



Photo by Thomas Lal/HSU Athletics | Senior Marco Silveira kicks the ball during a match against visiting San Francisco State at College Creek Field on Sunday, Oct. 24.

# MEN’S SOCCER WINS FOURTH STRAIGHT

*Lumberjacks keep playoff hopes alive and well with a Senior Day win over San Francisco State*

**by Elliott Portillo**

Humboldt State Men’s Soccer played a full offensive and defensive effort over 90 minutes of action, but it wasn’t until a shot in the last minute of regulation by junior Dylan Tovani that the Lumberjacks were able to pull away, outlasting visiting San Francisco State 1-0 at College Creek Field on Senior Day this past Sunday.

Head coach Fred Jungemann said he was proud of the effort his team put into the match today, and that he was glad the effort paid off with a victory.

“The boys put it in start to finish today,” Jungemann said. “We had a lot of chances. The boys played really really well, but it was just one of those games where we’re just a half step late or the ball was a little early. It was one of those games where it just wasn’t clicking in the attacking third.”

Despite missed opportunities offensively, the Lumberjacks still outshot their opponents 26-12. Goalkeeper Adrian Gallardo anchored another solid defensive effort, earning his 7th shutout match. This puts him second on the all-time school single season shutout list.

“We had another amazing performance from our defense and Adrian,” Jungemann said.

**SEE SOCCER • PAGE 6**

# Charmaine Lawson and community coalition reveal new organization

by August Linton

Charmaine Lawson, the mother of HSU student Josiah Lawson who was murdered in 2015, unveiled a new organization in front of the Humboldt County Superior Court in Eureka, Justice in Humboldt. This was the 54th vigil that has been held for Josiah Lawson. Justice in Humboldt (JIH) is a collaborative effort between Justice for Josiah, Centro del Pueblo, Humboldt State Alumni, Buenlucha: Parent and Student Advocacy in Humboldt, and community members.

The stated goals of JIH are to educate the public on the failures of Humboldt’s judiciary, policing, and other publicly-funded systems. The organization says that awareness will hold these systems accountable for how they have failed the BIPOC residents of Humboldt County.

“From Maggie Fleming to Judge Dale Reinholsten, to the Eureka PD,” said Justice in Humboldt committee member Christina Lastra. “We’re putting it all on Justice in Humboldt, exposing behind the redwood curtain to let everybody know, in our beautiful Humboldt County, what is going on.”

Lawson challenged the vigil attendees to educate anyone they can on her son’s story. She also said that she intends to keep advocating in Humboldt County even after justice is served for her son, and that it feels like home to

her.

“I’m going to challenge myself as well, to keep coming back and sharing other stories. So with Justice in Humboldt, bring your story to us, so that I can share that story, and we can get some type of justice. We have to get justice, and we will not give up,” said Lawson.

Several Humboldt County mothers affected by similar issues spoke at the event, including Beverley Steichen. One of her sons, Aaron Kurt Steichen, was killed by her other son Jacob Steichen in September 2020 as the latter was in the midst of a psychotic episode. She says that her son’s death could have easily been prevented if Humboldt County law enforcement and mental health services had listened to her family’s pleas for help over the five weeks prior.

“The connection that [Charmaine Lawson] and I have is that we’re in that mom’s club that we’re never supposed to be in,” said Steichen. “We also have the connection that we’re learning about the intricacies of this very corrupt county.”

Lawson faced the courthouse and spoke directly at District Attorney Maggie Fleming as she closed out the vigil.

“Maggie Fleming, I know that you don’t think my son’s life matters, but it matters,” Lawson said. “I’m not going



Photo by Thomas Lal | Signs calling for an end to police brutality and racism sit are carried by demonstrators outside of Arcata City Hall on June 1, 2020 following the death of George Floyd in Minneapolis police custody.

anywhere. You will not silence me and you will not silence this community.”

Justice in Humboldt has launched their new website justiceinhumboldt.com and are on Facebook and Instagram @justiceinhumboldt. There is an ongoing Gofundme campaign to raise funds for a billboard which the organization says will raise awareness for the organization, and for the unresolved

case of Josiah Lawson.

On their Gofundme page, JIH says, “If you, your friends, or your family have experienced a lack of justice due to indifference or disregard by the justice system in Humboldt, please contact Justice In Humboldt for free resources and to connect with other community members seeking justice.”

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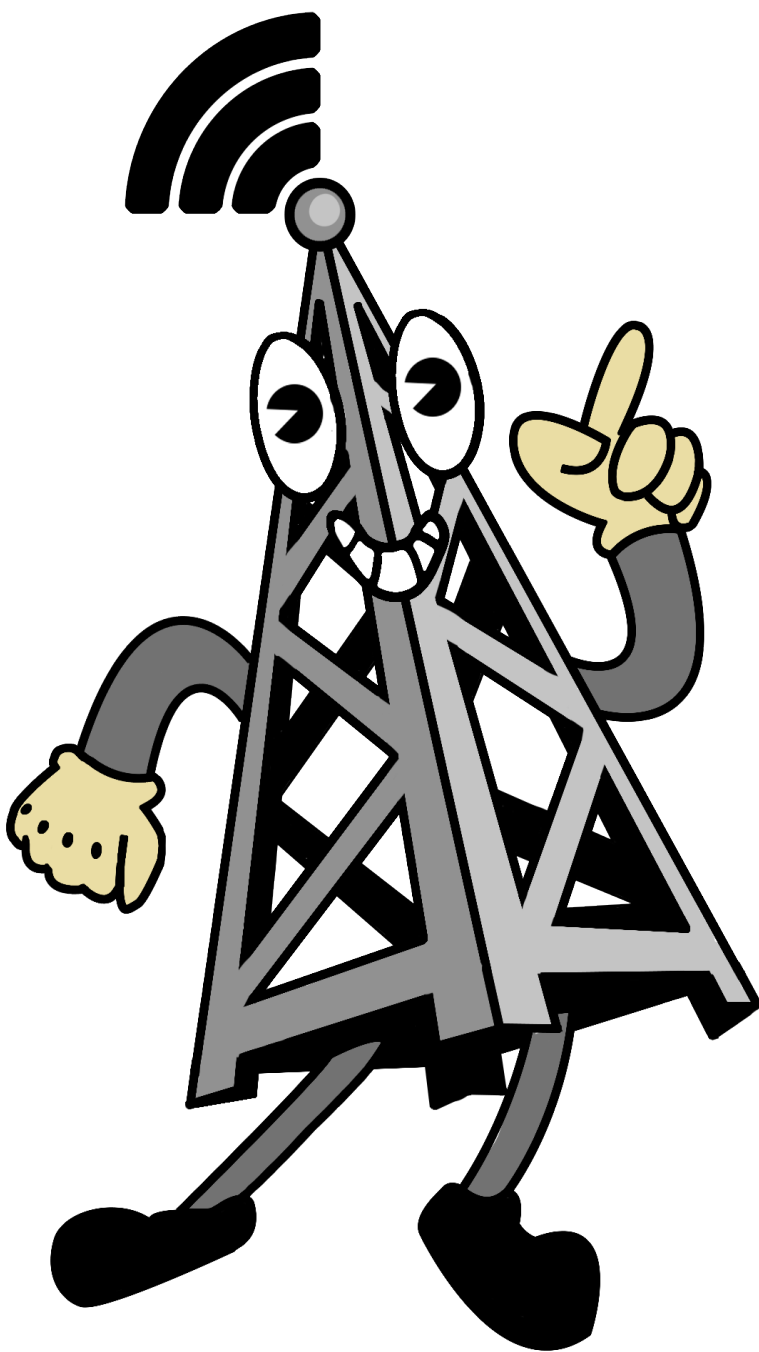
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# Giving incarcerated youth a chance

*HSU collaboration with juvenile hall took a turn during the pandemic, but students continue to honor the program’s mission*

By Ruby Guillette

The Juvenile Hall Recreation Program (JHRP) is one of the YES house’s longest running volunteer programs at HSU. Developed in 1974, the program took a short, few year hiatus, and has been running since 1980. It is one of the YES house’s many hands-on volunteer opportunities and a way for students at HSU to get practical experience in their fields.

“Volunteers of JHRP spend time with the incarcerated youth at the Humboldt County Juvenile Hall in Eureka, and provide outside community contact during regularly scheduled recreation time,” the program’s mission states. “JHRP volunteers provide support and positive guidance to the youth they serve in an effort to restore a connection to the outside community.”

It’s one of the most popular and long standing programs at YES. Typically volunteers visit during recreation time and help engage participants with art and games while providing social connection and productive distractions to youth in difficult situations. The HSU volunteers help build bonds and create prosocial connections.

COVID-19 has been a challenging obstacle for these hands-on programs, but part of the goal for YES is to sustain the programs throughout the pandemic. Due to COVID, the typical protocol has shifted from a one hundred percent hands-on community learning experience to a remote program focused on juvenile justice issues. Deeper learning for volunteers has included presentations from alumni, films, and other media-based features to build personal knowledge.

This semester, JHRP was able to collaborate with Scotia Middle School to

create a pen pal program for students to engage with JHRP volunteers. This new collaborative effort is less tied to the JHRP mission, but still allows for HSU students to get hands-on learning experience.

The current co-directors for JHRP, Brenda Ramirez and Ashley Ramos, have been working with the program for three semesters. Both started as volunteers and moved into leadership positions during the pandemic. For Ramos, the leadership deepened her understanding of JHRP.

“It was a whole new perspective on the program,” Ramos said. “I felt like I valued JHRP more, being on the inside of it, seeing how much hard work goes into making sure our volunteers have a good experience.”

Ramirez’s work within the program has been a time of growth. “It was a lot of personal growth,” Ramirez said. “For an introvert, that’s kind of going out of your shell.”

Before COVID, JHRP created a support system for the youth at juvenile hall. Social collaborations were cornerstones of the program which all shifted due to the pandemic. Still wanting to sustain the program’s mission, the current directors have appreciated the hands-on experience of the pen pal program.

“JHRP wants HSU students to collaborate with the community hands on,” Ramos said. “So [the pen pal program] was the only way we could provide that.”

Current volunteer and social work major Jasmine Rafferty is eager to sustain the program and build knowledge throughout, and after, the pandemic.

“[JHRP] creates a safe and welcoming space for everyone,” Rafferty said. “I can see myself staying with them for a while. They address community

needs and support community organizations which really is what social work is about.”

Rafferty is also passionate about the program’s mission and working with the incarcerated youth.

“For me, it’s a super interesting focus to be working with kids that have met adversity in their early childhood, because if we can hopefully get through while they are young, then they won’t have to go through a lot of things that unfortunately might happen,” Rafferty said.

Former program director Meg Bezak worked in leadership for three semesters and volunteered for JHRP for a year. During her time, the program worked often with the youth and did visits three times a week. The group would hold book drives, bring card games, and play board games or basketball, all centered around team building.

“It was always amazing to see them open up, because in the beginning, they didn’t want anything to do with us,” Bezak said. “But as time goes on and you get to know them a little better, they realize, and you realize, how much you can get from maintaining that relationship.”

Bezak describes the relationships she built as fleeting. “Some are there for a week, some are there for months, some come and go frequently.”

However, these relationships were inspiring for the volunteers and helpful for the incarcerated youth.

“It’s important for us to be that safe place for them and give them the hope that once they do get back out and start to live their life on the outside that they can do it,” Bezak said. “We try to provide them with the tools that can kind of help them transition back into that life again.”

# HSU hosts 23rd annual Campus Dialogue on race

*This year’s theme is Dismantle & Heal: building a coalition against forced division*

By Morgan Hancock

Campus Dialogue on Race (CDOR) is an annual event hosted by the Social Justice Equity and Inclusion Center (SJEIC). The event aims to facilitate discussion on racial justice and its intersections. It creates spaces and structures for reflection, analysis, dialogue, and positive strategies for change. Each year students, faculty, and community members gather to share insight, present, and attend programs. This week the event takes place through Oct. 29.

Frank Herrera, SJEIC Coordinator, helps students to organize the event. Herrera sees CDOR as a place of community on campus. In recent years, it has been adapting to the pandemic which has added challenges. Herrera explains the history and context of the event.

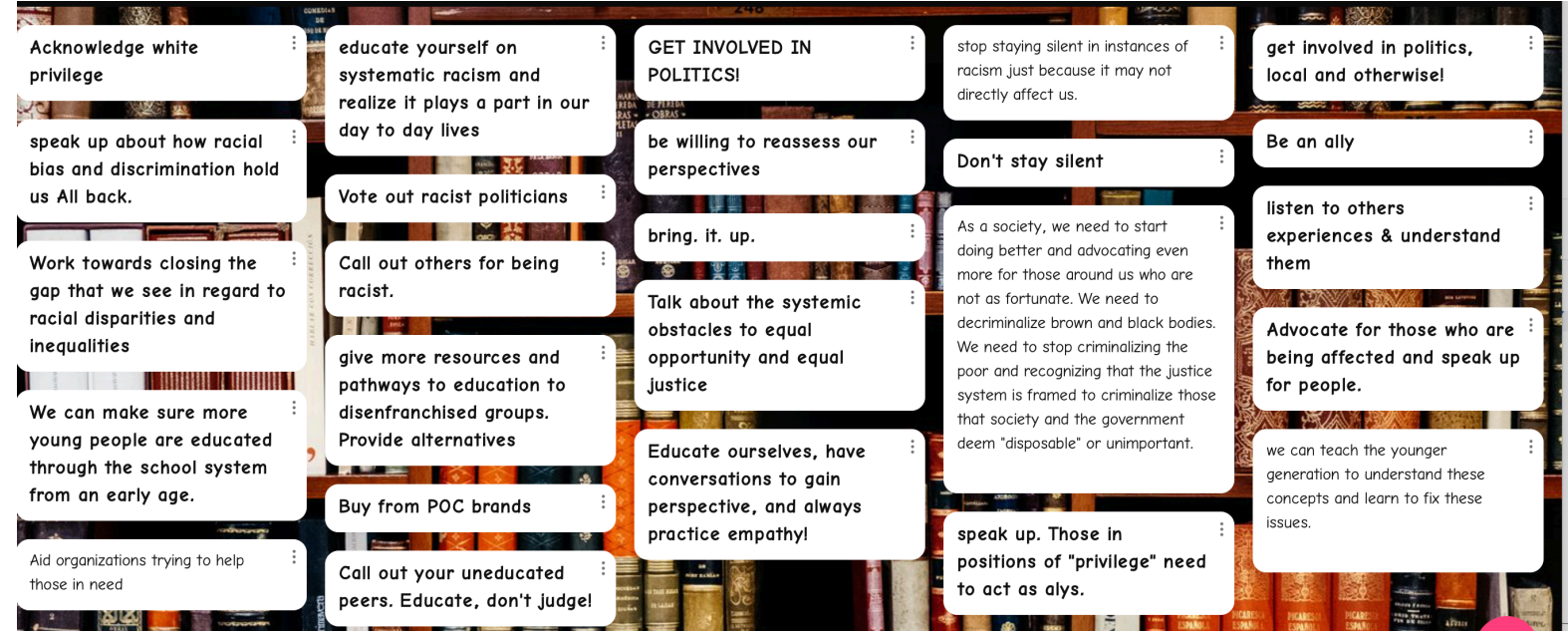
“The local community and HSU come together to talk about race,” Herrera said. “It started with Bill Clinton in the 1990s. He challenged universities to have these discussions. [HSU has] been the only university that’s been continuously running CDOR for 23 years now.”

CDOR hopes to create community, share, and learn about what’s happening in different cultural groups. It is a space to get informed and make positive impacts. Students can grow, learn, and leverage systems to create change.

Shiara Naicker is on SJEIC staff and has been working to organize CDOR events. Naicker appreciates the open-minded space for discussion. It offers a space to be mindful of privileges. This year’s theme aims to uplift Asian communities.

“It’s going to be great,” Naicker said. “We have some amazing speakers that are coming. We have Hari Kondabolu speaking about racism in media depictions of South Asians, specifically Indian people.”

CDOR will offer events through Friday, registration for which can be found online. Keynote speaker Hari Kondabolu will speak on Thursday, Oct. 28. Lisa Nakamura will speak on intergenerational trauma and race solidarity within Japanese communities. Throughout the week, there are workshops on white accountability, black liberation through the arts, anti-racist student and faculty organizing, and unspoken queerness within.



This graphic was created by volunteers in the JHRP class. The prompt was how to create more inclusive societies.

# Arcata Mayor axed amidst cloud of hazy accusations and recent DUI

By Liam Gwynn

The Arcata City Council gave a unanimous vote to remove Brett Watson as mayor and replace him with former Vice Mayor Stacy Atkins-Salazar in a meeting on October 20. Council Member Emily Grace Goldstein was elected Vice Mayor.

Watson pleaded guilty to driving under the influence in September. He was pulled over by Arcata police officers August 1 after driving recklessly on Highway 101. It was later revealed that he was in possession of cocaine and was charged with a fine, court ordered counseling, and a rehabilitation program. However, it’s not clear that this situation is related to him being removed as mayor.

Vice Mayor Goldstein explained the situation, choosing to keep the former mayor’s alleged wrongdoings confidential.

“This last week, information came to light regarding alleged behaviors of Councilmember Watson that negative-

ly affected the city and some of its staff members,” said Goldstein.

Since Watson’s DUI case was over two months ago, it appears that Watson’s removal was due to unrelated actions. Watson was not present at the council meeting because of personal reasons.

In a statement to the public last Friday, Watson announced that he will be entering a rehabilitation program.

“On Monday October 11th, I informed the City Council and staff I would be stepping down as Mayor and entering a 30 day residential rehabilitation program to focus on depression and personal issues,” said Watson.

The remaining city council would like to remove Watson from the city council as well, but have no legal authority to do so. It is not yet clear whether Watson will resign from the city council on his own accord.

“We have no legal ability to remove him from the city council,” Goldstein said. “However, I believe we owe it to

the people of Arcata to make it clear we do not align ourselves with the actions of council-member Watson.”

Watson attributed his actions to a family tragedy that severely impacted him.

“Last week was the one year anniversary of my father’s death,” Watson said in a press release after his arrest in August. “He was severely depressed and took his own life. I’ve really been struggling with the loss this last week.”

Mayor Atkins-Salazar wants to keep the city’s focus on the future despite the drama surrounding the former mayor.

“We’ve been elected to help run and guide the city of Arcata and that’s exactly what we want to do and are trying to do,” Atkins-Salazar said. “So it’s important that we move forward. To reiterate, this was not taken lightly.”

Mayor Atkins-Salazar and Vice Mayor Goldstein will serve their positions until December 22, 2022 when a new mayor and vice mayor will be decided by the city council.

23rd Annual Campus & Community Dialogue on Race

Dismantle & Heal:  
Building Coalition Against Forced Division

Monday 10/25 - Friday 10/29

A Conversation With Keynote Speaker:  
Hari Kondabolu  
10/28 @ 7pm

Featured Speaker Dr. Lisa Nakamura  
Moving from Intergenerational Trauma to  
Racial Solidarity in the Japanese American  
Community  
10/26 @ 9-10:30am

Zoom Registration:  
https://dialogue.humboldt.edu/

For accommodations or questions:  
cdor@humboldt.edu

Courtesy of SJEIC



# Student-friendly virtual cooking classes by Oh SNAP!

*Learn how to make easy and convenient meals for free*

by Nancy Garcia

If you struggle to come up with meal ideas or want to learn more about cooking, Oh SNAP!’s virtual cooking classes are your answer. The purpose of these cooking classes is to teach college students how to make easy, convenient homecooked meals.

When a class opens, the first 40 students who sign up can get a bag of ingredients to make the dish and pick it up at the Oh SNAP! Pantry (RWC 122) the week of the class.

Students who aren’t in Humboldt can still sign up and get their ingredients for free through Instacart. If you can’t make it to the live Zoom session on the day of the class, the ingredient bags also include a printed recipe so you can make the dish on your own time.

“Cooking can be intimidating for a lot of people, so I think that these cooking classes are a great way to step out of your comfort zone and learn how to

make different types of recipes that you normally wouldn’t have tried to make before on your own,” said Veronica Amezola, one of the coordinators of the Oh SNAP! cooking classes.

Amezola said that if she wasn’t working for the program, she would still sign up for the class as a student. She thinks that students should take advantage of the classes because they’re free, the recipes aren’t complicated, and you’ll learn how to make something new.

Ariadne Lugo, also a coordinator of the Oh SNAP! cooking classes, said that she knows the feeling of being limited on ingredients but still wanting to make the most out of them.

“Before working for Oh SNAP! I participated in a cooking class myself and it was a great experience,” Lugo said.

Classes have been taught by students and other faculty, and if students are interested in hosting a live virtual cooking class, they can contact the cooking

class coordinator.

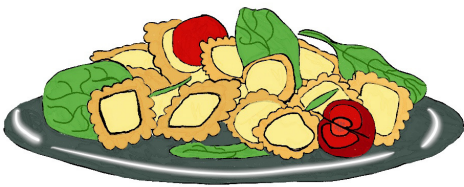
Associate Dean of Students Roger Wang has led two of these classes. When deciding what dish he wants to share, he said he makes sure it’s something that’s quick and doesn’t require appliances that students may not have access.

“My mom never taught me how to cook things really so I had to learn myself as a college student,” Wang said. “I love cooking now and it takes up a lot of time, but it’s usually healthier and cheaper and so I want to share those skills.”

There isn’t a schedule for upcoming classes, but they plan to have one a month. Amezola said that they usually always reach their 40 person limit and the best place to see when the next class will be is on their Instagram @hsuohsnap.

“I hope that the students that join get a fun experience out of our cook-

ing classes,” Amezola said. “We try our best to make these cooking classes very approachable and easy for students so that they’re able to gain more experience with cooking meals for themselves and expand their options as well.”



Graphic by Becca Laurenson

# Spooky Treats!

*Tis the spooky season*

by Raven Linton

Happy almost Halloween!!!!

Spooky season is here and the freighting snacks and decorations must be top tier.

To get into the Halloween spirit usually, people go to a pumpkin patch and take cute fall pictures with loved ones and friends. And then you host a pumpkin carving party right?

Well maybe. But times are a bit different and we still must be very cautious of covid regulations.

So just like during Christmas time you could build gingerbread houses, homemade reefs for the door, and decorate the Christmas tree.

Halloween has that too.

In this article, you will be shown how to make some spooky snacks.

Finger hotdogs, mummy cookies, and graveyard pudding. All of which is reasonably priced and can be found at your local grocery store and dollar tree. We are still college students who are on a budget.

**Finger Hotdogs**

This is a four-ingredient recipe and it cost 5 bucks in total to make. You’ll need a pack of hot dogs, hot dog buns, ketchup, and thick-sliced pieces of white onion.

You’re going to cut your hotdog some little lines that would resemble a finger and at the tip of your hotdog slice a fake nail bed. The best way to have these fingers look aesthetically pleasing cook them in the oven for 7 mins total until it gets a yummy golden-brown crust. Take your thick sliced onion and place it in the nail bed you created. Add your ketchup to the hot dog to make it look like it’s gushing with blood. And there you have it. Your spooky hotdog finger.



Graphics by Becca Laurenson

**Mummy Cookies**

This is simple and incredibly easy and the cost was about 7 bucks.

Purchase a pack of chocolate Oreo cookies, white frosting, and edible googly eyeballs.

The best way to get the frosting on the cookie to resemble a mummy would be to heat the frosting a bit maybe 20 seconds in the microwave. Grab a fork and dip it into the frosting and maneuver the frosted fork over the oreo cookie in whatever pattern you think would resemble a mummy. Make sure to leave a smallish gap so you can have a space to place the googly eye. To help them stick better stick a little of the melted frosting onto the back of the eyes.

**Graveyard Pudding**

Same as the other two ingredients, this one was very easy and cheap to make.

You’ll need some gummy worms, Oreos, either all-ready-made chocolate pudding or chocolate pudding mix. Whichever works for you. Now finding edible headstones were tricky so I just purchased some mini decorative ones from dollar tree.

Place your pudding in a glass cup, mason jar, or glass bowl. With your Oreos, we really don’t need the white part so scoop that out to the side. And depending on how much you’re making you may not need a ton of Oreos. But once you have just the cookies place them in a ziplock bag and crush them as best you can. You’re going to add the crumbled cookies on top of the chocolate pudding. Place your gummy worms in an aesthetically pleasing way in and on top of the pudding. Add your gravestone and tada you’re completed.

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# Life of a campus raccoon

## Our furry neighbors

By Ian Vargas

The Humboldt State University campus doesn't just house students. A whole ecosystem of local wildlife is nearby, living in the redwoods or hidden away on campus and eating all the food we toss in the trash. If you head out late at night you can probably catch a sighting of our neighbors, the raccoons. They are commonly seen all around campus on their search for something to eat and somewhere to hide.

What brings raccoons to our campus? As mesocarnivores, they mostly eat meat, but are also able to digest a whole lot else. According to HSU Wildlife professor Barbara Clucas, this adaptability is what makes them such a common sight here and in cities across the country.

"Raccoons are pretty adaptable, they do well in urban areas," Clucas said. "They like the food, the trash."

This highly flexible diet is one of the reasons why raccoon populations are actually growing around the world and have even become an invasive species in some places. Their ability to eat nearly anything humans can and their skill at getting into garbage cans or forcing open food containers gives them access to food sources that other animals miss out on, and lets them stay fed with much less overall competition.

According to the 2019 study "Current and future climatic regions favorable for a globally introduced carnivore

the raccoon," by Vivien Louppe, Boris Leroy, Anthony Herrel and Géraldine Veron published in Scientific Reports, raccoon populations are likely to grow and spread across more of the world as urbanization increases and areas that were previously unsuitable for them become warmer as weather changes.

While this has already occurred to a degree, according to the report, by 2050 the population will spread quite a bit further.

"The raccoon presents a tolerance to a very wide range of bioclimatic conditions resulting in extensive regions currently favorable to the species," the report said. "Moreover, predictions for 2050 reveals wide newly favorable areas north of the current favorable regions."

Because campus is so close to the redwood forest, our raccoons can come back and forth between wild and urban environments, but those living in larger

cities with fewer wild spaces face some problems. Animals in an urban environment tend to live in close proximity to each other and at a greater density. Because of the more abundant food, raccoons are more likely to end up all congregating around the same source. This makes them more likely to spread disease to one another and possibly to pets and even people.

According to Richard Brown, a wildlife professor at HSU focusing on animal pathogens, animals in close contact with people can become a health issue.

"Raccoons in urban areas may congregate at garbage dumpsters or in areas where people feed their pets outside, and congregation can also facilitate spread of some pathogens," Brown said. "Rabies, of course, is a risk for humans as well as other mammals. Raccoons can also carry raccoon roundworms which can be a risk for people who try to clean up their latrine sites or people that are crawling around under houses, etc. Of course, there are a lot of pathogens in nature, but those are the two that come to mind."

While they may like the food, raccoons may not be better off for living in an urban area with us.

"There is a perception that animals are doing great but that's not really the case," Clucas said. "They could have lower reproductive rates or be less healthy. They may be here but that doesn't mean they're doing great."



Graphic by Sophia Escudero



A Raccoon caught on camera taking peanut butter out of a PVC cap for an on campus camera study. Photo by Barbara Clucas

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SOCCER

FROM PAGE 1

With less than a minute before extra time, Tovani got a touch about 18 yards from the goal. This time though, the junior business major captured the opportunity, sailing a beautiful ball into the back right corner of the net to clinch the win.

“Dylan stepped up in the last minute,” Jungemann said. “He took on the responsibility and scored an amazing goal.”

For Tovani, the last thing he wanted was for the game to go to extra time.

“When I took the touch I heard ‘one minute left,’” Tovani said. “All I thought was to shoot it, because we need a goal with 50 seconds left or we’re going to overtime, so we have to score.”

Tovani felt the score reaffirmed the dominant effort his team had shown all game.

“I think we dominated the whole game,” Tovani said. “We got a little sloppy at times at the end of the second half, but we dominated pretty much the whole game, the first half especially.”

Sunday’s victory marked the 4th consecutive win for the Lumberjacks, as the team also won a nailbiter on Friday with an overtime golden goal victory over Northern California rival Sonoma State.

The hot streak comes at a crucial time for the Lumberjacks, as the squad

sits in fifth place in the CCAA regular season standings with only 3 games remaining in the regular season. Only the top six teams will advance to the conference playoffs beginning in November.

Senior Marco Silveira, who currently sits in first place in the conference in assists and game-winning goals, noted that it was the perfect way to close out the final regular season homestand of the season.

“That’s exactly what we wanted: the battle to the end,” Silveira said, “We had been pushing the whole game, so it was the perfect way to end our career here at College Creek Field.”

Depending on how the next two weekends play out, Silveira may still yet be able to play at home one more time, as the jacks sit only two points behind fourth seeded Cal State San Bernardino. If the ‘Jacks can overtake the Coyotes in the standings with three matches remaining to jump into the top four seeds, they would host a first round home match on Nov. 7 for the opening round of the CCAA playoffs.

With that being said, the team closes out their regular season with potentially the hardest road trip of the year. The squad begins its road trip on Friday Oct. 29 against Cal Poly Pomona, currently seeded second in the conference. On Oct. 31, the team faces off against #8 Cal State LA, who currently sits at the top of the conference standings. After that, the team will return to NorCal where they close out the regular season



Photo by Mina Barajas/HSU Athletics | Members of the HSU Men's Soccer Team celebrate after Dylan Tovani's game winning goal in the final minute of their match against San Francisco State at College Creek Field on Sunday, Oct. 24.



Photo by Mina Barajas/HSU Athletics | Dylan Tovani (8) kicks the ball against San Francisco State.



Photo by Thomas Lal/HSU Athletics | Members of HSU Men's Soccer Senior classes of 2020 and 2021 and their families at the Senior Day festivities.

against their traditional foes, the Wildcats of Chico State on Nov. 4. The ‘Cats will be fighting for their playoff lives as well over the last two weekends, as they currently sit in the final tournament spot.

Gators spoil Senior Day for women's soccer, 'Jacks lose 2-1

by Elliott Portillo

Humboldt State women's soccer dropped another close match this weekend, falling to the visiting Gators of San Francisco State.

Kendal Spencer drew first blood, scoring a goal in the 30th minute to put the home squad up early. However, San Francisco scored an equalizer minutes into the second half to tie the game. In the 76th minute, San Francisco's Alexa Avelar scored to put the visitors up for good, spoiling the final home match for the 'Jacks this season.

Prior to the game, the team honored it's three graduating seniors: Claire Barreilles, Clara Lenihan and Tana Eri.

The Lumberjacks (3-8-4, 0-6-2) finish up their season with three road matches. This weekend, the squad will travel south to play Cal Poly Pomona on Friday, Oct. 29 and Cal State LA on Sunday, Oct. 31 before returning to Northern California to end the season against Chico State on Nov. 4.

Cross Country runs at conference champs

Two all-conference finishers lead women to sixth place finish

by Elliott Portillo

Sophomore Saedy Williamson and graduate student Rosa Granados both turned in excellent results for the Green & Gold at this past weekend's CCAA Conference Cross Country Championships on the campus of Cal State San Marcos.

Williamson finished 8th while Granados finished 10th to both claim all-conference honors, leading the Lumberjack women to a 6th place team finish. The pair are the first Lumberjack women to earn all-conference recognition since 2017.

For Granados, both her and Williamson raced strategically in what is historically a fast starting race.

“We raced pretty smart,” Granados said in a press conference on Tuesday. “There were a lot of teams that went out super hard the first half and me and Saedy really kept taking it upon ourselves to keep moving forward and passing girls. We started off around 20th and built ourselves to top-10. It's just awesome to see the hard work we've been putting in.”

Williamson also felt proud to achieve a goal she set at the beginning of the season.

“That [top 15] was my goal the entire season,” Williamson said. “Through about half of the race, I was in there and I was like ‘ok wow I'm doing this,’



Photo by Thomas Lal/ HSU Athletics | Saedy Williamson (left in green) and Rosa Granados (right in green) race alongside each other early on at the Jim Hunt Memorial Invitational at Baywood Golf & Country Club in Arcata on Sept. 18.

so it was kind of a shock to me too, but I'm really happy with it.”

On the men's side, transfer Ian Rusk led the way with a 32nd place finish as the Lumberjack men finished ninth.

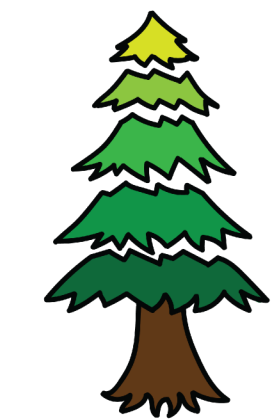
Both squads return to action at the NCAA Division II West Region Championships in Monmouth, Oregon on Saturday, Nov. 6.

For both women, a good performance could potentially vault them to the national championships in Tampa, Florida on Nov. 20.

“There's a chance that me and Rosa could make it to Nationals,” Williamson said. “Going into it [the regionals] there's expectations for us and the competition going into this race is pretty good. It'll be a fun race, exciting and fast.”

Would you like to contribute to The Lumberjack?

There's more going on in our community than a small group of student writers could ever hope to cover. If you're a member of the student body we serve, you have a valuable perspective that we'd like to help you share.



Step 1: What's your idea?

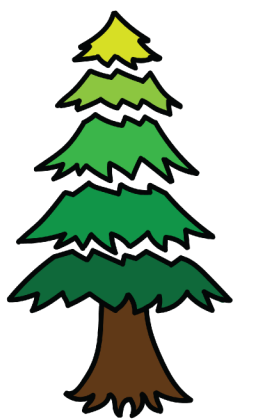
Do you want to write a story or opinion? We'd also be happy to publish your artwork, photography, comics, or poetry.

Step 2: Contact us.

We can be reached at [contactthejack@gmail.com](mailto:contactthejack@gmail.com). We can help you write your first story or make sure your art is ready for print.

Step 3: Publish!

When your work is ready we can finally publish. Depending on your idea, it could end up here in this paper, on our website, or both!





# Thank you Humboldt

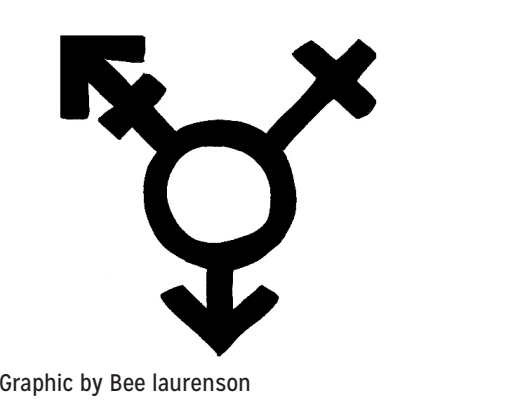
*The Humboldt community has given me the space to comfortably express my gender*

by Morgan Hancock

Finding space isn’t always easy for someone who is nonbinary. Trying to be yourself in your own skin can be a challenge. Being yourself in a community can be even harder. There isn’t one particular challenge that all nonbinary people experience. It’s more like a multitude of tedious interactions that make you question if being yourself is even worth the effort. It’s draining to correct every pronoun. The worst is having to defend your own identity as if it’s something up for trial. I haven’t lived exactly inside the binary for years, but I found that since I moved to Humboldt it’s all been a bit more comfortable. There are a lot more people like me. Whether or not they are non-binary folks or just people pushing the limit of gender expression, I don’t stand out. Individuality complex aside, it’s nice to feel safety in numbers. There’s no integration on what exactly my gender is. Don’t get me wrong, I love to have a thought-provoking dialogue with cis folk. I just don’t want to speak for every nonbinary person’s experience every time I get the “but, why?” questions towards my identity. Explaining yourself can be draining. Humboldt might just be ahead of the curve. Here, using gender-neu-

tral pronouns is the default. Using they/them is not something that sounds awkward or clunky coming out of cis folks’ mouths. I don’t get the odd stare from boomers trying to make out what gender category I fit into. I haven’t once been mistaken for a lost little boy with that patronizing “Hey little buddy, where’s your adult?” I don’t often find myself being misgendered, but when I do there is often someone in the room to speak up for me. I even have gym bros correcting others’ use of my pronouns. Before I moved here I never expected anyone to treat me in this way. I didn’t know that communities had common decency towards gender non-conforming folks. I figured it would just be a minor obstacle in my day indefinitely. And wow, I love just feeling normal. My existence isn’t some controversial affair, I get to just be a person. Not a controversy, obstacle, or special guest, just a person. A person who thinks this whole gender thing is a hoax made up by big bathroom to sell more toilets or something like that. On the occasions I leave this gender-happy bubble that is Humboldt county, I am harshly reminded of other realities. Ones that involve more staring, backhanded compli-

ments, and arguments against me. As if someone could just convince me to unqueer my gender for their own comfort. Humboldt gives me opportunity to feel many happy gender moments, and I want to share a few of them with you. Climbers, using the right name and pronouns to cheer me up the wall. Moshers, allowing me to experience a show topless like no big deal, and without any comments or harassment. Drinking at Everett’s, where tipsy bar-goers correct their use of my pronouns unprompted. The patience of professors as I go through a name change. Here, it may seem like no big deal. Everywhere else I’ve lived, these interactions have been obstacles. So thank you Humboldt, for nothing special, but just allowing me to be me.



Graphic by Bee laurenson

## My love/hate relationship with HyFlex

*Juggling freedom, a lack of camaraderie and the animals*

by Ruby Guillette

I moved to Arcata in the spring of 2020. After recently graduating from community college with an associate’s degree in communications, I was eager to begin work on my bachelor’s. I worked up my courage, moved myself and belongings to a musty house in Pneumonia Gulch, and began to work. I was just finding a routine and making connections on campus when COVID hit. With worries of getting sick and the loneliness I began to feel at my rental, I packed up my belongings, one sickly anthurium and panic-moved in with my boyfriend in southern Humboldt. I worked through the rest of the semester. And the next semester. And the next. Now, halfway through the fall of 2021, I have learned to cope with HyFlex. The results? It’s difficult. It’s hard to hear what’s going on in class and I find myself missing the collaborations built on campus. I feel disconnected from my peers and teachers. Maybe it’s my anxiety talking, but the online community just doesn’t jive with the in-person folk. It’s hard to pipe up from Zoom, and if there is a shoddy internet connection, or the people in class are having a rowdy discussion, there’s just no point to even talk.

Although it is arguably more difficult to communicate via HyFlex, I do appreciate the freedom that comes with online school. I have more time to focus on my studies, I don’t have to account for drive time, which always eats into the schedule, and I don’t have to relocate, which can be difficult in itself. During the pandemic, I also got a puppy. A giant goofball of a puppy, and my mom gave me her small dog. I also have a cat and chickens. I live on a decent sized farm in SoHum, but these responsibilities make moving more challenging. Even if I were to relocate, it would be difficult to find a place that allowed a petting zoo. Other options include some rehoming, maybe for the cats and chickens, but...who wants to rip apart the pack? Not me.

At this point, I don’t even want to move to Arcata. With winter just beginning and Delta variant trends and rates of sickness only bound to increase due to winter’s lower temps, I just don’t think it’s feasible. What if campus shuts down again? Will I find myself in the same place as spring 2020?

On one hand, Hyflex gives me the freedom that I love. I can accomplish my educational goals from the comfort of my home. I also have more time to focus on other irons I have in the fire, and believe me, there are a lot of them. On the other hand, I lack the camaraderie found in classroom settings. I find myself isolated from my peer group and unable to communicate effectively. It’s also difficult to work through the challenges of being a college level senior alone.

Overall, I feel like my college experience was ripped from my hands. Now, with graduation just one semester away, I’m in limbo. Even though HyFlex has its downsides, it’s a better option than uprooting my menagerie. So for now, I’m staying put. HyFlex, shcmymy-flex. I’m getting my degree no matter how many times I have to ask someone to repeat themselves.

# You’re not fine, and that’s okay

*Disclaimer: There will be mentions of suicide and mental health impacts on education, please take caution when reading*

by Cheyenne Wise

College is a time for people to explore who they really are and to live through so many monumental moments in their lives. However, it can also be a time of struggle and trauma. I have been on academic probation and have had to make a catastrophic withdrawal because of my mental health. I just gave up. One bad day, and then it takes me months to get back on track. Having conversations with my professors has done wonders for me academically. I was terrified I was going to have them laugh at me and tell me good luck. But instead, these wonderful people cared. They wanted to see me succeed and not struggle, especially in their class. Having these candid conversations is the key to a lot in life. On Sunday, November 4, 2018, I went back to my home in Arcata, CA, after spending the weekend in San Jose. I noticed a vehicle stopped on the Eel River Bridge, between Rio Dell and Fortuna, with the drivers’ door open and no lights. I pulled over in front of the car after seeing a man walking past the front of the car and walking towards the bridge’s railing. I ended up slowly running my car onto the bridge because I noticed something on his back that looked like a gun holster. I parked my car with the hazard lights on, concerned that a drunk driv-

er in the middle of the Eel River Bridge also had a gun. I got out of my car with my pepper spray because I was unsure of what was happening but still felt the need to help this man. Since I believed that it was a drunk driver, I started talking to him from a distance and offered him some cookies, but then he started rocking back and forth on the railing. It’s when I knew that this man wasn’t a drunk driver, but instead, a man who needed help or else he would be at the bottom of the bridge. I ran to my car to grab my phone and call 911. As I was doing that, I tried to wave down every car that drove past, but no one did. I was so scared for him and myself before I saw those red and blue lights. I was sitting in my car with the other car’s lights in my face, and I could only see silhouettes. I had been curled up in my seat, trying to hide from any possible dangers, especially since I thought he had a gun. I was fearful that the gun would go off and go towards my car. I saw a flash of light, and then people were tackling the man. I watched as the ambulance drove by my car with him strapped in the back. We made eye contact. This man was going to jump off a bridge, something I almost did myself so many years ago. I know what it feels like to stand on the edge and look down below you and wait for the right

moment to jump. There’s a fear of the unknown, but it’s an almost calm fear that numbs your body and mind. But I didn’t, that moment never came, and I immediately felt like a failure because I couldn’t even take one step forward. It took some time for me to realize I wasn’t a failure, I wasn’t weak– I was strong because I didn’t take a step forward. I took a step back, and then another, until I was safe and I wasn’t standing on that edge looking down at the world below me. Everyone suffers from mental health issues, even if they are the slightest thing. Untreated and ignored, it can snowball quickly before anyone even realizes something is wrong. It’s a part of being human, and we need to recognize it and speak about it. Most people see it as taboo to admit something is wrong– “oh, I’m just a bit sad, but it’s alright,” or “no, I’m FINE.” But you’re not fine, and that’s okay. Humboldt is a beautiful place, but it can also be a terrible place, especially for mental health. Finding resources and people to confide in, can at times, be a struggle. Talking about it, offering your triumphs, speaking of ways to get help, resources, and normalizing mental health is how we can help others and ourselves.



Upcoming Events	
Wednesday	<div>Oct. 27</div> <div><b>Halloween Jewelry Sale</b> Wednesday, October 27, 2021, 10 am – 2pm University Lower Quad</div> <div><b>Anti-Racist Student &amp; Faculty Organizing</b> Wednesday, October 27, 2021, 5 – 6:30 pm CDOR (online)</div>
Thursday	<div>Oct. 28</div> <div><b>CDOR Keynote Speaker: Hari Kondabolu</b> Thursday, October 28, 2021, 7 – 8:30 pm CDOR (online)</div> <div><b>Karaoke Night</b> Thursday, October 28, 2021, 8 – 10 pm Student Activities Center</div>
Friday	<div>Oct. 29</div> <div><b>Scary Skate Night!</b> Friday, October 29, 2021, 7 – 9 pm Rec Center- West Gym</div> <div><b>KRFH DJ-ing on the Quad</b> Friday, October 29, 2021, 12 – 2pm University Center Quad</div>
Saturday	<div>Oct. 30</div> <div><b>Wind Ensemble &amp; Jazz Orchestra</b> Saturday, October 30, 2021, 8 – 10pm Music B 132 - Fulkerson Recital Hall</div> <div><b>Kuumba: Dance, Movement for Creativity</b> Saturday, October 30, 2021, 11am – 12pm Rec Center 126 - Fitness Studio</div>
Sunday	<div>Oct. 31</div> <div><b>Swing Dance Lesson</b> Sunday, October 31, 2021, 1 – 3pm Recreation &amp; Wellness Center 126 - Fitness Studio</div>
Monday	<div>Nov. 1</div> <div><b>Strings Studio Recital</b> Monday, November 1, 2021, 8 – 10pm Music B 132 - Fulkerson Recital Hall</div>

Halloween word puzzle

c	b	x	m	s	g	h	o	s	t	s	w
a	a	c	b	l	o	o	d	h	p	k	z
n	t	f	y	v	a	m	p	i	r	e	t
d	r	s	c	o	o	b	y	d	o	o	r
y	e	a	n	f	z	o	m	b	i	e	i
h	a	l	l	o	w	e	e	n	s	s	c
k	t	n	m	i	d	t	e	r	m	s	k
y	p	u	m	p	k	i	n	v	w	v	o

Find the following words in the puzzle.  
Words are hidden ➡ and ⬇ .

bat	midterms	vampire
blood	pumpkin	zombie
candy	scoobydoo	
ghosts	treat	
halloween	trick	

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