

Helen Rucker Center brings ‘Roll Bounce’ to CSUMB



CSUMB students skated the night away in celebration of Black History Month.

PHOTOS BY ELLIOT ROWE

Karzell McMillian
Contributing Writer

A night of lights, music and culture came to Cal State Monterey Bay (CSUMB) as students skated the night away.

On Feb. 12, the Helen Rucker Center for Black Excellence and Area Two Resident Advisor Chrystina Utley hosted a roller skate night in the Otter Student Union in honor of Black History Month.

The Helen Rucker Center supports Black students, faculty, staff and the community through academic, professional and cultural programs according to its webpage. It serves as a hub for learning, empowerment and connection.

For fourth-year Phillip Yang the best part of the night was “coming here with my friends and seeing them get better [at skating], or seeing them being absolutely amazing.”

Students and community members seemed comfortable on the rink no matter their experience. The more experienced skaters showed off their skills, Yang’s friend being one of them. “The girl who is skating around in circles, that’s my friend. She’s so great at this.”

The event was attended by almost 200 students and brought an experience used in Black culture as a form of expression and community building to the students at CSUMB. Skaters of all levels showed their skills.

“This is my second time skating, [the] last time was like five or six years ago,” said Yang. “I was somewhat [confident]; the turns scare me when there’s a bunch of people.”

While the main activity of the night was roller skating, those who weren’t skating danced to the music curated by the DJ. Second-year Preston Kealing’s favorite part of the night was “Knowing a lot of people will show up and

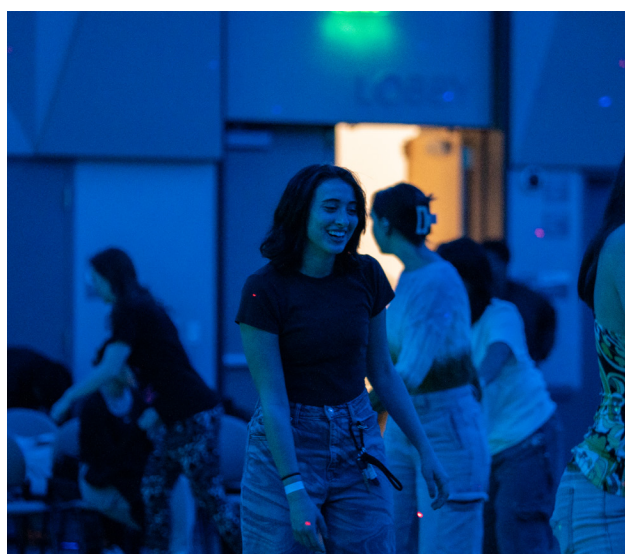
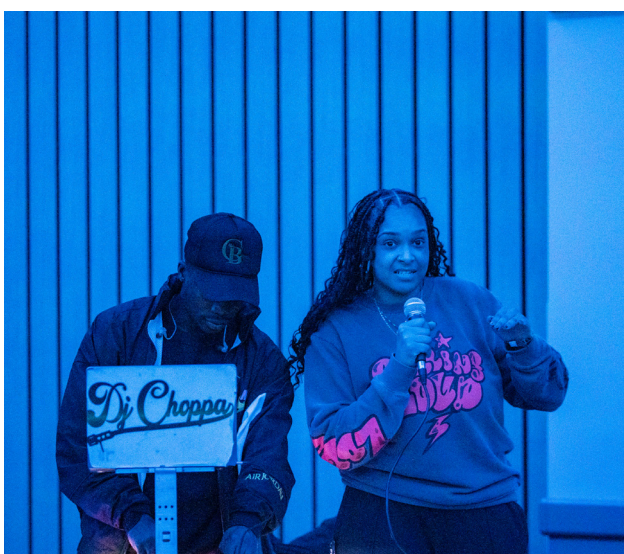
have fun on a weekday.”

The amount of attendees highlights the impact an event like this can have and the possibility of future events.

“It was an idea to bring something new to campus. We can see more events being brought to campus [highlighting] Black culture,” said fourth-year organizer, Gennelle Watkins. “As long as you have a good team, events like this will happen smoothly”

This event caused students to think about what they want to see happen on campus next. “Ice skating if that is possible,” said Yang.

Seeing the success left organizers “grateful and inspired by the outcome” said Watkins. With everyone up on their feet and enjoying their night, Watkins remarked there was “very good energy.”



Food services on campus

Stay up to date on the changes coming to on campus dining experiences.



Page 2

Reclaiming rest

Read about the history of self-care and how to move away from consumerism.



Page 3

Takes Two to Review

Have you seen "One of Them Days?" Read Hayley and Francine's review of the film to hear their thoughts.



Page 4

Future changes to Dining Commons and food services on campus

Eli Heck
Contributing Writer

Changes are coming to Cal State Monterey Bay's (CSUMB) dining experiences, with major renovations planned for the Dining Commons and the possibility of new on-campus franchises. CSUMB president Vanya Quinones first shared these updates at a recent Associated Students senate meeting, sparking discussions about what's next for campus dining.

Since then, the Lutrinae reached out to CSUMB Spokesperson Walter Ryce for more information surrounding these topics.

Q: What can be expected with the dining commons renovations? What changes are going to be made?

A: We will be refreshing the front service line, changing the dish room layout and replacing some back-of-house equipment. We are also exploring outside seating and re-aligning inside seating options.

Q: What does the timeline look like for the completion of the dining commons renovations?

A: We plan to start at the beginning of summer and be open for the first day of Fall 2025 move-in.

Q: Will there be any changes to dining commons hours? In the student senate meeting during the Q&A session, there were questions concerning this and how some students have classes that force them to miss dinner.

A: Dining hours are listed here. We are always open to feedback and suggestions. Chartwells has several platforms to be able to voice concerns. I would encourage all students to use the below platforms to share their feedback:

Text us anonymously:
Dining Commons: 831-273-5311
Other campus restaurants: 650-379-0205
Email: Dining@CSUMB.edu
Call: 831-582-5008

Q: Will there be any new on-campus food options available besides the upcoming franchises?

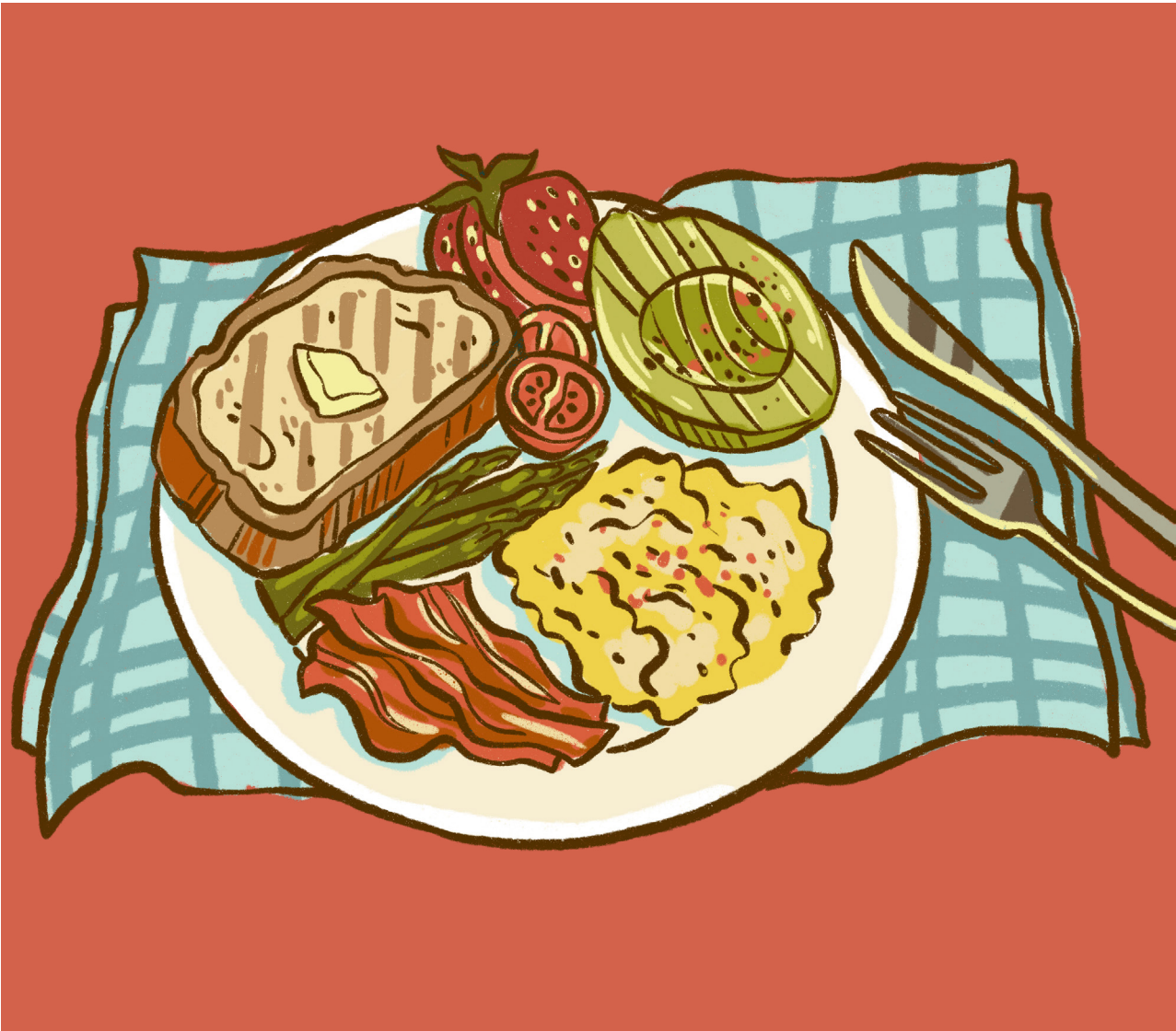


ILLUSTRATION BY ZOE KAPP

A: We are always looking at ways to enhance our dining offerings and will continue to look for fun and exciting eateries to support our campus needs.

Q: Is there any information we can get on the franchises that might be coming to campus? Or when that

would be happening?
A: We are actively exploring franchises and hope to share more information soon. Our hope is to have a venue up and running in the next academic year.

As plans develop, the Lutrinae will continue providing updates on what's next for food services on campus.

the Lutrinae

The Lutrinae is a weekly campus newspaper covering CSUMB and its neighboring areas. Here at The Lutrinae, our goal is not only to educate and inform the public, but to entertain, to spark creativity, to encourage diversity of opinion, and to build a sense of community on campus and with the neighboring cities.

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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.

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Anthropology Club: a place for culture, connection and careers

Francine Pamplona
Staff Writer

Cal State Monterey Bay (CSUMB) students now have a new space to explore culture, history and the human experience with the launch of the Anthropology Club. Founded by social and behavioral sciences majors with an anthropology concentration, the club aims to create a space for members to exchange knowledge, develop skills and explore career opportunities.

The club was formed to address a lack of community among anthropology students at CSUMB. With relatively few students concentrating in the field, some expressed a need for a stronger network to facilitate academic and professional engagement.

“It can be intimidating to branch into the field, even while studying it,” said club president Sophia Stevenson. “We wanted to create a space where students could talk, share advice and prepare for future opportunities together.”

The club recently hosted its first event, “Ethnographic Film Night,” on Feb. 11, providing curious students an opportunity to meet the club officers and engage in meaningful conversation with one another regarding the film. They screened the mini-documentary “Traditional Ecological Knowledge,” which explores the role of Indigenous wisdom in addressing ecological challenges and fostering sustainability. The film prompted discussions among students from various academic backgrounds, providing an opportunity for all students to share their perspectives.

“Even if you don’t know anything about anthropology, it doesn’t matter,” said club Vice President Vallon Bucayu-Le. “You can come. There’s always something to add. We want to promote exploring the culture around you and also learning about the past.”

Although initially created to focus on anthropology students’ needs, the club is open to students from all majors, facilitating discussions on topics ranging from archaeology and linguistics to business and biology.

“Anthropology seems like a very broad concept, so it could be applied to any sort of career field,” said club mem-



PHOTO COURTESY OF ANTHROPOLOGY CLUB

ber Emily Lopez. “Overall, the skills that you can learn through anthropology can teach you how to have this open-minded mindset.”

For students unsure about joining, Treasurer Hayden Mathieu emphasized anthropology’s practical benefits.

“Anthropology is sort of the best tool to gain skills. No matter your career, you’re going to gain communication skills, or you might just gain people skills.”

Beyond academics, the club aims to foster an inclusive, judgment-free environment where students from any major can engage in meaningful discussions with their peers.

“I think we’re all some really interesting and cool people. And we want to make friends!” said club Secretary Isaiah Perez. “We’re just extremely accepting of anyone, a very welcoming and comfortable environment.”

As the club grows, members hope to establish a strong network supporting students academically and professionally. They are currently developing multiple career-focused initiatives for the future, including guest speakers, resume workshops and connecting students with field schools.

Reclaiming rest: Self-care is not consumerism

Eli Heck
Contributing Writer

Walking to Main Quad, Cal State Monterey Bay When people think of self-care today, images of matcha lattes, gym bro workouts and brand-name face masks may come to mind. This modern, consumer-driven idea of self-care, however, differs greatly from its original purpose, which took root during the civil rights movement of the 1950s.

On Tuesday, the Otter Cross Cultural Center (OC3) hosted a self-care-centered event where about a dozen students explored the history of self-care, its importance in activism and sustainable practices beyond consumerism.

“I looked up self-care on Google and this is a lot of what pops up—name-brand products, a lot of skincare, much of it tied to consumerism,” said Nurayah Alvarado, the Sustainability and Wellness Student Coordinator for the OC3.

Alvarado also pointed out social media often equates self-care with femininity and consumerism, reinforcing gendered marketing tactics that commodify well-being. They went on to showcase a lot of popular posts on Instagram under the hashtag “self-care.” Many of the photos had Apple headphones, matcha lattes and pilates classes as the main focus.

The discussion touched on how self-care, in its current mainstream form, is often inaccessible to those who cannot afford expensive wellness products.

The event delved into self-care's historical roots, focusing on the Black Panther Party. The Party, which was founded in 1966 in Oakland, often provided free food

and hosted medical clinics that aimed to empower Black communities against systemic oppression. Leaders like Ericka Huggins and Angela Davis were brought up, who would “use meditation and yoga to sustain their fight for rights even when incarcerated in prison,” said Alvarado.

Students engaged in discussions about self-care's role in their own lives, referencing influential figures like Audre Lorde and Robin Wall Kimmerer, who emphasize self-care as a communal and environmental act.

“The personal is also political,” one participant noted, connecting self-care to intersectionality – the idea that individual experiences differ based on intersecting identities.

Alvarado challenged attendees to consider, “Radical self-care cannot come from a place of consumerism.” They cited examples like microbeads in skin-care products, which pollute waterways, as evidence that many commercial self-care products harm the environment.

“Self-care was originally practiced by activists and the working class who used it as a survival tool,” Alvarado added. "Turning self-care into a for-profit industry that exploits the working class is predatory and will not fulfill your needs.” Instead, they emphasized that true self-care is rooted in community.

The event concluded with the idea that “self-care is community care.” By supporting those around us, we care for ourselves and uphold the legacy of self-care as a political act – one that sustains individuals and movements alike. The discussion encouraged students to re-think self-care not as a luxury, but as a necessary and collective practice that fosters resilience, activism and well-being.



ILLUSTRATION BY ZOE KAPP

Beauty in the Morning

Melany Menezes
Photo of the Week Winner

The sun rises over our beloved coast at Lovers Point.



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!



‘The Memory Police’ are here to make sure you forget

Hayley Matto
Staff Writer

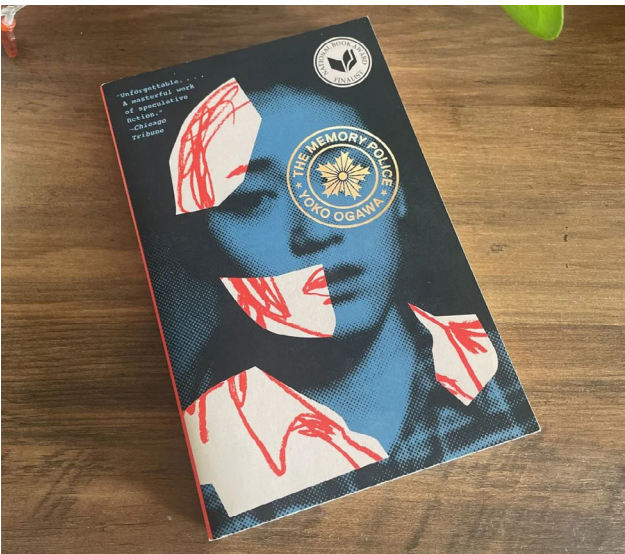
BOOK REVIEW

Yoko Owaga’s “The Memory Police” paints an unsettling picture of what happens when power falls into the wrong hands. It is a story within a story set on a strange island where memories fade faster than the tides change.

Originally published in 1994 and written in Japanese, this story was re-published and translated into English in 2019. Owaga gives readers a timeless precautionary tale as the plot maintains relevance today despite being published in the 90s. Taking inspiration from reading Anne Frank’s diary, Owaga tells two cautionary tales in one novel.

The story revolves around three main characters who never receive official names. Instead, the reader follows along through the main perspective of a writer telling her story, a beloved old man and the writer’s editor called R. It’s impressive just how emotionally invested Owaga can make the reader become to these nameless characters, only giving glimpses into their backgrounds, almost as if to create the illusion we are missing memories around them ourselves.

The nameless nature goes past the three main characters of this story, as she describes fellow townspeople by their occupation, the hat maker, the butcher and so forth, showing how stripping the people of their memories influences the way they think and creating identity not from names and personalities but instead labels and jobs.



SCREENSHOT PROVIDED BY HAYLEY MATTO

The main protagonist being a novelist spends much of the first half of the novel writing a story eerily similar to her ongoing, real-life scenarios. However, she doesn’t realize where the story she’s writing is going or even where the inspiration to write it came from. Imagine if your past was just as fleeting as the uncertainty of your future. If one day you could remember you loved roses, but had no clue what a rose smelled like, let alone looked like, until it’s no longer in your memories at all.

The only thing that is clear is that the Memory Police are

on high alert for anyone on the island who isn’t losing the memories that are being banned. Items such as candy, perfume, calendars, ferries, photographs, emeralds, flowers, hats, and birds all end up on the banned list for this peculiar island. This causes people with careers around any of these objects to restart their lives and deal with what’s described as a void within themselves around a passion they no longer remember. Though the ones who forget easily are not the issue, it’s the ones who don’t that the Memory Police take away never to be seen again.

Owaga takes a lot of inspiration from the hardships expressed in Anne Frank’s diary to recreate the experience of a person hiding in far too small a space simply for not fitting into the government’s established and preferred type of human. Her writing can be challenging at first to get into as it is a transcribed text but once you adjust to the format of the writing, the story really begins to take shape and one will find themselves feeling overcome with worry for these nameless characters.

A fast read at just 288 pages, it is perfect for anyone interested in dystopian fiction that falls right in line with books like “The Giver,” or “Divergent.” An unusually told story, it weaves in chapters of the novel being created by the protagonist between chapters of the story already being told. Be prepared to be left with plenty to contemplate around this novel’s not so subtle social commentary. It’s a great choice for anyone in a book club or with a pal who’s ready to dive into all the hidden meanings tucked away in this novel.

‘One of Them Days:’ When the stakes are high and the rent is higher



SCREENSHOT PROVIDED BY HAYLEY MATTO AND FRANCINE PAMPLONA

Hayley Matto and Francine Pamplona
Staff Writers

Wild goose chases and buddy comedies are a staple of cinema, and “One of Them Days” delivers exactly that – a chaotic, laugh-out-loud adventure driven by a duo with undeniable chemistry. With a clear love for 90’s style comedies, the film follows best friends and roommates, Dreux (Keke Palmer) and Alyssa (SZA) as they race to recover their stolen money before rent is due, thanks to Alyssa’s bummy boyfriend. At its core, “One of Them Days” is a goofy, R-rated comedy that doesn’t take itself too seriously. The plot sticks to a familiar formula: two best friends caught in a stressful situation, forced to rely on their limited resources and sheer determination to fix things.

For me, Francine, what makes the movie shine is the chemistry between Palmer and SZA. Palmer, an experienced comedic pro (and still underrated, in my opinion) effortlessly moves through the film with her natural charisma and sharp comedic timing. SZA, who we just saw perform at the Super Bowl with Kendrick Lamar, delivers a surprisingly strong acting debut – natural, never awkward and completely in sync with Palmer. Their contrasting personalities add to the fun: Dreux is the ambitious hustler, while Alyssa is more carefree, trusting fate even when it leads them straight into trouble. Their friendship is the heart of the movie, making



the stakes feel personal and relatable.

Beyond the nonstop laughs, “One of Them Days” has some unexpectedly emotional moments as well. The inevitable best friend arguments hit hard because they’re rooted in genuine care. Dreux pushes Alyssa to want better for herself, while Alyssa wants Dreux to loosen up and trust life a little more. Their individual struggles also add depth. Dreux’s financial struggles are all too relatable for many of us college students and Alyssa’s tendency to rely on fate rather than taking control of her life feels all too real.

That being said, there are moments where I felt the pacing dragged. Some scenes feel stretched just to fill time until the next big hijinks, and while the comedic dialogue definitely lands, a few moments could have been skipped. But honestly, that’s expected in a film like this – it’s more about the wild ride rather than a perfectly structured plot.

Hayley here and I disagree with Francine about the pacing. It moved fast for me, with no lulls following the structure of this type of comedy to a tee. The nature of these films is to have the audience feeling like they are just coming

along for the ride with the main characters in their everyday life. With that comes some awkwardness, pace changes and unconventional choices in structure, which I believe benefit this form of storytelling, making it feel believable while adding charm.

This film falls perfectly into the universe of some other beloved 90’s films, such as “Good Burger” which came out in 1997 and “Friday” starring Ice Cube, which came out in 1995. Despite the film taking place in modern times, it follows so closely to the storyline of these films that it had me questioning if it was a remake of “Friday” with a modern twist. They shared many similarities including set, angles, timecards, countdowns, types of characters and tropes!

Where I do agree with Francine, is with Palmer’s acting. She embodies the “going with the flow” 90’s comedic style with ease, as did SZA! Each actress played genuine and multi-faceted characters with quirky, yet perfectly timed, comedy choices that never failed to get a laugh. While also touching on how real the hustle can be, relating to many young girls in the audience. We both are hoping to see more of this duo or even each individually on the big screen again soon.

The perfect film for a late-night watch with besties, or for “One of Them Days” when you’re in need of a good laugh. We give this movie a 3.5 out of 5.

What is the best Valentine’s gift you have received?



Jaycee Light
First-year social work major
“My dream Valentine’s Day gift is a giant teddy bear, and I’ll probably marry whoever gets me one someday.”



Maddy Pearson
First-year marine science major
“The best Valentine’s gift was when my dad sent me a big bouquet of flowers and Valentine’s Day balloons to my elementary school. My parents were divorced and he lived in a different state so it just meant a lot to be shown that I was loved and knew that he was thinking of me.”



Allison Quayle
First-year biology major
“The best Valentine’s gift I ever got was a teddy bear from my sister that I named Arcenciel (French for rainbow). It was a really thoughtful gift, and I was able to take it with me on a few adventures too, so I have a lot of good memories associated with it!”

Upcoming Events

Wednesday, Feb. 19
De-stress and craft with Second Year Experience in the Makerspace. Participants will get to paint their own tote bags with the provided materials. The event is from 2 to 4 p.m.

Wednesday, Feb. 19
The Helen Rucker Center is hosting another film screening and discussion event in celebration of Black History Month. They will be showing “The Soloist” in Building 12. The screening is from 6 to 9 p.m.

Thursday, Feb. 20
The Rainbow Raft is hosting their Welcome Back Mixer at 1 p.m. in Building 12. There will be music, games and light refreshments.

Thursday, Feb. 20
Head over to Promontory for a carnival! Hosted by the Promontory Resident Advisors, the event is from 4 to 6 p.m. at the Promontory basketball courts.

Friday, Feb. 21
Join the Otter Cross Cultural Center for “Tattoos and Taboos” from 4 to 6 p.m. in the Otter Student Union, room 310. Local tattoo artist Marlo Kaleookalani Lualemana will be in attendance for the discussion about tattoos.

Friday, Feb. 21
Associated Students is hosting Drag Bingo from 6 to 7:30 p.m. in the Otter Student Union Ballroom. Drag queen, Castrata will host bingo. Attendees must be 17+.

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.

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

WORD SCRAMBLE

Can you unscramble these flower-related words?

sroe

ihrocd

puilt

twrseiia

dygarhnae

hladia

artiennoa

poypp

npoe y

dglmaroi

ANSWERS:

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

Rose, tulip, hydrangea, carnation, peony, orchid, wisteria, dahlia, poppy, marigold

