

DEFINING BLACK HISTORY MONTH

by August Linton

To Zephie Harvey, Black History Month is an acknowledgment of the depth and value of Black heritage and culture.

“Black History month means looking back at my heritage and knowing where we came from,” said Harvey.

However, they also say that it should serve as a reminder of the inequities that Black people still face. Black History Month is also about the history being made right now. Harvey points out that there are many areas in which Black people have only recently been allowed to exist.

“It’s 2022 and we’re still having firsts for things,” they said.

Like many people of color and especially Black people living in Humboldt County, Harvey felt a bit isolated before finding community resources like the Umoja Center.

“I’m from an area that’s very heavily populated with Black people so it’s hard finding that community here,” Harvey said.

Harvey is a dance major here at CPH, and will be performing in the “Evening of Dance” show later this semester.

To Nicole Rahman-Garnier, Black History Month means celebrating the accomplishments of Black people.

“In the last couple of years, that

script has kind of flipped and we’ve been able to more celebrate the triumphs rather than focus on the tribulations that we’ve faced,” Rahman-Garnier said.

“It’s a little more of a positive notation of what it means to be Black, what things that we’ve done.”

As for her experience in Humboldt, Rahman-Garnier says that becoming a student has connected her to the Black community here. “It’s changed over time, when I first moved here it was hard to find a place,” she said.

“It’s weird being [a Black person] in



Photos by Abraham Navarro

SEE HISTORY • PAGE 3

Index

- News.....3
- L&A.....4
- Science.....5
- Sports.....6
- Opinion.....7

Remembering Ricky

pg 3

Dating and COVID-19

pg 4

Geology

pg 5

Horoscopes

pg 8

CAP 2.0: The plan to make Cal Poly Humboldt carbon-free

by Liam Gwynn

On Jan. 28, Cal Poly Humboldt released an ambitious draft updating the Climate Action Plan. This updated plan promises to have the school completely carbon neutral by 2045. If CAP 2.0 is accepted, the school will implement changes to reduce carbon output and create an ecologically healthier environment.

Changes would include phasing out gas and replacing it with electric power, implementing new carbon offset projects, introducing a zero-waste plan, and making several changes to transportation on campus. The final draft of the plan will be submitted this April. The budget is not yet finalized, however if the plan is signed off, it will cost anywhere from 4.4 million to 5.5 million.

The Climate Action Plan started in 2016 to lower greenhouse gas emis-

sions to levels last seen in the ’90s. They succeeded at that plan in 2020 and started their planning for Cal Poly Humboldt’s next goal, complete carbon neutrality by 2045. This plan came about after The 100 Percent Clean Energy Act of 2018 passed in California, requiring all California businesses to have 100 percent clean energy by 2045.

Morgan King is a climate analyst at Cal Poly Humboldt and the author of CAP 2.0. For him, this new plan is about more than just meeting the requirements set by the state.

“We are in the midst of a climate crisis and we understand that climate change events and disasters are already having an impact on our communities, our ecosystems, and our infrastructures,” King said.

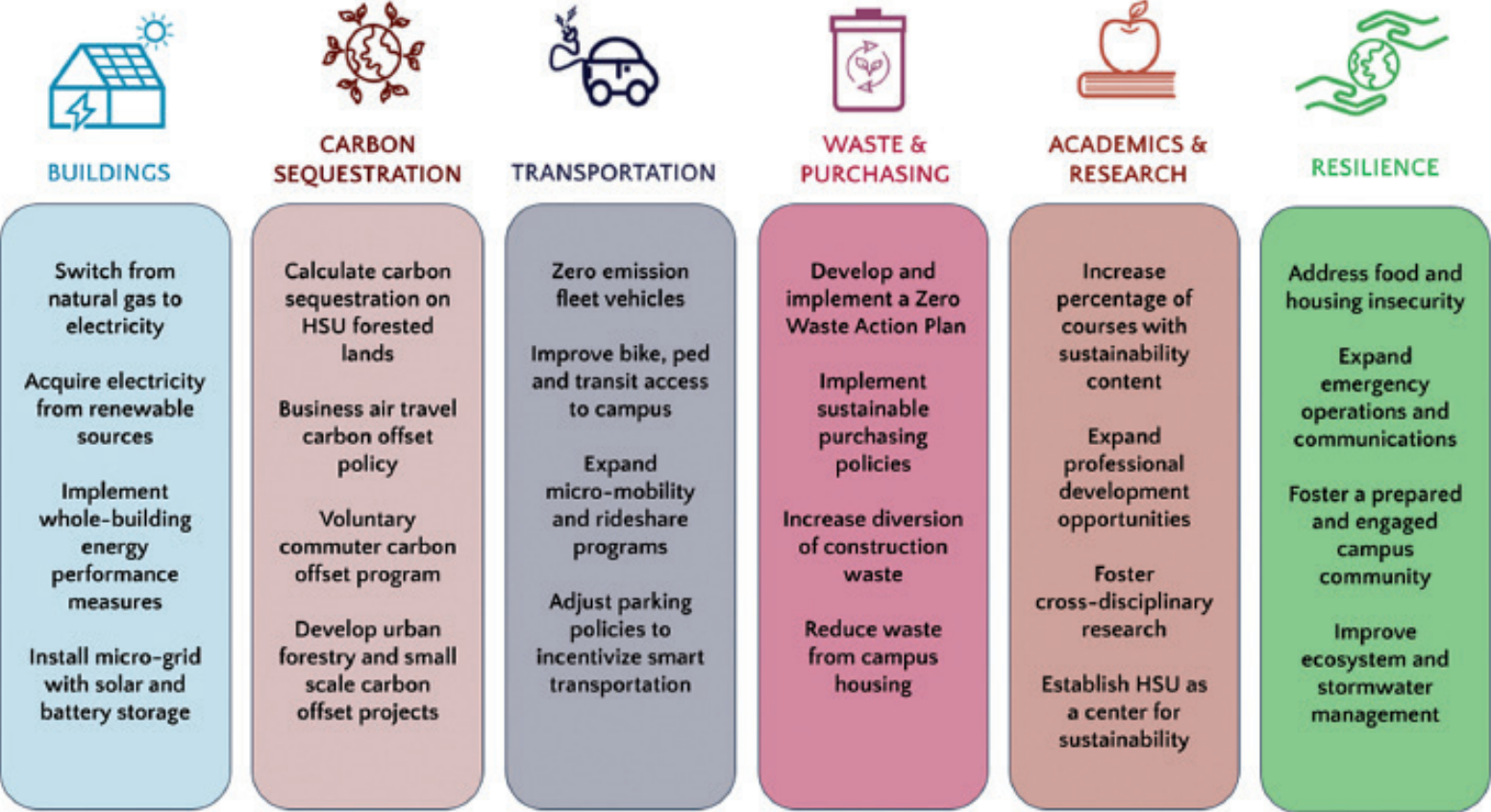
According to King, the main climate threats Humboldt faces are rising ocean levels, wildfires, and extreme weather

conditions. These threats are daunting and King is under no illusion that the school has the ability to singlehandedly stop them.

“Even if humanity took big steps today to curb our burning of fossil fuels, we’re still going to see these climate impacts for many years to come,” King said. “So we need to start planning and preparing now.”

Despite the ominous threat of climate change looming in the distance, plans like CAP 2.0 show that there are still people willing to make drastic changes to soften the damage humanity has caused.

“We are starting to see that resilience and climate protection are becoming part of the culture at this campus,” King said “We are seeing a greater level than ever before of engagement around these issues.”



Graphic Courtesy of Facilities and Management



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Tears, power-grabs, and calls for resignation

Tensions rise among the members of Cal Poly Humboldt’s student body government

by Matthew Taylor

The first of this semester’s weekly Associated Students (A.S.) meetings ended in frustration, tears, and calls for the president’s own resignation.

Conflicts between members arose when President Jeremiah Finley refused to hold the official meeting. His own requirements mandated that the group make in-person quorum; he stated that the student body members which attended the meeting via Zoom would not count. Most members of the present student body and the guest speakers at the meeting voiced disagreement.

“It’s not fair to place the blame on us,” Kate Bourne, Parliamentarian, said through Zoom. “You just won’t make this hyflex, you can’t just force people to come here. The quorum is met, we’re just not in person, we are all members of this.”

It was only due to the arrival of Social Justice and Equity Officer Lizbeth Cano Schez moments later that the meeting was allowed by President Finley to properly take place.

Multiple different issues were discussed regarding the amount of power that President Finley has been exercising during his period of presidency. Issues such as his sole power as the Chair to pick and choose what goes on the agenda of meetings, and to choose which representatives may go to the A.S. & CPH Leadership Meetings.

An expressed lack of communication and ignored emails towards the R.O.S.E House were also present. Director Payton Wills of the organization stated they had been trying to get in contact with A.S. for over 2 months. Members anxious about the eventually demolish of their house and subsequent subpar relocation adding more stress to the tense meeting.

Emotions ran high when Schez had to leave to host an event for El Centro, another important student-run organization. She explained that she would

continue to participate via Zoom, but under his own ruling on in-person quorum not being met, Finley attempted to end the meeting prematurely.

Due to the collective stress of the meeting, Schez began to break down and pleaded with the president to allow her participation through Zoom.

“I hope I’m not failing any of the members-” Sanchez said, holding back tears

“You should be allowed on Zoom. There’s no reason for that to be other than preference.” Kate Bourne said.

Vice President of Student Affairs Chase Marcum also offered his support, pleading with Finley to make an exception for Sanchez. Still, the president refused.

“Everyone on Zoom wants this meeting to continue and meet the quorum,” said guest speaker Payton Wills, adding their own opinion. “Lizbeth wants it to meet quorum. All of the people sitting here want it to meet quorum. You are the only person, sitting here, against continuing this meeting. It makes no sense.”

“Seeing as I’m not leaving, we can continue our meeting...” she said, sitting back down.

Arguments between members continued to escalate, both Bourne and Schez accused Finley of refusing to accept not only their previous work experience at A.S. but specifically their roles as female leaders. The angry scraping of chairs was heard across the room as almost all people present begin to leave the room.

Unofficially the meeting was adjourned only halfway through the agenda. Only members Marcum and Finley were left, tidying up the room in complete silence.

In the aftermath of the meeting, Vice President Marcum and President Finley had very different takes on what had occurred.

“Being Black and in this leadership role I bear a weight that many will not understand,” President Finley said.

“Still, I know the work must get done and solutions to issues must be given. So, when my fellow board members and cabinet members won’t show up in person not because they are not able, but because they have something better to do, I still make sure students’ requests are fulfilled because that is why I do what I do and where I find joy.”

On the other hand, Marcum accused Finley of abusing his power as President and personally apologized on behalf of the A.S. to students and staff

members who have suffered hardships under the organization’s current leadership.

“I truly believe that [Finley] should step down in a dignified fashion,” he said. “Embrace humility, be humbled. It is the most important of all characteristics to carry with you once it is obtained.”

The Associated Students’ next meeting is planned to take place this Friday, at 3 pm in the same location of Siemens Hall 117.



Photo by Abraham Navarro | Student Affairs Vice President Chase Marcum and Social Justice and Equity Officer Lizbeth Cano Sanchez speak to President Jeremiah Finley at the Associated Students meeting in Siemens Hall on Feb. 5.



Photo by Abraham Navarro | Social Justice and Equity Officer Lizbeth Cano Sanchez crying at the Associated Students meeting in Siemens Hall on Feb. 5

Black History

FROM PAGE 1

Gloria Thompson and Joi Mehn table in the Quad for CPH’s Umoja Center for Pan African Student Excellence.

To Mehn, Black History Month means simply “celebrating Black people.”

The events that the center is holding over the course of this month represent different facets of that celebration. Among others, these include an event highlighting Black achievements in STEM, a Black history expo, an African diaspora celebration, and regular “Kumba: Dance for Creativity” classes every Saturday.

Everyone is welcome and encouraged to attend.

“Not holding a Pan African identity does not disqualify anyone from participation in any events or programs, we value cultural exchange and invite people from other backgrounds to ground with us,” said the Center’s website.

Thompson said that her experience being Black in Humboldt has been “Interesting, but I’ve been finding my people, and that connection is really important.”

Places like the Umoja center and other Black spaces on campus are extremely important to acknowledge, and to support. Especially as we celebrate Black History Month, and the Black students of CPH.

Campus community remembers local legend

by Kris Nagel and Morgan Hancock

Ricky Smith, a longtime Arcata community member, was the victim of a deadly assault Wednesday, February 2. The community has spent the last week remembering Smith’s legacy. Known for his big smiles and peace-loving attitude, Smith regularly took to the corner of 17th and G Streets where the assault took place.

Community members set up a memorial where Smith would spend his days playing songs for passersby. In the days since, the corner has seen people stopping by to share stories of the well-known busker and leave gifts around framed photos.

Authorities report that Smith was killed in a confrontation near the 17th Street footbridge around 5:30 p.m. Although CPR was attempted by two bystanders, he was unresponsive when police arrived on scene. Life saving efforts continued but Smith was pronounced dead shortly after being transported to Mad River Hospital.

Smith was confirmed dead by Ar-

cata Police the following morning. A 50-year-old Arcata resident was arrested at the scene and taken into custody. He was booked into the Humboldt County Correctional Facility for murder according to the Thursday press release.

Smith’s daughter, Sara Smith, has set up a Facebook page for people to share memories of her father. A recent post on the page from Sara shows a

note Ricky had made for himself, “Your attitude almost always determines your altitude in life.”

Ricky Smith was known best for his kind smile, passionate songs, and for his place in the community reminding us to be good to one another. Though some memories are brighter than others, this moment of loss has brought many in the community to grieve the corner left vacant in Ricky’s absence.



Photo by Kris Nagel | Ricky Smith plays his guitar on the corner of 17th St and G St on April 28, 2021.



Photo by Morgan Hancock | Community members gather at the corner of G st and 17th St.



Photo by Abraham Navarro | Ricky Smith plays music under the HWY 101 foot bridge

Caribbean cuisine comes to campus

by Angel Barker

A new local restaurant opened on the Cal Poly Humboldt campus. Located inside the College Creek Marketplace, Taste of Bim is now serving the public. The grand opening for this Caribbean-inspired spot happened on Wednesday, Feb. 2.

Gabrielle Long is the owner of the Eureka-based restaurant. She was accompanied to the grand opening by her mother Verna. Long says she is excited for the opportunity to bring a fresh set of flavors to campus.

“Bim is slang for Barbados,” Long said in her statement before the ribbon-cutting ceremony, “I want to continue to spread Caribbean love and flavor.”

The menu will go through rotations depending on the day of the week, featuring many items including plantains, jerk wings, burgers, curry chicken, and more.

“A Taste of Bim seeks to satisfy your soul via your taste buds in a warm and classy atmosphere,” the restaurant’s website says on its welcome page. “Our cozy little restaurant specializes in Caribbean cuisine inspired by our family’s heritage.”

This all authentic food is now available to students, staff, and the public. James Richards, Resident Dining Director, was ecstatic for the opening.

“It is the kind of place you’re going to go and leave full,” Richards said in his speech.

Richards went to the restaurant prior to the opening on campus and loved it. Taste of Bim was recommended to him by Dr. Jason Meriwether, Cal Poly Humboldts Vice President, who also loved the food.

“The food spoke for itself,” Long said. “Dr. Meriwether came down and tried the food and he loved it.”

All that was left was the logistics. College Creek Marketplace had an open spot for new food and it was a perfect place to add some flair and flavor.

Many people came out for the grand opening ribbon-cutting ceremony. There were free samples and swag. Janaee Sykes, Social Events Specialist in the Admissions office went for two reasons.



Photo by Abraham Navarro |Top Left: Gabrielle Long, owner of Taste of Bim and her mother Verna Long serve up caribbean cuisine at the ribbon cutting ceremony on Feb. 2.

Top Right: Auxilia Clint, Marketing and Catering Associate for Cal Polly Humboldt dining, hands out plantains, cod fritters and beef empanadas.

Bottom: Plantains, beef empanadas, and cod fritters served up by Taste of Bim at their ribbon cutting ceremony

“I came out to support local black business. It’s quite refreshing to have them on campus,” Sykes said. “I really liked the cod fritter, it was probably my favorite. I usually don’t like fish but it is not super fishy.”

Sykes mentioned she had been to the original spot before and it was always delicious with great customer service.

“The customer service was 20 out of 10, totally recommend,” Sykes said.

“The plantains are really delicious,” said Admissions Counselor Rickiyah

McGrady. “And the beef empanada is just delicious.”

Many Cal Poly Humboldt faculty and staff showed their support for the new business during the grand opening.

Featuring all student employees, Taste of Bim is now open Monday through Friday from 11 am to 7 pm. Head there any day of the week to experience flavors from Barbados and the Caribbean.



Dating in the time of COVID-19

Should you get tested before I bring you home

by Krisanne Keiser

None of us thought we would wake up one morning and be told that we could no longer make connections the way we were used to. COVID-19 became a part of our daily lives, affecting us at every turn.

Dating during a worldwide pandemic has impacted us all in unique ways, including CSH students.

Local resident and Cal Poly Humboldt alumnus Olivia Brock shared their experience.

“Dating during COVID times for me is for sure more online now at the beginning of talking to someone,” Brock said. “It definitely restricts what we do ... all the dates I’ve been on have been outside usually somewhere in nature with a mask on.”

Once you’ve managed to meet someone, COVID-19 precautions also complicate bringing them home. Having roommates means that bringing over a new flame has to involve conversations about masking, exposure, and testing.

“But once enough of the outside dates and FaceTime dates have happened and it feels worth it, then we could move forward with figuring out how to add someone to our exposure bubble. It’s a lot of logistics and communication,” said Brock. “I enjoy FaceTime dates a lot, because I don’t have to leave my house and they’re easier to schedule.”

Building connections online does have its advantages, according to Brock. She says it forces her to be more engaged in the conversation, because that’s the only way there’s any hope of forging an online connection.

“Overall, COVID has forced me to go

slower in relationships and communicate boundaries more effectively,” she said.

History major Victoria Bankson often worries about the vaccination status of potential partners. She says that if the person she’s interested in has purposely chosen to avoid getting vaccinated, that completely changes her opinion of them and weighs into her decision to ultimately not date them.

“I’m not going to mess around with somebody who’s unvaxxed, that’s just not right,” Bankson said. “We don’t have the same values if you’re that way.”

She also shared that conversing online isn’t the most enjoyable way for her to get to know someone, but that having a phone conversation feels more intimate and comfortable.

“I don’t like texting online, and I don’t feel like I’m the best communicator that way,” Bankson said. “I’m much more of a ‘give me a phone call’ [person,] which is very much opposite of what things are now.”

Junior Franziska Daumberger doesn’t feel like COVID-19 changed the dating scene for her personally, but acknowledges that it added some new challenges.

“People would either be careful about COVID and say like ‘oh I’m vaccinated’ or ‘I wear a mask’ or wanting to meet in outdoor places,” said Daumberger. “And then that’s further stipulation upon whether or not I was interested in them or not ... if they didn’t care at the height of it I was like ‘I don’t wanna be even knowing you because



Graphic by Ione Dellos

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The moving pieces under Humboldt

by Carlos Pedraza

Cal Poly Humboldt sits on top of a very seismically active part of the world known as a the Cascadia subduction zone. This area is composed of three

tectonic plates under the ocean off of the Pacific coast. The Juan de Fuca, Explorer, and Gorda plates are subducting beneath

the continental North American Plate, where the Cal Poly Humboldt campus is located.

As the oceanic plates push against the continental plate, the friction created leads to deformation and faulting. “We live on that boundary where this is taking place, which leads to frequent earthquake activity,” said Cal Poly Humboldt geology professor Amanda Admire.

In addition to the deformation from the Cascadia subduction zone, the Humboldt region is also influenced by the movement along the San Andreas Fault to the south. Humboldt stands on top of an intersection of three different plates pushing against each other.

The plates themselves move very slowly, only a few centimeters every year. However, they still generate friction as they move against each other. This is the energy released during an earthquake and tsunami.

In the Pacific Northwest, both earthquakes and tsunamis are important to prepare for. The Redwood Coast Tsunami Work Group, an organization made up of local government officials, tribes, and relief groups, gives information and warnings in their “Living on Shaking Ground” magazine.

The magazine states that “more than two-thirds of our large historic earthquakes have been located offshore within the Gorda plate.”

A tsunami is created when an earthquake along a fault ruptures the seafloor, moving the entire water column and releasing that built-up energy, which moves out in all directions.

The primary local tsunami hazard, the Cascadia subduction zone, is very close to Humboldt’s coastline compared to other regions in the Pacific Northwest.

According to Admire, a tsunami produced along the fault between the Gorda and North American plates would

only take approximately ten minutes to reach the Humboldt shoreline. In Oregon and Washington the fault is further from shore, allowing for more warning time should there be a tsunami.

This much seismic activity can be exciting to study for geologists and scientists, but for people living in Humboldt it may be nerve racking. Admire said there is no need for panic, but that residents should prepare.

The last mega earthquake along the Cascadia subduction zone was in 1700. However, there are still smaller instances of seismic activity as the plates move and push against each other.

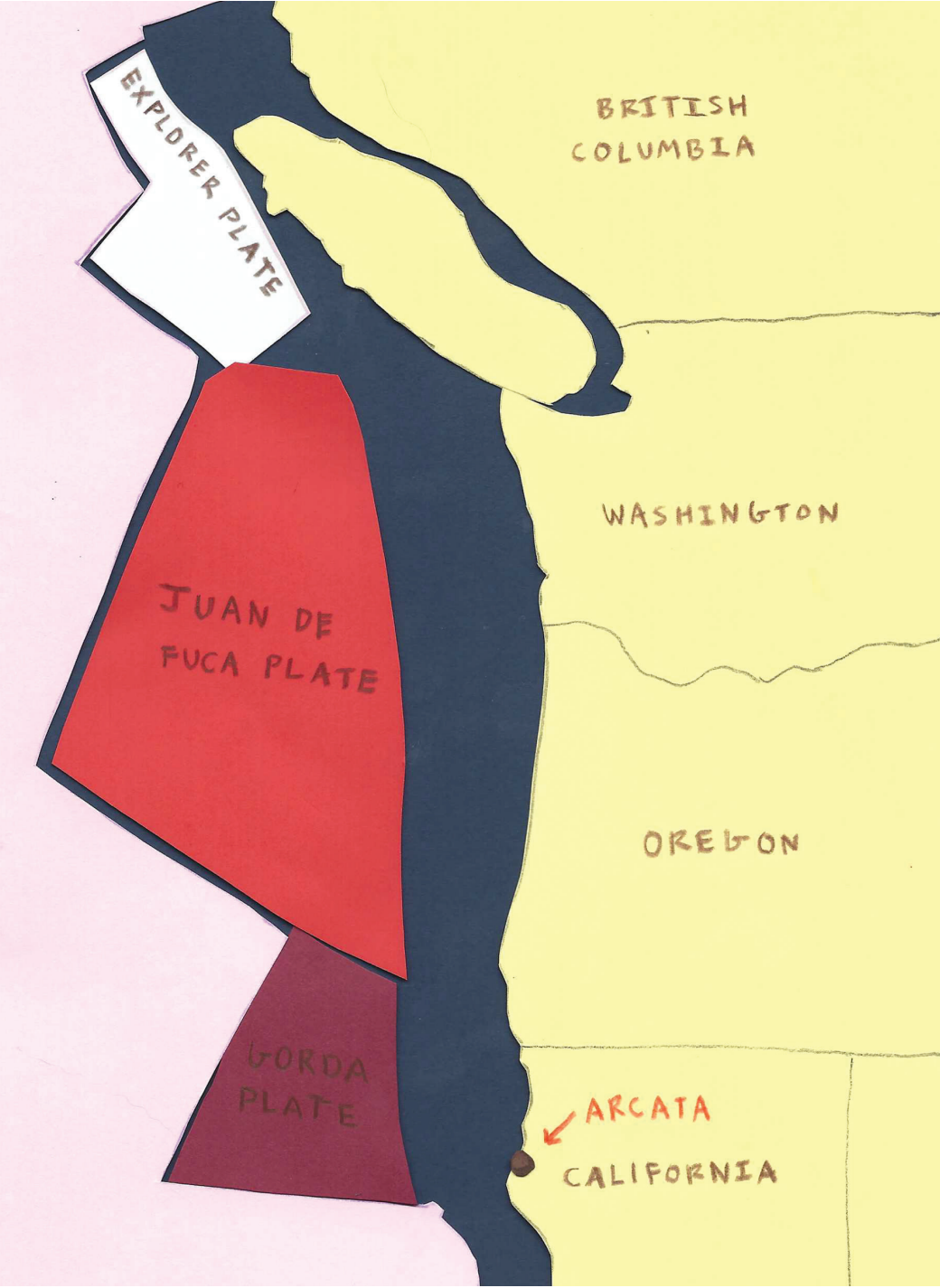
So when an earthquake happens:-

“We live on that boundary where this is taking place, which leads to frequent earthquake activity.”

-Amanda Admire, geology professor

drop, cover and hold on. If you’re near the coastline, head for higher ground in case of a tsunami.

To find more preparedness tools and tsunami evacuation maps for the region, check out the Redwood Coast Tsunami Work Group.



Graphic by Carlos Pedraza and August Linton | The Cascadia subduction zone is beneath the continental North American Plate, where the Cal Poly Humboldt campus is located.

Gone foraging

Exploring edible options with CCAT’s newest

by Morgan Hancock

Edible and medicinal plants grow in every corner of campus. Students can learn to forage for them in Campus Center for Appropriate Technology’s new Foraging class. Josefina Barrantes and Sandra Zepeda are the student instructors of ENST 123; the course expands on their research of ethnobotany on the Cal Poly Humboldt campus.

Ethnobotany is the study of plants and how people use them. Zepeda and Barrantes spent the last year mapping and researching edible plants on campus. Their map shares a location, name, and photos of plants with ethnobotanical purposes. Students will use the map along with information taught in the class to forage on campus sustainably. The map includes native plants that grow in the area and non-native plants used in landscaping.

“It’s comparable to urban foraging because we’re not actually nature, we’re on a university campus,” Zepeda said. “A lot of the edible plants on campus are not native, they’re just for decorative purposes.”

The course will highlight how plants like mountain pepper (*Tasmannia lanceolata*) can serve as a seasoning alternative and also have medicinal uses.

“This plant was significant to aboriginal people, they used it to make medicines and tinctures,” Zepeda said, between nibbles of a leaf. Indigenous groups used the mountain pepper to treat stomach aches, colic skin disorders, and toothaches.

As its name suggests, the mountain pepper is spicy, but it is not quite a pepper. Instead, it is a shrub that uses a tricky chemical reaction to taste spicy, rather than capsaicin like many spicy plants. The pepper taste comes from the compound polygodial, a C15 sesquiterpene.

According to a study published by The Australian Institute of Food Science and Technology titled “Native Australian fruits — a novel source of antioxidants for food,” the mountain pepper had more than three times the antioxidant levels of blueberries.

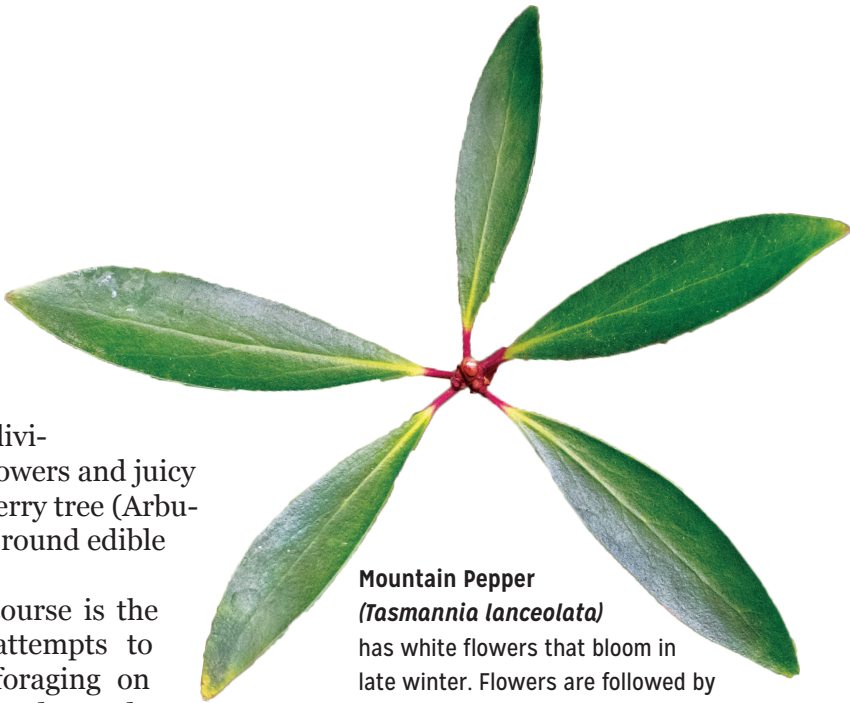
The instructors shared some of their favorite forageable plants on campus. The Dog Rose (*Rosa canina*) provides bright red hips packed with vitamins and has many common health benefits.

Some campus plants have simple

uses, like in-between-class snacks. Bolivian fuchsia (*Fuchsia boliviana*) offers bright flowers and juicy berries. The strawberry tree (*Arbutus unedo*) also has round edible fruits.

The ENST 123 course is the result of several attempts to bring sustainable foraging on campus. Barrantes and Zepeda are enabling students to rethink food sustainability.

“We started this project so that we could add more edible landscape,” Barrantes said. “To show this is what have and we could do more, and also supports the desire for more sustainable food projects, like the food sovereignty lab or starting an off-campus farm.”



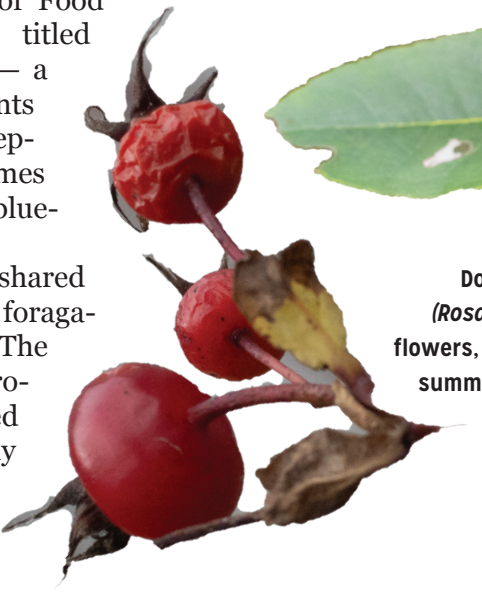
Mountain Pepper (*Tasmannia lanceolata*) has white flowers that bloom in late winter. Flowers are followed by black globose berries that start of red and turn black when ripe.



Strawberry Tree (*Arbutus marina*)



Photo by Morgan Hancock | Fuchsia berry (*Fuchsia*) blooms year-round on campus. Flowers can be pink and white.



Dog Rose hips (*Rosa canina*) pinks flowers, bears red fruit summer to winter.

Red Flowering Currant (*Ribes sanguineum*)

Drop in and skate out: Latin edition

El Centro Académico Cultural sponsored Friday’s drop in skate night

by Matthew Taylor

A flurry of rainbow colors whipped by as Cal Poly Humboldt students both old and new skated side by side across the West Gym’s floors. Outfits ranging from the mundane to the elaborate, with glitter dotting the faces of many, could be seen throughout the room.

Near the entrance of the gymnasium, two tables were draped in sarapes and decorated with marigolds, sugar skulls, and an assortment of popular Mexican candies. Behind these tables stood a large speaker and multi-colored spotlights, as well as over thirty chairs where students would fight to get the tight roller skates onto their feet.

Volunteers collected donations for the El Centro Académico Cultural de Humboldt (El Centro) ‘Graduacion Latinx’ ceremony.

“The first [Skate Night] was just

a phone speaker,” Taylor Sachez, an ESM major, said whilst putting on her own skates. “Since then we’ve got a DJ and sponsor.”

El Centro is that sponsor. Under the ideas and leadership of Giovanni Guerrero, ESM major and a student staff member of the organization, this Latin-themed skate night was born. This project has been in the works since the fall semester of last year.

“I heard about HSU having skate nights,” Guerrero said. “I wanted to combine the skate night with Latin music to make it a kinda party.”

A party it certainly was. Students skated in circles around the linoleum floor, but many also danced together, swinging each other around with the momentum of their wheels.

Latin music blasted through the

speakers and through the skaters’ bodies, with the DJ, known as Big \$uave, interjecting every few minutes to liven the crowd up. When he’s not spinning the tunes, Big \$uave is José Juan Rodríguez, wildlife biology major and student staff member at El Centro.

Cal Poly Humboldt students and friends Norma Francisco and Cierra Holmes heard about the drop-in skate nights through El Centro’s sponsorship.

“I would go [skating] occasionally, mainly while in middle school,” Holmes said. “I think ice skating is easier.”

“I think this is easier,” Francisco replied with a laugh. “I was nervous to come, both to skate for the first time and from being off-campus for so long.”

Both friends were able to agree on one thing though, the event was fun and had good vibes.

Kumami Jackson, a local science major, explained that he’d been skating on and off since the 3rd grade but skateboards pretty regularly.

“It’s kinda the same motion,” Jackson said.

A few couples dotted across the room could also be seen skating together. One such couple was Jessica Ordaz, a mathematics education major, and her partner Gilberto Gamboa. He held her arm or hand all night as she attempted to learn how to skate. She was the event specialist for El Centro, but this was one of her first times doing this kind of skating.

“I’m very grateful for the people here, I want to encourage people to come out,” El Centro staffer Guerrero said nearing the end of the event. “[El Centro] is planning [other] events, Ciencia Para Todos and Cafe con Chisme.”

Ciencia Para Todos (Science for All) will be hosting the creation of their bilingual science children’s book this Friday at 3 pm in Nelson Hall 206, and community talk space Cafe con Chisme will meet on Friday, Feb. 18th at 3 pm in Nelson Hall 205.



Photo by Abraham Navarro | Charlie Deible, 19, a Cal Poly Humboldt Botany major, shows off his skating outfit at the West Gym during skate night on Feb. 4.

Let the bodies hit the floor at RWC

by Matthew Taylor

On Monday, Feb. 7, the deep and thunderous sounds of student bodies hitting the floor echoed down the halls of Cal Poly Humboldt’s Recreation and Wellness Center. Instructor Mairead Sardina, the department’s Adventure Program Supervisor, pushed student after student onto large cushioned mats. She instructed them to copy her previously demonstrated method of proper falling. This was the second class within Sardina’s “Intro to Self Defense” workshop.

The course focused on utilizing multiple different martial arts techniques for the purpose of self defense and self empowerment. Lessons within the course included energy cultivation and energy negating practices. Students first began with a simple guided meditation by the instructor.

“We’re trying to push away the outside world,” Sardina said. “But the reality of meditation is it makes us more connected to the outside world, by being more connected to ourselves.”

As the evening progressed the lessons became more physical and hands-on. Lessons would involve activities such as swinging each other around with a red rope and fighting against the instructor whilst blindfolded.

“The human brain is amazing, it can do insane things,” Sardina said. “If a parent can flip a car off of a child, we can protect ourselves.”

Many of the students laughed at each other as they attempted many of the strange

yet effective techniques. An audible shock heard amongst them whenever they found themselves accomplishing a seemingly impossible task.

“[The classes have] been fantastic,” Theodore Lee, a major in wildlife conservation, said. “I’ve always wanted to learn martial arts and this made me understand the concepts.”

Another student and participant, Ada Erlewine, a biology major, explained that she had been searching for a self defense course to go to for awhile.

“[I] wanted to be more confident in my body and my power,” Erlewine said, explaining why she joined. “[It’s my] first extracurricular outside of schooling since transferring during COVID.”

These were the last scheduled workshops, however, future courses may be offered if enough students express interest by reaching out to cntract@humboldt.edu.




Photo by Matthew Taylor | Instructor Mairead Sardina (right) teaches Ada Erlewine (left) to use her other senses when in combat at the Recreation and Wellness Center on Feb. 7.



Photo by Matthew Taylor | Instructor Mairead Sardina (right) teaches blindfolded Theodore Lee (left) to use his other senses when in combat at the Recreation and Wellness Center on Feb. 7.

Softball starts season in Colorado

	Game 1	Game 2
CAL POLY HUMBOLDT	2	17
HOLY NAMES	9	4
CAL POLY HUMBOLDT	5	8
UC COLORADO SPRINGS	13	4
CAL POLY HUMBOLDT	12	7
REGIS UNIVERSITY	11	10
CAL POLY HUMBOLDT	6	2
MSU DENVER	3	10

Graphic by Poppy Cartledge

CCAA UPDATE

by Poppy Cartledge

Men’s Basketball

On Thursday, Feb. 3 The Cal State Monterey Bay Otters took the 86-65 win over the Cal Poly Humboldt Lumberjacks. Jaden Edwards recorded a season high of 14 points and seven rebounds along with Austin Harris who claimed 12 points. Derek Burgess II also recorded a season high after claiming eight points in only five minutes.

The ‘Jacks then took to the court again on Saturday night where they lost to SF state 77-62. Despite the 13 points Jaden Edwards put on the board and Bryce Mitchell’s first double-double, the Cal Poly Lumberjacks weren’t able to get the win.

Up next: The ‘Jacks will host Cal State Dominguez Hills this Thursday on Feb. 10 and Cal State East Bay on Saturday, Feb. 12. Both games will begin at 7:30pm.

Women’s basketball

With the help of Kaz Parks, Madison Parry and Ashley Peralta, the ‘Jacks defeated the Cal State Monterey Bay Otters 35-22. Parry contributed 19 points, Parks with 21 points (tied with their season high), and Peralta providing another 17 points.

The Cal Poly Humboldt Lumberjacks turned around on Saturday to

play the SF State Gators, but fell to a last second shot. The heartbreaking 54-53 defeat snapped the ‘Jacks three-game win streak. Parry recorded their sixth double-double of the season and also contributed 17 points along with Clifton’s 12 points.

Up next: The ‘Jacks will host Cal State Dominguez Hills this Thursday on Feb. 10 and Cal State East Bay on Saturday, Feb. 12. Both games will begin at 5:30pm.

I got COVID-19 while traveling

I could have got it in Humboldt too

by Angel Barker

Last week I talked about how one of my main fears while traveling during the time of a pandemic is contracting the virus. Well, it happened.

I'm pretty sure I picked it up at a restaurant in Mexico on Jan. 20. I took a COVID-19 test that came back negative the same day so that I could come back into the United States.

The restaurant that I went to was a giant, open patio on the beach. We wore masks on the way to the table and washed our hands upon entry.

The wait staff also wore masks and would ask people who walked in from the beach to put theirs on as well. They wiped off our table before we sat down too. It seemed like a very clean place. However, I will never actually know if that is where I got it.

I got home Friday night and I felt fine, just tired from traveling. On Sunday evening I felt a trickle in the back of my throat but thought nothing of it. On Monday morning, I went to work as usual at 3:45 am.

By the time I arrived, I was absolutely exhausted and had a sore throat. I called my doctor because I have asthma and I'm prone to developing pneumonia or bronchitis.

Also, as I'm sure many of us know, I really don't have the time to be sick as a full time student working part time.

The nurse came in to talk to me about my symptoms and tested me for COVID-19. I tested positive on Jan. 25 despite getting my booster on Jan. 3. The doctor sent me home with a flyer about how to isolate and manage my symptoms, and that was the end.

I think the weirdest COVID-19



Photo by Creasia Gale | Angel Barker enjoying a margarita at Zippers Bar and Grill in San Jose del Cabo on Jan. 20.

symptom that I experienced was that my teeth hurt. It felt like I had braces again and I just got them tightened. I also had shooting pains in my back that temporarily immobilized me.

So far, three people have blamed it on me traveling. It felt very judgmental and almost degrading. I could have gotten COVID-19 at work, school, the grocery store or from people I know.

Whether I'm traveling or not, the same thing could have happened here. I have been exposed multiple times at work and from people I know. Don't blame me for living my life and having fun.

I was safe. I wore a mask everywhere I went and took the necessary precautions. I did my part while trying to live at the same time, but I still got COVID-19. If that's the world that I live in now, I'm willing to take the risk.

There are no safe options for restaurants

by Ian Vargas

While there was only a lockdown for a short period of time in 2020, a lot of restaurants weren't open for indoor seating. Businesses typically ended up dropping employees they didn't need. They also had to adjust to significantly less income, and many closed down as a result.

That's obviously bad for the restaurant and the people who got fired, but the alternative is that both the employees and customers would have died of COVID-19.

With the advent of the vaccine most of that has changed; most restaurants are open for both indoor and outdoor seating. They frequently stress social distancing and wearing a mask on your way in, but people are rarely seen sitting very far apart. Cal Poly Humboldt's dining options have followed the same trajectory. As soon as people could get vaccinated, everything went back to mostly normal.

Like many students, I'm very poor. When I came up to Humboldt and started looking for work, I did as many do and went to one of the restaurants nearby. This was when everything was still take out only. Businesses had been losing employees like crazy, so getting into something wasn't too hard.

Working in any place that has a lot of people coming in and out seems risky, but thankfully I did not typically have to see any customers. I could at least remain mostly isolated, aside from my coworkers. Once people could get vaccinated and everyone started reopening for indoor seating, that changed.

Now I'm in close contact with unmasked and dubiously vaccinated customers all the time, my job feels very unsafe. Vaccines have given people a lot of inadvisable confidence about their safety. Vaccinated people can still get sick very easily, and even when you don't get sick there is a danger of spreading disease with an asymptomatic infection.

Restaurants are particularly dangerous in this regard since there isn't any way to eat and keep your mask on. Food going down doesn't push the germs back into your lungs. Walking in with a mask just to take it off as soon as you sit down doesn't sound like an effective way of limiting the spread of an airborne disease.

I don't think restaurants are doing anything wrong, everyone has to get paid somehow after all. Rather, I think that they're in a position where there isn't any good options for a response. The initial 2020 lockdown should have been longer and more consistent, and everyone should have received monthly stimulus checks.

Unfortunately that didn't happen, which places people in the unfortunate position of risking whatever new strain comes around. At some point, one of them is going to start getting people way sicker than before and there's no way we're going to be able to deal with it. More places will close for good and more people will lose their jobs or their health.

That rash or sore might be SYPHILIS

Syphilis is on the rise in Humboldt County

GET FACTS. GET TESTED. GET CURED.

Contact your primary care provider or visit humboldtgov.org/STD.

A graphic illustration on a yellow background. It shows a foot, an open hand, and a leg, all with numerous small red dots scattered on them, representing the skin lesions of syphilis.

Esa erupción o lesión puede ser SÍFILIS

La sífilis está aumentando en el condado de Humboldt

OBTÉN DATOS. HAZTE LA PRUEBA. CURARSE.

Comuníquese con su proveedor de atención primaria o visite humboldtgov.org/STD.

The logo for the Humboldt County Department of Health & Human Services, featuring a circular seal with a tree and the text "COUNTY OF HUMBOLDT" and "Department of Health & Human Services".

This campaign borrowed from Pima County Health Department.

