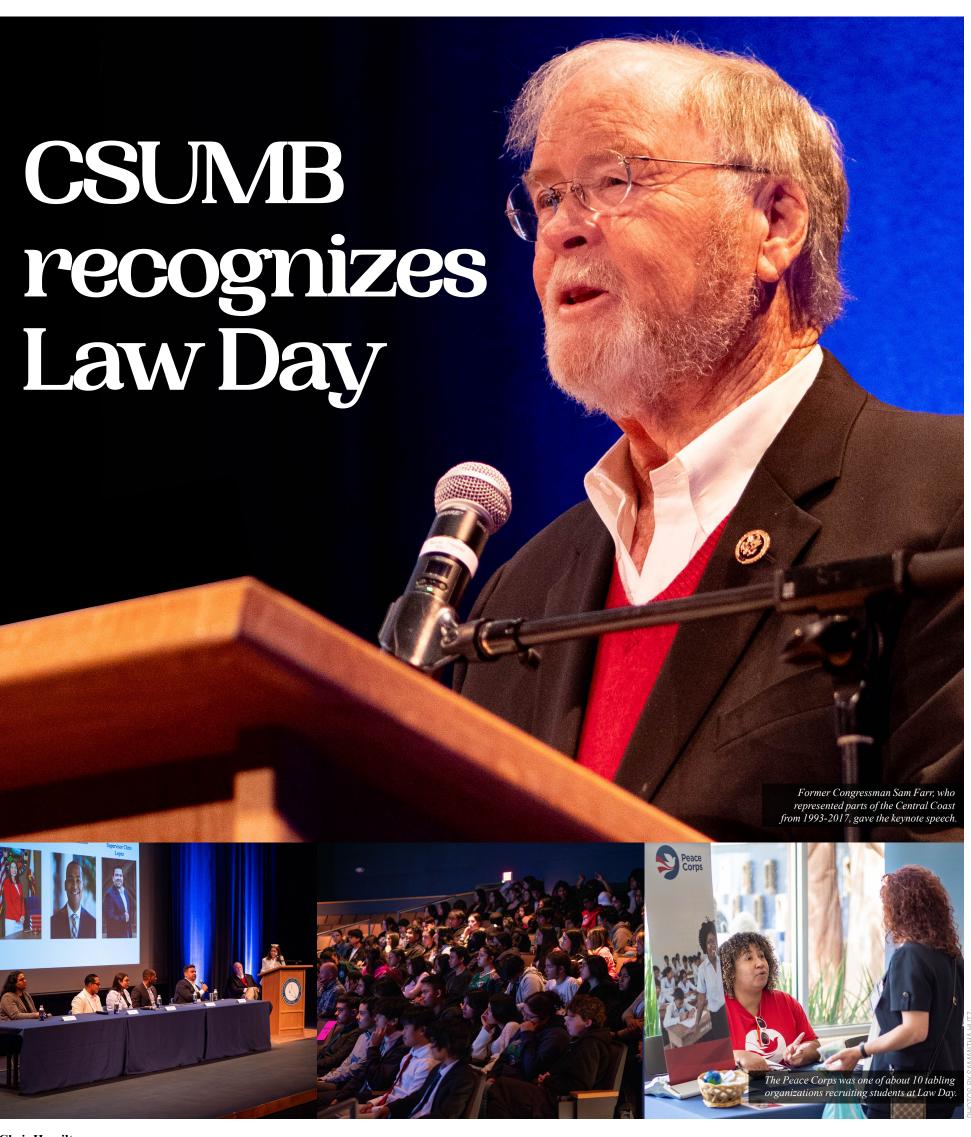


Vol. **7** Issue 25 May 6, 2024



Chris Hamilton Staff Writer

A panel featuring two local mayors, a county supervisor and a keynote speech by a former Congressman discussed the importance of the legal system at a celebration of Law Day on May 2 at Cal State Monterey Bay (CSUMB).

The theme of this year's Law Day was "Voices of Democracy," which according to the American Bar Association, "recognizes that in democracies, the people rule."

CSUMB's celebration of the day was designed to help young people explore the legal professions fundamental to the process of American democracy with a career fair, art and essay contest, and a number of distinguished government speakers.

According to Ana Muñoz, president of CSUMB's Associated Students, Thursday's event was about "getting [students] engaged in what it means to be civic activists ... and to connect them with different organizations that they can get jobs with later on."

More than 10 government agencies were at the event in
In addition to CSUMB students, students visiting from

hopes of educating attendees about the many career opportunities available to them. In addition, speakers from a number of local government agencies, such as Monterey Mayor Tyller Williamson, a CSUMB graduate, Soledad Mayor Anna Velazquez and County Supervisor Chris Lopez were in attendance for a panel.

According to the event's keynote speaker, former Congressman Sam Farr, "Law Day is everyday ... everything around you is about law."

"Today it wasn't a discussion about lawyers and judges ... It was about the people who make the laws, how those laws are made, and why they can't be made without a participatory democracy," said Farr, who represented much of the Central Coast in Congress for 24 years.

"You have an incredible ability as an individual because this country and the politics in this country are really bottoms up."

Rancho San Juan, Rancho Cielo, North Salinas, Alisal, Soledad and Everett Alvarez high schools, as well as Gavilan and Hartnell community colleges packed the University Center.

"One of the main things that we really try to do is encourage students to look at a legal career, mainly because a majority of the students that we have attending are high school students, and the majority of them come from farm working backgrounds," said Wilfredo Martinez, project manager of Law Day.

"I myself am a first generation student ... My mom worked in the fields. My father did as well. They came here as refugees after the civil war in El Salvador. I never saw people from my background in the legal profession," said Martinez.

According to Martinez, who attended last year's Law Day as a student, "one of the things that really helped me be able to envision myself becoming a legal professional in the future was Law Day."

Peace, paint and pancakes

The PGCC hosted the first event of Mental Health Awareness Month. Read about it here.



Helene's Vineyard

Read the final installment of the vineyard, with recommendations for the best champagnes to pop during grad photos.



Let's talk about accessibility

Check out this conversation with a SADE member about accessibility on campus.



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A peaceful morning with pancakes and paint

Nicholas Zuniga Staff Writer

Wake up, it was the first of the month! How did we welcome the month of May? With pancakes and painting.

Kicking off Mental Health Awareness Month with a treat, counselors from the Personal Growth and Counseling Center (PGCC) gathered in the student center to provide breakfast to students, along with an activity that would cultivate a sense of peace.

"I heard pancakes, and I haven't had pancakes in a while, so I was like 'let me try them," said firstvear transfer student Eduardo Cazarez. With a paintbrush in hand and an empty plate to the side, Cazarez painted a ceramic butterfly. When asked how he practices self-care, Cazarez said, "I always [go] hiking by the library on the trails. Yesterday I saw a coyote."

Around a dozen students and PGCC members shared laughter and breakfast at the event. Considering the upcoming finals week stressor, this was an opportunity to protect peace and get in the proper mindset to conquer tests, projects or presentations.

"We did this event to offer people an opportunity to rest and relax by focusing on some kind of activity like painting - and making sure you have a good breakfast; those are things that are going to help reduce your stress, especially during this time, coming into finals," said Meredith Canham-Nelson, a counselor at the PGCC. "We wanted to offer folks an opportunity to take some time for themselves. Just like physical health, mental health is important too."



The PGCC is a resource center on campus that offers a variety of services such as:

- 24/7 crisis intervention
- Brief individual counseling
- Group counseling
- Educational programs

Funding for the PGCC comes from the tuition of students, which makes it free to any admitted Otter. If you are struggling with mental health and wellness, or if you are trying to educate yourself on the field of mental health care, consider stopping by the PGCC (located in building 80).

PGCC student intern Sarah Shine attended the pancake breakfast, saying, "I love all of [PGCC's] services, we have amazing outreach, counseling services in general, and we don't have a waitlist, which is unheard of at most college campuses." Shine is getting her master's degree in social work at Cal State Monterey Bay.

"I can really empathize with people, being a student myself and having gone through my undergrad here as well," said Shine. "I feel like I can really connect people to services, different resources, and feel really relatable."

on campus and with the neighboring cities

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

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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'Tarot'-Jumpscares and horoscopes



Nicholas Zuniga Staff Writer

A scary movie about tarot cards, horoscopes and fortune telling, but with a curse! For those who like the supernatural, or the demonic, "Tarot" is screening in theaters near you. However, the only thing scary about this film is its score on Rotten Tomatoes.

"Tarot" was released on May 3 and is distributed by Sony Pictures. It was written and directed by Spenser Cohen and Anna Halberg, the two have produced other films together such as "Blink," "Distant" and "Expend4bles." The film was based on the 1997 novel "Horoscope," a story about high school students being hunted by a serial killer.

Based on a group of college friends who rent a mansion in the woods, the group stumbles upon a cursed deck of tarot cards. Despite the many creepy signs that would discourage the average person from getting a reading, the whole group decides to get their fortune told using the cards. That mistake would lead

to the demise of many and would call for a dynamic trio (eventually duo) to break the curse.

The cast consisted of many different personalities, and astrological signs, but I only recognized a few. Namely, Avantika Vandanapu; I immediately recognized the actress from her role as Karen in the 2024 adaptation of "Mean Girls." Based on her performance in "Tarot," I think she has great "final girl" potential in future horror films.

Another familiar face was that of Jacob Batalon. Batalon was recognizable from his roles in the "Spider-Man" series (Tom Holland's version). In this movie, he plays the token "this can't be happening" friend. He was comedic and expressive, making for a memorable character.

Now, we all know actors need work to pay their bills just like us. Not every role is taken with the intent to

win an Oscar or an Emmy. As I see it, "Tarot" was an opportunity for actors to pay their bills while gaining exposure.

As someone who owns a deck of tarot cards, I was intrigued by the "Tarot" trope since seeing trailers months ago. One thing about the trailers for this movie, they gave everything away! There were several deaths that were predictable (because of the trailers), and many of the scenes lacked surprise.

I did not like this movie. It only derived its horror from jump-scares (a tired means of inducing fear), and it was not as funny as a proclaimed "horror-comedy" should be. I'd give it one and a half tarot cards out of five

The film is rated PG-13, which makes sense. Perhaps that target audience will enjoy the movie more than experienced movie-goers.



Another Crab's Treasure is nothing short of golden

Samantha Hutz

Staff Photographer

At long last, the day has come to finally play one of my most anticipated games of the year, Another Crab's Treasure, from indie developer Aggro Crab. I have personally been following the development of this game since it was originally announced in May 2022, and in such time the team has put out developer updates, engaged with fan questions and advertised some of the sillier game features we can now enjoy.

Another Crab's Treasure follows a young hermit crab named Kril as they embark on a journey from their familiar and comforting tide pools and into the depths of an undersea crustacean society recently revolutionized by the unnatural forces of oceanic pollution. Crustacean society has become governed by the perceived value of a new resource: human garbage. So the saying goes, one man's trash is another crab's treasure.

In the game's efforts to simultaneously replicate and parody the Soulslike genre, named for Hidetaka Myazaki's prolific Dark Souls franchise, Another Crab's Treasure has solidified itself as a remarkably upbeat entry into the genre's canon. These games feature third-person combat, labyrinthine open zones, a checkpoint-based respawn system and a currency that is lost upon death. Following in its environmentalist themes, the currency that has corrupted crustacean society is referred to as Microplastics. They can be spent on new gear, abilities and leveling up.

A central mechanic employed by Another Crab's Treasure is the variety of shells Kril can inhabit. The shell system effectively works in place of the typical armor systems seen in other Soulslikes. While the majority of shells take the form of various kinds of garbage, such as soda cans, bottle caps and red solo cups - there are



a total of 69 different shells that can be obtained. Each shell gives Kril access to a unique ability that can help in combat encounters such as special attacks, restoring health or creating a defensive barrier.

The game also takes an alternative approach to its difficulty settings. Rather than setting your game difficulty to a standardized scale like easy or hard modes, the player can adjust specific metrics such as damage output, parry timing windows and disabling microplastic loss on death. One especially unique feature is the

"Give Kril a Gun" setting, which equips Kril with a pistol for his shell and fires bullets that kill almost any enemy with a single hit. While this mode might undermine the "right" way to play the game, it is undeniably fun.

Another Crab's Treasure is now available for \$29.99 on Steam, Nintendo Switch and PlayStation and is included in Xbox Game Pass. If you're a fan of Soulslike games and you're looking to break up the typical grimdark tone of the genre, this game might just be the bright and colorful breath of fresh air you're looking for.

The Lutrinae wants to hear your voices!

Want to showcase your work in the student newspaper?

Email **avaladezangulo@csumb.edu** to have your work considered for our next issue.

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

Ex-Spy

By Sophia Whitmore Contributing Writer

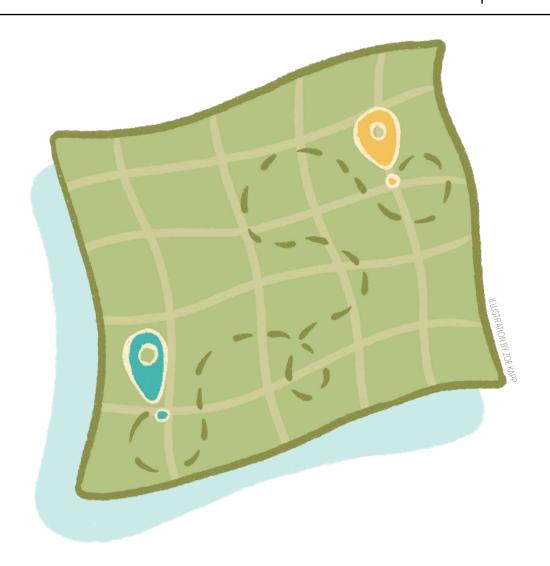
I'm only going one ocean away Is that far enough? Will they follow me there?

All of it's crystalline clear in my mind My new name, new clothes A job in an office

I can't handle the bullets anymore I left to save me I won't die on their terms

The voice in my head tells me something's wrong Did they let me go? It can't be this easy

But the victory of my escape tastes real At least for now there's safety in distance



Pop off for graduation!



Helene Marie Kristensen

Contributing Writer

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

For many of us, May is a month of celebrations and marks a big change for graduating seniors. Cal State Monterey Bay (CSUMB) is no exception, with commencement set for Saturday, May 18. To accompany this time's festivities, here is a list of wines with wonderful flavors that are great for popping.

The first wine is Amour De Paris, a sparkling wine produced by a subdivision of the famous Patriarche er Flis. Amour features notes of yellow fruits and sweet floral notes. Amour is dry, with notes of lemon and crisp apples. It is best served chilled and during celebrations. Unfortunately, this is not the best for photos because it doesn't fizz properly. Amour retails for \$7.99 at Total Wine & More.

Our second celebratory wine is La Vostra, a rosè prosecco that tastes like cherry and strawberry. The aroma is similar to the flavor but also features a hint of sweetness and a hint of ripe peaches. I have not tried that many rosès, and out of those, none have really been a favorite. However, La Vostra changed this for me and is definitely one I would buy again. A regular-sized bottle of 750ml retails for \$14.99 at Total Wine & More.

Now we're moving onto what I think is the fun stuff. Bottles to pop for your grad pictures; as an added bonus, they taste pretty good, too!

The first one is another prosecco, Borrasca. Besides the rose, this was my favorite sparkling wine. I'm not going to lie; the golden sparkling label did sway me a bit, but more objectively, flavor-wise, I preferred this one. Borrasca has hints of white flowers, Bartlett pear and a hint of almonds, which adds a subtle layer of flavor.

Borrasca was, unfortunately, the only one tested for photo purposes, but given its similarity to the next one, it should add a nice pop to any grad photo. It is also a great option for any celebratory occasion, and the added golden sparkle on the label is a nice visual touch. This wine retails for \$16.99, and given the diversity of uses for this sparkling wine, its quality is a fair price.

The last wine is Louis Bouillot Perle De Vigne Cremant De Bourgogne. While this is the most expensive option, it is the most sophisticated out of all of them. The overall presentation of this sparkling wine gives the most bubbles visually in the glass and aesthetically from the label. The wine tastes similar to classic champagne.

This sparkling wine has a complex flavor and aroma profile. I picked up an aroma of oranges and a hint of apples. The flavor profile also includes more subtle floral notes and herbs such as vanilla, thyme and violet.

Louis Bouillot has the most bubbles out of all of them, and it is these bubbles that make it visually appealing to look at in the glass and make it really pop for the photos. However, all of this also comes at a price, costing \$22.99.

Finally, I want to give some safety tips that are important to remember regardless of whether you're opening a bottle of sparkling wine for a party or sending it off for your grad pictures. Unlike regular wine bottles, these all have a safety mechanism to ensure the cork stays safely on, and won't go flying off. There is a lot of pressure inside the bottle; after opening the wrapping and wires, keep your thumb or index finger firmly on the top of the cork to ensure it stays in place and won't accidentally fly off.

There are two ways to open the bottle for a perfect photo. To pop it, you can either shake the bottle but don't point it toward anything. Another way to open your wine is to "screw" it open, you take one hand holding the bottle firmly, ideally resting it on a steady surface. Keep in mind what I was taught, "screw the bottle, not the cork." To really make it fizz, stick a finger into the opening and shake well!

Be safe, and dear graduates, congratulations! You did it.

With these words, I also want to bid farewell. I am a graduating senior, and thus, a final farewell with this column. It has brought me great joy writing these columns and trying wine I wouldn't otherwise have. I hope I have been able to teach you all something about wine and given you some tools to explore and realize what you enjoy about wine.

Thank you, everyone, and for the final time;







Cheers!

Let's talk about Accessibility

An interview with Carl Vizcarra (psych major) Member of SADE

WHAT IS SADE?

Student Awareness for Disability Empowerment

Hosts Partners in Learning Event

"SADE/SDAC students are given the opportunity to voice out their experiences and stories while being here in CSUMB," said Vizcarra.



- Create safe space for the students of CSUMB regardless of their disability/impairment
- Build a sense of community and belonging

Join SADE on myraft.csumb.edu





"[Partners in Learning] was created because there is always room for improvement to make the [campus'] internal and external resources more accessible" (Vizcarra)

- Automatic doors
- PR material
- Test Center
- Library Cove: Study area specifically for SDAC students equipped with special tools (CCTV magnification device)

DISABILITY ACCOMMODATIONS



Student Disability and Accessibility Center (SDAC)

Accommodations

- Double/extended time on exams
- Note-takers
- Being able to use the Test Center

Contact SDAC

- Phone: (831) 582-3672
- Email: SDAC@csumb.edu
- Address: Building 80, Room 110 6012
 General Jim Moore Blvd. Seaside, CA 93955

Adivce for Students Seeking Accommodations

"Be fast with asking for the accommodations ahead of time so that you can make arrangements or revisions to the accommodations!" said Vizcarra.

May Horoscopes

Maxwelle Tartaglia Staff Writer



Aries (March 21 - April 19)

In May, Aries, you may feel a surge in your confi- This month could be extremely impactful for dence and assertiveness that will drive you throughout the month. There may be promising financial opportunities in store for you with the potential to advance you professionally. Embrace self-discovery and introspection during this time, uncover hidden talents and entertain your personal connections.

Leo (July 23 - Aug. 22)

you, Leo. You can prepare for a surge of recognition and success in your career endeavors. Opportunities couple arise for advancement and professional growth, with a spotlight on your achievements. Stay confident and proactive in seizing these moments, while also nurturing your personal and professional balance.

Virgo (Aug. 23 - Sept. 22) **Taurus** (April 20 - May 20)

Taurus, this May brings you opportunities for personal growth and ways to broaden your horizons. Say yes to new experiences this month. You may feel an increased need for stability and comfort. Make sure to not overwhelm yourself during this time and prioritize self-care, focusing on nurturing your health while balancing work and rest.

Gemini! This month encourages a period of

self-reflection! You may also find that you are

being presented with more social events than

usual. Have fun! Make sure to focus on finding

balance between social engagement and intro-

spection. Embrace moments of solitude for reflec-

tion, as they may bring forth empowering insights.

Virgo! You may feel oddly inclined to move outside of your comfort zone this month. Lean into this newfound feeling of adventure! Embrace diversity in your pursuits, whether through further education, travel or entrepreneurial endeavors. Stay open-minded and consider planning a trip or vacation!

Libra (Sept. 23 - Oct. 22)

This May, Libra, you may feel a shift in focus toward partnerships and financial matters. This is a perfect time to take on any tasks that require strong collaboration. Embrace teamwork and communication during this time. Stay open to unexpected career opportunities, as your professional accomplishments may gain notice.

Cancer (June 21 - July 22)

Gemini (May 21 - June 20)

Cancer, this month may bring promising opportunities to advance your career! You may find yourself driven to pursue your goals with passion and energy, garnering recognition and opportunities along the way. You could also find yourself a more efficient communicator this month. Make sure you are taking time to recharge and prepare for future success.

Scorpio (Oct. 23 - Nov. 21)

It is a social period for you this May, Scorpio! Embrace collaboration in both your personal and professional spheres, as you may find teamwork to be extremely important in achieving your goals this month. Stay open to surprises and new opportunities, trusting in the support of your loved ones to help guide you toward success.

Sagittarius (Nov. 22 - Dec. 21)

In May, Sagittarius, focuses on finding balance and reclaiming a sense of calm. You may have felt overwhelmed recently so use this month to find time for yourself and relax. Allow yourself opportunities or creativity and fun, especially in your relationships.

Capricorn (Dec. 22 - Jan. 19)

Capricorn, you may feel an unusual sense of creativity this month. Consider taking up that hobby you have been thinking about or going on a trip. You may experience a shift in your professional life. Stay open to new ideas and methods at work, remaining flexible and keeping your options open.

Aquarius (Jan. 20 - Feb. 19)

Aquarius, focus on your social sectors this month! You may have experienced a strain within your family and friendships. This month offers a chance to strengthen bonds and create a sense of security in your domestic sphere. Stay open to new perspectives and be wary of any miscommunications!

Pisces (Feb. 20 - March 20)

In May, Pisces, you may feel a surge in your communication and collaborative skills. Take advantage of this newfound energy and channel it into your relationships. Consider putting yourself out there to make some new meaningful relationships or use your communication to better your current important relationships!trust your intuition to guide you during this time.

Indian Inspired Daal

Enough for 4-6 people

Vegan, Lactose Free, Dairy Replacement, and Gluten Free

Ingredients

1 onion

2 cloves of garlic

2 tablespoons of grapeseed oil or sunflower oil

1/2 - 1 teaspoon of chilli flakes or chilli powder (start with 1/2 teaspoon and taste until decided heat)

3 teaspoons garam masala

2 teaspoons cumin (grounded/powder)

1 teaspoon turmeric

2 cups of vegetable broth

2 cans of chopped tomatoes

1 can of coconut milk (probably best with unsweetened)

175g red lentils (about 6.17 ounces) Juice from $\frac{1}{2}$ a lemon

Step by Step

- -Rinse the lentils in running cold water (keep the lentils in a strainer).
- Finely chop the onion and garlic.
- Add the oil to a casserole with a thick bottom, or a pan with high edges.
- Add the onion and garlic and let it lightly sizzle while stirring until becoming golden (but not turning brown or burnt)
- Add all the spices and stir it in with the oil and onion mix. Let it sizzle for 1-2 minutes before adding the broth, cans of chopped tomatoes and coconut milk.
- Bring to a boil and add the lentils while stirring.
- Bring to a boil again, put the lid on and let the dish simmer under the lid for about 30 minutes.
- Take the lid off for the last 5-10 minutes of cooking, and let the dish sit until it becomes thick, the lentils are cooked through and soft.

(Optional: add some salt, fresh coriander and naan)

hentil soup o o

eat it while its hot!

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What is your go-to self-care tip?





Alan Mojica

Third-year business administration

"Don't stress [about] the present too much, because comparing it to the future is miniscule in the grand scheme of things."



Sam Barnes

Third-year communication design

"Prioritize mental health instead of academics, and get outside, don't stay too cooped up, get yourself out there, exercise."



Cydney Gather

Fourth-year global studies

"Exercising or taking a bath can be helpful."

Upcoming Events

Monday, May 6

Join El Centro for Reflexionando El Semestre Plática, an end of the semester reflection from 12-1 p.m. Come out to Building 12, Room 125 for free food and community!

Monday, May 6

Calling all first-years! Otter Kitchens is hosting a pop culture trivia night from 4-5 p.m.; come out and test your knowledge for a chance to win prizes. Register on MyRaft.

Tuesday, May 7

As the semester comes to an end, El Centro wants to celebrate and say goodbye to our graduating students. Come out to the hub from 12-2 p.m. for an afternoon of cultural celebrations, music, candle decorating and more.

Tuesday, May 7

It's time for Eggs After Dark! From 9-11 p.m, students are welcomed to the Dining Commons for an evening of free breakfast food and an end-of-year celebration. This year, the theme is Night of the Masqueregg; students are encouraged to dress in semi-formal attire with masquerade masks.

Wednesday, May 8

Come out to the grand opening of the Rainbow Raft Pride Center, a supportive hub for LGBTQ+ student success. From 12-1 p.m. in the central lounge of Building 12, there will be a flag raising ceremony, food and other activities.

Wednesday, May 8

For Welcome To Finals week (WTF week), come out to the Avocet Quad for the annual Stress Relief Petting Zoo! Students can stop by from 12-3 p.m. to spend time with goats, baby pigs, rabbits and chickens. Take a break from studying for some animal therapy!

Wednesday, May 8

Comedian and mental health advocate Adam Grawboski will be in the World Theater from 7-8 p.m. for a comedy show hosted by Associated Students. De-stress from finals week and stop by the show! Register on MyRaft.

Friday, May 10

The Cinematic Arts Club is hosting its end-ofyear student film festival, showcasing cinematic works by fellow students. Come out from 6-9 p.m., show support and watch some films! Register on MyRaft.



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.

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

WORD SCRAMBLE

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

neyrnac wro	mrlaec
rmiuaauq	zajz lavfties
snamrsehif hfraw	oiidrpes
tresot	tlaa
eidt lopos	respsyc

ANSWERS:

9	9	ŀ		3			6	
8	L	6	Þ	L	2	3	9	9
3	abla	2	9	6	9	7	8	ļ
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6			2					
ļ	7	abla	۷	8	9	9	3	6
7	6	3	9	G	8	2	ŀ	Z
G	L	7	3	2	Þ	6	9	8
2	8	9	L	L	6	9	Þ	3

Cannery row, Carmel, aduarium, jazz festival, Eisherman's Wharf, Presidio, Otters, Alta, tide pools, Oypress

