

UC BOARD ISSUED A NOTICE OF TERMINATION

by Carlos Holguin

The Oct. 8 University Center board meeting discussed a Sept. 24 email from Humboldt State President Tom Jackson issuing a 90-day notice of termination.

The notice requires the board to fix problems like a \$300,000 line of credit to the North Humboldt Recreation and Park District and refusing to participate in the President’s review of the UC programs.

The NHRPD runs the Arcata Community Pool. According to Faculty Representative Mark Rizzardi, Ph.D., Humboldt State University has worked with the group since 1993.

The UC group disputed these claims.

Wendy Sotomayor, interim executive director, called the notice disheartening and unexpected. Sotomayor noted that the board is actively engaging in discussions on how to respond.

Additionally, the group reached out to their legal counsel for advice and expects to have a draft of an initial response in the coming weeks.

“It’s hard to imagine what would happen if the UC were to

actually close,” Sotomayor said.

Faculty Representative Steve Martin, Ph.D., pursued the idea. Martin responded directly during the board call addressing future concerns.

“What would happen if we were to close permanently?” Martin said.

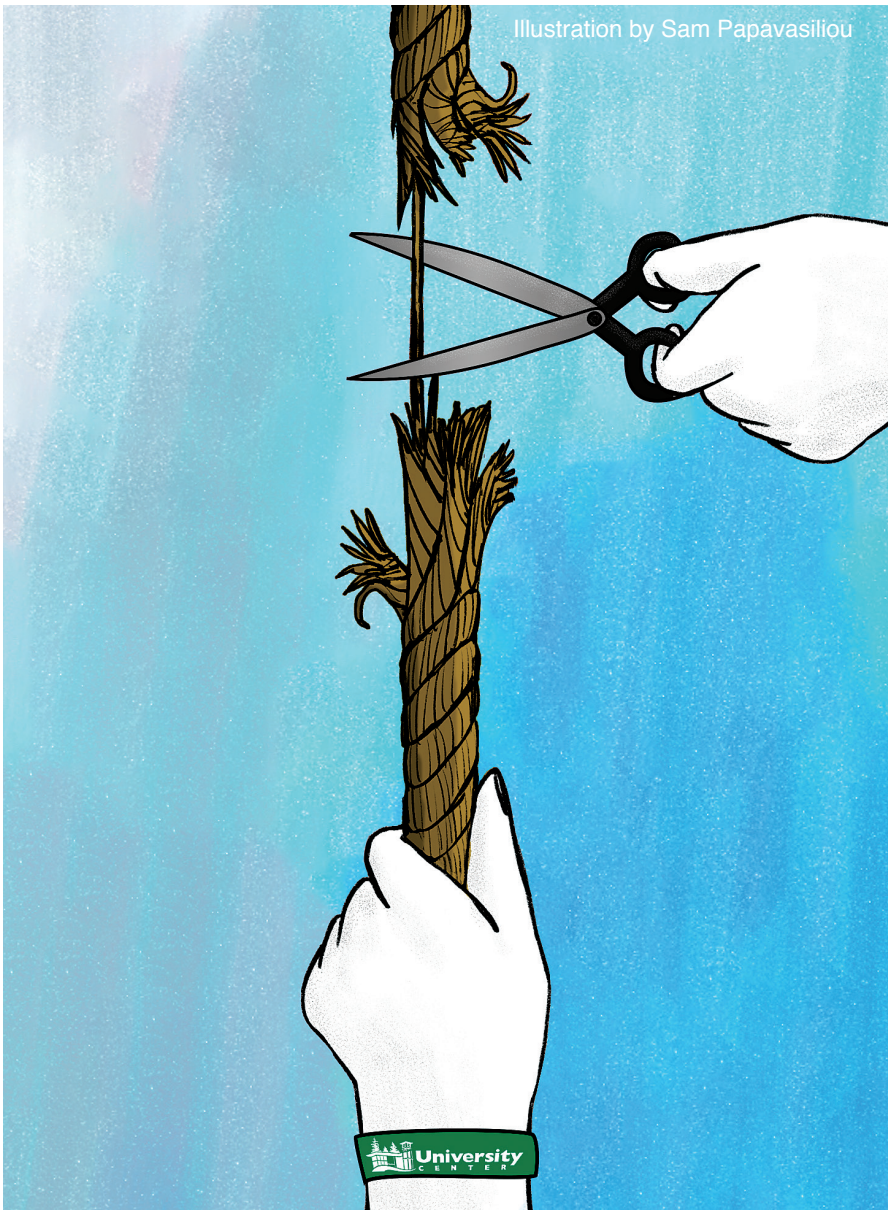
Martin posed that the closure of the UC allows HSU to hire private organizations and groups for services without the need for approval from a board.

Earlier this year HSU worked with Aladdin, a food catering company that provides meal services to universities across the country like Fairmount University and Purdue University Fort Wayne. The administration did not go forward with any contract or agreement with the Aladdin group.

Further complicating the matter is the projected loss of 2.2 million dollars in the UC budget.

Due to COVID-19 restrictions and regulations, operations that fall under the control of the UC Board have been temporarily closed or operating in a limited

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Humboldt State reconsiders spring break

Proposal to move spring break to a later date generates controversy



Photo by Carlos Holguin
A banner hangs from the rails of the University Center before the start of quarantine asking if students will stay on campus. Now the future of spring break is called into question by recent proposals.

by Gabe Kim

On Sep. 29, Humboldt State University’s administration announced an idea to move spring break for this academic year from Mar. 15-19 to Apr. 5-9, 2021.

In the meeting, Jen Capps, Provost and Vice President for Academic Affairs, explained the student and community health argument behind delaying spring break.

“We face some challenges around

making sure that our faculty, our students, staff, et cetera are safe, and how to bring folks from out of county into county, quarantine them, provide face-to-face instruction,” Capps said. “And then if they leave for spring break, what I’m hearing from facilities and different folks is they just don’t have the capacity to then require students to quarantine again.”

A few suggestions for how to maneuver the situation were made by University Senate members including Cindy

Moyer, an HSU music professor.

Moyer pitched the idea to have break or rest days spread throughout the academic year to divert students from traveling and returning home.

“Five carefully strategically spaced days off spread out over the weeks in the middle of the semester,” Moyer said. “So that students are getting some time off, but not getting enough time off that they will go home.”

Monty Mola, HSU physics and astronomy professor, argued that spring

break should begin a week later. The decision to move around spring break would have ripple effects on the greater HSU community.

Giovanni Guerrero, a fourth-year environmental science management major, believes moving spring break to early April would be too much of an adjustment for students and faculty.

“There’s a lot of stress on my back as a student, and I’m sure a lot of stress

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Correction for last week’s article: Lumberjack social media polls, comments and concerns
Poll results were misprinted and switched.

Poll #1: Should HSU host SJSU’s football
program?

More than 550 people interacted with the
post.

23% said ‘yes’ and 77% said ‘no’

Poll #2: Does HSU administration care about
HSU’s student body?

More than 420 people interacted with the
post.

17% said ‘yes’ and 83% said ‘no’

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Photo by Carlos Holguin
A banner hangs from the rails at the University Center in March of 2020, just before the start of quarantine asking if students will stay on campus. Now the future of spring break is called into question by recent proposals.

BREAK

FROM PAGE 1

stress on the backs of teachers as well [as] our professors to meet deadlines and to carry out our rigorous university expectations,” Guerrero said.

Guerrero added that the spring break would give everyone a chance to emerge from isolation and take a breather from responsibilities.

“I think there’s a direct correlation with mental health. Right now we’re in a different sort of situation, virtual learning,” Guerrero said. “Sitting here at my desk inside my room for six hours a day, doing homework, attending classes and then doing my work with Associated Students. I have very little breathing room. Having a break, like a week break, where I don’t have to stay inside my room all day is super beneficial.”

Rich Alvarez, the Diving and Safety Officer in the HSU Scuba Diving program, is less concerned about the

“If they leave for spring break, what I’m hearing from facilities and different folks is they just don’t have the capacity to then require students to quarantine again.”

-Jen Capps,
V.P. of academic affairs

psychological impacts of a later spring break and more concerned about the practical implications.

For his diving certification program, Alvarez typically takes his students to

Mendocino for open water dives where the diving conditions are more stable than anywhere in Humboldt. However with COVID-19 restrictions, he is only able to travel within the confines of the county.

“Traditionally, Trinidad doesn’t really get to the point where we would feel safe taking students into the water there until April and sometimes even late April,” Alvarez said. “So if they shift spring break to the fifth through the 12th, the question becomes, can we meet with them after spring break? And it kind of sounds like a no.”

If Alvarez can’t meet with his students after break to finish their diving certification, they will be unable to partake in open water dives.

“That takes that whole month of April out of contention, and then we were looking at trying to, either way, putting students into water conditions that may not necessarily be safe for what we’re trying to do, or having to get people most of the way through their certification, but not able to do the open water dives.”

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limited capacity. These include the campus information desk, The Jolly Giant, College Creek Marketplace and the campus bookstore.

With reduced foot traffic due to shelter-in-place guidelines combined with the decrease of students on campus, dining services has taken an exceptionally hard toll. Even while operating at reduced capacity.

Sotomayor estimated that there are 675 meal plans active on campus, a drastic decrease from previous years.

“We would need 1200 meal plans to break even,” Sotomayor said during the Zoom call. “At 675 we are not even close.”

-Wendy Sotomayor,
interim executive director

While the future seemed unclear, Rizzardi noted that the next course of action needed to be made soon.

“In order to cancel it within the 90 days, we would have to start now, and that’s not something we want to do,” Rizzardi said. “Get ready to drop things so that way if he says no we can act fast.”

The board members noted that they had not been given any further clarification from the administration on how to tackle, refute or respond to the notice.

During the meeting, members made a movement to formally ask for a representative from the President’s office to be present during the next session on Oct. 22.

“It takes two to tango,” Martin said. “We need to some response from them, otherwise they can just ignore us for 90 days and then say it’s terminated.”

SJSU’s Football team returns to their campus

by Walker B. True

On Oct. 13 HSU announced via email the end of the San Jose State University football team’s stay on campus after almost two week since their arrival on Oct. 1. The program consisted of 141 players, coaches and staff members. Access to the Redwood Bowl was limited to HSU students and athletes while SJSU was housed in Redwood Hall. The more important points

of the email have been provided below.

“San José State University’s football team will return to the SJSU campus following its morning practice on Wednesday, Oct. 14.

The news comes as Santa Clara County Public Health announced the team could return to practice at its home field after Santa Clara County’s COVID-19 risk level was downgraded from the red to orange tier. Note

that should Santa Clara County return to the red tier, HSU will consult with Humboldt County Public Health and SJSU about the viability of the team’s return to HSU to proceed safely for practice and/or competition.

Starting Thursday, Oct. 15, faculty, staff, and students will have access to the Redwood Bowl from 9 a.m. - 1 p.m. and 6 - 9 p.m., Monday through Friday.”

Library construction picks up the pace during the pandemic

The library undergoes seismic retro lift construction

by Becca Laurenson

Humboldt State University’s library has been under construction since 2018 when the contract was set and planned in 2015. The construction project is for the library and the theatre arts buildings on campus, both buildings were not safe regarding seismic activity.

Jason Baugh, HSU project manager, has been communicating between the contractors and campus on the seismic retrofit project for both buildings.

“Building safety is to keep these buildings maybe not 100% secure, standing and occupiable after a major earthquake, but getting everyone out safely,” Baugh said.

The overall goal was to have it safe for seismic activity but other projects and delays started to pile on as time progressed.

“The California building code changes every three years, the chancellor’s office for the CSU also has their own internal code review and it’s basically mirroring what the California building code is,” Baugh said. “They have their standards where they want all their buildings to adhere to and so that changed and as we submitted plans for review, we missed the code cycle and everything had to be re-evaluated.”

Setbacks such as new seismic code, modifications in original plans and lower level issues with the foundation have led to longer construction time than anticipated. Recently the project got sprinklers in the library.

“There was a few areas of the lower library basement, and basically it was where books, some of the special collections library books that they don’t use on a daily basis but are archived for various reasons,” Baugh said. “For some reason, only that area was sprinkled.”

Changes to the project made the years of construction go on longer than originally thought. The overall budget for the project of both buildings was \$20 million plus add ons of almost \$4 million dollars.

Daytime construction has increased due to COVID-19 restrictions. Cyril Oberlander, HSU’s library dean, has been overseeing and delegating people to new temporary areas of work.

“It also created new opportunities, rather than waiting for the sprinkler project for a couple of years,” Oberlander said. “It’s something we can do now because no one is in the building which is pretty good.”

Since the library will most likely be closed in the spring semester due to COVID-19, construction will continue at a faster pace. Oberlander is hopeful



Photo by Dakota Cox
The HSU library construction nears completion. Electrician Norm Hubbard prepares temporary power to replace the existing switch gear in the library on Oct. 13.

that students and all HSU personnel will enjoy the new library when things are back to normal.

“Thank goodness they really were resilient through it because it’s finishing up now,” Oberlander said.

Jaime Clough, a senior at HSU, had trouble in the previous semester with construction noise and communication of the project’s finishing time.

“I was in the library every single day. I was there on weekends. I basically lived in the library and it was kind of tricky,” Clough said. “I mean sometimes you have to go through random doors, sometimes the stairwells are closed and you have to go around the

backside. You’d be sitting in the nice quiet corner trying to study for finals and all of the sudden there’s a jackhammer on the wall right next to you.”

Construction is set to be finished around June of 2021. With construction schedules and the library is closed, construction could be finished before the fall 2021 semester.

“June is my goal, I think it’s realistic, as I kind of indicated you don’t know till you dive into things especially with retrofit projects,” Baugh said. “Hoping for the best, I think the end of June is a realistic date and that we may have a month buffer of working through any problems.”

WRRAP’s fifth annual Zero Waste Conference goes virtual



WRRAP’s compost branch director Krissi Fiebig and coordinator Jerry Swider prepare for collections with their new compost-mobile on Oct. 2.

HSU’s eco awareness program continues providing support to campus during the pandemic

by Dakota Cox

Humboldt State University’s Waste-Reduction and Resource Awareness Program team will be hosting seminars and workshops online, raising awareness of environmental justice, local resources, the zero-waste lifestyle and providing eco-friendly DIY techniques, like making your own deodorant.

This year Oct. 19-23, WRRAP will be holding its annual Zero Waste Conference virtually.

The virtual setting grants more accessibility for speakers to attend. Beyond the clothing swaps and physical demonstrations, WRRAP sacrificed the semester for the safety of students. The new policies come at the cost of student interaction.

Amanda McDonald, WRRAP’s pro-

gram manager, said the biggest obstacle in their path this semester is reaching students.

“Typically, there’s multiple table events that we work throughout the semester that really get students engaged in waste reduction just by walking through the quad,” McDonald said. “That kind of interaction is so much harder with students being online.”

The WRRAP staff is smaller this semester, they are still provide students on campus with resources through the Reusable Office Supply Exchange program, the Bicycle Learning Center and the campus compost project.

The ROSE program simultaneously reduces waste and provides students with free access to school supplies donated by the community and former students.

Sam Kelly, director of ROSE, said the program is operating as usual with extra

precautions and shorter hours of operation.

“We definitely have more stuff in here right now than past semesters,” Kelly said. “Just because we don’t have a lot of people coming in and taking it.”

The BLC, located on the eastern end of the Redwood Bowl, is offering free bike repairs to students, staff and faculty. Service differences include wearing masks and social distancing during repairs.

COVID-19 restrictions currently forbid the BLC from allowing volunteers, which has forced them to cut back their hours.

Justin Delgado, a BLC instructor, said it has also made the days a lot longer without someone else in the shop.

“Typically we get about one person, at least when I’m here, per day right now,” Delgado said. “It used to be proly five or six.”

The compost team continues providing campus with their weekly services, however with a fraction of the employees present, their load is significantly lighter.

The team recently made the switch to an electric mountain bike this semester for compost collections. While much more energy efficient than the electric facilities vehicles they used in the past, in its current state, the trailer they’re hauling behind the E-bike can only hold a fraction of the buckets.

WRRAP’s compost collection process has switched over from electric facility vehicles to an electric mountain bike for energy efficiency. The downside to the switch, is the trailer the bike pulls behind it can only hold a fraction of the compost buckets.

Krissi Fiebig, the director of the compost branch of WRRAP, said they intend to team up with the BLC and modify the trailer possibly into a tower to fit more buckets.

“I don’t know how aerodynamic that would be,” Fiebig said. “But it would get the job done.”

The compost team is beginning a new partnership with the Campus Center for Appropriate Technology, allowing students access to properly dispose of their food waste. Additionally, providing free fertilizer towards the end of the semester, to any students who show up.

McDonald expresses concern in the programs future with several of the student staff members expecting to graduate in the spring. Finding replacements will be challenging given the virtual format that’s currently planned for the rest of the academic year.

“I’m just nervous that it’s going to harm the integrity of the program,” McDonald said. “When we do hire new people, I want them to understand the history of this program and the legacy that they’re stepping into and carrying on.”

Though they can’t currently accept casual volunteers, the WRRAP team currently has intern positions available and leadership positions opening soon for students interested in the future of our planet.

“Being one of the people on the WRRAP branches really helps to remind me to reduce my own waste,” Fiebig said. “And just to be more conscious than I already was of the things I consume and what I do about my life.”

COVID–19 forces students to create dance studios in their homes

Virtual learning sacrifices the quality of education for dance majors

by Brianne Beronilla

The switch to virtual schooling has challenged students majoring in dance. Online dance classes come with substantial obstacles. Audio lag from the instructor to the student makes it difficult for students and instructors to give accurate feedback.

The preparation before each class is now more involved than in-person classes. Linda Maxwell, Humboldt State University’s dance program director, misses traditional instruction and finds it hard to create relationships with her students online.

“Without the human connection, finding a way to connect to each student is simply more difficult and time consuming,” Maxwell said. “I personally can make less one-on-one connections in each class compared to a face-to-face class.”

Instructors must modify their teaching style and specific assignments to be as inclusive as possible,



Graphic by Dakota Cox

catering to the small spaces students have available.

In-person dance class consisted of the instructor faced towards the mirrors at one end of the room and students behind them mirroring their moves. Now, students are forced to learn choreography backwards, because of Zoom’s mirroring display.

Alex Dyer, HSU senior dance ma-

jor, biggest challenge is not having access to a full studio. Instead, Dyer designated a small section between her kitchen and living room for dance class.

“Trying to choreograph dances for my classes in a small section at home has been very hard,” Dyer said. “Because I never really know if what I created will work.”

Chloe Schmidt, a junior dance major, found a unique opportunity present that would never have been possible prior to the pandemic.

“One of the most amazing things to come out of this situation is that dancers from all over the world can take classes from some of the best teachers out there,” Schmidt said. “There is never the same energy in a Zoom class as there is when in person, but still, pretty incredible to have the opportunity to learn from the greats even if you are a thousand miles away.”

Considering the unusual conditions that dance students have endured, this experience has led them to become stronger individuals. Schmidt remains optimistic about the future.

“This situation has made me and many other dancers learn how to keep our inspiration up and navigate our art form in new and challenging ways,” Schmidt said. “I hope the future of dance is going to be even more vibrant and innovative.”

HSU students support science with Spanish

A bilingual HSU program encourages students to pursue the STEM field



Photo by Jen Taitton
Christian Trujillo and Diana Martinez act out a story about a flower's life cycle, pre-pandemic.

by Gabe Kim

Ciencia Para Todos, known as “Science for All,” is a Humboldt State University program that hopes to bridge the gap between younger, grade-school students and Science, Technology, Engineering and Mathematics careers through teaching English and Spanish in conjunction with local elementa-

ry schools like Fuente Nueva Charter School.

Christian Trujillo, a senior environmental science and management major, is the founder of Ciencia Para Todos. He strives to elevate youth whose first language is Spanish.

“We’re trying to destigmatize that idea,” Trujillo said. “Be like, ‘We are people who are bilingual, we’re in

STEM, we want you to do that when you grow older, and hopefully you could become a scientist and also use your abilities and cultural lens to really help the science community.’”

Ciencia Para Todos came from a desire to create an environment for budding Latinx STEM students. Feeling ostracized from many of the spaces on campus, Trujillo and his fellow Latinx classmates communicate in Spanish as a means of escape.

An already-established refuge named Indian Natural Resource Science and Engineering Program for marginalized science students on campus, inspired them to create a refuge of their own.

“We need to make our own space on campus since no one else is really going to do it for us, so we have to do it for ourselves,” Trujillo said. “And we’re like, ‘Oh, now that we’re doing this for ourselves, why don’t we do it for our communities.’”

Different cultural centers at HSU have gotten their budgets slashed, Trujillo worked to combat the problem with student retention.

“The stuff we do I think is very important to keeping student retention,” Trujillo said. “Because I’m one of those students that stayed here because of the centers and if it wasn’t because of centers, I would have been gone.”

Odalis Avalos is an environmental science and management major and senior. She works as the liaison for Ciencia Para Todos and conducts outreach. Avalos is glad to have a space where she can flourish alongside Latinx STEM students, an opportunity she didn’t have growing up.

“I’m really grateful that there is a program out there that’s able to provide this resource specifically for sci-

ences,” Avalos said. “It’s a very lax subject within the Latinx community, so it’s not really normalized to pursue these types of careers.”

Building off that, Avalos is glad to be able to feel a sense of community not only with the students she teaches, but also with her colleagues like Trujillo.

“It means a lot that they’ve created the sense of community for me,” Avalos said. “So we sit together and we come together and we collaborate and we have a common mission and even with that, we also have common experiences together.”

Diana Martinez recently graduated from HSU but continues to work for Ciencia Para Todos. Responsible for translating entire lessons between English and Spanish and managing the Instagram account for the program, Martinez has become more confident and optimistic in her future endeavors.

“And I used to do English and Spanish, but then when I go up in Humboldt, it was just English,” Martinez said. “So I almost feel like my Spanish was just blocked, and having met this group of people, it was just like ‘Oh, I could just talk in Spanglish or I could talk in English and in Spanish fifty-fifty.’”

Martinez is inspired by the children she’s worked with for Ciencia Para Todos and feels accomplished with what she has done for them.

“Once you see the kids, especially the native kids that only speak Spanish, when you speak in the same language, there’s a huge happy face in their face and it’s hard to describe,” Martinez said. “But knowing that they’re able to communicate just fine and the fact that you know that you’re helping them and supporting them and empowering them, that makes me feel great as an educator, too.”

The mental toll of COVID-19 isolation

Long periods of isolation lead to increased depression

by Carlos Holguin

March signaled the beginning of quarantine in the United States, with various states asking residents to refrain from unnecessary social contact with shelter-in-place orders.

For those staying with family and friends, the burden of staying at home for the last nine months was reduced by the ability to talk to and interact with others.

According to Paula Nedelcoff, a psychotherapist and community outreach coordinator for Humboldt State University’s Counseling and Psychological Services department, the task is significantly more taxing. Changes in living organization, such as online instruction, brings unwanted physical and mental changes.

“Long term social isolation for most people is very difficult,” Nedelcoff said in an email interview.

COVID-19 restricts face-to-face interaction, prohibiting the ability for people to physically and socially interact with each other. This prolonged isolation intensifies with time.

“Humans are social animals and we count on interactions with others. When we do not have someone to bounce off ideas and feelings with we can move within and isolate even more,” Nedelcoff said. “While during this virus we have a virtual world, we humans need contact with each other, we need and thrive with touch.”

A 2016 study published in the European Journal of Clinical Microbiology & Infectious Diseases suggested that isolation precautions may lead to anxiety. A group of doctors and professors looked at the ways social isolation affected patients who were recovering from various bacterial infections. These infections (like scabies, measles or tuberculosis) often required patients to reside in single



Graphic by Carlos Holguin

rooms to minimize the exposure to other patients.

A separate 2016 twin study the Journal of Social Psychiatry and Psychiatric Epidemiology suggested that social isolation could trigger an increase in mental stress. The data found that depression was significantly correlated with both social isolation and loneliness.

“Living alone and living with at least one child (no spouse), and weak social networks were associated with higher depressive symptom scores in both genders,” the study stated. “Men living alone with weak social networks outside the household had higher depressive symptom scores than those with strong networks.”

be a great time to try therapy or a therapy group. Going to counseling does not mean there is something wrong with you. Think of it like having a copilot while looking more deeply into your life and the meaning of it.”

She suggested finding ways to properly vent emotions and feelings so that individuals may not feel like they are cooped up physically and mentally.

“Learn and become aware of what works for you,” Nedelcoff said. “What might work for me may not work for my friend. Some people meditate, some people use music to calm them or ease their soul, while others may journal or get into a book. Often times we are not sure or don’t know what works for us.”

Most of all, Nedelcoff encouraged students to continue trying to find ways of expression in any positive way.

“COVID-19 and sheltering in place has taught us how little control we have over so many things,” Nedelcoff said. “This can be scary but we do have control of how we respond.”

“COVID-19 and sheltering in place has taught us how little control we have over so many things.”

-Paula Nedelcoff, psychotherapist

For those living alone, combined with a lack of available social interactions, the association with depression is even greater.

A 2011 research article in the International of Geriatric Psychiatry found that social connections were factors in determining depression.

In order to combat these feeling, Nedelcoff recommended finding ways to reach out to others within your social circle, in addition to seeking professional help.

“I encourage all folks to stay engaged with life via on line groups and virtual happenings,” Nedelcoff said. “This can

HSU Athletic Department left in dark about SJSU

Jane Teixeira addresses student concern over football program’s stay on campus

by Thomas Lal

The Humboldt State Athletics Department was notified that the San Jose State football team was coming to HSU the same time the general student and staff population of campus were told.

With the notice coming late on Sept. 29, the first chance that the department had to discuss matters was the following day with the Spartans roughly 24 hours away.

“I got the same information at the same time that everybody else got the information on campus,” HSU Athletics Director Jane Teixeira said.

SJSU anticipates spending \$100,000 to \$150,000 in total while at HSU. This includes meals, housing, use of Humboldt State’s facilities and round trip bus fare per San Jose State’s media relations.

It is currently unclear as to how much of this estimated budget belongs to Humboldt State or how that money will be distributed.

On Tues. Oct. 13, Santa Clara County moved into the orange tier from the red tier, meaning that COVID-19 guidelines will be loosened.

According to San Jose State football social media and Humboldt State University, the team will be leaving the HSU campus on Oct. 14 following the announcement that Santa Clara County will allow the Spartans to hold practices on their own campus once again.

According to an email sent out to

HSU students on Tuesday Oct. 13 if conditions do get worse in Santa Clara County again.

“Should Santa Clara County return to the red tier, HSU will consult with Humboldt County Public Health and SJSU about the viability of the team’s return to HSU to proceed safely for practice and/or competition,” HSU said in the email.

Teixeira explained that she has not been involved with any contract negotiations between HSU and SJSU, but believes the arrangement is similar to

any rental of the Redwood Bowl.

“I believe that they are renting our facilities and paying for them like any other outside group would be able to do,” Teixeira said.

Student concerns surrounding a large group of people coming onto campus was addressed by Emergency Management Coordinator Cris Jones Koczera. Koczera said that since the team arrived, the Athletics department has been working with local county health officials.

Koczera believes the chances of the

SJSU bringing COVID-19 with them is very low considering the team is subject to mandatory testing once per week before the Mountain West season begins, and three times per week when competition starts.

“Because of the frequency of testing that was required both by the state and by local county public health, they are by far the most tested individuals, probably in our entire county right now,” Koczera said.

The Athletics Department became aware of frustration coming from the rec sports organizations on campus which prompted Teixeira to hold a meeting with members of those groups on Sept. 30.

For Division 1 athletes, there is immense pressure to perform well and do whatever they are told to do as part of their respective athletic programs. Teixeira pointed out that while the SJSU football team is on our campus, they did not directly make the decision to come here themselves as individuals.

“It’s really important to know that the student athletes and the coaches and the student workers and the people that are up here from San Jose State are just following the lead of their leadership,” Teixeira said. “Just like we’re just following the lead of our leadership and I think it’s important that our individuals or people who are out in the community understand that this is by no fault of their own.”



Photo by Thomas Lal
Humboldt State Athletic Director Jane Teixeira (center) talks with her staff as the San Jose State University football team moves equipment onto campus on Oct. 2.

Recreational sport athletes react to SJSU in AS meeting

Athletes speak out against the uncertainty surrounding rec sports and the playing season

by Anthony Aragon

Recreational sports at Humboldt State University is made up of 15 competitive and four non-competitive club teams that practice and play in their respective seasons throughout the school year. Each club team offers the opportunity to students of all skill levels to participate and grow their abilities while building community with fellow teammates and recreational sports athletes.

Since spring break of early 2020, HSU officials have not allowed recreational sports teams to gather or practice in order to avoid the possible spread of COVID-19. No update has been given to any rec sports athletes over the past months on when their teams would be allowed to return, practice and compete.

HSU announced that it would be allowing San Jose State University’s football program access to the Redwood Bowl and Student Recreation Center facilities to prepare for their upcoming season.

Rec sports was finally allotted the opportunity to be heard publicly at the Associated Students board meeting on Oct. 9.

Martin Gordillo, a student and member of both the men’s baseball



Photo by Liam Warner
Jacks baserunner Alejandro Caravalho slides into third base during the HSU club baseball game on Sept. 28, 2019 at the Arcata Ball Park.

and volleyball teams, led a discussion on who at the university was behind the decision to not allow rec sports to conduct practices.

Gordillo noted the lack of communication from the Cal State University Chancellor’s office regarding the future of rec sports. Gordillo explained the strategies that fellow rec sports

clubs are willing to follow in order to uphold CDC safety guidelines. The plan includes reallocating funds from travel budgets in order to pay for increased sanitation supplies and COVID-19 testing for athletes and faculty.

Associated Students member, Collin Waichler, believes an in-depth

look at Chancellor Timothy White’s decision would provide clarification to the decisions that lead to the cancellation of rec sports.

“I think it would be very helpful if we can get the text of the Chancellor’s decision to not allow rec sports,” Waichler said. “So we can see that and look at it and figure out exactly what’s going on.”

A representative of the HSU men’s crew team, Michaela Praska, voiced her experience as a rec sports athlete in her senior year not being able to practice and compete with her fellow teammates.

“It’s so disheartening and I’m very, very disappointed in how things are being run and I just wanted to say my team really became my family,” Praska said. “So to not be able to like have that one hour or half hour to be able to spend more time with them. It really hurts. And I don’t feel like I stand alone.”

The future of rec sports continues to be uncertain for the time being, Gordillo ended his presentation by quoting the HSU’s rec sport’s pledge.

“We are Humboldt plus sports and we care for our athletes, one voice in solidarity loud and proud.”

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Time for yourself is more than okay

by Mikayla Moore-Bastide

Burnout is among us, for some it hit pretty early on. Whether you're a student, a worker or both, taking a step back just feels impossible. Why do we justify our exhaustion with more exhaustion?

While it is important to take responsibility for our lives, we need to be kind to ourselves. Living in this pandemic, we have come across what is called "pandemic fatigue." According to University of California Los Angeles health, it comes in various forms like the inability to focus, not knowing what day it is, feeling anxious, hopeless and worrisome.

How do we fight pandemic fatigue? How do we fight burn-out? How can we avoid a downward spiral of intrusive thoughts, fear, irritability and insomnia?

In an article in General Surgery News, Rachel Goldman, Ph.D., FTOS, a licensed psychologist, talks about healthy selfishness. The phrase explains itself, "knowing what you need to do and allowing yourself to do it."

It's time to be more selfish with our health and recognize that we need to take me-time. It's a reminder and also heavily recommended that we do take time for ourselves.

I personally struggle with taking that break and I wouldn't consider myself selfish. We are living in a very unpredictable time. I'm a planner, not being able to plan for the holidays or the next semester drives me up the wall. However, maybe it's time that I stop worrying about the future and worry about what I am doing right now.

"People need to focus on what is in their control, which is behaviors, reactions and how they cope, and not on what is out of their control," Goldman said.

Worrying about things you can't control is unproductive and a playing factor in my pandemic fatigue. The feeling of being lost and confused about what to do next runs through my mind every day. Dwelling on the unknown is out of my control and I need to let it be.

I know we are all going through it differently, but we are all still going through it.

So when you are too exhausted to go on, take that nap.

When your head is spinning, go for that walk.

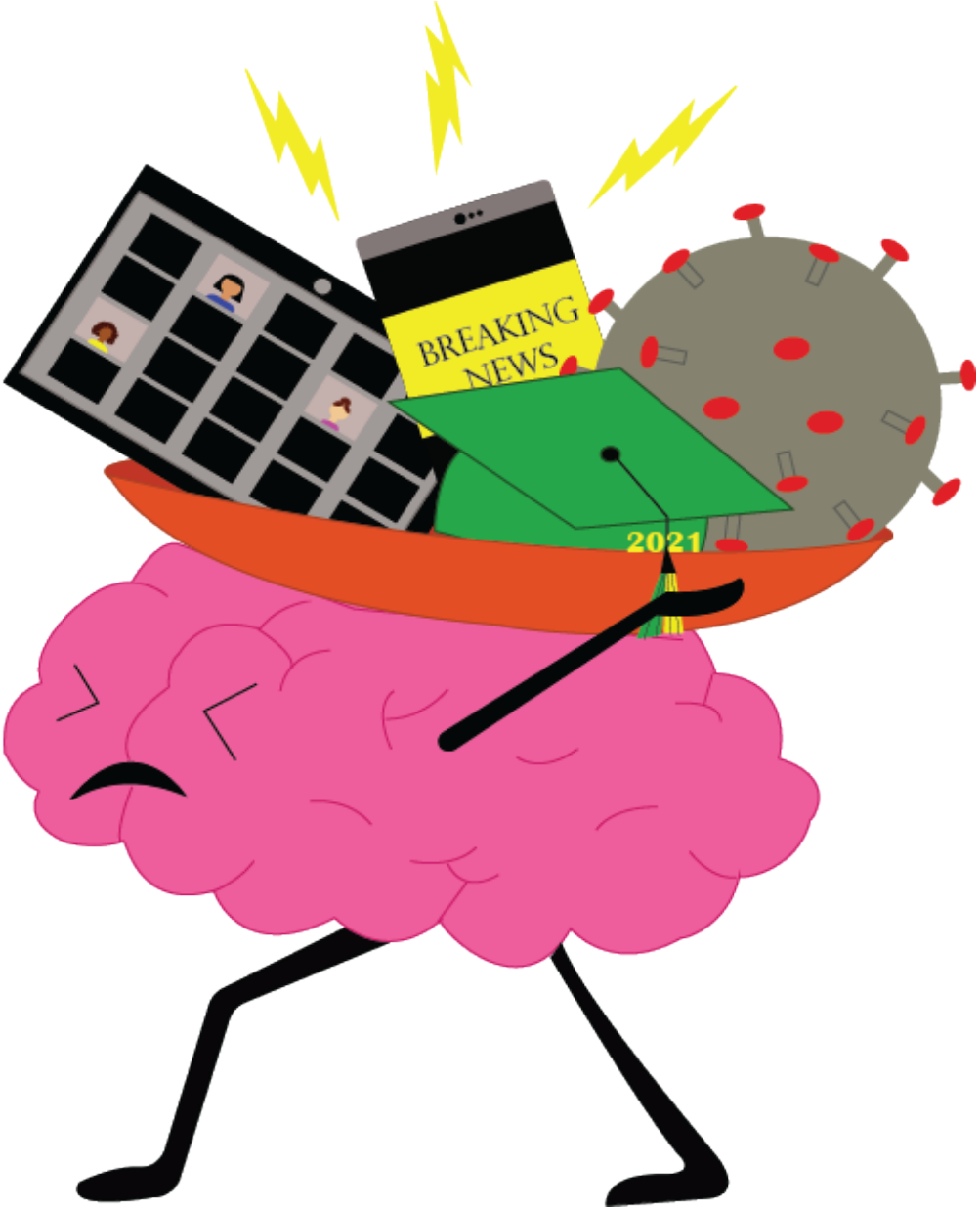
When you find yourself reading that one page four times over because you're just not getting it, take a step back and make some pasta.

Hit a pillow. Call a loved one. Cry. Watch that cringey holiday rom-com. Draw something, ugly or pretty.

Talk to yourself using only nice words.

Learn some breathing techniques on YouTube, meditate with Spotify, watch the news or don't, and don't forget to drink water.

If you need a sign to take a break, this is that sign



Graphic by Mikayla Moore-Bastide

Screens are losing their novelty

by Dakota Cox

When I was a child, my favorite thing in the world was my Gameboy. I was only allowed to play on long car trips or the rare occasions when a friend spent the night. My favorite game was Pokémon, of course. I remember the satisfaction I felt after beating the game for the first time. Those were the days before YouTube tutorials when discovery in games meant something.

When I grew older, I replaced my Gameboy with an out of commission iPhone I found one day in a crack of the couch in our family room. It served me well as an iPod for years until it finally refused to accept a charge and became replaced by my first official iPhone.

That phone met a violent end far before its time. It wasn't missed. The replacement that sits in my pocket today has aged noticeably over the years having been through more than most. It will also not be missed.

Over the years, whether it be a computer, a television or a phone, there's always been a screen at the center of my life. Though they may not always have received the majority of my time, the ideas attached to screens have almost certainly played a dominant role in my decisions since they were introduced to my life.

All it took was a taste and I was hooked, now I understand why my mom warned me about drugs. I only wish she'd known the damage a single screen can cause.

When I was 10 years old and my brother Yoshi was born, my mother more or less granted me the trust to make my own decisions. For me, this meant staying up till 5 a.m. watching Netflix, playing Skyrim and sleeping in until 2 p.m. Those were the days.

When I started living away from home, I began spending more time than ever in front of screens. They were no longer just an optional escape, they'd also become a regular part of my college education.

Now with the pandemic and online learning, the time spent in front of screens has crossed the threshold to a place of dread.

The once exciting prospect of a notification arriving on my phone is ruined by the endless nagging of unfulfilled responsibilities and classes I spend hard-earned money on to attend.

The little quality time I get to spend with family in the pandemic has become corrupted by the constant presence of screens.

Aside from hiking, almost every moment I was with Yoshi over the summer was spent playing the latest video games and half-paying attention to the shows playing in the background.

When I have time to spend the weekends with my Mother, I wake up before 7 a.m. for work and don't get back until 5 p.m. By then, I'm exhausted and I've got a pile of stories to edit, if I don't have to write one myself, along with whatever homework I couldn't finish during the week.

My mom is mostly glued to her phone and outside of an occasional board game or family movie, we retire to our respective rooms. Is this what life has come to?

Dobby's dissection of Donald Trump

Columnist Dobby Morse shares their take on the presidential candidates

by Dobby Morse

I tried. I tried to watch it, but like everything else Trump is involved in, it was a farce.

Within the first 15 minutes, Trump dodged the question as to when the new justice should be nominated by talking about Amy Coney Barrett's qualifications. He lied about his very public taxes, called the Coronavirus the "China plague," implied that Biden was stupid for forgetting the name of a place and bragged about football, of all things.

I am by no means, a fan of Biden. He is a creepy old white guy that has been accused of inappropriately touching several women. Trump has done much worse. Biden has a plan for the Coronavirus, including free testing, Personal Protective Equipment and a nationwide mask mandate.

He has a plan for the climate crisis that includes rejoining the Paris climate accord and an end to fossil fuel subsidies. Trump, as Biden said repeatedly, does not have a plan.

Trump's biggest problem is the inability to self-reflect. The media has been largely negative towards him. He is a pathological liar and it is the media's job to expose lies. He has shown no ability to listen to experts or politicians who do not undeservedly love him.

Rather than take a minute of his 74 years of life to reflect on why people don't respect him, he goes on defense.

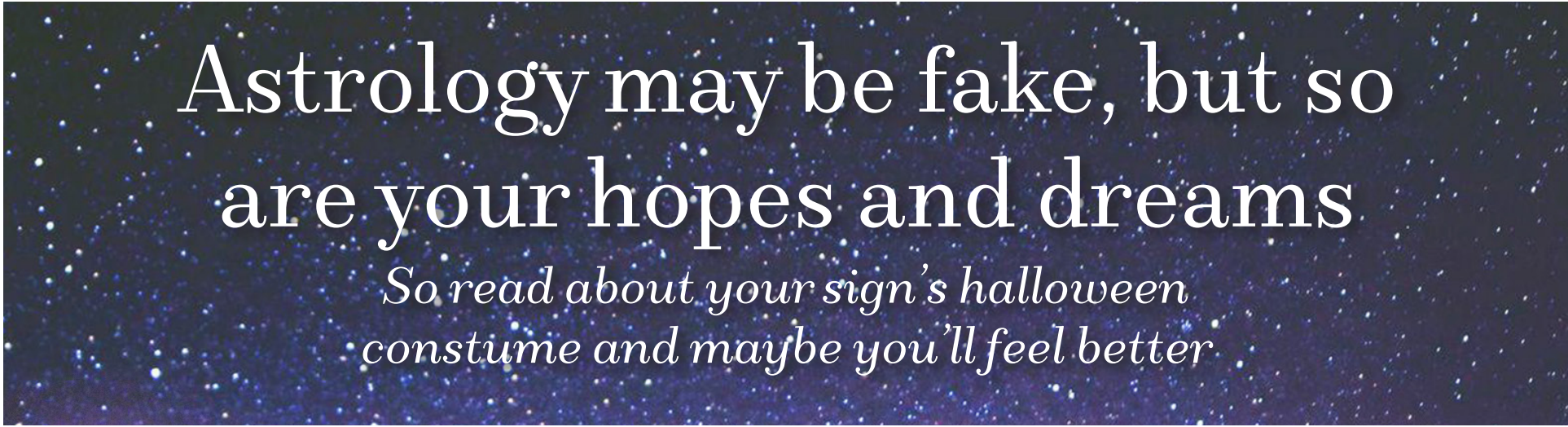
Biden, despite Trump's opinion, is smart. He brings up his experience as a senator and vice president to show he knows how to do the job. He talked about the Coronavirus deaths as people, rather than statistics. He talked about Trump's history of lies and lack of a plan to showcase his opponent's incompetence.

A horrific outcome of the debate is an increase in recruitment for the White supremacist group, Proud Boys. When asked to condemn them, Trump replied, "Proud Boys, stand back and stand by."

The hate group has since adopted this quote as a slogan and an endorsement by Trump.

We live in a world where incredibly dangerous people are world leaders. We live in a world where fundamental and private rights are in danger. We live in a world where a few people can decide the course of history.

So vote. Check your registration status, and if you aren't already getting election mail, find out why. History has its eyes on you.





Aries

(March 21 - April 19)

Your Halloween costume is one of the extras in the “Where’s Waldo” books. Waldo is out there, but you’re not him. Critically, you’re not out there either. Stay inside and let all wondering eyes glide over you in search of the man they seek.



Taurus

(April 20 - May 20)


Your Halloween costume is someone on trial for witchcraft. Let the real witches chant over cauldrons and fly around on cleaning implements. There is a curse in the air this Halloween, show the courts you are innocent of spreading it.



Gemini

(May 21 - June 21)



Your Halloween costume is a cured, but temporarily contagious zombie. You spent time as a drooling zombie, searching for the next bit of brains. But the outbreak has passed. Embody the spirit of your reclaimed human kindness by staying in.



Cancer

(June 21 - July 22)

Your Halloween costume is an expertly necromanced body. Your body was used in the devilish experiments of mad necromancers. They’re good necromancers, so you’re back to normal. Stay home reclaim some of the peace you were denied.



Leo

(July 23 - August 22)


Your Halloween costume is a skeleton with the meat still on. One day, your skeleton will break free, but you’ve still got a bit more time. You can extend this time greatly by being safe. Leave the meat on your skeleton by staying inside this Halloween.



Virgo

(August 23 - September 22)

Your Halloween costume is a werewolf during any phase of the moon that’s not full. On the full moon you take the form of a horrible beast, howling at the night sky. This Halloween may be the blue moon, but not if you stay inside and pretend it’s not.



Libra

(September 23 - October 22)



Your Halloween costume is an invisible spirit of the void. In order to truly don your costume, you have to not be wherever you intend to show it off. The less people see you, the better you’ve done. Hide in the dark of your room for best results.



Scorpio

(October 23 - November 21)



Your Halloween costume is a shapeshifter taking human form. Your true face is a spooky mystery. You have never shown anyone, and with any luck, you never will. Stay inside. Halloween is a day of spooky disguises which is just another normal day.



Sagittarius

(November 22 - December 21)


Your Halloween costume is a time traveler from the previous moment. It feels like you were just in the previous moment. How did you get into the current moment? You must have some sort of special power. Stay at home and experiment.



Capricorn

(December 22 - January 19)



Your Halloween costume is a pirate of the intellectual property kind. A sailor of the seven seas. In your trek across the sea of information, you’ve picked up some items of questionable legality. Perhaps ‘find’ a nice movie this Halloween?



Aquarius

(January 20 - February 18)

Your Halloween costume is a sleeper agent that’s still not activated. At some point in the next few years, you’ll hear the code that triggers your memories and activates your mission. Until it happens, you need to shelter and wait for your awakening.



Pisces

(February 19 - March 20)

Your Halloween costume is a functioning adult. Perhaps the most unrealistic of all the costumes here. Your costume might take the most work. In order to pull it off, you’ll need to stay in and do something productive. Vote? Cook? Read? So spooky...

