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### The Lumberjack Newspaper, February 20, 2019

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Tanae Nichols

black girl  
excellence  
in science

Cellular molecular biology major, Tanae Nichols shows other black girls, anything is possible

Cellular molecular biology major, Tanae Nichols sits behind Bret Harte house on Feb. 19. Photo by Dajonea Robinson.

by Maia Wood

Sacramento California native, Tanae Nichols has a plan to prove to other black girls, anything is possible. Nichols is a third year at Humboldt State and is studying cellular molecular biology.

“Dealing with genetics on a molecular level, I’m able to break down how things work and function on the most basic level,” Nichols said.

Nichols takes this goal and brings it to life with her hands-on work as a caregiver. Growing up she had many family members with disabilities and was inspired to find out how she could help. Her love for knowledge and caring for others is what drew her to work in the field. She was

also interested in internal medicine dealing with black people.

“I wanted to learn more on a developmental level, I can fix things in the body,” Nichols said.

When a Humboldt State recruiter came to her advanced placement class in high school, she became drawn to the beautiful location and the sense of community. These factors are what pushed her to attend school here.

“I’ve always been into hiking, camping and just being an outdoors girl,” Nichols said. “I am an adventurer.”

Nichols moved to Humboldt straight out of high school. She came with intentions to join the pre-med program. She also en-

joyed how the school pushed a biology centered curriculum. She tried many different majors before finding a fit.

“I changed my major from general biology to environmental biology to psychology and then back to pre-med,” Nichols said.

Being the first person to go to college in her family, and a black woman in science, she has felt the pressure to succeed.

“I have professors that really believe in me and tell me ‘Don’t let anyone tell you, you can’t do it,’” Nichols said.

She takes this advice and strives forward to be a positive role model for her family back home.

With three brothers and four sisters, Nichols finds herself in the middle. Raised by two hard working parents who did not go to college, education was always important.

“My parents made sure I was put into schools that were college oriented,” Nichols said.

The charter school she attended really promoted children of color to go to college.

She is involved with the Humboldt State’s club/sisterhood, The Legacy. This group of women aim to be a home away from home for all women and a platform to connect with the Humboldt community. They do different community service events

like canned food drives, beach clean-ups and mentoring girls. Nichols believes it is important to be involved with the community to be an effective doctor.

“When going into medicine, you have to learn the community you are serving,” Nichols said.

Nichols has about two more years to go until graduation. Her next steps after college are to go to medical school, do a two-year residency and eventually become a doctor. Nichols encourages other young black girls who aspire to go into the science field.

“Continue your studies and trust in your dreams,” Nichols said.

Continuing to fight for Josiah

Josiah remembered through Cool Runnings

by Delaney Duarte

Honoring Josiah Lawson and black history month, the 22nd vigil of his passing was held on Feb. 15 at the Arcata United Methodist Church. The community of Justice for Josiah hosted a movie, Cool Runnings, which was based off of a true story of the first Jamaican bobsledding team.

Jazmin Sandoval, president of Associated Students, joined the Justice For Josiah committee a year and a half ago to help bring justice.

“I think this is a way to show solidarity and bring the community to have a safe space where people can really remember Jo-

siah, and that could have been me or any other student,” Sandoval said.

Sandoval said she wants to make sure that not only are they wanting justice for Josiah, but justice for any students that deserve to be treated equally.

“I just like to come in solidarity to show support for Michelle-Charmaine and try to pressure the law enforcement to push his case forward and demand justice for Charmaine,” Sandoval said.

Students received free pizza from J4J members to go along with their movie. The committee was also selling shirts and pins that said Justice for Josiah, and let students borrow blankets for



The remembrance of Josiah Lawson. | Photo by Delaney Duarte

the cold.

Xiomara Fambrough, a 25-year-old who recently moved to Arcata, joined the community and took part in her first vigil for David Josiah.

“I come to events like these because I want to support my community no matter what community that is, no matter how new I am to the community,” Fambrough said. “It is really

important to me because I know that’s the real way the world is going to change.”

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<b>Ancestors</b>	<b>Goddess</b>	<b>Strength</b>
<b>Build</b>	<b>History</b>	<b>Strive</b>
<b>Community</b>	<b>Justice</b>	<b>United</b>
<b>Education</b>	<b>Love</b>	
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# New housing program for Arcata tenants & landlords

*The new housing program aims to educate both parties on mutually beneficial renting practices*

by Jett Williams

One of the most daunting prospects of ‘adulthood’ is moving into your own space. Soon HSU will offer a program to make that transition easier. Students and faculty presented information on a proposed landlord-tenant certification program, tentatively called the Educated Landlord and Tenant Program, or ELTP, on Feb. 15, at the D Street Community Center.

The intent of ELTP is to create an equity-based program that educates both tenants and landlords on life skills, their rights and responsibilities and the best practices to follow when renting. Chant’e Catt, who is the off-campus housing director and project leader, said the idea came from a meeting she attended three years ago where students complained about the lack of tenant education programs offered by HSU. The concept stuck in her head until she began collecting input from the community with a team of students eight months ago.

“What we started hearing was that landlords were interested as well,” Catt said. “The student tenants were being treated poorly, but some landlords could say the same.”

With this knowledge, the project blossomed into a grassroots community effort to include both landlords and tenants in the discussion, and create a program that could benefit both parties equitably.

The team held three town hall meetings to gather information from the community on what the structure of the class would look like, and what specific curriculum would be covered.

“We felt it was important that all voices came into the planning of this education program,” Catt said. “There’s no way people in the community can say they didn’t have input.”

The proposed two to three hour free class session would allow landlords and tenants to learn cooperatively and earn ‘gold star certifications’ upon completion of the program. The certification would be a sign that the tenant or landlord is educated on all aspects of renting a room or apartment. The program is expected to be implemented early next semester.

One of the landlords attending the town hall meeting was Simone Wyche. Wyche is the office manager of Strombeck Properties and said she is excited to see the execution of this program.

“I’ve never seen anything like it,” Wyche said. “We won’t just pick tenants with the certification, but it would definitely be enticing.”

Forestry major and ELTP Research Collaborator Jesse Richards’ own struggles with housing motivated him to help build the program. He survived living out of the trunk

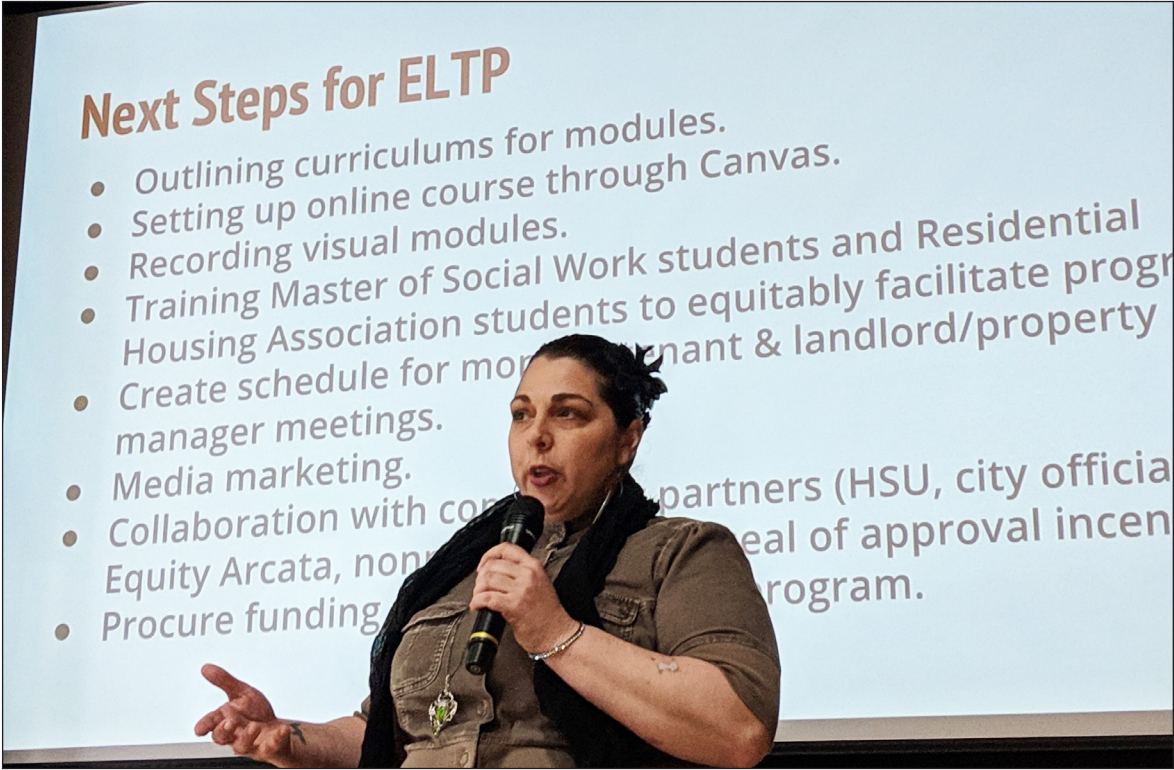


Photo by Jett Williams  
Chant’e Catt, the driving force behind ELTP, describes where she plans to take the program in the coming months.

“So much of your time is spent dealing with simple tasks that become much harder when you don’t have a place to stay.”

— Jesse Richards  
ELTP Research Collaborator

of his car and sleeping in the community forest before buying a van and outfitting it into a livable space.

“Being homeless adds stress to your day, because so much of your time is spent dealing with simple tasks that become much harder when you don’t have a place to stay,” Richards said. “Waking up and going to

the bathroom sounds simple, but for a homeless person it’s never that easy.”

If this program had been in place when he first came to campus, Richards said he absolutely would have utilized it.

“This program is designed partly as a buffer to help students with insecure housing, to prevent them from becom-

ing homeless,” Richards said. “Knowing that there’s someone on your side, advocating for you sometimes is all you need to go to school and do things in your daily life.”

Jett Williams may be contacted at thejack@humboldt.edu

## Beyond these walls

*Tony Platt discusses the truth behind the American criminal justice system*

by T. William Wallin

Criminal justice author Tony Platt visited Humboldt State on Feb. 14 to discuss with a panel his new book, “Beyond These Walls: Rethinking Crime and Punishment in the United States.” Students, professors and community members filled the Native American Forum where the event took place.

Nancy Perez, critical race, gender and sexuality studies professor at HSU and Stephanie Lumsden, scholar and teacher finishing her Ph.D. in gender studies at UCLA, completed the panel. Dr. Renee Byrd, professor of sociology, introduced Platt and said reading his work as an undergraduate in Oakland changed her life forever.

“Platt is a co-author of my favorite text, ‘The Iron Fist and The Velvet Glove,’” Byrd said. “There were few books at the time that really took a radical approach that looked to the causes of state violence and corrupt criminal activity.”

Platt is a distinguished affiliated scholar at the Center for the Study of Law & Society, University of California, Berkeley and is familiar with Humboldt county. He resides both in Berkeley and Big Lagoon. Platt said he has been visiting Humboldt county since 1975 and it feels like coming home since he’s done a lot of research here.

Platt began his talk with the four main themes of his new book: We’re too weak for the fight for social justice within our own movement. Public police and prison guards are just a small portion of how coercive power and social control are executed. The problems now are not products of Trump nor the leftover issues of the past. We have to learn from our forgotten history and bridge activists ranging from high school kids marching for gun control to Black Lives Matter.

“We’re in an in-between moment in history where we’re deciding what do we want to look like.”

— Tony Platt  
Author of “Beyond These Walls”

“We have the highest incarceration rate of any other country,” Platt said. “Our solitary confinement violates U.N rules and reg-



Photo by T. William Wallin  
Nancy Perez, CRGS professor, Stephanie Lumsden, scholar and teacher finishing her Ph.D in Gender Studies at UCLA, and Tony Platt, author of ‘Beyond These Walls: Rethinking Crime and Punishment in the United States, in The Native American Forum on Feb. 14 2019.

ulations. The 99 percent of those incarcerated are poor and dis-proportionally African American. We have 30 percent of all women incarcerated in the world.”

Platt is the author of ten books and 150 essays and articles dealing with issues of race, inequality and social justice in American history. Platt said currently we are too often left picking a choice at the detriment of another group.

“We’re in an in-between moment in history where we’re deciding what do we want to look like,” Platt said. “We know what we don’t want. For the next generation it’s up to them to decide what they want and who it will help.”

Panelist and abolitionist Stephanie Lumsden

agreed and said although it’s negative that there’s so much violence occurring right now this is also the moment of opportunity for us to organize and do something about it.

“What do we do about justice?” Lumsden said. “Prisons aren’t solving crime. Police aren’t solving crime. Racial capitalism is what we’re working with. Abolitionist politics is overtaking this order. It is taking apart this system.”

Lumsden said she valued Platt’s new book for its thorough research. She said the main thing she reflected on was the critique it had on reform work and the reformist attitudes that build the state.

“I am not a reformist, I am an abolitionist,” Lums-

den said. “I don’t think we should lock people away in cages which for some reason is a radical idea to some people.”

Javon Patterson, a junior in computer science, came to the discussion with his altruism and compassion class to hear the panel talk on how we deal with prisoners when they integrate back into the world.

“I think this is important because prisoners are not treated very well when coming back into society,” Patterson said. “Even if they try their best to change society makes it difficult. It’s important to talk about this and how we can change.”

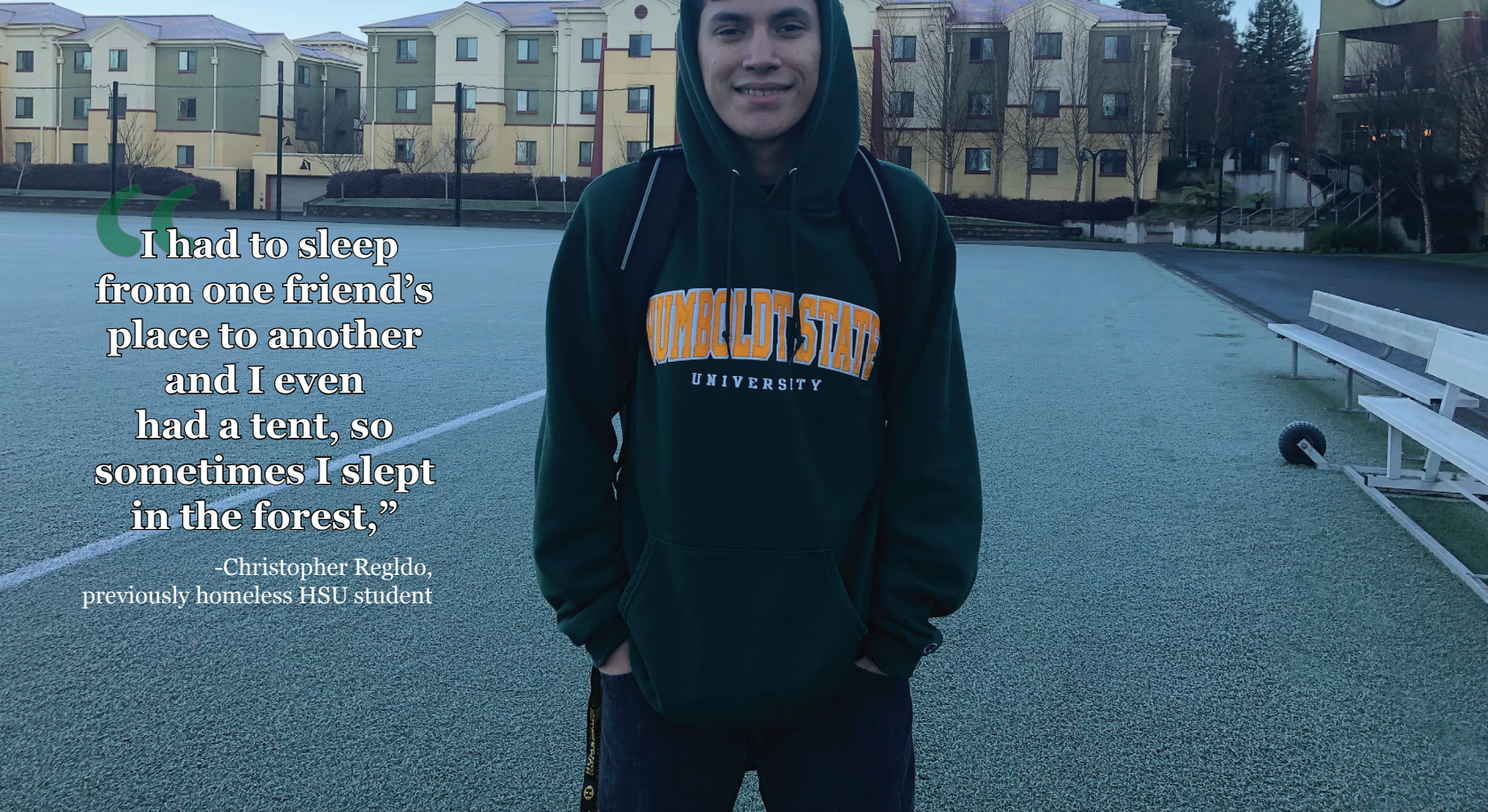
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# Homeless HSU students still on the search for shelter

## Progress has been made but it's far from perfection.

by Delaney Duarte



I had to sleep from one friend's place to another and I even had a tent, so sometimes I slept in the forest,"

-Christopher Reglido, previously homeless HSU student

HSU student, Christopher Reglido stands in College Creek's soccer field. Photo by Delaney Duarte.

The housing situation at Humboldt State University has been a huge problem since 2016. In the last year, about 19 percent of HSU students were homeless, according to a recent study done by CSU Chancellor's office social work professor Jennifer Maguire and CSU Long Beach social work professor Rashida Crutchfield.

Many students demand more housing. Fernanda Estrada, a junior in psychology, has lived on campus her entire student career and said her biggest fear is not being able to find housing within the next few years she has left here.

"I am still unsure whether I will even have granted housing next year, to live on campus,"

Estrada said. "This school has a huge problem on not having a lot of housing for on campus living. For someone who doesn't have a car, it is very hard to live off campus as well. I feel like a lot of students aren't taking action into this situation, and they only will unless they are in this situation."

We are mostly unaware of the students that are homeless. We see them on campus and don't even know they're having housing insecurity. We see these students in our classes, walking out on the quad, or even in the Depot without knowing they have nowhere to sleep. Christopher Regalado is a junior in marine biology who was homeless for a semester

and knows how it feels to be homeless.

"It was really tough, I had to sleep from one friend's place to another and I even had a tent, so sometimes I slept in the forest," Regalado said. "I didn't want to bother my friends all the time because that is their place and not mine."

Regalado couldn't find any housing available on campus or off campus. When he applied for housing on campus he'd gotten a waitlist number, which was 272. That number was far from a single digit number to even have a slight chance on getting a place to live.

"I was really disappointed with how the system of on campus was set up," Regalado

said. "It is very unfair. I wouldn't wish being homeless on anyone, it is such a stressful time."

Regalado said he had a hard enough time being homeless for one semester and couldn't imagine the students who are homeless for a year or more. Regalado hopes that housing changes very soon for those students suffering without a safe place to live.

"I really hope those students who are homeless currently know they aren't alone; and I hope they have supportive friends like I did at a time where I needed them the most," Regalado said.

On campus, there's supportive advocates to help those students who can't find

homes. The Homeless Student Advocate Alliance, is a club that creates dialogue services and awareness of housing issues are overlooked. This club was started by Chant'e Catt, who is also the Off-Campus Housing Coordinator. Chant'e Catt assists students who are homeless to find homes off campus and helps support them.

"There is a lot of awareness now on campus, so professors and faculty staff know what to look for when they see a student in need so they do refer those students to me," Catt said. "Also when students are brave enough to come out and find help, they are immediately directed to me."

Many students want these housing issues to be improved and get better as time goes on. Catt said that the housing situation has improved throughout the years she's been working on the issue.

"HSU, while people like to think we aren't doing a lot, are actually the leader in solving and supporting the students around this need," Catt said.

There has been a lot of people who blame the school itself, and the people that work within housing. Catt said that there is emergency housing on campus in the woodworks for next semester that can house one or two students.

"I see a lot of progress going on for student basic need," Catt said. "A lot of people like to blame a specific area or one person but in reality it is just a system failure in the institution."

If you are currently going through a similar situation, you can contact Chant'e Catt at [cmc1776@humboldt.edu](mailto:cmc1776@humboldt.edu).

Delaney Duarte may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## Blotter Bytes

### Weekly police blotter updates and the rolling count



Photo illustration by Freddy Brewster

**The Rolling Count:** Alright, alright, this week had some activity! No one was charged—which is dope. However, some folks got in trouble...metaphorically speaking. Or maybe not; the report is ambiguous. Hemlock, Alder, Tan Oak and even the parking lot at Forbes Gym all saw some action.

**Possession charges = 4 Contraband/**

**paraphernalia seizures = 2**

**Monday Feb. 11**

**• Mental health awareness** The past week had a number of welfare checks, which are enacted if someone is concerned about another's wellbeing. With that said, if you

are experiencing a tough time and need someone to talk to, you can access counseling and other mental health services at the Student Health Center. Check out their website.

**• Good guy alert—** Someone got an escort to their vehicle late at night from UPD. Give a cop a high-five next time you see one!

**• Three Butt dials!—** UPD was called three times with no one answering from the other end. Guys, airplane mode is a thing. So is not calling 911 on accident. Come on, you're better than that.

**• A problem worth addressing—** Someone was warned for camping on HSU property near the Kinesiology and Athletics buildings. Those in power need to help our more

by Freddy Brewster

vulnerable counterparts...not everyone has the luxury of a home

**Tuesday Feb. 12**

**• Art Heist—** It looks like we have an art burglar in the Pepperwood Residence Hall. Stealing art in the movies looks cool, but in real life it's not. So, don't do it. M'kay?

**• Petty Theft x2—** A backpack and other items were stolen from the Kinesiology building. Please don't steal.

**• Smokin' in the boys' room—** Drug activity at Hemlock Residence Hall! Two people were caught with marijuana. They only received an "incident memo," so that's cool.

**Wednesday Feb. 13**

**• Buzzkill—** "A campus parking officer found three rolled marijuana joints on the ground and turned them in for destruction." Destruction? I bet the guy in the evidence room smoked them.

**• Good guy alert—** UPD helped someone get into a locked car. Now, that's pretty cool.

**• Let's Mötley Crüe this place—** Someone punched a whole bunch of holes in their walls in Laurel Residence Hall. Don't worry though, "he is code four, negative crime." Whatever

that means.

**• Buzzkill part deux—** "Housing out with a resident in the kitchen in possession of marijuana." The wording of that sentence sounds like a bad Bob Dylan song.

**• Stop! (in the name of love) x4—**

The cops were on a mission this day. Four people were stopped for blowing through stop signs on a bike. Bikers, ya gotta stop. Sometimes it's in the name of love. Other times it's in the name of the law.

**Thursday Feb. 14**

**• Good guy alert x3—** UPD helped with a jumpstart, locked car doors and a late-night escort...on valentine's day. Aren't they sweethearts?

**• Trespass—** A "transient female has been in the restroom for at least 30 minutes." It breaks my heart that our homeless counterparts routinely have the police called on them for pejorative actions. The woman was warned about her "recent trespass." On public property...

**• Smokin' ciggies—** "Several subjects [were] smoking in the stairwell area" at the Hagopian House. Although UPD didn't see them smoking, they admitted to it... amateurs.

**Friday Feb. 15**

**• "Making a scene"—** Someone refused to take their backpack off when entering

the College Creek Marketplace and threw a fit. Not gonna lie, this backpack policy is the stupidest effing policy on campus. Those who enacted it assume that students are thieves. A former LJ editorial team wrote a piece about this and the ridiculous prices. Find the article at [thelumberjack.org](http://thelumberjack.org)!

**Saturday Feb. 16**

**• Momma's boy—** A Lyft driver called someone's mom after he left his cell phone in the car. Like a good mother, she called the police to check in on the situation. The phone was returned and the owner was "advised to contact his mother." Aww, that's sweet.

**• Fallen soldier—** An RA in the Alder Residence Hall seized someone's pipe and turned it into UPD. Now I'm not one to glorify military stuff, but let's salute this fallen soldier. Cue "Taps."

**Sunday Feb. 17**

**• Someone barfed—** "Someone vomited in the Fieldhouse and the game is unable to resume until it is cleaned up..." Oh man, that is something there, imagine the smell. Seriously think about... taste it... smell it....Okay see ya next week!

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# Student spotlight

*Lumberjack news editor, T. William Wallin sat down with Ashleigh DeFraga and Belen Gutierrez during separate interviews for a Q&A.*

by T. William Wallin



Photo by T. William Wallin

Criminology and Justic Studies seniors, Belen Gutierrez and Ashleigh DeFraga, are sociology peer mentors who have also volunteered with YES! since freshman year.

DeFraga and Gutierrez are seniors in the criminology and justice studies program at HSU. They are peer mentors for the sociology department and can usually be seen helping out a student in the business of social sciences building. They volunteer with YES and are very involved with the community. They both are pursuing law degrees and want to become lawyers after graduation.

## WHAT ARE YOU STUDYING AT HSU?

DeFraga: I am studying Criminology and Justice studies major, with a double minor in psychology and Philosophy

Gutierrez: Criminology and Justice studies with the minor in comparative ethnic studies

## WHY DID YOU PICK THE MAJOR AND DOUBLE MINORS?

DeFraga: I love all aspects of the criminal justice system. Our school has a unique program and since day one I knew I wanted to be a lawyer. I chose psychology because I am interested in how the brain works. I am minoring in the philosophy of ethics, which we talk a lot about ethical dilemmas that get brought up in criminal justice such as rape, or voluntary suicide. Taking philosophy will help me with questions that will be on the bar exam and the LSAT.

Gutierrez: I interned at a law firm in high school and I knew I wanted to do law when I graduated but I didn't want to do the traditional political science. Not that there's anything wrong with that but I was more interested in the criminal justice aspect of it. I started learning about intersexuality in high school and that drew me in having a minor in comparative ethnic studies.

## WHERE DID YOU MOVE FROM?

DeFraga: I came from Sacramento. I came straight from high school and enrolled at HSU in August of 2016. I have been taking 20-22 units each semester to graduate sooner because I don't get financial aid. I did get some scholarships but I wanted to get done as fast as possible.

Gutierrez: Orange County, Santa Ana, in particular, Southern California. I came straight from high school. I graduated in 2015.

## HOW DO YOU JUGGLE THE WORKLOAD AND VOLUNTEER WORK YOU DO?

DeFraga: I go day by day. You can't go each day and think past that because then it'll be overwhelming. I have a google calendar, a wall calendar and a million sticky notes everywhere. I'm really organized.

Gutierrez: My mom is really good with time-management and I really just inherited her skills a little bit. I really try to think about what I'm taking on and how that is going to fit in with my schedule. I know my limits and I try to stick to them. But google calendar and a planner is your friend.

## WHAT'S THE PLAN AFTER YOU GRADUATE?

DeFraga: Straight to Law School. I'm going to go to Pepperdine in LA. It's a private school with lots of scholarships and I love the area its in. It's smaller than Harvard and I think it's best for me to thrive.

Gutierrez: I'm taking a year off and then going to law school. My top schools right now are Berkeley and I got a full-time offer for Chapman Law. I'm debating that because I want to go to the bay so I'm not sure if I'm willing to relocate to So-Cal but we'll see. Berkeley is number 1. They have a Ph.D. program on social well-being so you can do

a program to get your Ph.D. in social justice and also your law degree which is what I'm really interested in doing.

## WHAT ARE YOU MOST PASSIONATE ABOUT?

DeFraga: I am most passionate about juvenile kids. They need help, it's not their fault when they get in trouble. I want to make a difference in the juvenile justice system. Kids are important and not enough people are making an effort with them.

Gutierrez: I think definitely collaborating with communities that are oppressed and striving for social justice.

## WHAT HAS BEEN YOUR FAVORITE EXPERIENCE IN HUMBOLDT?

DeFraga: My favorite experience is all in all the environment. I think the environment has shaped every aspect of my experience. Everyone is super genuine. The JRVF program has been one of my favorite experience up here.

Gutierrez: Definitely volunteering with YES. I started volunteering as a freshman through the step-up program which is HSU's alternative spring break. That's where we went to San Francisco to volunteer for spring break, and then when I was a sophomore I directed the program myself and planned the Sacramento trip. My junior trip I applied to be one of the five paid staff positions and I got it. This year I applied to be the lead program consultant and I love it. I love YES and I think if it weren't for YES I would have transferred out of HSU because it's so isolated. I think finding a community is really important and I found it at YES. That has definitely been my favorite part so far at HSU.

## WHAT ADVICE DO YOU HAVE FOR INCOMING STUDENTS?

DeFraga: Be brave. Don't be afraid to ask questions. Don't be scared to not know something, just ask and be comfortable in your own skin.

Gutierrez: Definitely, get involved. Maybe not your first semester if you want to get a taste of college and what classes are like as a full-time student and how you fit in because that's the time to dip in your toes and see what you want to be involved with.

## WHO IS YOUR FAVORITE PROFESSOR AT HSU?

DeFraga: Michihiro Clark Sugata.

Gutierrez: Wow, I've had so many. I think so far it's been Nancy Perez. She just got hired through the CRGS department and I took Chicana/Latinx with her last semester. I really like the structure of the class and how she gave us assignments I never had before and so she was really relaxed with what we could do. One of the assignments was to write a children's book and what stood out for me was to write a children's book that you wish you had when growing up. I really liked it and I wrote a book about my experiences growing with a message I would have liked to see growing up. That really stood out for me and that has made her one of my favorite professors. She really thinks outside the box and giving us assignments that were challenging because you think you can write a children's book no problem but really it's a lot more than that. It's a lot deeper than that and there's a lot of thinking that goes into it like 'how can I put a message into it in a way that a 5-year-old or whoever is reading it will understand it.' That's why she's my favorite professor.

## HOW LONG HAVE YOU WORKED WITH THE JUVENILE CENTER AND WHAT IS IT LIKE? WHAT HAVE YOU GAINED

## MOST WITH WORKING THERE?

DeFraga: It's pretty awesome getting to go into the Juvenile hall and work with the kids there. They are honestly just normal kids we have just labeled them as bad or delinquent! I think that the best part is being able to see that they are just kids, not criminals! To be able to just hang out with them and show them a positive example is a small way in which each and every one of us can help them. I've been working with them since my freshman year! It also makes you feel like your life isn't so bad in retrospective to theirs. Putting yourself in their shoes and looking at the intersectionality that goes along with it!

## WHAT IS WORKING AT YES LIKE?

Gutierrez: It's really rewarding in several aspects. It's not just going out into the community that's rewarding, it's also all the skills I have learned that I didn't even know I had, such as facilitating meetings and learning people's first language and how there's a savior complex when volunteering and how YES is striving more towards collaborating with communities instead of really just going in and serving them. It's more like we're here if you need us and what is it you would like from us instead of going in and being like we're here to do this for you. So I think that's what I really fell in love with YES, there really striving to make those changes

T. William Wallin may be contacted at thejack@humboldt.edu



# Kittens and volunteers made it out to HSU's volunteer expo

*Humboldt State Career and Volunteer Expo hosts 95 organizations*

by T. William Wallin

Nearly 100 organizations made the journey through sideways rain for the Humboldt State Career and Volunteer Expo. The event was held



This year professors and chamber of commerce members donated professional clothing for students during The Career and Volunteer Expo on Feb. 14.

in the west gym on Feb. 14 from 12 p.m. to 4p.m. and included prospecting volunteers and job recruiters that ranged from California Conservation Corps to Companion Animal Foundation.

HSU's career advisor Joy Soll, said that 70 percent are received because of networking.

"This gives students an opportunity to actually meet employees and to actually talk to people," Soll said.

This year Soll said they wanted students to look as professional as possible. Professors, faculty and chamber of commerce members donated clothing for the event so students could grab a blazer

or a button up shirt before introducing themselves. Because of the government shutdown Soll said there were a few less organizations but they still expected a similar turn out at last year, around 800 students.

"Because of the government shutdown we had to actually extend our deadline," Soll said. "We work with a lot of professors to encourage their students to attend the event since they don't always know the opportunities that are here



Jacks, of Companion Animal Foundation, which supports animal adoptions and community outreach services during The Career and Volunteer Expo on Feb. 14.

for them."

Kyle Barney, senior in environmental studies, was one of those students. He said his professor made him come for his Capstone class but was taking the opportunity to get more knowledge on the jobs that are available. Barney, along with every other student attending, was even able to get free professional portraits from Kellie Jo Brown of MarCom.

"Today will just to be figuring out what I might want to do," Barney said. "I'm sticking around till next summer so I'm just going to see what comes up."

Trena Neel, general biology junior, was at the event with Companion Animal Foundation. Neel has been volunteer-



Kyle Barney, senior in environmental studies, gets a free professional portrait from Kelli Jo Brown, photographer for MarComm at HSU, during The Career and Volunteer Expo on Feb. 14.

ing with the organization since May of 2018.

"I walked into Companion Animal Foundation's thrift store looking for a job but they didn't have any openings," Neel said. "I applied as a volunteer instead because I want to be a vet tech."

Neel said she grew up with animals all her life and so volunteering with Companion Animal Foundation fulfills that.

"I just want to be around animals and help them when their sick," Neel said. "If you love your job then it's not really work."

Shanna Gunn, lead animal technician for Companion Animal Foundation, said they use

their thrift store to support their animal adoptions and they take part community outreach in Arcata. They also help those with financial difficulty to spray and neuter their animals.

"We're here because we want to get more people volunteering and involved," Gunn said. "There has been a lot of people coming and showing interest. That's why we are here."

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## Behind the many medals

*The tri-talents of an accomplished track star*

by Grace Caswell

As a starting sprinter for HSU's track team, and recipient to over a hundred awarded medals, Romel Robinson, is familiar with identifying himself as a runner. However, beyond the many medals, is a self-taught gymnast and break-dancer.

"I taught myself [to tumble] in middle school," Robinson said. "My friend knew how to back flip and tried to teach me, we were just messing around."

Finding a new interest in the gymnastics world, Robinson continued to teach himself new tumbling tricks.

"My favorite is a double back flip," Robinson said. "It's a work in progress, I don't have the right equipment to perform it without hurting myself."

Robinson is extremely careful when practicing tumbling, as he's already out for the season with two pulled hamstrings.

"It's a lot of strain, very similar to running," Robinson said. "You tumble until your body can't, which is about an hour, to an hour and a half in. After that, you're sloppy and too weak."

While finding a commonality between the physical excur-

sions of tumbling and track, Robinson views the two sports very differently.

"Tumbling is just for fun," Robinson said. "I got pushed into track, it's more competitive, and I take it seriously. It's a lifestyle."

Fellow teammate, roommate, and competitor, Stefan John, supports Robinson both on and off the track.

"We're straight up family, we gel," John said. "We have a lot in common, and run the same events. He wants my stride and I want his quickness! We're great friends and competitors."

With athletic support, Robinson pursues an environmental engineering major as a first generation college student. Idolizing his first engineering professor, Sintana Vergara, Robinson refers to her as his "Humboldt Mom".

"She's always been there to help," Robinson said. "She helped me through starvation freshman year, buying me groceries. She's constantly en-

couraging me in and out of the classroom."

Sintana Vergara shares a very similar attitude toward Robinson. Vergara said that Robinson was the first student she met at HSU.

"It was a very friendly start," Vergara said. "I remember he casually mentioned eating one meal a day, it broke my heart, I wanted to advocate for him. It was crazy and exceptionally frustrating. He's such an amazing athlete and student, full of potential."

Robinson pursues a masters and doctorate degree, with a goal of becoming the first doctor in his family. Vergara fully supports and believes in Robinson's dream.

"There's no doubt he can do it," Vergara said. "Everyone struggles regardless, no matter who you are. It's a tough major, but, he will be successful."

Focused on following a strict plan for the next ten years of his life, Robinson has an interesting goal for his more distant future.

"After getting my masters and doctorate degree, I want to change my name," Robinson said. "Romel Fresh Robinson, so when I'm a professor, I can be called Dr. Fresh or Professor Fresh."

Coming from the tough area of Visalia, California Robinson emphasizes opportunity and

dedication.

"I grew up in a difficult area," Robinson said. "I remember we didn't always have food and my mom was working multiple jobs. She's my biggest inspiration and is totally killing it now, doing accounting at a firm."

Watching a powerful and successful transition in his family, encourages Robinson to achieve and accomplish more.

"My mom taught me everything I know," Robison said. "She helps me with whatever I need, even if she doesn't know how, she's my favorite."

With serious goals and aspirations for the future, track becomes nearly invisible on the long list of objectives. However, it gave Robinson an opportunity in the first place, and will remain his life indefinitely.

"I like running, it's something I will always do, until I die!" Robinson said. "I mean, it got me here."

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Romel Robinson DJ's while taking a break from multiple tumbling sequences on Feb. 18.



# Love ya' self queen

## Black Humboldt hosted a self love workshop on Feb. 16

by Skylar Graven

“Black Humboldt” founders Dionna Fletcher and Mo Desir provided a safe space for women of color to join and have fun with each other. “Love Ya’ Self Queen” was an event that allowed guests to enjoy themselves as they took part in yoga practices, dancing lessons, hair care tips, essential oils, music and laughs Saturday night, Feb. 16.

The night started off with a short yoga practice instructed by Fletcher. Yoga mats were placed in a small circle, inviting all the guests to come together and share the space. Fletcher is an instructor-in-training, with a focus in teaching Afrocentric-based yoga. She led the session beautifully; taking deep breaths and loosening up the muscles proved to be an excellent way to begin the event.

After relaxed guests finished one more deep breath, a workshop with essential oils was next on the list. The air quickly smelled of citrus and peppermint as Rosemary Grady, longtime friend of both Fletcher and Desir, shared the benefits of natural medicines and oils in a short workshop. Grady has had an interest in essential oils for a while. After discovering what different smells can do to a person’s sensory memory, she dove in deeper with her research.

Grady said citrus reminds her of the times she would visit the orange trees with her family in Riverside. She also mentioned that lavender has helped her many times with anxiety and stress. Natural resources also help benefit your health, instead of using

products that contain harmful chemicals that can affect your body.

Later, after a choreographed dance lesson uplifted the room with many smiles, Desir and Fletcher shared helpful tips for those struggling with different hair types such as thick, curly hair. As participants created hair masks, they suggested using coconut oil in your hair last rather than first, because it blocks out other products from entering your hair, and, for curls, it’s best to wash it once a week to prevent it from getting dry and brittle.

Desir presented an easy recipe for a hair mask consisting of Mayonnaise (vegan mayonnaise is an option), honey, extra virgin olive oil and coconut oil. An avocado or banana can be added to make it thicker. Everybody was given a sample to use at home along with a homemade sugar scrub.

After that, the circle opened up about their experiences with their hair and other difficulties that they’ve gone through being women of color.

“I straightened my hair for a really long time throughout middle school and high school,” Grady said. “It wasn’t until I went to college... it was actually black women telling me what to use for my hair; it wasn’t until I lived in that environment where I was supported by women of color, I started to embrace myself and love myself a lot more.”

With an entire county that lacks in diversity, Fletcher and Desir wanted to establish reliable and entertaining spaces for people of color to express

themselves without having to feel restricted because of an uncomfortable or unfamiliar environment.

“Every month we try to find new themes and innovative ways to be together,” Fletcher said.

Black Humboldt normally holds events in black-owned businesses, to promote and give the black community a variety of places to visit and so people of color can explore new spaces and find more diversity in this county. “Love Ya’ Self Queen” was held at the Body High Pole Dance Studio, owned by Naomi Leitu and Natalie Abeja, both women of color.

“We specifically chose this space because it is black-owned,” Fletcher said.

Desir said that they hold events in black-owned businesses to support and display a positive place for people of color to attend.

“This is a POC owned facility,” Desir said. “I think a big emphasis we are trying to do is to create that safe space.”

Fletcher and Desir both knew that having a group that works toward building a strong black community in a largely white population would be great for Humboldt. They want to share inviting environments as well as values and support for local people of color.

“We are hoping to create a strong black community, create black economic empowerment for black businesses the most that we can,” Desir said.

Skylar Graven may be contacted at thejack@humboldt.edu



Photo by Skylar Graven showing off Black Humboldt pride. Feb. 16.

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## THIS IS A TASTY BURGER!

# Herb alternatives for students

*Different herbs that you can use for everyday ailments and problems.*

by Maia Wood

Plants and herbs have been used for centuries to treat different ailments. With big pharmaceutical companies handing opioids out like candy, many are turning to alternative treatments for different problems.

Sophia Laverdiere is a local herbologist at Moonrise Herbs in Arcata. Laverdiere received her education at The Southwest institute of Healing Art in Phoenix, Arizona, she has extensive knowledge of over 140 plants.

“Before pharmaceuticals how did humans survive?” Laverdiere said. “We have all these plants that do everything we need.”

She described what the term ‘disease’ means in her line of work.

“Disease literally is dis-ease in your body,” Laverdiere said.

When you have health problems, that means your body is not in balance with the environment around you.

Pharmaceutical drugs and medicine are often derived from plants. Scientists isolate the chemicals in plants that help treat ailments in humans, so going to plants to treat illness is not so far off. Using the whole plant, instead of part, can provide benefits for illness and disease. Before going to a pill, try some of these herbal alternatives.

For Asthma  
Mullin:

· Description: “Leaves look like lungs”

· Use: Soothes the bronchioles

· Origination: Used by the Native Americans

· How to Consume: Tincture

Local Organic Honey and Pollen:

· Use/ Benefits: For asthma and allergies

· Builds immune system by exposing you to local allergens

· How to Consume: Eat a spoonful

Anxiety & Stress

Ashwaghandha:

· Use/ Benefits: Sleep and pain

· Origination: Chinese herb, means “strength of a horse.” The medicine comes from the root of the plant.

· Lowers your cortisol levels, which get overloaded during stress.

· How to Consume: Tincture

Wholey Basil:

· Use/Benefits: For extreme and severe anxiety and panic attacks.

· Origination: India, used in almost every home in India. Considered to be a sacred plant. The whole plant is used for medicine.

· Lowers your blood pressure and eases your heart muscles.

· How to Consume: Tea and tincture. You can just pick the leaves of the plant to consume.

OATS/ Oatmeal:

· Use/ Benefits: Natural nervous system relaxant because there are some many vitamins and nutrients in oatmeal. These factors come together to create a natural calming effect in your body.

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· “Food Medicine”

Continue reading on [lumberjack.org](http://lumberjack.org)

Maia Wood may be contacted at thejack@humboldt.edu

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# Dinosaurs and climate change

*Dinosaurs can teach us a lot about what they went through when climate change affected them.*

by Cosette Mccave

Humans can learn from dinosaurs’ experience with global warming. Elliot Dabill, president of the board of directors for Friends of the Arcata Marsh, gave a lecture on Friday Feb. 15 on the topic, “What Could Dinosaurs Teach Us About Global Warming?”

“Of course the answer is a lot,” Dabill said.

Elliot said that during this time, the continents were crashing into one another to create Pangea. Volcanoes then began erupting. The lava produced was enough to cover Europe.

Elliot said the heat from the lava cooked limestone and coal which then threw carbon dioxide and sulfur into the atmosphere. The large amount of gases, carbon dioxide and methane specifically, absorbed heat from the sun. Permafrost would then melt, which threw more methane into the atmosphere. During this time, oxygen was being sucked out of the air.

Dabill referenced statistics that there was only 12 percent to 16 percent oxygen in the air, compared to 21 percent today. This lack of air would make it very difficult to breath at higher elevations.

“You couldn’t go to Willow Creek,” Dabill said.

According to Dabill, this is



Photo Illustration by Amanda Schultz

when dinosaurs began to evolve. This is also when Pangea began to break apart. Oxygen levels had just started to recover only to crash again. Volcanoes and poison gas again began to spew into the air.

“Huge volumes of lava coming out,” Dabill said.

The Earth started to heat up and oxygen levels were crashing quickly.

“Volcanoes had to be a factor,” Dabill said.

The more you hear about global warming, the more you understand it.”

— Bill Prescott  
Retired Businessman

Many of the animals during these eras went extinct due to the low oxygen. Thankfully, dinosaurs have special lungs with air sacs. This type of lung system allowed the dinosaurs to absorb more oxygen than the other animals. The air sacs also helped absorb and exhale heat from the air. This allowed dinosaurs to survive while other animals suffered and went extinct.

Katy Allen, secretary for Friends of the Arcata Marsh board

of directors, attended the lecture on Friday.

“I never knew the reason dinosaurs survived,” Allen said.

That is when it shifted into the Jurassic era. The dinosaurs began to take over.

“Dinosaurs end up running the world,” Dabill said.

Today, the Earth is heating up faster than ever. This is due to the mass of carbon dioxide being emitted across the planet by humans.

Bill Prescott is a retired businessman who attended the lecture on Friday.

“The human influence is irrefutable,” Prescott said.

The melting of glaciers and sea level rise are two issues of concern. People across the planet are counting on glaciers to provide water for their rivers. Sea level rise will affect people all across the planet. This will destroy homes and infrastructure for millions of people.

“The more you hear about global warming, the more you understand it,” Prescott said.

Humans also have a trick to combat these issues. Humans can put their brains together to solve climate change once and for all.

“This is only the beginning,” Dabill said.

Cosette Mccave may be contacted at thejack@humboldt.edu

## Pi Epsilon welcomes environmental science majors

*Pi Epsilon offers career building experiences and more*

by Collin Slavey

The National Environmental Science Honor Society, also known as Pi Epsilon, had its first meeting on Feb. 15. President Rosey Ines and Vice President Ethan Reibsome invite qualified environmental science majors to join.

The Pi Epsilon constitution mission statement is to promote the study of environmental sciences through recognition of exemplary scholarly and professional activity. Environmental science is understood to be the study of our environment and all stressors acting on it. The society seeks to promote interdisciplinary studies and interactions between industry and academia to further the study of environmental science.

“We hope to establish ourselves and exchange ideas with students, employers and educators,” Reibsome said. “We will coordinate and collaborate with the campus community.”

To qualify to be a member of the honor society, an applicant must meet certain academic requirements. First, they must have a cumulative 3.3 GPA. Second, they must have completed 36 units of a Natural Science. They must also be in junior standing.

Reibsome said Pi Epsilon would be meeting once or twice a month. They are currently looking for members to fill out their club charter. Anyone who is interested is encouraged to contact Ines or Reisbome over email. They will fill you in on how to get involved.

Ines and Reibsome talked about the advantages of joining. They said Pi Epsilon offers ca-



Photo by Collin Slavey

Pi Epsilon awards its members with a badge of recognition and a cord for graduation.

reer building experience, recognition for student achievements and volunteer opportunities. One of the first projects Reibsome hopes to accomplish with the club is an update to the Natural Resources Building lounge. This would show Pi Epsilon’s commitment to the College of Natural Resources.

Pi Epsilon has enthusiastic support from faculty. Kerry Byrne is the honor society faculty advisor. Byrne is a professor of ecology in the College of Natural Resources. She looks forward to helping the honor society thrive.

“I’m the faculty advisor for the society,” Byrne said. “I’m here to help you in as many ways as I can.”

The meeting was an opportunity to get potential members in a room together to discuss a vision for the future of Pi Epsilon. Being part of an honor society offers a lot of networking opportunities, including access to conventions. Ines and Reisbome said they would begin looking into professional partners like the American Association for the Advancement of Science.

There were fourteen peo-

ple at the event. Many of the students who showed up are peers in the Department of Environmental Science. Their specialties included education and interpretation, policy and planning, ecological restoration and recreation. A diverse set of interests should be a boon to the club.

“They were really excited,” Byrne said. “Students who are excited, I want to help them.”

Emily Hunter is learning about environmental education and interpretation. Pi Epsilon plans on tutoring students in the environmental science and management program. Hunter said the honor society will hold people accountable, motivating them to do their best. She looks forward to contributing to Pi Epsilon.

“I hope to offer a fresh perspective to the club,” Hunter said. “As well as providing a positive attitude, volunteer connections, and be helpful in any way that is needed.”

Collin Slavey may be contacted at thejack@humboldt.edu

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Lumberjacks axe Coyotes

HSU Women’s Basketball beats CSUSB 69-66 on ‘Black Out Night’ behind Double-Double from Alexia Thrower.

by Braeden Delome

Alexia Thrower’s physicality was unmatched as she accounted for twenty-four points and tied a season-high sixteen rebounds. Humboldt State secured their fifteenth win on the season against the California State University of San Bernardino on Saturday night. HSU got its fourth straight win, and Thrower earned CCAA player of the week honors.

“I think we started as a team pretty slow,” said Thrower. “I was just trying to pick up the energy and get everybody going and just try to play my hardest regardless of the situation.”

The game went back and forth, with CSUSB getting off to a fast start leading by nine in the first. Jovanah Arrington made a big time jump shot to end an early San Bernardino run at the beginning of the first quarter.

Just as San Bernardino was starting to make a strong push late in the quarter, Thrower drained a three and got the crowd into the game. Gabrielle Carbajal added to the early comeback with a three of her own as CSUSB headed to the second quarter with a five point lead.

The game was extremely physical throughout, with Thrower driving to the basket and drawing hard fouls. She went 10-13 from the free throw line, and shot 50 percent from the field. CSUSB continued to push back whenever HSU would go on a run. Thrower set up a big screen for Arrington late in the second, as she drove to two points.



Photo by Matthew Shiffler  
Junior Alexia Thrower hitting the breakaway layup Saturday. Thrower named CCAA player of the week averaging 25 points and 12.5 rebounds.

“We have an excellent home crowd, they get really into the game... So if we get to host a game here that would be pretty awesome.”

— Alexia Thrower  
HSU guard/ forward

Thrower’s ability to grab offensive rebounds and give HSU a second opportunity was pivotal. Teammate Isamar Conde showed how much fight

went to the half with a 37-35 lead.

“[Thrower] plays with such a motor in particular when she’s around the basket,” HSU Head Coach Michelle Bento-Jackson said. “Both offensive and defensively she’s going to be on those boards, and she creates problems for our opponents. Those were high energy type moments when she was going up and securing rebounds.”

UCSB took a five point lead to begin the third, but Thrower would continue on the second effort shots. Her ability to draw the foul continued down the

stretch. A giant three pointer from Carbajal got the crowd back into it and put HSU up one heading to the fourth.

Costly turnovers from the Coyotes continued into the fourth, led by a Carbajal steal and assist to Thrower. Thrower would end up hitting a crucial shot that put the Jacks up nine and forced the timeout from CSUSB. She continued to make big play after big play in crunch time. The Coyotes tried but could not put it together, falling short by three points in the end.

Thrower’s 24 points were a game-high as she put the team on her back down the stretch. Jovanah Arrington added 15 points and two rebounds, Isamar Conde finished with 13 points four rebounds, Carbajal and Tyra Turner scored six points each and Madeline Hatch had five points and six rebounds.

“We didn’t get into any flow, but I thought Jovanah Arrington was aggressive in the second half and gave us some big buckets,”Bento-Jackson said. “Along with Lexi Thrower, we did enough just to grind out the win.”

An excellent performance by HSU puts them into position to potentially host a playoff game. They play this Thursday in Carson against California State University Dominguez Hills.

“We have an excellent home crowd, they get really into the game,” Thrower said. “So if we get to host a game here that would be pretty awesome.”

Braeden Delome may be contacted at thejack@humboldt.edu

Jacks drop series to Chico

HSU softball gets swept by Chico State on Tuesday afternoon

by Liam Warner

The Humboldt State softball team knew they were in for a challenge when they faced the #7 ranked Chico State Wildcats, as they dropped both games on Feb. 19 by scores of 8-3 and 4-2. Originally the two doubleheaders were scheduled on Friday and Saturday afternoons, but due to rain in Chico, the games were moved up to Monday and Tuesday.

Head coach Shelli Sarchett spoke at the HSU Athletics press conference on Feb. 12.

“We’re frothing at the mouths to get out there,” Sarchett said. “Especially with Chico being a rivalry weekend, we want to get out there and play them and if it means suffering through some weather then so be it.”

The Wildcats brought the offense in the first game, scoring eight runs on eight hits throughout the game. The Lumberjacks were held to three runs on six hits, with second baseman Danica Grier knocking in one run on two hits, including an RBI to open the game on a double to right center field in the first inning.

Unfortunately for the Lumberjacks, the 1-0 lead would not hold for long as Chico State Right Fielder Ari Marsh would tie the game on a single into center field and the Jacks would not lead for the rest of the game.

The Wildcat offense would not finish there as the Wildcats would score seven more unanswered runs to

“We want to get out there and play them and if it means suffering through some weather then so be it.”

—Head coach Shelli Sarchett

eventually make the score 8-1 in the fourth inning. In the sixth inning, the Jacks would inch a little bit closer as shortstop Joanna Mullins hit an RBI single into center field to make the score 8-2. The comeback attempt ensued in the seventh and final frame as Third Baseman Rylie Carlier reached on an error to make the score 8-3. Unfortunately, the comeback attempt ended there and that would be the final score of the first game.

Pitching was the name of the game in the back end of the doubleheader as Chico State pitcher Sam Mulock pitched a complete game, allowing only two runs on six hits. Opposing her was Jacks pitcher Megan Holt who allowed eight hits but only allowed four runs to score. Chico State first baseman Reilani Peleti was the standout player for the Wildcats on offense, getting an RBI single in the fourth inning and an RBI double in the sixth inning to jumpstart the Chico offense. The Jacks were only able to muster two runs on the scoreboard via a Rylie Carlier single



Photo illustration by Matt Shiffler

and Illa Haley sacrifice bunt against the standout pitching performance by Sam Mulock.

The sweep by the Chico State over HSU puts the Jacks at a record of three wins and four losses to

start conference play, after splitting the doubleheader on Monday. The next home series will be a doubleheader on Friday starting at 12 p.m. and a doubleheader on Saturday starting at 11 a.m.

at the HSU softball field in Arcata, weather permitting.

Liam Warner may be contacted at thejack@humboldt.edu



EDITORIAL

Love Yourself

Love yourself and stray away from stress

by The Editorial Staff

Here at Humboldt State University, we're at our 5th week of the semester. We understand that for some this semester will be stressful, and we want to encourage you to love yourself by promoting a healthy body and mind.

The most important thing you can do is sleep for eight hours or more, don't fret on getting assignments done and absolutely do not cram assignments. According to the National Center for Biotechnology Information, students who are lacking sleep or are sleep deprived are at an all time high. Not only can this lead to poorer work quality, but it can also lead to mood swings and higher potentials for motor accidents.

Here are some things that can help you get a good night's sleep. Drink Chamomile tea before bed; Chamomile is known to have properties that induce sleep, it's a mild effect so it won't completely knock you out. Another thing that can help you sleep is to exercise often, go on walks or do a full cardio workout. What matters is exerting enough energy to make yourself tired so you knock out when you hit the bed.

Speaking of exercising,



Photo Illustration by Amanda Schultz.

it's very important keep your body active when in college. The NCBI has said that students in university are lacking in physical activity; that is not surprising since we are juggling classes each semester that we don't have time to even take care of our bodies.

If you are one of those people who don't have time then walking to class is a good enough exercise, doing stretches is also a good way

to exercise. If you do have time and energy to exercise, HSU students are able to use the HSU Student Recreation Center, you just need to bring your student ID to sign up for a membership. It beats having to spend hundreds for a gym membership.

It's also important to budget your money wisely. Instead of eating out, cook something instead. It's not only cheaper, it's also healthy.

Another plus side is that it's also very rewarding to make something delicious. HSU also has the Oh SNAP! pantry that offers HSU students with food, spices and recipes, it's a good alternative for those who are on a tight budget.

Last but certainly not least, step away from assignments for a little bit and do something that's fun for yourself. Play a video game, read a book, watch a movie,

talk with friends...whatever keeps your mind away from all your stresses.

Stress is a dangerous baggage to carry, which is why you should keep a level head. Some students come from far away locations, HSU has its own Counseling and Psychological Services Resource if you are dealing with stressful events.

The Editorial Staff may be contacted at thejack@humboldt.edu

OPINION

Property management woes

The vulnerability of renting as a college student

by Skye Kimya

Anyone who has to deal with high-headed college students is going to have the occasional ill-mannered day. But is taking advantage of a college student's vulnerability in renting a home justifiable because one is having that ill-mannered day? Or is it just your way of demeaning my lack of knowledge about a topic you excel at? Just because I'm 20 and I'm attempting to learn how the real world works, doesn't give you the right to belittle my understanding on a matter I'm trying to grasp.

If you're a college student living in Arcata, you know exactly what I am talking about. Property management around Humboldt State University is extremely poor, from the landlords "helping" to rent the space to the space itself.

Young adults are leaving on-campus housing in hopes of finding a comfortable home in town and a safe place to reside for the remainder of their time in college. Several students have not only had problems with finding housing, but have found substances like mold in their homes, including myself.

I recently moved from a studio apartment to a two-bedroom because my boyfriend and I needed more space to live comfortably. Aside from the property



Photo Illustration by Amanda Schultz

managers being extremely rude throughout the moving process, I found black mold in my shower the very first time I used it. I should not find mold in my home after moving into a space that the property management stated on paper, had been thoroughly cleaned.

It is only fair that properties are kept up in terms of maintenance, and do not have substances like black mold at all! It's as if these housing management companies around here just don't care. They are in the office at eight in the morning, and out by five in

the afternoon with no other concern.

I mean, maybe I have this imaginary standard of how professional property managers should be and how clean new homes should look, or maybe I am simply addressing an issue that many don't have the time to.

If the property managements are not going to enhance their customer service or even their properties, I feel that Humboldt State should take the initiative in helping students find adequate housing as they move off-campus.

Chant'e Catt has recently become HSU's Off-Campus Housing Coordinator, in hopes of helping homeless students find a home as well as teaching students the do's and don'ts of dealing with property managements with a new program called the Educated Landlord-Tenant Program. I think this project start-up is a great solution to college students figuring out their off-campus housing, but not enough of us know about it. The housing project has already held several discussions that have been open to all students and community members.

One way or another, college students should not have to choose between living homeless or living in a dirty home with substances like mold. If a property manager is going to take money from a college student's very tight budget, the least they can do is ensure that the home they provide is safe and clean.

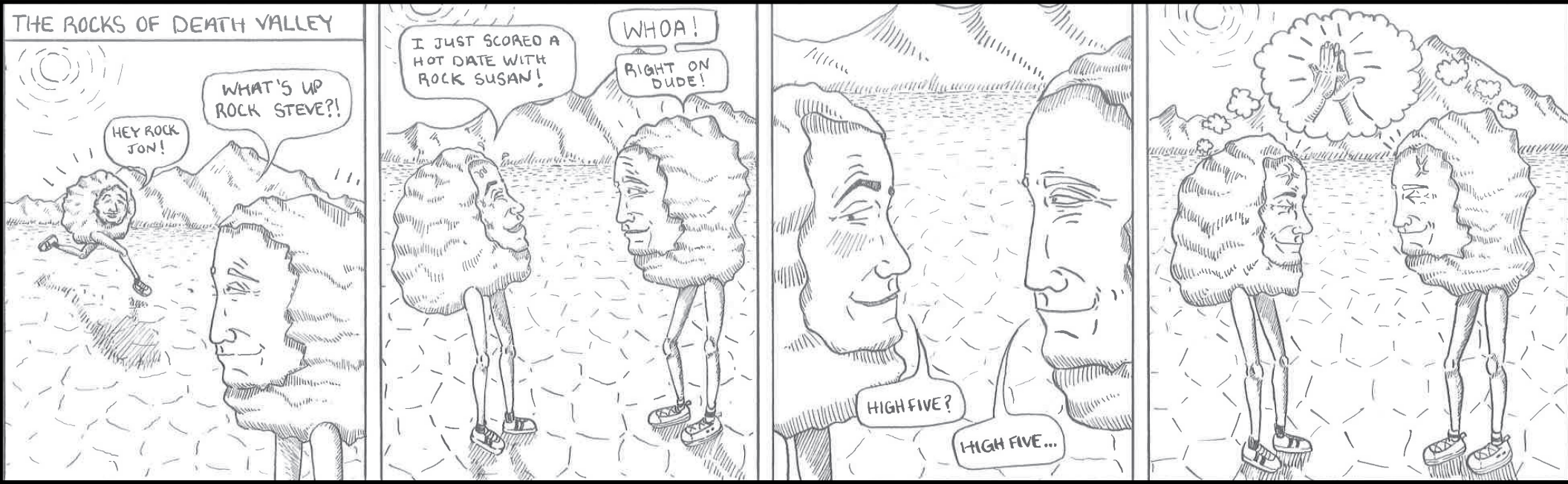
Unfortunately, this is an issue in more college towns than just Arcata. It's a national problem and it's something I feel should be addressed sooner than later.

Skye Kimya may be contacted at thejack@humboldt.edu





Kylie Maxfield



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**Questions? Contact**  
Russell "Carlos" Gaskell  
rcg17@humboldt.edu



## Weekly Calendar

**Wednesday, February 20th**  
Anger...Got MeFeelin’ Some Type of Way!  
12:00 -1:00 pm  
Nelson Hall East 113

**Thursday, February 21st**  
Soul Fitness  
5:30 - 6:20 pm  
Gist Hall 02

**Thursday, February 21st**  
The Black Power Mixtape  
6:00 -9:00 pm  
D Street Neighborhood Center

**Friday, February 22nd**  
Softball vs. San Francisco State  
12:00 pm & 2:00 pm  
HSU Softball Field

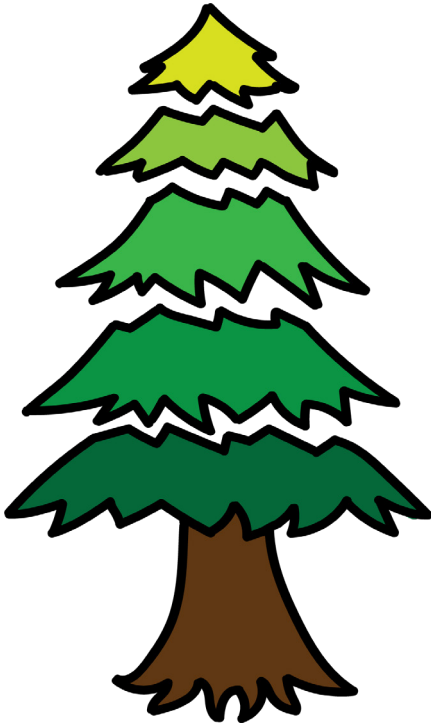
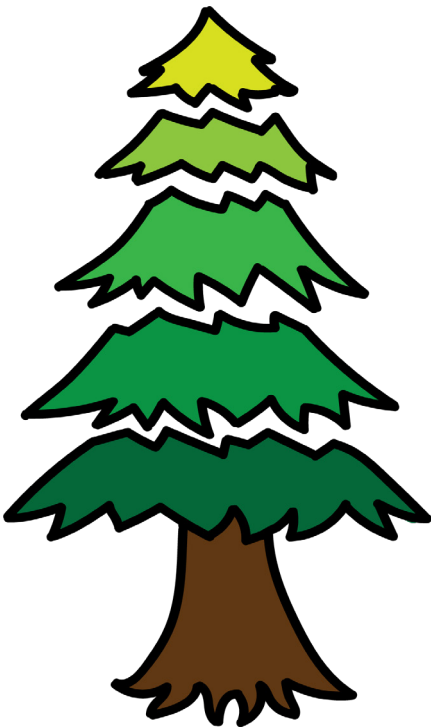
**Saturday, February 23rd**  
Softball vs. San Francisco State  
11:00 pm & 1:00 pm  
HSU Softball Field

**Saturday, February 23th**  
Women’s Basketball vs. Cal State LA  
1:00 pm  
Tune in to ESPN 92.7 FM (Away)

**Monday, February 25th**  
Men’s Basketball vs. Cal State LA  
3:00 pm  
Tune in to ESPN 92.7 FM (Away)

Coming up

**Thursday, February 28th**  
  
Sista and Brotha Apprection  
6:30 pm- 8:30 pm  
Kate Buchanan Room  
Lumberjack Arena



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calendar section

CALENDAR						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						