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Cultural Times

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Humboldt State University

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ISSUE 52

Cultural Times

The *Sustainable Issue*

Spring 2020

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THANK YOU TO EVERYONE WHO CONTRIBUTED IN MAKING THIS ISSUE OF CULTURAL TIMES POSSIBLE.

LETTER FROM THE EDITOR

Welcome to the Spring 2020 edition of Cultural Times!

Thank you so much to everyone who submitted contributions of art, poetry, essays, articles, and more - we could not have completed this publication without you! Writing about sustainability during the era of COVID-19 has been an incredibly humbling experience, especially as this is my final semester here at Humboldt State University. I found immense solace within the confines of the MultiCultural Center itself during the semester but even more comfort in writing and planning this publication during an international quarantine. There is something so familiar about writing and creation, and I am so grateful I had the opportunity to work on something I am so proud of. As our schools and businesses and lives have so drastically changed in recent months, I hope you find some comfort or at least entertainment in this semester's edition of Cultural Times. We worked hard to provide you with relevant content pertaining to social justice issues, sustainability, and to life in Humboldt County. To many of us who are graduating this semester and mourning the loss of our class commencement; we hope that this issue of Cultural Times reminds you of your incredible accomplishments and how hard you have worked. Congratulations to Humboldt State University's Class of 2020 and thank you so much for reading!

-Isabel Beer, Publications Editor Cultural Times
HSU Journalism and Mass Communications '20

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MULTICULTURAL CENTER
HUMBOLDT STATE UNIVERSITY
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A NOTE FROM MCC COORDINATOR

Dear Readers,

HSU Class of 2020

I would first like to congratulate our HSU class of 2020. I know it has probably been a tough and maybe even grueling semester for you, your families, and your friends. Despite all of the challenges and obstacles placed in your path, you made it and you need to be acknowledged for this amazing accomplishment. It is truly an amazing accomplishment. Hopefully, once life goes back to a more normal swing of things, you will have a chance to celebrate the way celebrating was truly intended. For now, maybe you can take a few deep breaths and take a little time to enjoy this moment. Maybe even smile a bit to fully absorb. On behalf of the MultiCultural Center, we wish you all the best on your journey.

Sustainability

Our theme this year is sustainability. For me, this means that we strive every day to live in a way that better aligns with the laws of nature. It means that we are socially, healthily, and environmentally conscious in what we do or don't do and try to adjust accordingly to realign to those laws. It means that we treat ourselves, others, and nature with kindness and care. It also means that we are all connected somehow and what we do or don't do has some effect on others either now or in the future. My challenge for you, is to be kind and caring to each person you meet and try to apply that same kindness and caring to our environment. Happy 50th Earth Day!

Cultural Times Staff & MultiCultural Center Staff

I wanted to thank all of the Cultural Times and MultiCultural staff for all of their hard work this semester. Our Cultural Times Staff and MultiCultural Staff have been hard at work while also managing all of their school work, COVID-19 pandemic, and shelter in place orders. Cultural Times staff has been working diligently to make this issue happen and I am sure that this edition will be one of those memorable times in history and one that is referenced for future generations. If you have a chance, please give all the student staff the acknowledgment they deserve. Don't forget to acknowledge Mona Mazzotti, HSU staff, who has been guiding, directing, and contributing immensely to this. Thank you Mona, Isabel, and Ash!

Our MCC staff has also been working on providing a mememorable experince for our two cultural graduation acknowlegements: Queer and ADPI & MENA Gradaution Celebrations. Thank you Lex, Indigo, Ava, and Tammy for all your dedication and hard work. We can't forget our Social Justice Coordinators, Deema and Maya, along with all of the MCC support staff: Makito, Paola, Ava, Colton who all did an incredible job this year. Thank you!

Essential Workers

Thank you to all the essential workers for helping us through this pandemic.

~ Frank Herrera, Faculty Advisor

INTRODUCING OUR OFFICE COORDINATOR

'oyuuekwee' Nek 'n-ew Rose Gibbens me'womechook' Yurok Reservation, Morek.

Hello, my name is Rose Gibbens, I am from Morek Village on the Yurok Reservation.

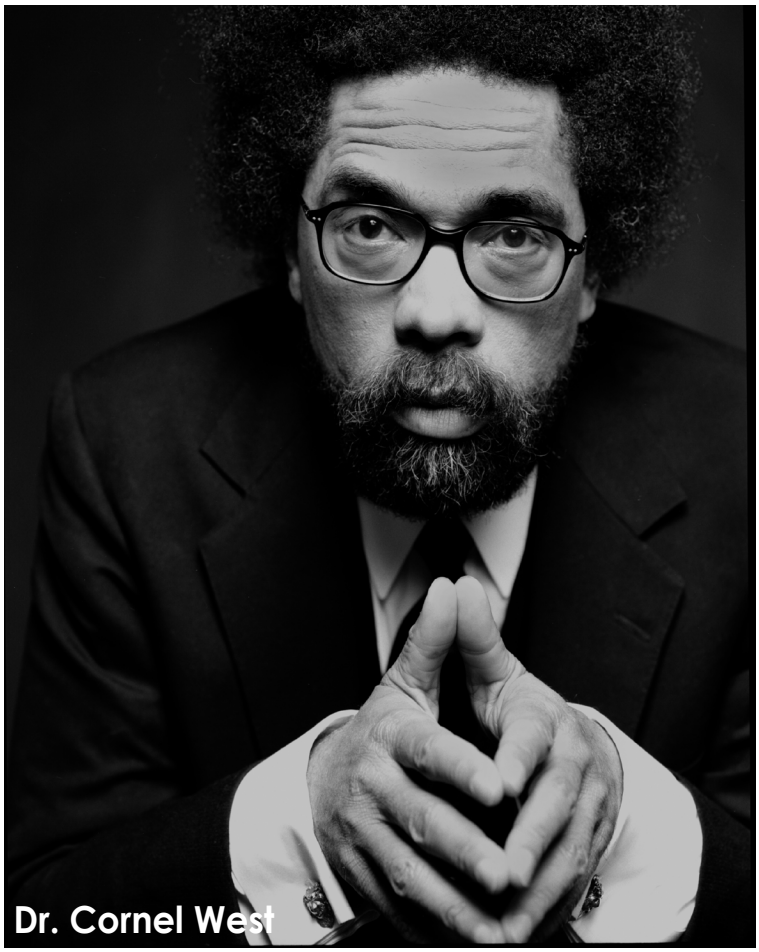
I am the Cultural Centers Office Coordinator and have been with the Centers since May 2019. I am also an HSU/ITEPP alum and am very happy to be a part of the Cultural Centers team. It has been a wild ride of sorts, first with the Fall power outages an now the COVID-19 pandemic, but I am thankful to have an amazing team to get through these experiences with.

Before coming back to HSU I was the Head Start Manager for the Yurok Tribe. Children/families and education are things that I care deeply about so my position here at Humboldt State has allowed me to continue working in an area that I am passionate about. I have a 9 year old daughter who has declared she will one day come to HSU to follow in the foot step of both me, my mother and one of my sisters, so I look forward to where our journeys at HSU go.

Wokhlew (Thank you)

Rose Gibbens

Black Liberation Month—February 2020


Dr. Cornel West

The African American Center for Academic Excellence (AACAE), in collaboration with multiple campus and community partners, planned a vast array of events and activities for Black Liberation Month. This year's theme was "Reclaiming Our Collective Consciousness," with the idea of exploring the ties that bind our Black Culture: art, music, dance, food, health, wellness, beauty, self-love, intellectualism, and the African Diaspora.

This year's keynote speaker was Dr. Cornel West, Professor of the Practice of Public Philosophy at Harvard University and Professor Emeritus at Princeton University.

The campus also welcomed featured speakers: Ilyasah Shabazz, daughter of Malcolm X and Betty Shabazz; Lawrence Ross, a Los Angeles Times best seller, is an author/lecturer/writer who discussed his book *Blackballed: The Black and White Politics of Race on America's Campuses*; Modi, an author and entrepreneur who is exploding on the literary scene with her new work of fiction *Some Women Prefer Hell*.

Black Liberation Month is important to the Black Student Union because it creates a feeling of respect and admiration for past successful Black men and women who have paved the way for today's Black youth to be able to achieve other things that might not have been in reach for them. Students that some of us didn't necessarily experience before coming to HSU. For myself personally, Black Liberation Month mattered to me because growing up, I never really got to experience a Black Liberation Month with activities every week dedicated to educating and promoting Black Excellence. Also, I know that for BSU, as a whole, Black Liberation Month is a representation of what Black Excellence has become because we are able to be out in the world and say, "I'm Black and I'm proud!"

Peace,
Amya Thomas, President of BSU

Lawrence Ross

Reclaiming Our Collective Consciousness

Ilyasah Shabazz & Isabel Beer

Excerpt from El Leñador interview

Ilyasah Shabazz: Activist, Author, Daughter of Malcolm X: Acclaimed activist speaks on generational activism and her family's legacy

by Isabel Beer

EL: What was it like growing up with Betty Shabazz as a mother and what would you like the public to know more about your mother and her own work as an activist?

Shabazz: Oh my goodness. My mother had so much love. And she was just so amazing. She inspired me tremendously, simply because she gave me unconditional love. Direction. Guidance. Trust. And it's because of her, I am the woman I am today.

She was a woman in her twenties who saw her home had been firebombed on Valentine's Eve when she was just sleeping with her husband. A bomb was thrown in the nursery of their house - I was just looking at a picture of what the house looked like after - she was a young woman, she was pregnant, she had [then] five little girls, and then a week later she saw her husband just blown up in front of her. And in spite of that all, she was still very loving, very giving, very kind, very smart.

And when I got older I thought, gosh how did she do that? I don't even have one child! So she went on to raise six girls and was still kind and still loving and had a great sense of humor - she loved dancing, and she was such a socialite and social activist.

And I often would wonder "How was she able to do that?." She never accepted "I can't" or "no" as an answer for herself, and she would often impart that unto young people - she was a college professor - and onto us, her kids.

As President of The Legacy, I must say Black Liberation Month was one of our major highlights for our organization! We were truly honored to host Ms. Ilyasah Shabazz and Modi, two influential Black women, who have made amazing strides within the Black community. BLM gave Legacy the opportunity to reflect on our "why" and the importance of serving ourselves as young women who are more than capable to make change. We are strong, powerful, and destined for the stars!

~Janaee Sykes

Modi

SOCIAL JUSTICE SUMMIT 2020: A REFLECTION

by Maya Habis

Words can't explain how grateful I am the 'Rona didn't cancel the Social Justice Summit! Not only would I have been sad that the hard work of the SJS team and collaborators would have been, in a sense, wasted. I would have been even sadder about the fact that our community lost the chance to learn from all the amazing, informative, and diverse workshops members from our very own campus community organized!

Organizing this event was truly a fantastic experience. Not only did I learn so much about the logistics of organizing. As in what it actually takes to put on an event like this, like all the emails, all the Googling, the communication, meetings, scheduling, all the forms, the Excel sheet-making, and of course all the time. But what is even more valuable about my experience is that I had the pleasure of meeting and deepening my connections with the people in our community through work. This type of work is truly special in this way. Because of all the necessary communication, it was only natural that we began becoming closer as a community as we supported each other in achieving our common goal: putting on an amazing event.

And it really was amazing! I can't thank everyone involved enough: our volunteers, our workshop facilitators, our supervisors, our staff and faculty, and of course my coworkers and close friends. I was lucky enough to be able to drop in during the workshops being a co-coordinator of the event. I had to make sure everythings was going smoothly but this of course doubled as an opportunity to learn from my impressive and inspiring peers! Considering our situation due to the pandemic, especially my bitterness for not being able to walk, I am beyond grateful that I get to hold these special experiences, memories, and connections close to my heart.

by Ava Mark & Dr. Meenal Rana

Holi, an ancient Hindu festival, commonly known as festival of colors, marks the arrival of Spring harvest season. The festival is celebrated in March (the month of Phaguna, according to the Hindu calendar), on the full moon day (known as Poornima). Originated in India, Holi is celebrated around the world due to globalization and the Indian diaspora. The festival is celebrated for two days. Day 1 marks the burning of the demon, Holika, at night (a character in a traditional Hindu story), where family members and neighbors gather around the bonfire to perform the religious rituals. The meaning of this ritual is to pray and act to destroy one's internal demons. Day 2 celebrations start early in the morning and go until late afternoon. Everyone gathers to throw and smear colors and water filled balloons over each other. Overall, the festival signifies the triumph of good over evil, the end of winter, and to practice forgiveness and mend relationships. The meaning is to achieve the common grounds despite the differences. Regardless of people's backgrounds and differences, they come together to be part of something bigger than them. According to one website, "Anyone and everyone is fair game, friend or stranger, rich or poor, man or woman, children, and elders." People share sweets and savory snacks, visit their neighbors, and come together to sing and dance.

This March, the Asian Desi & Pacific Islander Collective worked with the Child Development Association to make Holi a reality here in Humboldt County. The celebration was held next to campus at Redwood Park. For me, this was the first time I celebrated Holi. I got to experience the colorfulness and was warmed by the amazing togetherness vibes. Cultural celebrations like Holi are important because it allows us to foster respect and open-mindedness, broadens our perspectives, and is a learning experience for all. Celebrating these holidays brings together communities from different parts of campus and the local community. I hope Holi will continue next year and with more student participation because who doesn't love a colorful environment, good food, good music, and good company?

UNTITLED, BY TROY LINHART

XENOPHOBIA AND THE CORONAVIRUS

by Isabel Beer

On Dec. 31, 2019, China notified the World Health Organization (WHO) of a potential outbreak of a potential virus in the nation's port city of Wuhan in the nation's Hubei province. Several of the individuals infected were employed at one of the city's wholesale seafood markets, which was shut down by Jan. 1.

On Jan. 7, the WHO officially identified the virus as the coronavirus COVID-19 — a virus within the same family as Severe Acute Respiratory Syndrome (SARS), and the common cold. Coronaviruses are classified as highly contagious. They're spread through muculent body fluids, for example, if someone were to sneeze, cough or touch an object that has mucal droplets.

As of May 18, there have been over 4.8 million confirmed cases of COVID-19 worldwide, with 318,00 deaths, the United States leading in the amount of confirmed cases and deaths. Many countries, including the United States have issued "shelter in place" laws and have allocated much of their financial and governmental focus on combating the spread of the global pandemic.

All of us have been affected. At the time of publication, over 36 million people in the United States have applied for unemployment benefits - as many businesses and companies have shuttered since the implementation of social distancing. Schools have closed and many events have been cancelled or rescheduled. For the second time in history, the Summer Olympic Games has been postponed. The first time being due to WWII (ironically they were also slated to be held in Tokyo, Japan). Many states have required individuals by law to stay in their homes unless absolutely necessary and are also required to wear a facemask and stay six feet away from any other individual if they must venture outdoors.

While it is rational to be afraid of a potential threat to one's health and wellbeing, I've noticed that western mass media coverage of the spread of the coronavirus — which has primarily affected Asian countries and communities — has become particularly xenophobic in nature.

Despite the fact that the Trump administration is arguably solely responsible for the scale of devastation in the US, and that the United States is leading globally in confirmed cases as well as confirmed deaths, the coronavirus has been racialized as a "Chinese" illness, in fact President Trump referred to COVID-19 as the "Chinese Virus" on March 23. For this reason, Chinese people (and to some extent, Asian people in general), regardless of their physical proximity to infected areas or "ground zero," are being treated like carriers of the virus.

The way a disease is referred to always affects how those afflicted —as well as the communities surrounding them —are viewed by the public.

When the AIDs crisis was at its peak, society ostracized and violently rebuked those who identified as gay or queer. In fact, it was as a huge moment in pop culture when Princess Diana chose to shake the hand of gay man afflicted with AIDs without wearing gloves in 1987, despite the illness being transmitted through certain bodily fluids and not physical contact.

Ebola and the Zika viruses have historically been touted as exclusively African diseases. When the hysteria surrounding these illnesses was at its precipice, many Black individuals in our country faced the brunt of xenophobia, despite having little to no proximity to where most people were exposed to the illness.

Viruses do not discriminate, and anyone can be infected, which is partially why we are so afraid of the coronavirus. However, fear can be rational or irrational, and I'm seeing that a lot of the biases of the media hysteria surrounding the illness is based on the "foreign" or dissimilar aspect of the virus.

In the past few months as the virus has infected more and more individuals, and we are nowhere near the peak of the spread of infection. I have continuously seen racism and xenophobia mount on social media and in mass media coverage. Jokes and memes about how Chinese or Asian individuals were bound to become infected sooner or later, because their un-Western diet is so inconceivably different, are rampant.

It is so telling of our nation and of westernized eurocentric culture and society to be so quick to dehumanize other ethnic groups and people simply because of their suffering. Just because someone leads a life different than yours does not mean you can make light of their suffering.

It is okay to be scared about a threat to your health, especially one so insidious and widespread. But check in with your fears regarding the illness, and see where they are rooted.

Contributed by Cara Peters

QUARANTINE WORD SEARCH

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F	L	A	N	S	B	P	S	B	O	M	G	W	F	L	P	Z	E	V	H
V	V	O	T	G	O	K	Y	O	K	N	D	J	Y	A	L	K	N	E	Z
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Z	S	G	V	Y	X	A	W	F	F	I	Y	R	E	B	D	Z	R	R	H
Y	W	B	P	X	P	G	H	E	W	R	K	Y	R	Z	I	W	A	W	G

COVID	FAUCI	ISOLATION	SELF CARE
DISINFECTANT	GLOVES	MASKS	TEMPERATURE
DOORDASH	HOARDING	RENTSTRIKE	TOILETPAPER
ESSENTIAL	HOMESCHOOL	SANITIZER	ZOOM

Hint: Some words are spelled backwards

"The coronavirus pandemic is likely to be followed by even more deadly and destructive disease outbreaks unless their root cause – the rampant destruction of the natural world – is rapidly halted, the world's leading biodiversity experts have warned."
– Greta Thunberg

EARTH DAY

Graphic by Ash Ramirez

Earth Day is April 22 of every year. This year marks it's 50th anniversary. The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

50th Recap

The 50th anniversary of Earth Day was unlike any previous demonstration. Entirely online, Earth Day Live was an experiment. For months leading up to the event, as the reality of the coronavirus pandemic settled in, organizers shifted — then eventually scrapped — plans for a massive in-person demonstration. People scrambled. One of the most historic environmental moments in history was in jeopardy.

But on Wednesday, after 24 hours of continuous online content, millions reaffirmed their support for Earth Day and the environmental movement. The Earth Day Live video stream, which ran for 12 hours on Earth Day, showcased hundreds of diverse voices. Social media platforms showcased millions more. The message was clear: People demanded change from their leaders.

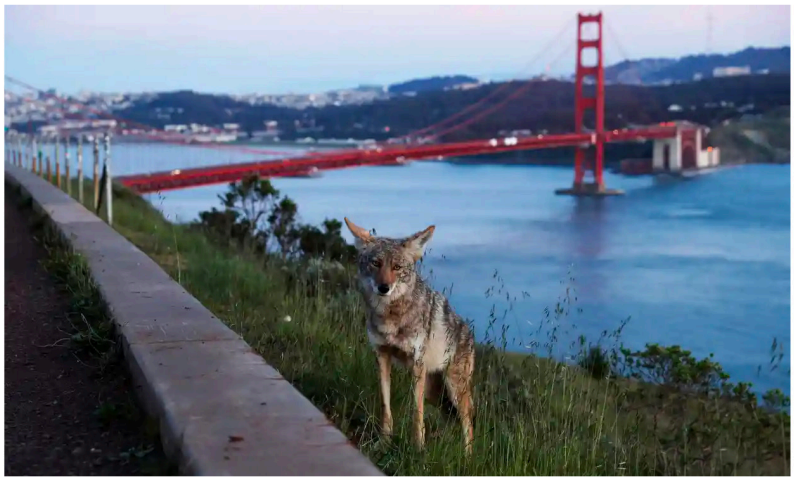
The livestream show, hosted by actor Ed Begley, Jr., and his daughter, Hayden Carson Begley, provided an array of content, including interviews, panels, teach-ins, performances, discussions and above all, calls to action.

Human health and planetary health are inextricably linked. Protecting one means protecting the other. Millions rallied behind this idea to create the first Earth Day in 1970, and, 50 years later, for Earth Day Live, millions rallied behind it again.

History of Earth Day

Earth Day was a unified response to an environment in crisis — oil spills, smog, rivers so polluted they literally caught fire. On April 22, 1970, 20 million Americans — 10% of the U.S. population at the time — took to the streets, college campuses and hundreds of cities to protest environmental ignorance and demand a new way forward for our planet. The first Earth Day is credited with launching the modern environmental movement, and is now recognized as the planet's largest civic event.

Wildlife and biodiversity



▲ Coyotes have recently been spotted on the Golden Gate Bridge in San Francisco. Photograph: Shannon Stapleton/Reuters

Human health and planetary health are inextricably linked. Protecting one means protecting the other.

Los Angeles, California

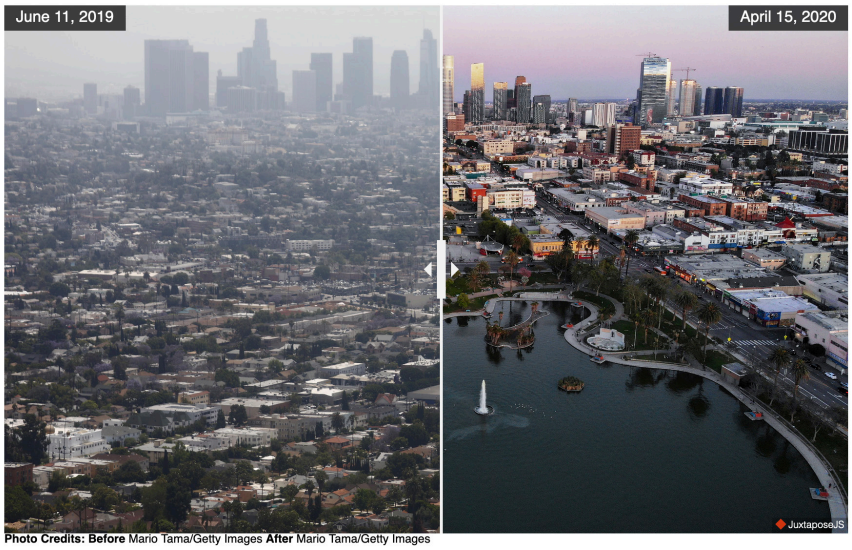


Photo Credits: Before Mario Tama/Getty Images **After** Mario Tama/Getty Images

The coronavirus lockdowns have led to reduced emissions levels as people are recommended to stay home to contain the spread of the virus.

New York City

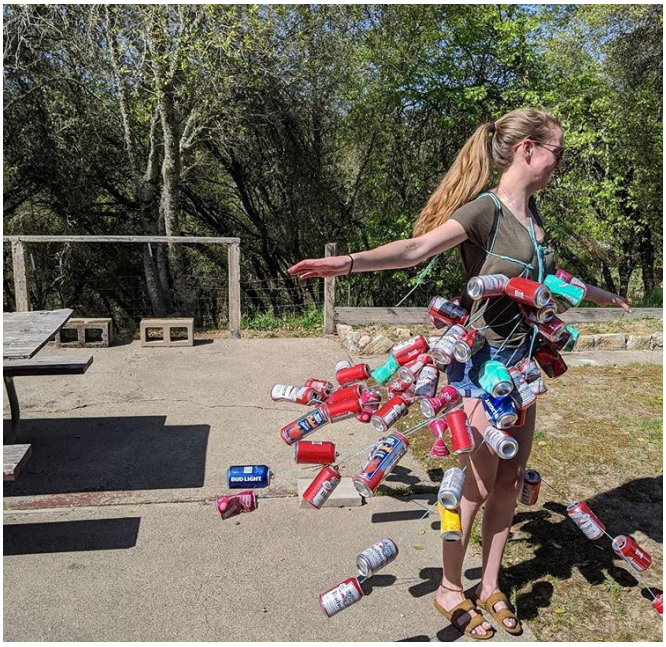
Photo Credits: Before Drew Angerer/Getty Images **After** ANGELA WEISS/AFP via Getty Images

Nature can breathe again...

GREEN CAMPUS' 2ND ANNUAL TRASHION SHOW COMPETITION

a fashion show of outfits made from trash and recycled materials was held Wednesday, April 18th. Here are the finalists.

Alex Rumbel, Winner
Recycled paper bags outfit



Megan Moore, Finalist
Recycled beverage and soup cans dress

Katherine Hardaker, Finalist
Food wrapper rainbow dress

SUSTAINABLE FASHION

Article & Graphics
by Ash Ramirez

Most people tend to think of the typical polluters when they think of waste: plastic bottles, car emissions, human waste, etc. Most people however don't stop to think about the textiles enclosing their body and where it came from. Yes, we're talking about the fashion industry.

Within the gap from 2000 to 2014, it was reported that the consumption of clothes skyrocketed by 60%, and the demand for fast fashion followed this trend. According to The Business Insider, The fashion industry accounts for "10% of humanity's carbon emissions, dries up water sources, and pollutes rivers and streams". To put it into perspective, that's more emissions than all international flights and maritime shipping combined. If the fashion industry continues on its current path, that carbon footprint could jump to 26% by 2050.To add on to the harm of the fashion industry, 85% of all textiles end up being thrown away each year, not to mention the people fast fashion exploits in the making of these clothes.

But the fashion industry is only keeping up with the demand. We also contribute to the pollution of fashion. For example, "washing clothes releases 500,000 tons of microfibers into the ocean each year which is the equivalent of 50 billion plastic bottles," stated The Business Insider.

It's time to take action.

Here's how you can help:

-Reduce consumption. That's a given, but look in your closet. How much of it do you actually wear? Yes, it's time to spring clean and donate or sell what you don't use.

-Don't buy directly from fashion companies. Instead try buying second hand from resellers online, or at thrift shops (keep in mind however that some lower income families can only afford to shop at thrift stores). You can even go the paperless route and clothes swap with friends!

-Be mindful of the textile that you purchase, and where it comes from. For example, producing polyester releases two to three times more carbon emissions than cotton, and polyester does not break down in the ocean. However, it also takes 700 gallons of water to produce one cotton shirt. Here are the most sustainable textiles:
Recycled Cotton, Organic Hemp, Organic Linen, TENCEL®, Piñatex, Econyl, and Qmonos

- *goodonyou.eco/most-sustainable-fabrics/*

-Buy undyed clothing. Textile dyeing is the world's second-largest polluter of water. The water leftover from the dyeing process is often dumped into ditches, streams, or rivers.

-Purchase from sustainable companies. Here are a few:
Pact, Everlane, Tentree, Boden, Alternative Apparel, Reformation, Kotn.

- *thegoodtrade.com/features/affordable-ethical-fashion-brands*
- *thegoodtrade.com/features/fair-trade-clothing*

TRIGGER WARNING: SEXUAL ASSAULT

FINDING MY VOICE AFTER BECOMING A WOMAN IN AMERICA

by Tammy Phrakonkham

I want to speak about becoming a woman in America.

For me, "becoming a woman" meant getting my butt grabbed for the first time by a stranger at 9 years old in a Hallmark store. It looked like a confusing and fearful threat from a family member telling me,"you better not get pregnant or else," at the age of 13. At that time, the only education I'd received about sex or contraception was being coached to cross my legs a certain way and follow the Ten Commandments. It meant being on a school bus, at age 16, next to male classmates poring through one of their dad's Penthouse magazines.

It meant getting raped at 21 by my college roommates in my friend's backyard. I was not kicking or screaming — my objection was well understood without that, I'm sure. I stayed weirdly quiet the whole time they tried to drag me away, afraid to disturb the neighbors, I guess, and to acknowledge what was happening. It was humiliating.

I remember focusing on relaxing my body. Making it dead weight. One of them tried to carry me by my wrists and ankles, and when they got frustrated and dropped me in the middle of the street, I heard the slap of my back hitting the pavement before I felt it. It echoed. My friends were screaming, although I still said nothing. They made enough noise to make up for my silence, and they protected me. The neighbors never did come out. Not then, and not after my friends called the police. (Young adults, I know now, are awesome and capable.)

When I was raped during my first years of college, I'd grown into a twenty-something professional, but what I was afraid of was the same thing: my own voice. The desperate sound of it. Causing a scene, purposefully and loudly, felt impossible. Still, I managed to say out loud on the phone with the police, "I'd like to report that I've been raped." I made sure to say it in the active voice. I recounted the whole uncomfortable incident to the police officer and was called in and again to a detective a week later.

When I eventually saw my rapists again in the courthouse, I was sure but uneasy. By then, I wanted the whole case to be over, but I was afraid of the verdict. I didn't want to feel responsible for what the sentence might be, but I also really cared whether there was some accountability for what I'd experienced. I ate a lot of ice cream that day to help me with the emotional turmoil of re-traumatizing myself by seeing them again.

The verdict came in a day later: not guilty. I'll never know whether the jury thought I was wrong or mistaken or what. The defense attorney had made it clear through her questioning that there was more she thought I might have done to help myself, as if assuming what I was capable of was a reasonable thing for her to do. "Why didn't you say anything right then?", she wanted to know. Well, I was afraid, obviously. There's plenty to fear any time someone touches you when you don't want them to. But I was also angry and indignant, and that was enough to get me to use my voice and speak out on my own terms, at least.

That voice lesson lingers in my memory. It gave me the confidence to speak out on my behalf, and now being an activist is a big part of my life. But it also showed me that sometimes the biggest thing holding me back is simply me. I have overcome my self doubt and now love to voice my opinions, whether it be in a protest rally or in my social justice class, or about who is the best actress to ever play Cinderella (definitely Brandy, by the way). That lesson, in many aspects, made me come out of those wings and onto the center of the stage.

Becoming a woman in America was being inducted into the group of girls who only learn about rape after it happens

to them. It was having my purity questioned by a police officer during my rape kit examination and being tested for a pregnancy my mind couldn't conceive. It was an illegal phone call by a detective who pleaded "boys will be boys."

Often times the way we responded in the moment during a traumatic event becomes the default for how we respond to future stressful or overwhelming events. There is so much more to say about trauma, but the important thing you need to know is that your body holds on to the trauma as a way to try and protect you, and your brain has some new wiring that you'll need to learn how to work with. It's also important to practice advocating for yourself and setting boundaries in non-sexual situations. We put way too much pressure on ourselves to be articulate and bold with our voice in the bedroom without ever giving ourselves permission to set better boundaries, unapologetically, in regular social settings.

My "becoming a woman" meant stepping forward as part of the 1 in 4 statistic of women who are assaulted and discovering the insufficiencies of our state's protections for sexaul assault victims. It was going to university with one of my rapists during a year-long legal battle. It was discovering other victims and holding their stories in secret to protect them from the hardship I had to endure.

An important piece of information to learn is where in your body your fear lives. As a survivor, you will have good days and you will have challenging days. Healing isn't linear. You get to find your own way through this and you are definitely not alone. I am constantly reevaluating my experiences and boundaries. I try to learn as much about trauma as I can. It's my responsibility to understand my internal landscape and to find ways to communicate that with the people in my life.

Becoming a woman in America involved being punished for the harmful actions of others. Being a woman today in America is enduring a lifetime of anger, knowing that my oppressors are in my family, my university, and my neighborhood — and doing what I can to find my voice and use it to enact change.

So give yourself permission to feel afraid and unsure, to ask for support, and also to grow and change.

List of Hotlines

We would like to encourage anyone struggling during these times to not hesitate and reach out for help. You are not alone.

NATIONAL DOMESTIC VIOLENCE HOTLINE:
1-800-799-SAFE

NATIONAL DOMESTIC VIOLENCE HOTLINE (SPANISH): 1-800-942-6908

NATIONAL SEXUAL ASSAULT HOTLINE:
1-800-656-HOPE (4673)

NATIONAL CHILD ABUSE HOTLINE:
1-800-4-A-CHILD (422-4453)

DRUG ABUSE NATIONAL HELPLINE:
1-800-662-4357

CRISIS PREGNANCY HOTLINE:
1-800-67-BABY-6

SUICIDE PREVENTION HOTLINE:
1-800-827-7571

EATING DISORDERS AWARENESS AND PREVENTION: 1-800-931-2237

GRIEF/LOSS HOTLINE:
1-800-395-5755

LGBTQIA PLUS HOTLINE:
1-800-398-GAYS

SUICIDE HOTLINE:
1-800-SUICIDE (784-2433)

photography by

WILLIAM SUITER

MY EXPERIENCE WORKING AT HSU

by Dr. Eboni Turnbow

Lively. Progressive. Energetic. These are immediate words that came to mind when I was asked how my experience has been working at Humboldt State University (HSU). Each day it is something new, something complex, something fresh, and something innovative. In the first several weeks, I met new colleagues and began to learn more about HSU students. I was welcomed with warm greetings and an outpour of support and excitement of me being here at HSU. I spent many late nights attending student events, club meetings, and HSU athletic events to meet as many students as I could. That by far has been my favorite part! Simultaneously, we encountered major power outages where I watched the HSU family come together to ensure students were fed, had access to charging their devices, activities for them to engage in, and most importantly safe. This reassured me that I was working at an institution that was truly student centered.

Fast forward to January, the day of our Spring Humboldt Orientation Program we had no power once again as we were preparing to welcome a couple hundred new students to HSU. Yet, our faculty, staff and students came together and made the best of the situation and spent the day improvising and demonstrating what it meant to be a lumberjack. Time and time again during my time here I have seen us come together as a HSU family all with the same goal in mind, to support one another and get through situations thrown our way. For instance, right now we're in the middle of a national pandemic. As we navigate completing our semester virtually and maintain social distancing, I have witnessed the HSU community come together to do things like donate masks to front line workers or provide housing and food accommodations to those in need. We have remembered to shine light on positivity, such as celebrating birthdays virtually (mine included) and promoting Green & Gold Fridays to unite us in spirit each week.

I say these things to say, I am a long way from home. All of my loved ones and friends are back in Detroit, MI and I am a new resident to California. From big city lights and skyscrapers to small town generosity and redwood trees. Thanks to the experiences mentioned, as the days go on it feels more and more like HSU is home. My colleagues,

my staff, and most importantly the amazing students have all in some capacity helped me experience Humboldt for all the positive things it has to offer. It is my personal goal to continue to work with students, provide support where needed, and ensure students know I am resource to help them be successful. I look forward to watching HSU continue to grow and the opportunity to being part of the process.

anxiety-in-place

Maybe I'm going crazy
or anxiety's hitting my mind.
Maybe I'm too in my feelings
and exaggerating in time.

I walk around this home
being haunted by a view
of lingering forest spirits
whispering thoughts of you.

The trip seems to calm down
and drown in thoughts of
whom we might have become
before we were out of tune.

Anxiety's dragging me lately.
Twitches and pain shake me.
Late sleeper sleeping;
early riser not in the rhyme.

The reason is clear as
the invisible threat seems to rise.
Your light still a tunnel to normalcy.
I hope that it saves my humanity.

The trip seems to calm down
as I drown in thoughts of
whom we can become
before we were out of tune.

Stuck in the shelter-in-place,
waiting out for a face-to-face
interaction digital that feel the same
as hearing you say my name
with your heart beating with mine.

I'm dreaming about a future
despite our muddle in the puddle of uncertainty
and Y2K20's dreadful energy.

It's bright and hopeful,
we worked too hard to falter
and fail at the altar of destiny.
Manic panic dying out the frenzy
of our productivity, but we're back
to kick the shit out of everything.

I walk around this home
being haunted by a view
of lingering forest spirits
whispering thoughts of you.

The trip seems to calm down
as I drown in thoughts of
whom we can become
before we were out of tune.

The newsroom closed
and Gist Hall is shuttered.
"Whatever shall we do?"
is all we have muttered.

News is fluid, much like water.
We will thrive online with
the rest of our alma mater.

It'll be via Canvas and Zoom.
We'll hit the ground running
even in the midst of gloom.

The Lumberjack will still be chopping away with new news and images.
El Leñador will follow suit, only in two different languages.

The Osprey will run on the digital Issuu
And KRFH is on the air with you.

Though a jump to online may be a tough change,
we'll all work together to keep going,
albeit a bit out of each other's range.

The news does not stop when the world seems to end
because information and truth will keep the world on the mend.

Both poems written by Sergio J. Berrueta

FIRST-GEN GRADUATING DURING A PANDEMIC

by Lindsey Cordada
Graphic by Ash Ramirez

Being a graduate in 2020, I was looking forward to ending my university life with excellent grades and seeing my family cheer me on as I walk with all the other graduates and knowing that I am a first-generation graduate. I was also looking toward the future of relaxation and becoming part of the real world before entering back into school-life for grad school. However, plans have changed with the recent pandemic that spread throughout the world. Since the pandemic, I do not have as much confidence in ending my college-life strong. I had to move back home with my family, I am not able to concentrate at school as much as I did when I was independent because of the constant interruptions. I also am in constant stress, not only with schoolwork, but with the fear of possibly contracting the virus and the potential spread to my loved ones. I have also seen the stress this puts not just on my close family but with other family members and friends with most of them losing their only source of incomes. The thing that really got us was when schools decided to cancel graduation. That was devastating for my family and I because, as a first generation, walking on the stage with other graduates shows that we have overcome obstacles that many thought were impossible. As a daughter of Mexican parents in low income, I always worried if I would be able to reach the end goal and wear the cap and gown that seemed like a fairytale. I was about to reach the end, I was fingertips away, and just when I was about to grasp the gown in my hands, it was pulled away and disappeared. I still saw the diploma, but the celebration of ending a race was nowhere in sight. Graduating with a pandemic was not the ideal way to end a long run, but the end is still there, however the celebration must be postponed.

Grad Pledge

The Graduation Pledge of Social and Environmental Responsibility is a campus tradition that started at HSU in 1987 and has since spread to campuses around the world.

The Pledge is a personal vow to consider the social and environmental consequences of the decisions that we make after we acquire our degree here at Humboldt State:

I pledge to explore and take into account the social and environmental consequences of any job I consider and will try to improve these aspects of any organizations for which I work.

The Graduation Pledge is symbolized by a green satin ribbon. These ribbons are usually available to graduates on the day of commencement, but due to this year's virtual ceremony on Saturday, May 16, the pledge card, with ribbon attached, will be mailed to graduates in July along with their diploma.

Take Action Now!

We encourage current students, incoming freshmen, graduates and alumni to live the legacy of the graduation pledge in numerous ways. The commitments and efforts we make each day make a difference. As a community, our efforts add up to so much more. We believe that collaboratively and kindly we can change the world we live in.

Engage in positive change on our campus by attending events to expand your knowledge about social and environmental issues that we face today.

- Bring your own mug, water bottle, utensils and containers for food and beverages while on campus
- Use the OZZI program at University Center's Dining Services locations
- Get your school supplies at the Waste Reduction & Resource Awareness Program's Reusable Office Supply Exchange [ROSE]
- Limit your time in the shower to conserve water
- Wash and sort your recycling
- Compost food scraps
- Turn on lights only when necessary and always turn them off before leaving a room
- Connect with socially and environmentally conscious organizations!

gradpledge.humboldt.edu/
@ForeverHumboldt
@HumboldtAlumni

"I pledge to explore and take into account the social and environmental consequences of any job I consider and will try to improve these aspects of any organizations for which I work."

Signature: _____

Graduation Date: _____

Want to contribute to the Fall 2020 Cultural Times?

SEND ESSAYS, PHOTOS, POETRY, AND ART TO: MCC@HUMBOLDT.EDU

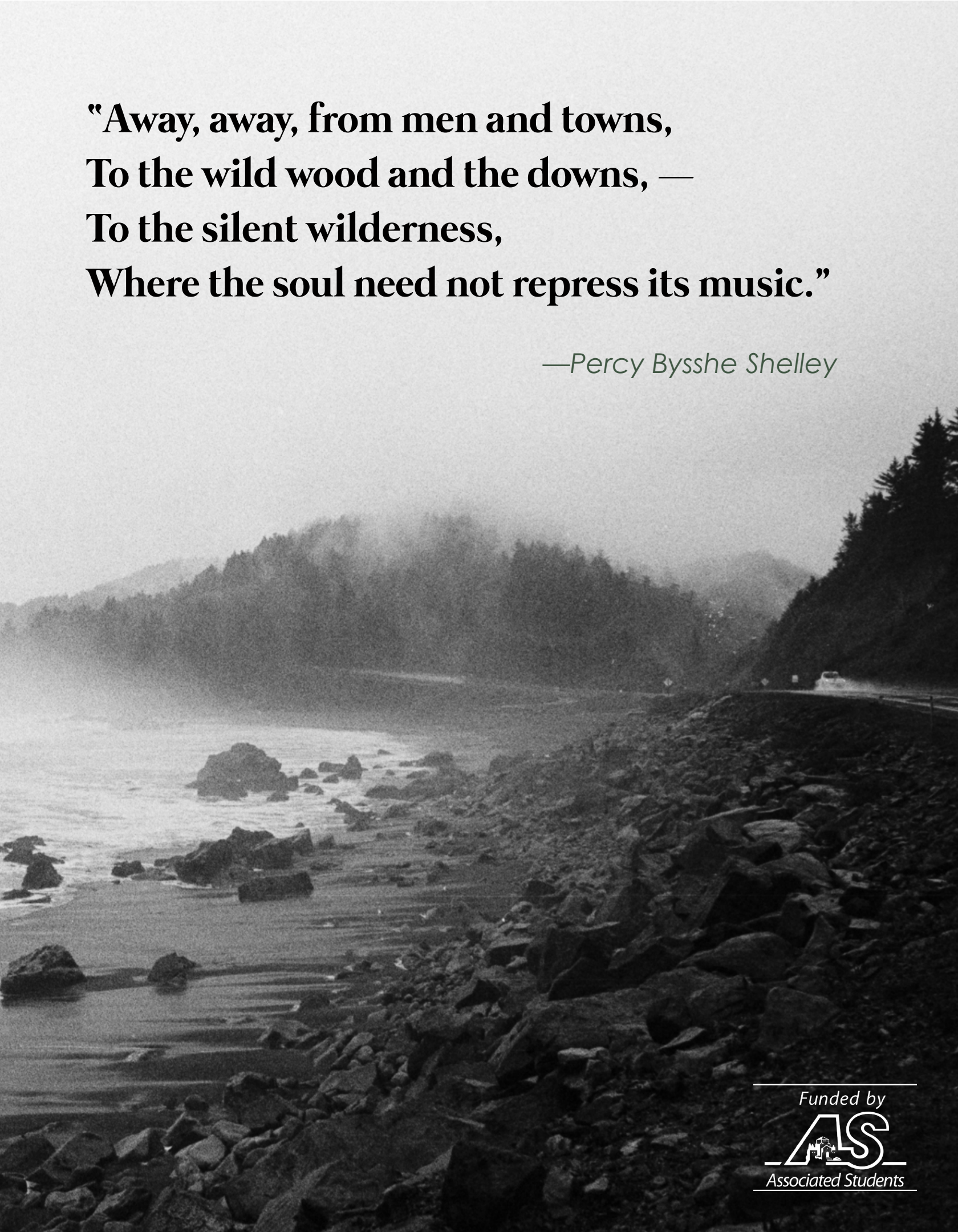
DEADLINE TO SUBMIT: NOVEMBER 13, 2020

SUBJECT LINE: CULTURAL TIMES

MCC
MultiCultural Center

"Away, away, from men and towns,
To the wild wood and the downs, —
To the silent wilderness,
Where the soul need not repress its music."

—Percy Bysshe Shelley



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