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May 2021

Humboldt In the time of Covid-19 - Oral History from Sean Dunne

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Recommended Citation

Mosburg, Jennifer and Dunne, Sean, "Humboldt In the time of Covid-19 - Oral History from Sean Dunne" (2021). *Humboldt in the Time of COVID - Digital Archive*. 59.

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My name is Sean Dunne I am going to be speaking about my own personal experience during covid 19 in Humboldt.

Usually I wake up pretty early before the sun rises around 4/5 am and I go to work at jitter bean. After work I come home and depending on what my girlfriend is doing I either start working on music stuff which can range from mixing music promoting recent releases or working on upcoming merchandise or I will go on a walk with my girlfriend and our dog around our neighborhood in eureka. After that when my girlfriend finishes her work we will find something to go do like have a cider at the local cider bar or go skating at the marsh in Arcata. Now that it is baseball season I like to watch the padres play whenever I can so I will usually come back home and turn on the game and either start making dinner or just hang out and chill for a little bit. We also go to the gym about 2-3 times a week so depending on what day it is you might find me at the gym. After the gym I come home have a beer smoke a joint and watch tv until its bedtime.

I would want people to know that they should be grateful for their ability and freedom to go out and socialize with other people. I don't think people understood how important human interaction is to their mental health, but when you don't have any human interaction for months on end, it can be pretty detrimental. I get to see the same people at work, but that is about it.

I think the most challenging for me has been like seeing my girlfriend struggle because she is working from home and doing college at home. On top of that it is her last semester and she is trying to finish strong but it is difficult when nothing is in a normal state. Especially in Humboldt because there is not as many entertainment options as there are in san diego where we grew up. So not only are we limited in human interaction but we are limited to what we can do by ourselves.

Oh umm okay well I had just recently turned 21 before covid hit and I got a taste of what it was like to go out to the bars on Thursdays and hangout with my friends on a regular basis even though I am no longer attending school. I also miss being able to play live shows around Humboldt County at house parties and also miss attending concerts from my favorite artists. I also miss like not stressing out about getting sick, I used to go out and never worry that maybe I could contract a highly contagious and quote deadly disease. But now, that is something that is on my mind every time I want to go do something. It also more than just contracting it and me personally feeling ill, but I also would hate to contract the virus unknowably and spreading it to someone that could get very sick or even die from it.

Haha yeah I miss not having to wear a mask every single day, I miss seeing peoples faces and their smile. It is much more grim than I had anticipated.

To me essential means necessary for normal mental and health. For instance I wouldn't say going to my friends house is needed for me to survive but without it I feel lonely and I normally don't feel like that, its not something I experienced until the pandemic.

I think first responders and healthcare workers are at the top of the list of essentials and this is closely followed by grocery store clerks and restaurant workers and city workers. After that it gets into a gray area for me, for instance I work in coffee and while I would consider coffee essential outside of pandemic times when it comes down to it I think people can live without coffee but my shop never closed and I was considered essential and able to continue working.

Umm I think we are learning that essential is more than just in regards to physical health, I think mental health should also be considered when speaking about essential things and places. A lot of people have struggled mentally now more than ever because of the pandemic and I think it is just as important to focus on the reasoning behind that struggle as it is for physical health.

Covid 19 has allowed the environment to somewhat heal from the toll that industry has put on it over the last 200 years. As much damage as single use waste is having on our planet right now I think it is easily offset by the fact that manufacturing plants and stuff like that had to close for a long period of time.

Hmm I think people will umm be more grateful for the other people in their lives before the pandemic I think I even took advantage of my ability to hangout with friends and family and covid has shown me that seeing these people and interacting with them on a daily basis is something that is key in a healthy life.

I think this is an opportunity to learn from our mistakes before and during this pandemic. I was able to do things virtually that I would not have been able to do in person. For example me and my buddy were able to hold a concert from our studio because it was a virtual concert streaming to our audience. Before the pandemic I would have never been able to get 50 people in our studio to enjoy our music, but because we were in lockdown we were able to do that.

Umm none of it lol... spending quality time with my significant other because we were able to do a lot of that. And the Charlie bear, our children (animals) cat and dog

I have learned that I to experience anxiety and have learned how to deal with it.

No I don't think things will go back complete to the way they were, we learned a lot during this pandemic and our eyes were opened to a lot of things we did not really think about before but now make a lot of sense to do. I think people are going to be able to take advantage of online learning much more than they could before since they were forced to use it during the pandemic they now realize it is a possibility and could be an easier way for some people to learn.

Um I would like to see people respecting others view on things even if they don't agree. There has even a big divide in our country and the world because of the pandemic but I think it is an opportunity for us to realize we may have different opinions on a lot of things but we can still respect one others views.

I want to ughhh people like realized how much they miss music and live music so I want to be the person there to provide that when it is safe to do so

I wash my hands a lot more and thinking about how I could have covid on my hands, so I could have a bunch of other stuff on my hands so I shouldn't touch my face,. But I still touch my face , maybe more now because of the mask.