

Riding the waves of grief, hope and motivation at this year's TEDx CSU Monterey Bay



12 students and staff gave Ted Talks following the theme "Waves."

PHOTOS BY ELLIOT ROWE

Layna Hughes and Hayley Matto
Staff Writers

Rooted in the TED Conference, which had been traditionally hosted in Monterey starting in the 1990s, TEDx (the local version of TED Talks) touched down at Cal State Monterey Bay (CSUMB). This year 12 students and staff speakers spoke around the theme, Waves.

Coordinating TEDx at CSUMB for the past three years, Senior Coordinator of Student Organizations Dan Burfeind wanted this year's theme to be specific to the local community, but ambiguous enough for speakers to put their own spin on it.

"This year, there are individuals that talk about waves in their lives, how they've made waves, how they've dealt with waves of or cycles in their lives around depression or chronic illness," said Burfeind. "I think that really spoke to a lot of people this year, and that's always my hope, is that those themes don't put people in a box."

Fourth-year cinematic arts and technology major Eunice-Rose Casa used Burfeind's theme as grounds to set the stage for her emotionally vulnerable Ted Talk "Rising Through Waves." Sharing her journey overcoming nephrotic syndrome, a kidney disorder that caused Casa

to abandon her passion, competitive dance. Mourning the loss of her life before her diagnosis, Casa said, "Healing is in waves."

Following her Ted Talk, Casa said, "I'm glad it resonated with a lot of people. One of the speakers, he actually came up to me and was like, 'I understand how you feel cause I also have chronic pain, so I'm glad that you told that story.'"

Another major theme weaving itself into many of the speeches was addiction and harm reduction. Student speaker Rachel Jones, opened the event with her piece "Becoming a Mermaid: Interpreting the Waves," where she opens up about her journey through addiction and sobriety. Spreading the catchy ideology, "Resist the habitual ritual!"

Jones wrapped up her speech by tying her story back to the event's theme, proclaiming, "I am waves, I create waves, and truly all is waves." Reclaiming her power from her addiction by understanding that while she is impacted by the world around her she has the power to choose how she responds. Posing the question to the audience, "How do you respond to waves?"

Makena Volzing, a CSUMB graduate and now a coun-

selor for students struggling with substance abuse, hit the crowd hard with her speech "A Hit of Joy: Rethinking Harm Reduction with Youth." Giving first a personal anecdote about her battle with addiction and how a student counselor had opened her eyes to her habits and helped her develop healthier patterns. This inspired her to do the same in her adult life, representing the ripple effect in Volzing's life.

Volzing left the crowd with the message, "Don't ask what's wrong, ask what's missing." Creating a call to action, encouraging the crowd to reconnect with passions outside of addiction, saying, "Shift the tides and reconnect them to joy."

Isaiah Perez, a fourth-year social and behavioral science major, was initially drawn to the event to support his friend who was a speaker this year. By the end of the event, however, Perez walked away feeling moved and motivated, especially by speaker Gauri Chabukswar who spoke about her experiences as an international student.

"Really, it's a lot of bravery," Perez said. "I think, to come out in front and talk with so many people with all the cameras and lights. I think it takes a lot of courage and I really respect that from them."



Otter Thursday

Did you attend the Black History Month kickoff? Read about the festivities and check out more photos on our website.

Page 2



Campus Closeups

Read about Luke Brigantino, the only member of CSUMB's rodeo team.

Page 4



Movies for Valentine's Day

Check out our list of romantic comedies, perfect for viewing on the 14th.

Page 6



Marching into February: Otter Thursday kicks off Black History Month



PHOTO BY LAYNA HUGHES

Layna Hughes
Staff Writer

The first week of February at Cal State Monterey Bay (CSUMB) began with gusts of rain and wind, dampening the grounds intended to host Otter Thursday. However, for Victoria Mills, program coordinator of the Helen Rucker Center for Black Excellence, ill-timed weather wasn’t going to rain on her parade.

Several months in the making, Mills and a team of students, staff and off-campus organizations worked to coordinate the university’s most involved Black History Month event to date. At notice of the ongoing rain, Mills and her team worked to transform the lobby of the Otter Student Union into a space fit for celebration.

The line for screen-printed shirts reading “Black Minds Matter” was consistently full, extending to the queue for Burger 831. Cups of free banana pudding offered at the event flew off the shelves, enjoyed by nearly a hundred students cycling in and out of the event. Surveying the handful of campus and community organizations tabling, the event was a labor of love for Mills.

“I’m holding back happy tears,” she said. “Just seeing everything coming together– it feels like this is the first time I’ve

seen a bigger event for Black History Month on this campus.”

A sentiment shared by fourth-year psychology major and vice president of Black Students United (BSU), Amaya Watson, who has been advocating for CSUMB to hold more events that center Black students since 2022.

“This is what we’ve been working for. This is what we’ve been hoping for,” said Watson. “All of these changes are new and recent, but it means that we are growing to a more beautiful and better future. So long as we stay together as a community, it’s going to be wonderful.”

Outside of tabling for the BSU, Watson’s favorite part of the event was watching the Grant Drum Line perform alongside their majorette dancers.

“They are Black, they are beautiful, they are people of color and they came and they showed out,” she said.

James Van Buren, known as “Mr. V” is the director of Grant Drum Line of Sacramento and takes pride in his percussionists’ ability to be able to replicate the energy of historically Black college and university drum lines.

“Not everybody can do that,” Van Buren said.

From performing on “Jimmy Kimmel Live!” in 2015 to playing Times Square, Paris and South Africa, Van Buren and his drumline have earned recognition worldwide. Mills knew she wanted them for this event.

“Type in ‘Black drum line California,’ and boom, we come up,” said Van Buren.

Among the tables at the event was CSUMB’s Personal Growth and Counseling Center, where pre-doctoral counselor or intern Liyah Morgan, a member of this event’s planning committee, aimed to destigmatize mental health amenities for the growing population of students of color on campus.

“This year was the highest enrollment of Black students in recent years, so we’re really trying to make sure people feel welcome on campus,” said Morgan.

Watson was overjoyed with the turnout and hopes the excitement will encourage more students to visit CSUMB’s affinity centers.

“Please stop by the Helen Rucker Center. We welcome all peoples of color and non-people of color into our space because we want you to come, experience and be with us,” Watson said. “We are a beautiful, bright community that just wants to be welcomed and have fun—that’s all.”

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.

The Staff

Editor-In-Chief
Paige Francis
pfrancis@csumb.edu

Production Manager
Jaelynn Ailina Diokno
jdiokno@csumb.edu

Webmaster
Skye Harrop
sharrop@csumb.edu

Assistant Editor
Aislynn Chappell
achappell@csumb.edu

Photographers
Maddie Honomichl
mhonomichl@csumb.edu
Elliot Rowe
erowe@csumb.edu

Visual Editor
Zoe Kapp
zkapp@csumb.edu

Staff Writers
Layna Hughes
mehughes@csumb.edu
Hayley Matto
hmatto@csumb.edu
Francine Pamplona
fpamplona@csumb.edu
Keira Silver
ksilver@csumb.edu
Sean Tubo
stubo@csumb.edu

Adviser
David Kellogg
dkellogg@csumb.edu

Operations Manager
Monica Conner
mconner@csumb.edu

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.

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

@thelutrinae

CSUMB president says renovations are coming to on-campus dining



PHOTO BY ELI HECK

Eli Heck
Contributing Writer

Cal State Monterey Bay President Vanya Quiñones shared brief remarks at Monday’s Associated Students meeting, previewing some of the visions leadership has for the campus on a wide range of topics from dining commons changes to hearing what students have to say.

Quiñones was joined by Ben Corpus, vice president for Enrollment Management and Student Affairs. Among the points they covered:

- Quiñones said the dining commons will be renovated over the summer with the goal of providing better service to the growing enrollment at the school. The kitchens will be improved. She also mentioned the possibilities of additional food franchises coming to campus as well as permanent food trucks near the baseball and softball complexes.
- She said the school is exploring re-opening the Black Box Cabaret, a student-managed programming space on campus that in the past has hosted things such as movie nights, spoken word artists and concerts.
- She said the school will be addressing and enhancing the commuter experience
- She emphasized getting student input through questionnaires and focus groups.

Corpus addressed the school’s increase in enrollment. He said projections to meet the budget require gaining 225 students and they are cautiously optimistic.

He said retention numbers are down slightly. Corpus added mental health is a big point of focus for student retention, asking all the departments what they would do if a student came saying, “I am not OK, I need help.”

He also mentioned the “Hello Matters” campaign, which asks staff, administration and faculty to smile, acknowledge others, and perhaps say hello, making connections and community with students to encourage a safe space.

Along with that, Corpus talked about promoting and ensuring access to counselor support for students with new questions being asked on the possibility of evening and weekend availability for the counselor center, as well as a possibility for in-residence hall counselor support.

Corpus and Quinones also addressed immigration and deportation issues.

“It’s fluid, it’s changing [...] we are trying to watch every single day as to what is coming down the pipe,” Corpus said.

“We are here to support the students every way we can.”

CSUMB’s unique access to wildlife presents new opportunities



PHOTO BY ALAN SCHMIERER

Maxfield English and Jose Guzman
Contributing Writers

Walking to Main Quad, Cal State Monterey Bay (CSUMB) students will often see the native Western Snowy Plover, or walking from Ocean Hall to the Library, bobcats.

Species like these two make the Central Coast of California’s environment unique, and CSUMB’s location allows students to observe wildlife, unlike other, more urban, Cal State campuses.

One worry people often have when interacting with wildlife is that animals in nature pose a threat. While having concern is healthy, “there is no concern whatsoever to humans,” said Professor Fred Watson of the Applied Environmental Science Department. “I would just hate for our students to think that they have to be worried about wildlife.”

Among the species near campus, none of the animals are large enough to cause worry for students.

Some species that students may encounter include reptiles such as the Coastal Horned and the Western Fence Lizards. Other species like deer, rabbits, squirrels, and even coyotes are all found near CSUMB but are not specific to the location.

Squirrels have their own particular story, documented by

the Instagram account @mbsquirrels, short for Monterey Bay Squirrels.

@mbsquirrels was created after the Department of Applied Environmental Sciences’ program to catch and collar squirrels began.

The intention behind the program was to familiarize students with the local squirrels and foster sympathy.

The Instagram account, started in October 2023, posts photos and biographies of the squirrels. With hundreds of followers, posts can receive upwards of 100 likes. The account has introduced students to the squirrels on campus, such as Burger, Violet, and Bean.

@mbsquirrels is not the only tool available to familiarize oneself with the local flora and fauna. For example, Seek and Merlin are common apps for nature identification. Merlin is an algorithm that identifies species of birds based on their calls, while Seek is more expansive.

“It’s really kind of this citizen project in a way where everybody contributes locations of different organisms, plants, animals that they’re seeing, and then you can actually get input from other people through the app,” said Jennifer Duggan, ecology professor.

Seek’s strongest feature is its ability to connect people through ecology. Offering both challenges as well as social features to share finds with friends, Seek presents an

exciting way to learn about the local wildlife.

“It’s identifying things, giving them a name. I think it helps you connect with them,” said Duggan.

Seeing these animals gets easier as it approaches the resident squirrels’ mating season in March when young are born. At the same time, predators begin to hunt, which can be “pretty dramatic,” as Duggan puts it.

Whether by the Watershed Institute, around Chapman Science Academic Center, or on the sidewalk behind the library, being able to see nature on display within the confines of a college campus is special.

Alumni Taylor Wilson said, “If you’re not from the area, coming here and kind of... being among all this must be pretty interesting.”



PHOTO COURTESY OF PITKIN D, USFWS

Tech pioneer says the future is AI

Sean Tubo
Staff Writer

Guy Kawasaki was one of Apple’s first supporters, popularizing the idea of “secular evangelism” with his support for the early Macintosh computer. Today Kawasaki is a speaker, writer and chief evangelist for the graphic design company Canva.

On Feb. 12, he’ll be the keynote speaker at the President’s Speaker series, hosted in the World Theatre. In the lead-up to his talk, the Lutrinae asked him about artificial intelligence (AI), tips for students entering the workforce and more.

Q: For students hoping to enter the tech workforce or just the workforce in general in the next five years, what kind of advice would you have for them?

A: My first piece of advice is to embrace artificial intelligence. I think artificial intelligence is the biggest game changer I have encountered in my entire career. I tell my own kids [that] soon there’s going to be two kinds of people. There are going to be people who can use AI and people who are going to struggle. It’s like if you can’t use the internet today, you are at a disadvantage, right? I think AI will be absolutely the same kind of thing.



PHOTO COURTESY OF CAL STATE MONTEREY BAY

Q: Do you see any parallels in AI development with what you did at Apple as chief evangelist?

A: There are more differences than there are similarities. When I was an evangelist for Macintosh, it was dividing up the pie, right? Which operating system do you want

to use? It was Apple versus Microsoft, etc. There’s a lot of competition in AI, but it’s not exactly like that. I use Claude, Chat GPT – I use four or five different things. It’s not like switching operating systems on a computer.

Q: What’s one way that students, academics or professionals can adapt to AI?

A: As [a] student, I’ve got to believe you can utilize AI. I’m not at a 50,000-foot level, I’m at a maybe 2,500-foot level and as a writer, I use AI to be a research assistant, as a grammar checker, a dictionary and a thesaurus. I’m not talking about these kinds of futuristic visionary things; I’m talking about your day-to-day activities. In drafting emails and drafting reports, you know drafting papers. So just get on that practical bandwagon.

(Author’s Note: I use AI in my day-to-day workflow, including making a transcript of this very interview using Microsoft 365’s AI tool.)

Q: The last question is from our editor-in-chief. Were you surprised at all by the emergence of tech leaders like Elon Musk or Mark Zuckerberg onto the political stage?

A: I am absolutely stunned, and I am absolutely disgusted.

The Lutrinae
wants to hear
your voices!

Want to showcase your work in the student newspaper?

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

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

Not his first rodeo: the one-man CSUMB Rodeo Team

CAMPUS
CLOSEUPS

Sean Tubo

Staff Writers

Cal State Monterey Bay (CSUMB) has a rodeo team. It competes under the National Intercollegiate Rodeo Association (NIRA). But you may not have heard of it—because its coach, leader and sole competitor is one man: Luke Brigantino.

As an independent athlete, Brigantino competes under CSUMB’s banner, but that’s about it. Establishing the team required a little more than paperwork, but everything else has been up to him.

Brigantino competes in the team roping event, where two riders on horseback work together to rope a steer— one controlling its head and the other its back feet. His partner, whom he met at a clinic, competes under Cal Poly San Luis Obispo’s rodeo program. They’ve been working together ever since.

Brigantino has been involved in rodeo for five years, starting when he entered college. He grew up near Pasadena, before moving to Salinas to work as a real cowboy. That was how he was introduced to the sport.

“Doing real cowboy stuff, you know, getting paid for it,” he said.

He only has 1 year of college eligibility left. After that, he plans to start competing professionally. But that doesn’t mean it all comes naturally for him. He describes team roping as one of the hardest things he’s ever done. “I’m five years into this and I feel like I’m still just getting started,” he said.

Brigantino competes in 10 rodeos a year across California. He wears a CSUMB-branded rodeo vest, which he had to print himself to fit in with the other student-athletes. Unlike those in structured athletic programs, he manages everything on his own.

“I had to handle everything myself—organizing, travel, managing finances, securing practice facilities and balancing academics with training,” he said.

Brigantino works with his two horses, Billy and Shiloh, almost every day. Like any athlete, competing is a full-time job. “That coach is in Salinas, basically I leave home in Hollister, come to school, do school, and then after I meet my coach over at the ranch and we exercise horses. We rope the dummy, which is just like. Pull behind like an ATV. We do that like two to three times a week,” said Brigantino.

But Brigantino isn’t entirely alone. He does have a support system at Cal Poly, including coaches and teammates who have helped him navigate the challenges of competing as a solo athlete.

“My coach, Peaches McKenzie, and the Forum Ranch family have been instrumental in my journey. Peaches has helped me grow as a competitor and guided me through the unique challenges of being an independent student-athlete,” he said. “Forum Ranches [where he trains] has given me a place to train and a support system that feels like family—something I’ll always be thankful for. I’ve also been fortunate to have guidance from Ben Londo, who has shaped so many athletes and continues to inspire me.”

There’s a long history of ranching in the Monterey area. While Brigantino doesn’t consider himself part of that legacy just yet, he is steadily becoming a part of it. He sees potential for a rodeo program at CSUMB – something he hopes to help grow, whether as a competitor or a coach.

“I would love to help grow college rodeo in this area so that future student-athletes don’t have to take the independent route like I did,” he said. “There’s so much untapped potential here and having a local program would give kids an option close to home.”



PHOTO COURTESY OF LUKE BRIGANTINO

Raccoon Runaway

Alan Dam

Photo of the Week Winner

A raccoon caught in the act outside the Student Center. It sure can pull off a feisty catwalk.



Photo of the Week

Looking to showcase your photography? Enter our ongoing photo contest throughout Volume 8 for a chance to have your work featured in our weekly issues. Check out our Instagram @thelutrinae for more details!



Press play on love: our Valentine’s Day film guide



SCREENSHOT PROVIDED BY HAYLEY MATTO AND FRANCINE PAMPLONA

Hayley Matto and Francine Pamplona
Staff Writers

Making Valentine’s Day plans? Go with the classic: dinner and movie! Lucky for you, we’ve curated the perfect films for you to watch this Valentine’s Day. Whether you’re feeling romantic, nostalgic or just looking for a laugh, we’ve got you covered. So grab your date, friends or situation-ship, order some food and press play.

Francine loves...

“To All the Boys I’ve Loved Before”

Lara Jean’s secret love letters to her past crushes are accidentally sent out, throwing her quiet high school life into chaos. To maintain her reputation, she enters a fake relationship with the popular Peter Kavinsky, but as their connection deepens, she’s forced to face the risks of love.

This movie was my entire personality in high school and remains a comfort film when I want to feel lovey-dovey. It’s perfect for hopeless romantics who day-dream about their crush or love a sweet, drama-free romance. Bonus: it’s a trilogy if you want a mini-movie marathon!

“Moonstruck”

Loretta, a pragmatic woman engaged to a safe but dull man, unexpectedly falls for his hot-tempered brother, Ronny. As family drama, superstitions and a full moon

stir up emotions, she must decide whether to follow her head or her heart.

This underrated romance has everything—80’s Cher and Nicolas Cage, Italian music to set the mood and a dreamy backdrop of a full moon. A reminder that love is messy but worth the risk. “The moon brings the woman to the man. Capisci?”

“She’s the Man”

After her soccer team is cut, Viola disguises herself as her twin brother to play at an elite boarding school—only to fall for her charming roommate, Duke. As fake identities and love triangles unravel, Viola scrambles to reveal the truth without losing the game or her heart.

Emphasizing the comedy in “rom-com,” this movie has heart, but can also make you laugh every scene. Amanda Bynes’ comedic timing is unmatched and Channing Tatum plays the ultimate sweetheart. If you’re trying to convince your not-so-romance boyfriend to watch a rom-com with you this Valentine’s, this is the one to watch.

Hayley loves...

“Warm Bodies”

Nicholas Hoult stars as R and Teresa Palmer as Julie, in a not-so-subtle new-aged Romeo and Juliet. An apocalyptic tale of star-crossed lovers, one alive and the other... not so sure.

Perfect for a playful Valentine's Day with friends or for

those who love romance with a bit of a horror flare. If you enjoyed “Zombieland,” this one’s a must-watch!

“50 First Dates”

On an entirely different end of the romance spectrum, this film is sure to have you holding your partner a little tighter, maybe even bringing out the tissue box. Adam Sandler is known for his long list of Happy Madison films all revolving around messy relationships but this one is sure to take the cake on heartfelt romance.

A movie I have found myself watching anytime I’m in need of a good cry and wholesome belly laughs, especially around Valentine’s Day. Sandler and Drew Barrymore give a very authentic take on what love can look like, making this for me one of the least cheesy romance movies you could pop on this Valentine's while still ticking off all those romantic wants.

“Scott Pilgrim vs the World”

Scott (Micheal Cera) falls for Ramona (Mary Elizabeth Winstead), but to date her, he must defeat her seven evil exes. A comic book-style, action-packed love story with just the right amount of romance.

This may not be your typical romance film, but that’s exactly why I love it. It is always a hit with friends on Valentine’s Day—hilarious, quirky and surprisingly sweet.

No matter who you’re spending Valentine’s Day with, we hope one of these films makes it into your watchlist!

Three budget-friendly Chinese restaurants on the Monterey Peninsula

Skye Harrop
Webmaster

Chinese restaurants are a great way to get a tasty and filling meal for multiple people at a budgeted price. Here are three of my go-to restaurants for Chinese food in no particular order.

Li Yuen Chinese

In a pinch for a Chinese restaurant that offers big portions for cheap? Located in the nearby town of Castroville on its main road Merritt Street, Li Yuen Chinese has you covered! They offer quick service, fresh food with great portions for the price and good customer service. My personal favorite meal from Li Yuen is their orange chicken. I enjoy orange chicken on the spicier side, and their dish satisfies that requirement.

Address: 11578 Merritt St., Castroville, CA 95012

Full Moon

Located in the heart of downtown Monterey, Full Moon is a highly rated and recommended restaurant with a rating of 3.9 stars on Yelp. Full Moon has some decent food with reasonable prices, a great ambiance, atmosphere and great service. My favorite meal from this restaurant is their beef and broccoli dish.

Address: 429 Alvarado St, Monterey, CA 93940

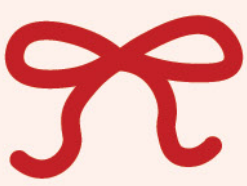
Tommy’s Wok

Located in Carmel, Tommy’s Wok is a great place to eat on a budget. Tommy’s Wok offers great food with great portions at a good price. Compared to other highly rated restaurants in Carmel, it’s a bargain. They also offer free tea to go with your meal, which is a great plus! My favorite meal from Tommy’s Wok was their lemon chicken.

Address: Mission Street, between Ocean & 7th, Carmel, CA 93921

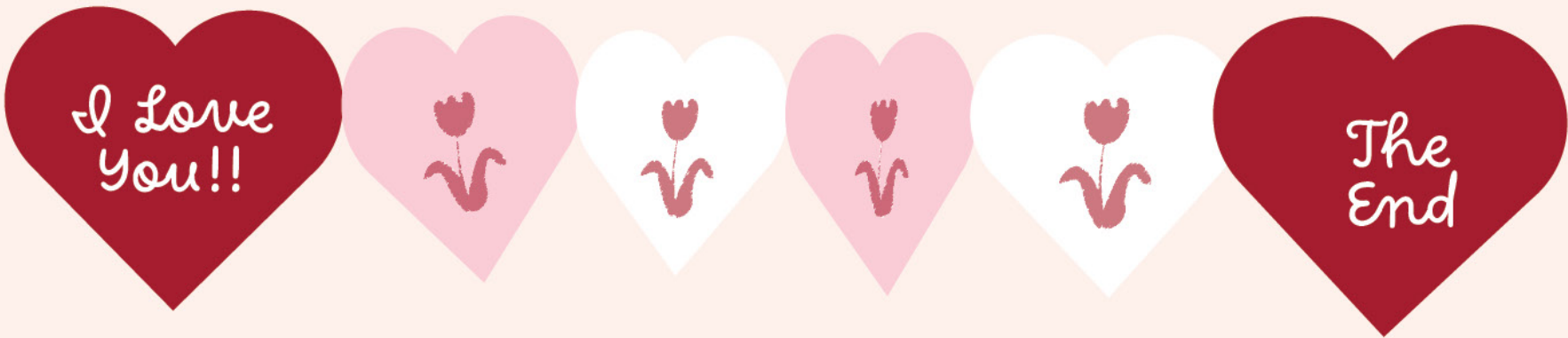


SCREENSHOT PROVIDED BY SKYE HARROP



Make accordion cards for

Valentine's Day



How To Make!

Step 1

Trace the card template (at the bottom of the page) onto a piece of printer paper laid out horizontally. Each heart should be roughly 1 3/4 inches wide.

Step 2

Draw out your design with images and messages. By drawing on the back, you can choose to make the accordion folds double-sided or not. Make sure that the front and back cover of the card are identifiable.

Step 3

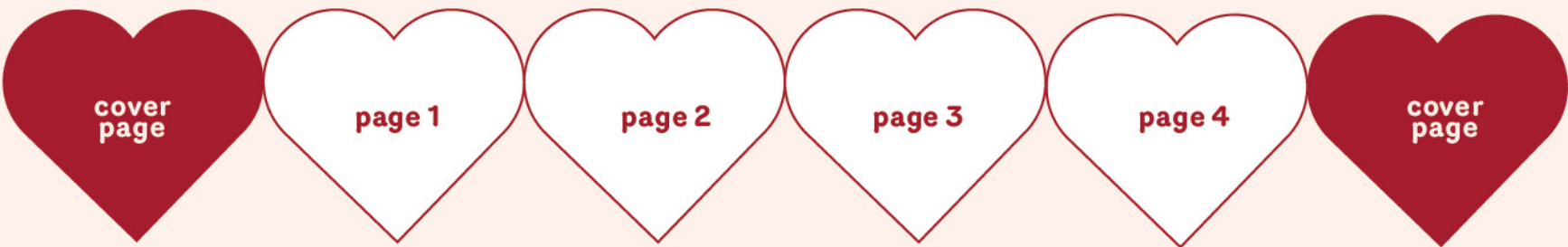
Cut out the card and fold it into an accordion by flipping the paper back and forth while you fold.

Step 4

You are done! You can embellish by tying a ribbon around the card, to keep the accordion folds closed, and make a cute bow.



Card Template



What is your favorite Super Bowl halftime performance?



Aubrey Amila
Contributing Writer



Aidan Stone

Third-year communication design major

“Maroon 5! Their performance in 2019 because they had a Spongebob appearance at the beginning.”



Trinity Galvan

Third-year communication design major

“My favorite halftime show is from 2022! When Dr. Dre, Snoop Dogg, Mary J Blige, Kendrick Lamar, and 50 [Cent] performed! The video on YouTube has 324 million views and I may have watched it over a few times. It was the perfect homage to hip-hop, rap and Bay Area culture. The artists performed iconic songs and collaborated together beautifully and excitingly!”



Amber Gomez

Second-year biology major

“My favorite halftime show was with Dr. Dre, Snoop [Dogg] and Eminem [in 2022]. But I mostly remember Dumpio, and that was probably the one I liked the most. I like the classics and classic raps.”

Upcoming Events

Tuesday, Feb. 11

Join the Otter Cross Cultural Center for “Self Care is Not Consumerism,” a conversation about anti-capitalist self-love. Participants will get to make Valentine’s Day cards during the discussion and light refreshments will be provided. The event is from 1 to 2:30 p.m. in the Otter Student Union, room 310.

Tuesday, Feb. 11

Join the Film Club for a viewing of “Titanic” in CAHSS 1401. The viewing and discussion is from 6 to 9 p.m.

Wednesday, Feb. 12

Come and do yoga with the campus therapy dog, Blue from noon to 1 p.m. Paws and Reflect will be in the Meeting House, Building 98.

Wednesday, Feb. 12

Get your skates on! Roller Skating Night is being hosted by The Helen Rucker Center from 6 to 9 p.m. in the Otter Student Union Ballroom. Skate rentals will be provided to attendees.

Thursday, Feb. 13

Head to the Main Quad from noon to 2 p.m. to receive a free rose from Monte!

Thursday, Feb. 13

Join the Habitat Stewardship Project for a campus planting event! Participants will plant native plants and connect with community members. Snacks, water and tools will be provided. Planting will be from 2:30 to 4:30 p.m. near the Police Station.

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.

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

WORD SCRAMBLE

Can you unscramble these football-related words?

kuqrbacaret

dfiel loag

hdowutocn

ptinonteerci

tneplay

klacte

ftmahlie

hgitt dne

psure lwbo

rrivecee

ANSWERS:

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

Quarterback, touchdown, penalty, halftime, Super Bowl, field goal, interception, tackle, tight end, receiver

