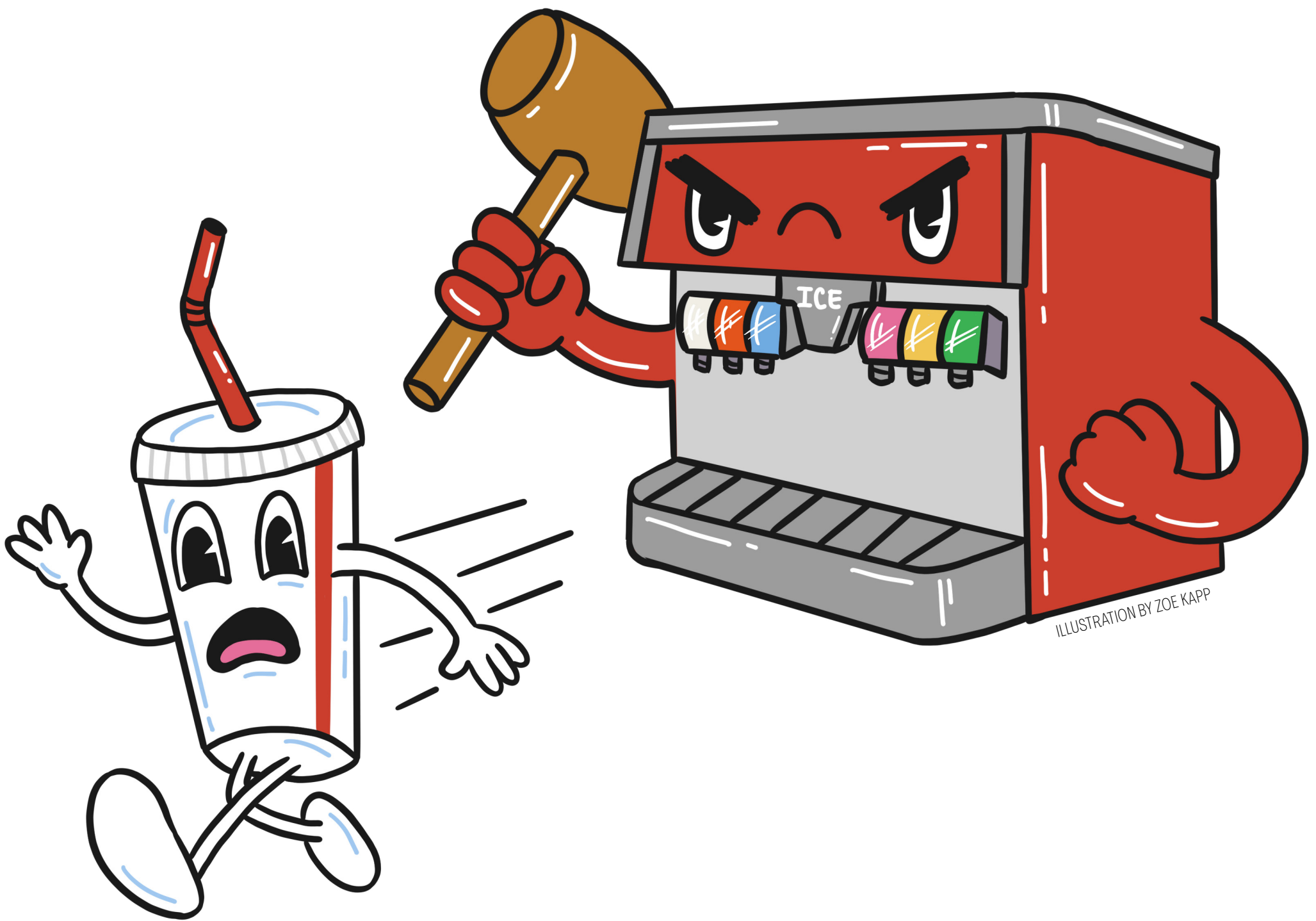


the Lutrinae

CSUMB Student-Run Newspaper

September 25, 2023



The end of free refills

Paige Francis
Assistant Editor

The Otter Student Union (OSU) and Otter Express are two of the most popular dining establishments on California State University, Monterey Bay's (CSUMB) campus. At both locations, students can use their dining dollars to purchase meals or use a meal exchange for certain items on the menu.

Included in the meal exchange is typically an entree, a side and a fountain drink which could be refilled unlimitedly. However, when students realized that they could no longer refill their fountain drinks and would have to pay for drinks, chaos ensued.

The technology introduced in the OSU and Otter Express is ValidFill, a company that works in amusement parks, hotels and college campuses. Valid Fill uses Radio Frequency Identification tags (RFID) to regulate the amount of refills per cup. These are the little stickers that are now on the bottom of the disposable cups that are given to students.

With the RFID tags, the soda machines limit each student to one fill from the machine. If a student tries to refill their disposable cup, the machine will notify the user that they have zero refills left.

Students at CSUMB have noticed this change and are upset that the school is restricting something as small as soda. "This whole refill thing is a disgrace," Matthew Lane commented on MyRaft. "Why are they squeezing every penny out of the students?"

The climate in the CSU system is tense with the recent vote to increase tuition, so why are new policies being introduced? Chartwell handles food servicing at CSUMB. According to Robbie Dickinson, Chartwell's district manager, ValidFill was "chosen for CSUMB as a way to reduce the number of paper cups going to the landfill." This policy fits in with CSUMB's sustainability plan to divert 90% of waste from landfill.

CSUMB has also introduced Smart Cup as a solution that allows students to get unlimited refills. The cups are \$10 and refilling this cup costs \$1.50. If a student wants to buy unlimited refills for the semester, they can pay \$44.95. Paying nearly \$45 for something that used to be free seems like quite the price jump. However, in the long run, this is saving students money. Dickinson reports the math, "If a student purchases a one-time drink, it costs them \$1.75. The Validfill program allows students unlimited access to beverages for \$44.95 per semester, which is a \$152.80 savings [than] if they were to purchase one beverage per day."

Students have voiced their opinions about the quality of the soft drinks ever since the introduction of ValidFill. "Get the unlimited refills they said, it'll be worth it, they said. Forty-four dollars is not worth it for watery Diet Coke," said Aaron De Salvo. Anthony Cervantes questions, "Is this why the sodas are all watered down and the lemonade is non-existent?" Dickinson told the Lutrinae that "there has been no change to the quality of the fountain beverage products that are dispensed by any of the machines on campus."

It is unclear why free refills are no longer available. Before ValidFill was set up, free refills were available; however, now that ValidFill is up and running, "only students on the Beverage plan are eligible for free refills," Dickinson explains. To get free refills, students will now have to pay for a beverage plan in addition to their meal plan.

As of now, the Dining Commons is still without ValidFill and students can get free soda with a meal swipe. Dickinson says the goal of ValidFill is to "reduce the volume of disposable cups being generated by the food service program." Hopefully, this will be successful and CSUMB will ultimately produce less waste, but it is at the cost of taking away something from students.



PHOTOS BY PAIGE FRANCIS

Healing our institutions

Read about a community building and healing workshop on campus.



Page 2

Local Finds

Check out this hiking trail if you're looking for a new adventure!



Page 5

Cleaner & Greener

Learn some tips about how to be more environmentally friendly through cleaning supplies.



Page 7

Healing our institutions

Chris Hamilton
Contributing Writer

What would it mean for California State University, Monterey Bay (CSUMB) to be a sacred space?

On Thursday, Sept. 21, students, staff and community members filled the Otter Student Union (OSU) Ballroom at CSUMB to learn about and experience the power of creating spaces for healing, both on an individual and institutional level.

“Cultivating Sacred Spaces: Healing Centered Engagement Toward Social Change” was facilitated by the Otter Cross Cultural Center and drew over 70 attendees to participate in the event.

After a fajita lunch, keynote speaker Farima Pour-Khorshid engaged listeners in an exploration of what it means to undo past discriminatory practices in order to cultivate a “sacred space” within a university.

Pour-Khorshid is a professor at the University of San Francisco, engaging in abolition and community-based healing within and beyond the realm of education. She also received a Ph.D. in education with an emphasis in language, literacy and culture from the University of California, Santa Cruz in 2018.

“I loved learning, I just hated schooling,” said Pour-Khorshid as she recounted her experience in education, which was steeped in racial discrimination. “School [was] the place where my trauma became the grounds for punishment.”



CSUMB community members participating in a sound healing activity.

PHOTO BY SAMANTHA HUTZ

Pour-Khorshid urged our institution as a whole to “take pause and evaluate: ‘what are my values and how do those values show up in our budget? How do those values show up when I teach and in my interactions with students and others?’”

“When we think about what it means to be a Hispanic Serving Institution, it’s so important to think in an intersectional way: from a spiritual standpoint, from an academic standpoint, from an economic standpoint. There’s all these ways that we need to think about what it means to serve,” she explained.

The rapt attention of the audience was momentarily diverted when one attendee challenged the emphasis on the school’s Hispanic population.

Though discomfort became apparent in the room, Pour-Khorshid responded with confidence. “If we cannot acknowledge the populations and the people who have been harmed, then there is an open wound that continues to fester, grow and get worse.”

In the spirit of healing wounds, the presentation underlined the collective role of the audience in visualizing equitable communities and institutions. Participants were asked to scan a QR code, which took them to a website where they could submit their visions for the future of CSUMB.

Pour-Khashid observed, “Traditional keynotes stay up in the cognitive part of our body ... very rarely do we

invite spirituality in spaces like this.”

With no shortage of spirit, came the “music to the movement.” Musicians Brittany Tanner and Lauren “Sölauren” Adams of the hip-hop ensemble, SOL Development, joined the keynote.

The duo led the room in an odyssey of soulful jazz and sound bowls. The lyrics to the ever-evolving improvisation were affirmations of healing and empowerment provided by the audience themselves.

“We want to be vessels to invite folks into healing [and] to curate spaces for folks to come and do that,” said Adams. Some were moved to tears by the profundity of the performance.

Third-year Leah Simon was deeply moved by the performance. “I feel like sound really does have an impact on our brains and ... on our bodies.”

The event seemed to fulfill its goal: a space in which all were welcomed in their vulnerability, in their wounds and in their entirety. Sacred spaces of empowerment, equity and justice seemed to be not only the goal, but also the path to achieving that goal.

Pour-Khorshid wished to leave CSUMB students with the following: “Your responsibility, your sacred responsibility, is to think about who needs resources or care, and how you can meet your own needs [as well]. It’s a spirit of reciprocity when we do this work. It’s not saviorism. It is not martyrdom. It is solidarity.”

Spilling tea with Associated Students

Nicholas Zuniga
Staff Writer

Although Hispanic Serving Institutions (HSI) week has come to an end, Associated Students (AS) is still celebrating Hispanic Heritage Month. On Wednesday, Sept. 20, many students gathered in front of the Otter Student Union (OSU) to learn more about Holistic Health and Wellness as it pertains to Latin/Hispanic culture.

“I know that we have HSI week every school year, and I wanted to honor [HSI week] my way. I wanted to showcase how [AS] could make other students feel seen and heard,” said Angel Ray, a third-year student and AS senator for diversity and inclusion.



Students learning about the contents of their wellness kits.

PHOTO BY SAMANTHA HUTZ

She mentioned, “During summer I got more into holistic wellness; I’ve been drinking tea and looking at other things besides Western medicine that I wanted to [use] to nourish my body and fuel it better.”

The first 120 guests at this event received goody bags filled with ingredients for wellness; these ingredients included prickly pear cactus tea, wormwood tea, cumin & lemon tea and a beeswax honey lip balm.

“I saw that they had little bags so I thought it would be cool to see what it was. I grabbed a bag and it had a bunch of tea in there that my parents would have given me, coming from a Hispanic household,” said first-year Angel Garcia.

This was not the only way that Garcia celebrated HSI week, “[My friend and I] played Lotería at the farmers market, and then the event where they were handing out tamales and stuff (La Entrada), also the grand opening of [El Centro].”

With the many crowds who attended (at least 200 to 300 students who participated or passed by), the goody bags began to dwindle. As attendees returned to their dwellings, they could begin their journey into holistic health and well-being.

“What should be highlighted is that there are different avenues of being in a wellness setting. There’s other avenues to medication, natural and organic ways, that I think should be emphasized. [Holistic wellness] is a different perspective,” said Carl Vizcarra, a fourth-year student who serves as the Basic Needs senator.

As Hispanic Heritage Month continues, students can keep an eye out for more events that celebrate Hispanic culture.

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.

Vol. 7, Issue 1

The Staff

EDITOR-IN-CHIEF
Andrea Valadez
avaladezangulo@csumb.edu

PRODUCTION MANAGER
Jaelynn Ailina Diokno
jdiokno@csumb.edu

WEBMASTER
Sara Christensen
schristensen@csumb.edu

ASSISTANT EDITOR
Paige Francis
pfrancis@csumb.edu

VISUAL EDITOR
Zoe Kapp
zkapp@csumb.edu

STAFF WRITERS
Max Guererra
mguererra@csumb.edu
Oscar Daniel Jimenez Iniguez
ojimeneziniguez@csumb.edu
Maxwelle Tartaglia
mtartaglia@csumb.edu
Nicholas Zuniga
nizuniga@csumb.edu

CONTRIBUTING WRITER
Helene Marie Kristensen
hkristensen@csumb.edu

PHOTOGRAPHER
Samantha Hutz
shutz@csumb.edu

ADVISER
David Kellogg
dkellogg@csumb.edu

OPERATIONS MANAGER
Monica Conner
mconner@csumb.edu

Contact

OFFICE PHONE
831.582.4066

GENERAL INQUIRIES
thelutrinae@csumb.edu

ADVERTISING SERVICES
advertising@thelutrinae.com

MAILING ADDRESS
Wave Hall
100 Campus Center,
Seaside, CA 93955

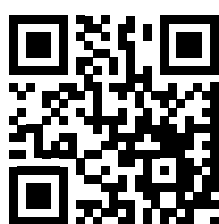
WEBSITE
www.thelutrinae.com

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.



@the_lutrinae



“Mira” A student-made film

Nicholas Zuniga
Staff Writer

Has a nightmare ever jolted you awake in the middle of the night? That eerie feeling after a monster has just terrorized your dreams is always distressing. Some students at California State University, Monterey Bay (CSUMB), have brought this sensation to the silver screen in their 2023 short film, “Mira.”

The film is roughly eight minutes long, and tells the story of a woman named Alicia who is consumed by grief after losing her mom. This grief takes form in a feminine entity which follows Alicia into her dreams; the faceless entity is characterized by a mysterious black dress and long black fingernails.

“I’ve always loved horror... horror to me is a genre where you can [manipulate] both the reality of the real world and imaginary stuff into one,” said Karla Garcia, a recent CSUMB graduate and the writer/director of “Mira.”

Combining horror with the more sentimental and touching side of films, Garcia was able to incorporate important life lessons into this film; these lessons were to embrace one’s culture and to learn when to let go.

“I think it’s important to [understand] what it means to be Latinx in the media in many different forms. Being Latinx is so complex, and it’s so diverse [and there’s] not just one person that looks like every kind; there are so many different variations of what it means to be Latinx,” said Garcia.

At least one dozen students attended this event, many of whom connected to the underlying story within this film.

“I thought it was very empowering. Even though I’m not Central American myself, it was just very empowering and warm to see Karla, my friend, speak about what’s true to her and what’s close to her, even Katherine as well,” said fourth-year Cylyse Ramirez.

Working alongside Garcia was Katherine Divas, who played the main character - Alicia.

“I jumped on this project with Karla because I was really inspired by her story. She basically wrote the script and I loved it from the minute that she pitched it. I’m also Central American, which is what pushed me to team up with Karla,” said Divas.

After watching the film and conducting a Q&A portion, the facilitators of the event had participants create their own film storyboards based on a provided prompt. By the end of the night, everyone had some experience in creating a story.

Garcia and Divas have high hopes for the future of “MIRA,” and have submitted the film to several film festivals.



PHOTO PROVIDED BY KARLA GARCIA AND KATHERINE DIVAS

UROC’s path to graduate school: pizza and peer support

Maxwelle Tartaglia
Staff Writer

As the academic season ushers in the annual wave of graduate school applications, California State University, Monterey Bay (CSUMB) took a unique approach to support its students. On Sept. 21 in room 2159 of the Tanimura & Antle Family Memorial Library, CSUMB’s Undergraduate Research Opportunities Center (UROC) hosted the “Just Write Graduate School Pizza Party.”

This event provided students with an opportunity to tackle the challenges of graduate school applications while indulging in a slice of free pizza and camaraderie.

UROC beckoned students to join a community of writers, find inspiration and make strides in their academic pursuits. Attendees had the freedom to write, seek feedback

and engage with fellow students in a flexible, drop-in gathering.

While students were encouraged to drop-in for as little or as long as they found helpful, the event maintained around five students at all times. It was a relaxed, distraction-free environment where students scattered around the UROC workspace, sitting on the couches or even the floor to focus on their writing.

Free pizza, cookies and refreshments were made available for all attendees.

A significant highlight of the event was the presence of writing mentors who offered feedback on drafts. Students

also had the opportunity to connect with peers embarking on similar graduate school journeys, fostering a spirit of support and shared experiences.

Outside of this event, UROC remains a resource at CSUMB, offering ongoing educational advising and assistance. Through one-on-one sessions, group workshops, relevant courses and activities that build a scholarly community, UROC empowers undergraduate students to explore their academic interests and achieve their goals.

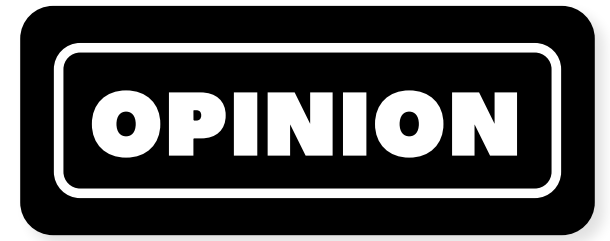
For those looking to learn more about UROC and their resources can do so here: <https://csumb.edu/uroc/>.



CSUMB students taking advantage of UROC’s graduate workshop.

PHOTOS BY MAXWELLE TARTAGLIA

My take on the tuition increase



Andrea Valadez
Editor-In-Chief



We've all heard the statistics, facts and reasonings behind the California State University's (CSU) decision to increase tuition. When I first learned about the 6% increase, I thought that meant 6% overall. When I realized it was 6% each year for five years, my heart dropped for all current and future CSU students. We're angry, and rightfully so.

Our tuition is going to increase to \$7,682 by fall 2028; I keep wondering 'what is this money going toward?' The California Faculty Association is currently in negotiations with the CSU, and is asking for a 12% salary increase; the CSU says that the tuition increase is the only way to meet this demand.

The Board of Trustees tried to make students feel better about being milked dry by saying that this wouldn't affect those on financial aid. What about the students who pay fully or partially out of pocket? There are students who sleep in their cars and on friends' couches because they can't afford housing on top of the already expensive tuition. These are the students that the CSU is choosing to ignore.

Following the first year of the increase, CSU is expected to make \$148 million, with \$49 million dedicated to financial aid. By fall 2028, it's expected that \$860 million will have been added to the CSU's operating budget, with \$280 million going toward financial aid and assistance. Where is the other \$580 million going to go?

I would hope that money would go toward improving the lives of the students who paid for it. Will we get more affordable housing? Can we expect free parking? Will our

professors be paid fair wages? Maybe. Or maybe it will go toward paying the ridiculous salaries of our Chancellor and CSU presidents.

Chancellor García's salary is \$795,000. That's more than Governor Newsom and President Biden's yearly salaries combined. This salary estimate does not include the monthly \$1,000 auto allowance and \$8,000 monthly housing stipend that García receives. For context, my single in Promontory is \$8,424.70 per semester. President Quiñones makes \$370,000 a year with housing provided.

I realize that CSU executives are paid this enormous amount due to competitive salaries at other public and private universities across the country. The CSU can't afford to lose them, therefore, they continue to increase their pay while ignoring the real-world consequences this has on students.

Why are students constantly being asked to compromise and sacrifice? All we want is a decent education, yet we are being asked to pay thousands of dollars more, for no return. During the Sept. 13 vote, some trustees were seen on their phones while students begged and pleaded that we cannot afford this. They give the message that they do not care about us.

I stand with students who are disappointed, but not surprised, that our school system would do this to us. We're tired of being taken advantage of by our education system and those who have shown that they care more about their own pockets than their students.

“It Lives Inside” - horror in a jar



Nicholas Zuniga
Staff Writer

“It Lives Inside” (2023) confronts the horror of denying one's cultural identity in order to fit in.

This film follows a high school girl, Samidha (a.k.a Sam), who is struggling to accept her Indian-American culture, while simultaneously going on a journey to save her childhood best friend, Tamira.

While he worked with the producers who made the hit film “Get Out,” Bishal Dutta's feature debut did not live up to that success. Looking at Rotten Tomatoes, “It Lives Inside” has a 64% tomatometer score with a 50% audience score (as of Sept. 23); on the other hand, “Get Out” scored a 98% tomatometer score with a 86% audience score.

Samidha and Tamira are being tormented by an invisible monster who feeds on insecurity and fear, killing those in its path. While on this rescue mission, Samidha realizes that the only way to save herself and her best

friend is through embracing her East Indian culture and beliefs.

As a psychology major, I thought this invisible monster was a good representation of how rejecting your own identity can create lots of turmoil within and outside an individual.

Samidha is played by Megan Suri, who has been seen in Netflix's popular TV series “Never Have I Ever.” Suri did an excellent job playing the very complex role of Samidha. Tamira is played by Mohana Krishnan, her first major role being in the Nickelodeon TV series “I Am Frankie.” Lastly, Samidha's mom was played by Neera Bajwa. Bajwa can be seen in several Punjabi and Hindi films, and she played the role of Samidha's mom extremely well.

Throughout this film, Samidha is experiencing a

plethora of emotions. She faces conflict with her mom, experiences loss, has her first kiss, all the while she is being terrorized by Pishach, a monster from Hindu folklore. With these factors in mind, the monster could have been a metaphor for deep-seeded anger, confusion and anxiety - all sorts of bad feelings which can brew within a high school student.

In my opinion, this film was not all that great. The monster was not too scary, and the overall sequence of the film left me unsatisfied. I'd give it two out of five stars. However, I will commemorate this film's ability to incorporate culture in the story; I enjoyed the film most when there was reference to Samidha's culture.

Leaving the audience with a cliffhanger, we are left unsure if Samidha truly conquered her innermost monsters. Maybe this will be elaborated on in a sequel? Time will tell.



SCREENSHOTS BY NICHOLAS ZUNIGA

Now Playing Akif: in the 831: San Fernando's finest

Oscar Daniel Jimenez Iniguez
Staff Writer

In the chaos of what life has to offer, music has always been a central factor in showing the complexities of what living is all about. From heartbreak to good and bad times, music captures those raw moments for others to experience. In the four years since I've been in the 831 here at California State University, Monterey Bay (CSUMB), I've seen so many local and student artists create and perform great music. Monterey Bay isn't known for having a bustling music scene, but the scenes happening here deserve more attention than they are getting.

With Now Playing In The 831, I intend to explore who these artists are and the music they make. These are people who are not only living their normal day-to-day lives but doing so while actively pursuing their passion for creating. I couldn't think of a better person to start this off than San Fernando's finest, Akif Khaled, known solely as Akif.

"Music has the power to take you back to different places in time. When I listen to a lot of songs, I get taken back to a certain moment in time. It could be a few years ago or it could be 10 years ago, I just want to be able to have that same impact on people with my music."

Hailing from the San Fernando Valley, Khaled like so many others, grew up on the music his siblings would regularly play. Listening to hip-hop and rap will make a fan of anyone, but to then create your own interpretations of it, is something special in itself.

"I always wanted to be able to create music that can give me the same feeling as the songs I've grown up with. So that's kind of where my love for music comes from. Just being able to replicate those feelings that I've heard."

It takes a leap of faith to start something new and for Khaled it started with a simple purchase that turned into action, snowballing his musical aspirations into a reality.

"I think back to 2016 when I bought a microphone for \$50 from Best Buy. That night, I was just getting used to making songs using Audacity and I just loved the process and I've been doing it for seven years now."

And that's what music is all about, love. That love for the art seems to come so easily from Khaled, but it also helps that he is undaunted by fears of any failure, fueled by his deep sense of unapologetic and brazen self-confidence. Using that to his advantage, he saw an opportunity to create something better for his brand.

"Coming from the valley, the music scene there is very saturated, so part of the reason why I decided to come out here was because it's such a different place. I don't see too many people popping out of here like that. So I thought I could start from square one and really establish a fan base here."

Risks don't often translate to rewards, but for those who play the game hard, anything is achievable. Since beginning his studies at CSUMB, the fanbase he sought out continues to get bigger. Through his entirely self-produced beats and music inspired by rap and hip-hop about his perspective on the world and surroundings, Khaled has garnered significant buzz in the scene, especially the hype he brings surrounding his performances.

"At the end of last semester, I was performing a track that was unreleased at the time, and when I was performing it, I was able to get my first mosh pit. My friends showed me videos showing the mosh pit forming in the center. It proved to me that I know what I'm doing when it comes to this music stuff and what I think sounds good, sounds good to other people as well."

"A lot of the time when it comes to my music, I attack it differently when I want the crowd to get hyped up with me."

So the fact that they're willing to respond to me because I interact with them on every song and they're having a good time, it really matters to me at the end of the day."

It's apparent Khaled is in it for the long haul as it's all for the love of the art. Music means so much to so many people and it's truly one of the rawest forms of self-expression. For Khaled, he is living that to the fullest, not letting anything deter him from pursuing his lifelong passion. Creating and sharing his music is what he knows best and what he intends to do for the foreseeable future.

"If you want to be an artist, all you have to do is create, it doesn't really matter if you're gonna have 20 people listening or 2,000 people listening. As long as you create, you are an artist. I just want to provide my perspective on how I [view]the world," Khaled shares. "I hope everyone can take something away from my music and hopefully be able to apply it to themselves or be able to get themselves out of a temporary issue."

You can find Akif and his music on any major streaming platform.



Akif's Song Picks:
Timeskip by Akif
Percules by Akif
SFF by Akif

Local Finds

Adventures on the trail

Emme Ryffel
Contributing Writer

With busy college schedules and the stress of trying to find a balance between life and school, adventures can be an outlet. Hiking serves as a way to escape the bustle of life and surrender to nature. From the trails, perspectives change simultaneously in a mindset shift and in the views of places below or onward. In many ways, hiking has the ability to bring connection. Whether that connection is with nature, one's own self, or with people you choose to walk beside. In an effort to share more beautiful and enjoyable hiking spots with others, I write this with your adventures in mind.

Jacks Peak is a park located in Monterey, 7.3 miles from California State University, Monterey Bay. The park includes a beautiful 8.5 miles of trail, with 11 trails to choose from that are available for hikers and horseback riders. The park's closing times change monthly, however, the opening time of 8 a.m. stays consistent. Most trails at Jacks Peak are short and are great for individuals looking to get into hiking or who are just looking to see Monterey from a different angle.

If you are interested in a scenic short hike that encompasses all the beauty the Monterey Peninsula offers, I would recommend the Jacks Peak and Skyline trails. This trail is short, reaching 0.8 miles with fantastic vistas such as the one above. This trail also connects to the Rhus trail loop. The path offers a continuation of the scenic views in a 2.3 mile trek.

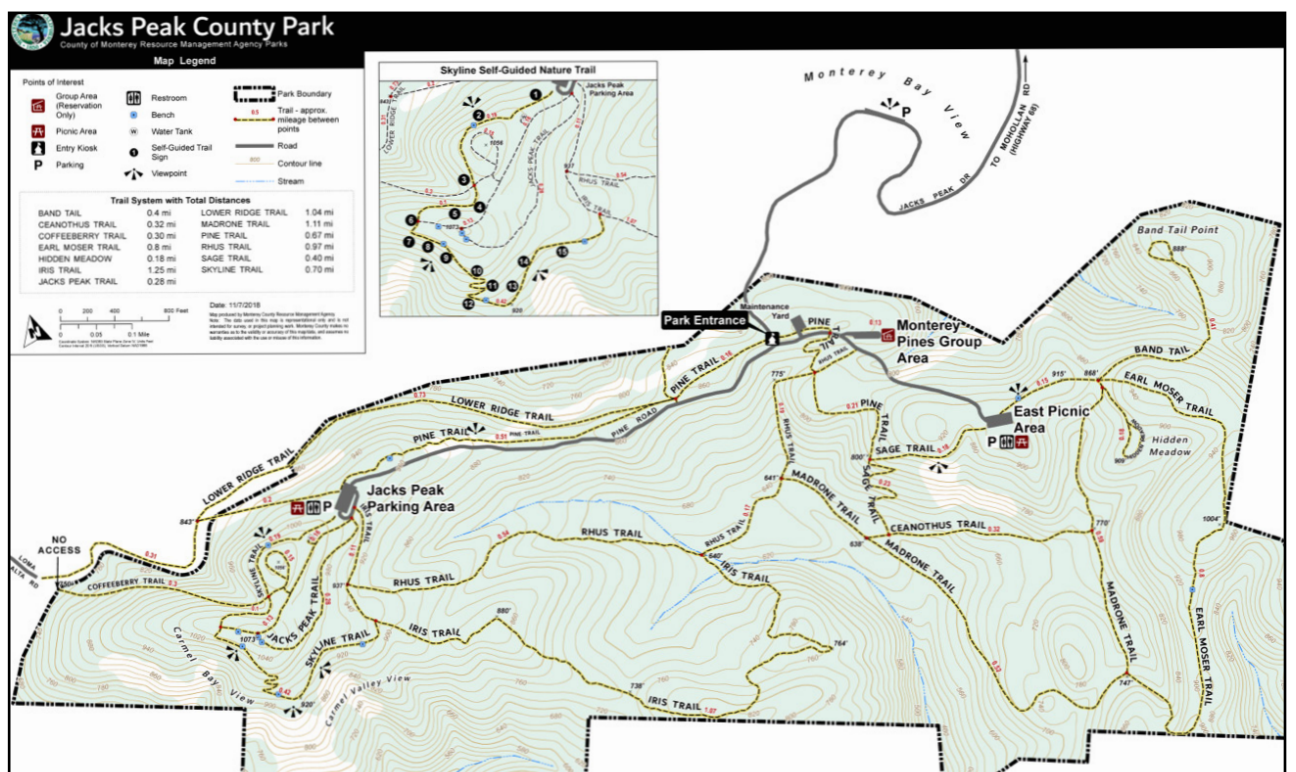
One of the longer trails I would recommend is Jacks Peak via Olmsted Road. This is a 5.2 mile trail that starts at the bottom entry point of Jacks Peak and ascends into the County Park. After this, the trail continues in a loop returning hikers and runners back down to where they first started. This trail offers great views, possible interactions with wildlife and a 1,099-foot elevation gain. During the wildflower season (March - May), a variety can be found along this trail in a beautiful display.

Jacks Peak also has many opportunities to see wildlife specific to the area. The Monterey Pine can only be found in three coastal areas. Monterey Pines tower over the Jacks Peak trails in an epic display. Often parallel with

the Monterey weather, there is a fog-covered sky, and sometimes deer will shoot out of the moss-covered forest. Jacks Peak is also known for its variety of birds that you can often see in the park.

Picnic areas found adjacent to Jacks Peak can provide a great spot to enjoy a meal in nature. Grills are located near some of the picnic tables as well. There might be a \$2 entrance fee as pointed out on the website, however, every time I have been there, no gate attendee or fee has been required.

Jacks Peak is a wonderful spot to spend time hiking and enjoy being in nature. With the wide range of species that call this parkhome, there is always something to look out for. This includes poison oak, which you should watch out for throughout the park. If you are thinking of visiting Jacks Peak, remember to leave no trace and to look out for those beautiful Monterey Pines.



PHOTOS BY EMME RYFFEL

09.25.23

thelutrinae.com



Helene's Vineyard

Gavi: hit or miss?

Helene Marie Kristensen

Contributing Writer

Disclaimer: Don't drink if you're under 21, don't buy alcohol for minors and always drink responsibly.

This week we are still in the land of Italy, but have entered a different vineyard- one of white wine. This week's wine is "Rocca Felice Gavi Del Comune Di Gavi." Or 'Gavi,' as my friend called it when they recommended it.

Last week we were looking into Tuscany, but now we are delving into another top-rated wine district, Piedmont. It is located just north of Tuscany, right at the border of Switzerland, France and Monaco. Piedmont is famous for their dry Barolo wines. Piedmont has international grapes that are created into Riesling and Chardonnay too, but arguably it is the local grapes that make the most memorable wines.

The small town of Gavi has given its name to white wine grape, Cortese, which is what Gavi is created with. Cortese grapes produce neutral, dry and fresh wines throughout the region. The most famous ones come from Gavi, and their characteristics create an aroma of citrus and flowers.

As always, a recommendation from a friend, family member, or even an expert might not suit your taste. This week, I had the pleasure of having former Lutrinae Editor-in-Chief Arianna Nalbach with me to taste Gavi.

"It has a scent but not really a flavor," Nalbach mentioned as she put the glass to her nose after having taken a sip. I had to agree with her. If you give the wine some time to breathe, you will be able to detect citrus elements in the aroma. It also has an aroma of lemon and lime, with a hint of green apple.

Upon taking a sip, the flavor lingers for a brief minute in the mouth, but quickly disappears. It is anonymous and dry.

We both had high hopes for this wine, because the initial boquet was really good. Nalbach had two great distinctions for the wine. "It's like a caramel apple pop but dialed back. Like when you get to the apple part, and the artificial apple tastes just a lot milder."

Personally, I have never had a caramel apple pop, but yet I could see where she came from. While I sat there with the glass in my hand pondering what my thoughts were on this wine, Nalbach took another sip.

"If rubbing alcohol was made for consumption this is what I imagine it would taste like," Nalbach told me.

While neither of us have ever tried rubbing alcohol (seriously, don't do it!), I could somewhat see where she came from.

Despite its anonymity, you might be able to discover more flavor in this wine if it's paired with food. It can sometimes be the case that wine seems undrinkable until it's paired with food, and you might end up asking the question "did someone switch the bottle?"

The answer is no, but it's a funny thing. Food can bring out qualities of the wine otherwise hidden when consumed by itself. While I have not tried this specific wine with food, I read that it can be paired well with seafood dishes like sushi, (sashimi specifically).

Gavi can be bought at Total Wine & More in Sand City for \$22.99. My tip is to register as a member at the store, it is completely free and all you need is an email and a phone number.

The reason why I recommend this is because Total Wine & More offer coupons. They vary greatly, but overall, the deals they offer are pretty good. Download the app, login and click activate on the coupons. Then, during check out, enter your phone number and voila.

Cheers!



PHOTO BY HELENE MARIE KRISTENSEN

What's your favorite place to hang out on campus?

Otter Chatter

Chris Hamilton and Jose Guzman

Contributing Writers



Rawland Eehlen

Marine science
Second-year

"The Fort Ord Dunes! Whenever I can, I always go for a hike there. It's such a nice and peaceful place to go."



Gennesaret Wirth

Psychology
First-year

"By the CAHSS building, there's the red chairs and there's usually no one there so it's really nice"



Dominic Nieto

Psychology
Third-year

"I usually like to hang out at the library. [It's] very calm and quiet."

How To Be

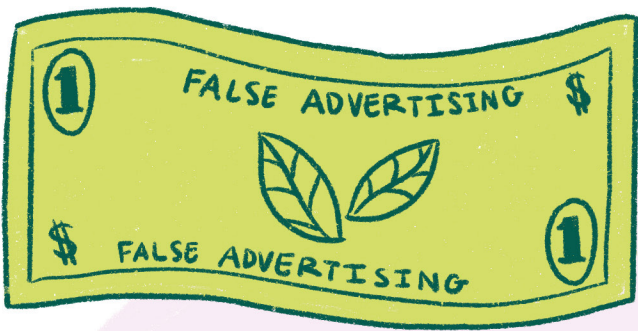
Cleaner & Greener

A guide to sustainable cleaning

Zoe Kapp
Visual Editor

Find Environmental Safety Certified Product

US Environmental Protection Agency tests products for environmental and human safety. Make sure to buy products with an official EPA certification on the package.

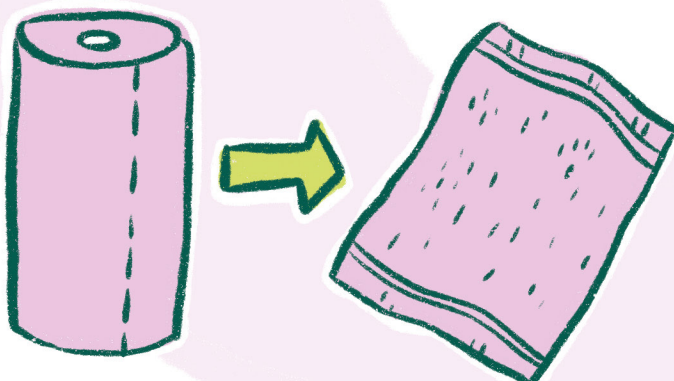


Avoid "Green Washing"

Companies can mislead consumers into thinking their products are environmentally friendly through false advertisements. Read the packaging carefully to make sure it is EPA-certified.

Reduce Single-Use Product Waste

Replace paper towels with reusable washcloths.

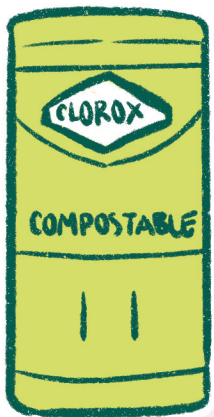


Buy bulk refills of products to reduce packaging waste.

Use what you already have! Baking Soda is a great stain remover.



Recommended products



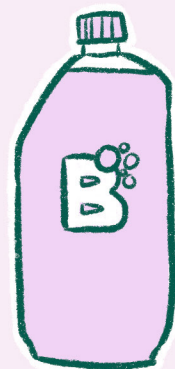
Clorox Compostable Cleaning Wipes



9 Elements Bathroom Cleaner



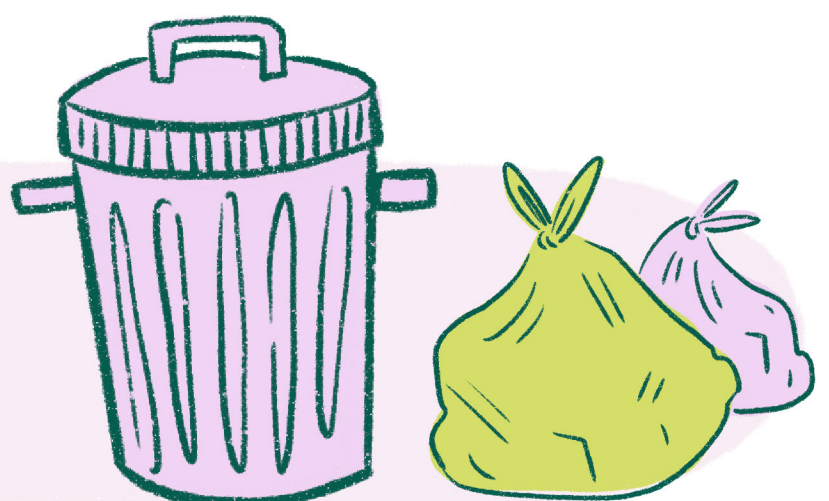
ECOS Hypoallergenic Hand Soap



Boulder Clean Toilet Bowl Cleaner

Proper Waste Disposal

Some cleaning supplies may contain toxic chemicals that can harm both humans and the environment. Make sure that harsh chemicals are disposed of properly in hazardous waste dumpsters.



Upcoming Events



Tuesday, Sept. 26

The American Red Cross Blood Drive will be from 9:30 a.m. - 1:30 p.m. in the University Center Auditorium. Register on MyRaft for more information.

Tuesday, Sept. 26

Second Year Experience is hosting an identity workshop from 2 - 5 p.m. in room 308 of the Otter Student Union (OSU). Students will discuss power, privilege and self-discovery. Register on MyRaft.

Wednesday, Sept. 27

Join Associated Students from 12- 2 p.m. for a town hall regarding the recent tuition increase decision and other campus concerns. Students are encouraged to come and voice their concerns as well as learn about resources from various campus programs. Check out MyRaft for more information.

Wednesday, Sept. 27

The Plant Cultivation Club is having their first guest speaker from 3 - 4 p.m. on Zoom. Josh VanDeWalle from Bayer Crop Protection will speak about his experience cultivating relationships with major food processors as well as Bayer's sustainability commitments. Register on MyRaft.

Thursday, Sept. 28

Join the MAESTRO's Project for a paint and sip social from 2 - 3 p.m. in building 12. Meet fellow future teachers and enjoy root beer floats; painting supplies will be provided!

Thursday, Sept. 28

The Otter Cross Cultural Center (OC3) is hosting "Inner Journal Stride," which will consist of a walk to the beach, journaling, and an open dialogue between students. Journals will be provided; register on MyRaft to join!

Friday, Sept. 29

In anticipation of the Werk Witch Drag Show, the OC3 is hosting a "How to Vogue" workshop from 4 - 6 pm in the OSU ballroom. Join instructor Keenan to learn about the history of voguing, ballroom competitions and dance. Registration on MyRaft is required.

Saturday, Sept. 30

Otter Sailing will be teaching interested students about the basics of sailing from 12 - 2:35 p.m. near Fisherman's Wharf. Register on MyRaft for more details.

Puzzles

SUDOKU

In order to complete this Sudoku puzzle, you must fill in the square so that each row and column contain the numbers 1 - 9, with no repetitions within the 9x9 grid and outlined 3x3 grid.

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

WORD SCRAMBLE

Can you unscramble these Monterey-related words to uncover their true meaning?

reynanc wor

mraiolsa

sertto

muiuraaq

ensidras

elmcra

ualsnielpn

zjaz lavistef

odiseipr

ifccipa veogr

ANSWERS:

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

Carnerry row, Carmel, Astilomar, Peninsula, Otters, jazz festival, Aquarium, Presidio, Sardines, Pacific Grove

