "Return to Dreamland," but a brand new epilogue starring Magolord was added to the game. Players can begin the new epilogue after completing the main story.

However, one of the first changes players will encounter in "Return to Dreamland Deluxe" is the addition of the "Merry Magoland amusement park."

After playing a few levels of the main story, players will unlock Magoland, an amusement park full of fun new subgames to play. As you play the subgames in Magoland, you will earn stamps which unlock new face masks and consumables that can be used in the story mode.

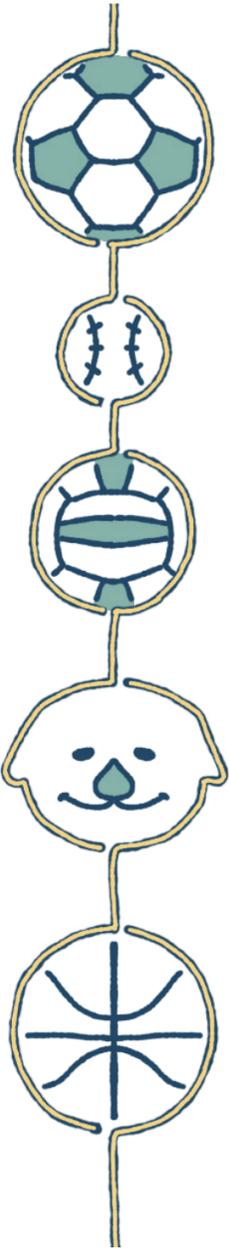
Additionally, as you progress through the main story and defeat bosses, they appear at Magoland.

Up to four players can participate in the various minigames, like in the main story campaign. Some of the subgames are designed for four players, but if you don't have enough human players, the other spots will be filled up by AI.

"Kirby's Return to Dreamland Deluxe" is a great game overall. Even though it is just a remaster, Nintendo added various new features that help justify the \$60 price for the game. The remaster is the perfect bit of refreshed love and TLC for the nostalgic "Kirby" title.



# Game Results



## Baseball

- Feb. 26 Baseball @ Stanislaus State **W 12 - 5**
- Feb. 26 Baseball @ Stanislaus State **L 6 - 7**
- March 2 vs San Francisco State **W 11 - 4**
- March 4 vs San Francisco State **W 9 - 6**
- March 4 vs San Francisco State **W 7 - 6 (7 inn.)**

## Men's Golf

Feb. 27 - March 3 @ Desert Invitational **3rd out of 16 teams**

## Women's Golf

Feb. 27 & 28 @ Tim Tierney Pioneer Shootout **8th out of 17 teams**

## Women's Water Polo

- March 3 vs Whittier College @ Claremont Convergence Tournament **W 8 - 7 OT**
- March 3 vs vs UC Santa Barbara @ Claremont Convergence Tournament **L 3 - 20**
- March 4 vs Chapman University @ Claremont Convergence Tournament **L 10 - 16**
- March 4 vs Concordia University @ Claremont Convergence Tournament **L 7 - 9**

## Softball

- March 3 @ Cal State East Bay **L 3 - 4**
- March 3 @ Cal State East Bay **W 11 - 4**
- March 4 @ Cal State East Bay **W 6 - 0**
- March 4 @ Cal State East Bay **W 8 - 4**

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

tems

tionnallepo

seor

teapl

lpitu

inhsthay

lsdife

mumehtnasyrhc

ooigmnbl

esiill

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

Answers:

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

Stem, Rose, Tulip,  
Fields, Blooming,  
Pollination,  
Petal, Hyacinths,  
Chrysanthemum,  
Lilies