

The Lumberjack

WEDNESDAY, APRIL 12, 2023 | VOL. 122 NO. 11

CREW TEAMS SWEEP AT HUMBOLDT BAY REGATTA

by Alina Ferguson and Jake Knoeller



While the weather may have appeared bleak, spirits were high at the April 1 Cal Poly Humboldt men’s and women’s crew home regatta at the Humboldt Bay Aquatic Center. Both the teams completed a “clean sweep,” winning every event they took part in. “We did pretty good,” said Adrineh Smith, a freshman rower on the women’s team. “We were doing pretty good at holding our splits, which is our speed, and we did a really good job with something that we’ve been working on recently, just shifting our stroke rate from regular to a sprint and vice versa.”

While it was wet and rainy, importantly it was not windy. The rowers row through rain and shine, but the one thing that would be a concern is the wind, as it could potentially tip the boat. The events began at 8 a.m., but this did not stop supporters from showing up for the Lumberjacks. Fans from all over the school came to watch these rowers take on Chico and Sonoma State’s club teams as well as Saint Mary’s, a Division 1 school in California. The Humboldt men’s rowing crew is a club sport, while womens’ crew is a NCAA division team.

Photo by Alex Anderson | Above: Cal Poly Humboldt men’s rowing team pulls up to the dock following the men’s open 8 race on April 1.

The regatta took place at the Marina in Eureka, which meant the rowers also had to contend with other ships and boats going by. The rowers were accompanied by speed boats that were there to track them to make sure they did not veer off course. Another one of these boats was there to guide out other boats from clashing with the rowers. “It’s really awesome seeing everyone come out especially because it’s raining and it’s cold,” said Midalia Garcia, a freshman rower and cox-

swain on the women’s team. “They didn’t have to get up that early, but they came to support us.” The men’s crew team has a chant that sounds like a fog horn calling its rowers home. When Humboldt rowed, the crowds would chant a long, “Huuuuuuumboldt.”

SEE CREW
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Europe comes to Arcata: Italian duo Dumbo Gets Mad plays the Richard’s Goat Miniplex

by Valen Lambert

The Miniplex is jam packed as usual, tinted with the glow of liquid light show visuals. The crowd is chattering when the band’s first note lands like a meteor and their set blooms open like a flower, filling the room with lush synthy reverberations, distortions, and psychedelic riffs that immediately send the crowd into a dance party. Italian psyche pop duo Dumbo Gets Mad, has over 400,000 streams on Spotify. They made their way to the Miniplex on March 30 for an unforgettable night of astral funkadelia during the tail end of their U.S tour. The band is led by Luca Bergomi and Carlota Menzonni accompanied by touring musicians. Unfortunately for the musicians, most of their gear was stolen in Vancouver a few nights before. The German krautrock band Sea Moya, who they’ve been touring with, was able to share their instruments for the rest of the tour, with promoters providing drums. “Some of that gear was really hard to come by,” said Bergomi, lead singer and guitarist. “But that’s all in the past. Good vibes and keep on.” Bergomi, dressed in a gray suit akin to David Byrne’s from the Talking Heads only more fitted, looks more like a young businessman than the

lead of an internationally acclaimed experimental psych-pop band. He’s a long way from home in a room full of Carhartt. The band’s last album came out in 2021, but Bergomi has had a project in the works and even snuck a secret new song into the setlist. The band is famous for their 2013 album, “Quantum Leap,” that sports tracks like the popular indie anthem “Indian Food” and the surf rock bop “Before Kiddos Bath,” both of which were played at the show. Bergomi has been finding inspiration for the new album in works of art. “What is really inspiring to me is paintings,” said Bergomi. “I love French surrealism, impressionism, expressionism.” It makes sense in the way that Bergomi produces experimental sonic compositions through many layers of texture and sound that paint the air with song and are lively enough to keep you dancing. Synthesizer covers of the pianist Debussy by the composer Isao Tomita have also been a big influence for Bergomi lately. Of course, the movie “Dumbo” was another big inspiration behind the beginning of his musical project and the band’s namesake. “It comes from the scene where Dumbo gets drunk with the lit-

tle mouse,” said Bergomi. “It was a memorable scene from my childhood. Like, psychedelic scene. Pink elephant turns gray. That was the scene that made me realize how powerful psychedelic music is in your mind. The soundtrack of that scene was beautiful.” It’s the bands’ first time in Humboldt, and they definitely delivered despite our small town vibes. The

A photograph of Luca Bergomi, lead singer and guitarist of Dumbo Gets Mad, performing on stage. He is wearing a gray suit and sunglasses, playing a pink electric guitar. The background features vibrant, abstract light projections in shades of yellow, orange, and blue.

Photo by August Linton | Dumbo Gets Mad member Luca Bergomi plays in front of the wildly dancing crowd at The Miniplex on March 30.

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The Lumberjack

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Making waves at Moonrise Herbs

Irene Lewis creates a culture of compassion and learning

by Nina Huffman

Irene Lewis has built a business and a reputation from creativity, a desire to help people, and a passion for plants. Lewis is an herbalist and the proprietor of Moonrise Herbs, located on the plaza. Lewis’s relationship with Moonrise began with her selling herbs to the store.

“I had a different business that I owned,” Lewis said. “I had owned that for like 15 years where I was making herbal products and selling them to Moonrise.”

Her business was called Irene’s Dream Simply Herbal and was founded in 1990. She made salves, soaps, lotions, creams, and other herbal products that were carried at Moonrise. Years later, she started working in the store doing herbal consultations.

“I started working a couple days a week back in like 1997,” Lewis said. “I lived out in the hills and I was coming to town so that I could have more social contact and do more herbal consultations here in the store and teach classes.”

Moonrise Herbs was started by sisters Sarah and Lisa Hoyt in 1985. Lisa Hoyt left soon after the business was created while Sarah Hoyt continued to run the store. It was originally run out of a Victorian-style house before being moved to the plaza location in 1996. The business provided many of the same services it does now: selling books, herbal products, bulk herbs, and educating people about herbalism.

In a letter about the store’s history, Lewis wrote of the impact that Moonrise had on her, as well as its role in the Arcata community.

“The store was like a dear friend, inspiring many, and had become a retreat for several whom entered the store just simply to breathe,” Lewis wrote. “Irene also came to realize that Moonrise Herbs was and is highly respected by physicians in our area who regularly send in their patients who are seeking herbal knowledge.”

Sarah Hoyt decided that she was ready to sell the store in 2003. She had owned and run the store for 18 years.

“The owner of the store was ready to sell when I was ready to do something different with my other business,” Lewis said. “It just worked out that I moved into ownership of the store in 2004.”

While Moonrise has been a large part of Lewis’s career as an herbalist, it was not her beginning. Lewis’s interest in herbalism began at Columbia Junior College in 1987.

“I was going to college studying natural resources and hearing the different tidbits about Native American uses for plants,” Lewis said. “That kinda sparked me.”

After moving to Humboldt County, Lewis started experimenting with making herbal products simply out of her own interest.

“I started making things and I just kept giving them away,” Lewis said. “Then I had more than I could give away and so I started doing fairs.”

Her experiences at the fairs led Lewis to further educate herself.

“In doing fairs people were asking me questions that required more herbal knowledge,” Lewis said. “I started diving in deeper and learning more about herbs through an abundance of ways, different conferences and apprenticeship programs.”

Lewis also learned from the people she was serving.

“I would go back to the same fairs year after year and from the things I was making I was learning from the people too, what they were experiencing from the products I was creating,” Lewis said.

As the owner of Moonrise Herbs, Lewis has continued to learn and has inspired others to do the same.

Alex Ammon is an herbalist and customer service specialist at Moonrise. She feels that working for Lewis allows her to be creative and learn new things in her workplace.

“It was hard for me to conceptualize working for someone because for a lot of years I didn’t,” Ammon said. “It’s nice to go somewhere where I feel really supported by my manager and my boss and they’re always encouraging us to learn. I do learn a lot from the people who come in as well. The constant learning is key for me.”

Ammon also admires all that Lewis has achieved as an herbalist.

“She is super, super cool and she’s done so many things in her life that it’s really inspiring,” Ammon said. “The more I work with her one-on-one the more I’m like, ‘you’re a really rad person.’ She’s my boss but there’s a cool understanding and flexibility.”

Heather Sumeriski, another herbalist and customer service specialist, appreciates the creativity and freedom that she has working at Moonrise.

“It is the best place I’ve ever worked. It feels the safest and the most comfortable,” Sumeriski said. “We do have some creative leeway here and there. If we come up with some cool idea and present it to the boss she’s often likely to bring it into the store or adapt that idea.”

Sumeriski feels Lewis creates a sense of community in the shop. All the employees fulfill the same roles, helping customers and making herbal blends.

“My boss is amazing in who she hires, we all mesh together really well,” Sumeriski said. “We do have a little bit of a turnaround because Arcata’s just like that. People kind of flow in and out. That’s a little bittersweet, it’s beautiful too.”

Lewis’s extensive knowledge of herbalism and her connection with the community have made Moonrise an important part of Arcata.

“She’s been doing this for like over 20 years,” Sumeriski said. “She has a lot of knowledge about not just herbalism, but about business and changing tides. She’s known herbalists that have come and gone, that have passed. She has had people work here who are now



Photo by Nina Huffman | Alex Ammon and Heather Sumeriski, herbalists and customer service specialists, pose in front of the bulk herb shelves at Moonrise Herbs on Sunday.

really big herbalists in their own regard and have like published their own books and stuff.”

Sumeriski feels supported by Lewis’s experience, it creates opportunities for growth.

“It feels great to know that you can rely on such a vast amount of knowledge,” Sumeriski said. “It’s there for the taking if you have a minute to ask her ‘hey, what’s your opinion on this?’ She’s always willing to help.”

Lewis’s main goal is to serve the community as best she can, helping people with both their physical and mental health.

“We’re not allowed to diagnose or prescribe, that’s against the law,” Lewis said. “Our main job is to support people through the process.”

“We’ve been able to help people through all phases of their life,” Lewis said. “We also deal with life and death and support people through that process as well. If someone has lost somebody close to them, I feel like they’ve come in here and we’ve been able to help them with their grief.”

Through the pandemic, Moonrise stayed open, continuing to help people with their needs.

“We just kind of did what we saw people needed and we were doing exactly what herbalism should be,” Lewis said. “It was very gratifying.”

In the same way that she has supported them, Lewis feels supported by the community. Those who work for her also appreciate the compassion and learning that they have experienced from their customers.

“We’ve been in business since 1985. We survived a recession and then the pandemic,” Lewis said. “I think we’re well supported by the community.”

“I love community work and sharing this knowledge because I don’t think it should be like just kept to yourself,” Ammon said. “What we need is the upsurge of the more basic back-to-earth kind of knowledge.”

“This is the strongest [community] I’ve ever experienced,” Sumeriski said. “It’s very unique, it’s not common that you find this kind of community.”

Now, Lewis deals mostly with the details of running her business. She hires people, delegates tasks, ensuring that the newsletter goes out, social media posts are made, herbs are bought, and teas are blended. However, she still continues to practice.

“I still make a product that I sell within our store as well as three other stores that’s from my old days,” Lewis said. “I keep my hands harvesting plants still and making medicine even outside of Moonrise.”

Banff Mountain Film Festival brings mountain based short films from Canada to Arcata

by Lidia Grande-Ruiz

This past week from April 3-5, thanks to Adventure’s Edge, the Arcata Theatre Lounge hosted the annual Banff Centre Mountain Film Festival.

A flagship program of Banff Centre, located in Canada, the aim of the festival is to promote understanding and appreciation of the world’s mountain places by creating opportunities for people to share and finding inspiration in experiences, ideas and visions.

Each night consisted of 8 short films ranging various genres and topics from documentaries, to shorts, to humorous, and raising awareness of important issues.

“The vision and goal of the festival is to tell stories about mountain culture,” said Chris Lorway the President/CEO

of the Banff Centre. “It’s also to really celebrate people who are working on issues that are important to those communities.”

“Before They Fall” is a documentary that focuses on indigenous peoples, conservation groups, and scientists who come together in a decades-long battle to protect endangered old-growth forests as British Columbia violently escalates at Fairy Creek (the last unprotected, intact valley on southern Vancouver Island) on unceded Pacheedaht Territory.

“North Shore Betty” focuses on how Betty Birrell (45) picked up mountain biking after a career as a mountaineer and professional windsurfer in North Vancouver, British Columbia. Three

decades later, the single mother is a role model for her son, her friends and anyone she’s met along the way – and proof that you’re never too old to dream big.

“Reel Rock: Bridge Boys” focuses on Pete Whittaker, Tom Randall, and Paul Diffley, who seek their next climbing adventure in the UK. After selecting a bridge, their challenge requires them to eat and sleep while hanging under a motorway.

The films screened caused audience reactions ranging from awed to anger. Several audience members reacted to how informative the documentaries were.

“I feel inspired to try something new,” one member in the audience said.

“I want to take my special someone to explore the outdoors,” said another audience member.

“Everyones takes something different when leaving. It’s all over the place,” said Jennifer Johnson, owner of Adventure’s Edge store. “I just hope to bring more awareness of the outdoors and what we need to do to save it so we have a chance to explore it.”

“I hope people one, enjoy the outdoors and two, you should help to preserve them,” concludes Jennifer.

Ticket sales resulted in over \$1,000 which went back to help various programs that enrich the local Arcata community.

Big Time displays Native culture and connection to campus community

by Emma Sjostrom

Crowds gathered on campus in celebration of Indigenous cultures at the 13th annual California Indian Big Time and Social Gathering this past weekend. The return of the event after three years of postponement following COVID-19 concerns attracted Indigenous people and supporters from across California. Spearheaded by the Indian Tribal & Educational Personnel Program (ITEPP), the gathering serves as a social event and a chance for native tribes and individuals to showcase their culture. Along with food and vendors, the event featured traditional songs and dances including the Women’s Collective Flower Dance, Tuolumne Me-Wuk, Red Cedar Drum, Maidu Traditionalists, Round Valley Dancers, and Cal Poly Humboldt Student Drum Group. Jaybe Britton, a registered member of the Round Valley Indian Tribes—Wailaki, Yuki, Nomlaki, Pomo, and

Concow-Maidu—made the three-hour drive to Humboldt for the all-day event. For him, interacting with and sharing his culture with other tribes makes the journey to Humboldt worthwhile. “It’s pretty amazing because each tribe and the way they are is beautiful. So to dance with them, to be able to talk with them, to interact with them just for a day like this is just beautiful, it’s very healing,” Britton said. For Jainis Tsing Lincoln of the Hoopa Valley Tribe and Wailaki Tribe, the gathering is a chance to see her loved ones, meet new friends, and learn from each other. “My family’s from a lot of different areas, so we love to come up here and get to see everybody out at the same time and we always always learn something,” she said. Lincoln’s family has been coming to the event for years. However, this is her

first time attending the event on behalf of Native Health in Native Hands, a non-profit organization aimed at revitalizing traditional culture. While she no longer participates in the dancing ceremony, she has recently passed the torch to her younger sister. “That gave me a tear,” Lincoln said. “She’s my baby sister so we made her skirt...we made everything for her. So it’s cool to see her out there.” Britton agreed with the importance and joy of sharing the dances with his loved ones, especially with his daughter, Cal Poly Humboldt student Shobe Britton. “It’s really amazing...just to know that I’m leaving them in this way and passing down these cultural ways and our traditions that will empower her,” Britton said. Shobe Britton added that past generations didn’t get the chance to partake in their cultural practices, so for her ceremonies like this are a way of honoring them. She explained that the dances for her culture are prayers, and when she is dancing she thinks of her loved ones. “[The event] means dancing with my family but also getting to dance and reconnect to my ancestors too, because even though they’re not here physically they’re here in my heart and are around us,” she said. “So for me, the ceremony is like dancing and connecting to my family really.” Jaybe and Shobe Britton also emphasized the importance of the event in bringing awareness to Indigenous people and their cultures. “Us Native people are still here. A lot of us still practice our traditions... It’s important that we share with modern society that we’re still here, we still



Photo by Emma Sjostrom | Elizabeth RedFeather dancing amongst the Round Valley Dancers



Photo by Emma Sjostrom | Round Valley Dancers performing in a dancing ceremony.

Photo by Emma Sjostrom | Shobe Britton amongst the Round Valley Dancers



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Associated Students Voter's Guide!

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Andres Olmos

Andres Olmos has been attending CPH for two years and plans to graduate with a bachelor's degree in Mathematical Education. As a minority and a member of the LGBTQIA+ community, he is advocating on behalf of the minorities within the S.T.E.M. community. "I think an Administrative vice president who has a future in math would be beneficial not just for the current students but for the students that come after us. In my term as administrative vice president my main goal is to create a more accessible way to look at the financial data that is being collected."

Legislative Vice
President



**Tashenea
M. Burns-Young**

Tashenea is a computer science major with a minor in German Studies. Their passions and hobbies revolve around self-care and advocacy. She values the quality of treatment for all students and staff. "I am applying for the Legislative Vice President position because I am working on building communication networks in Associated Students. As I have been a part of Associated Students for 4 years, I find it more important to use my position to learn from various communi-

For President!



Ashley Calkins

Ashley is a junior in the Political Science Major, an LGBTQIA+ student and woman, who believes in a more inclusive and transparent model of governance for Humboldt. Since their freshman year, they have been representing the student body in various organizations such as NRHH, Canyon Crew, BSU, and committees within Associated Students. "If elected, I intend to tirelessly advocate on behalf of the student body. My priority as a student leader is representing the needs, wants, and interests of the student body."

For President!



Sam Parker

Sam is an environmental science major focusing on ecological restoration, but I also have a wide range of interests including art, oceanography, geology, philosophy, anthropology, activism, and history. "I feel as though this school attracts those who have a passion for making change in the world, but so many people are struggling to get by, and do not have the resources needed to reach their goals. I'd like to see a world where education is free, and everyone's basic needs are met."

Student Affairs Vice
President!



**Gerardo
Hernandez**

Gerardo is a first-generation student majoring in Political Science, who currently serves as the Associated Students At-Large Representative. "My commitment and intent will be to prioritize students' representation and provide transparency to enhance the student environment. To our BI-POC, LGBTQ+, Disabled and variety of our campus communities who feel underrepresented - I will always be a voice and advocate on your behalf when issues need to be addressed."

How does voting in A.S. work?

Executive Officers are elected through "ranked choice voting", which is an electoral system used to elect a single winner from a field of more than two candidates. It is a preferential voting system in which the voters rank the candidates in order of preference, rather than voting for a single candidate.

- 1. BALLOTS ARE INITIALLY DISTRIBUTED BASED ON EACH ELECTOR'S**
 - If a candidate secures more than half of the votes cast, that candidate wins. Otherwise, the candidate with the fewest votes is eliminated.

	Candidate A	Candidate B	Candidate C
1st Choice	100 (45%)	80 (35%)	50 (22%)
2nd Choice	75	90	65

- 2. BALLOTS ASSIGNED IN THE ELIMINATED CANDIDATE ARE RECOUNTED AND ASSIGNED TO THOSE OF THE REMAINING CANDIDATES WHO RANK NEXT IN ORDER OF PREFERENCE ON EACH BALLOT.**

- The process continues until one candidate wins by obtaining more than half the votes.

	Candidate A	Candidate B
1st Choice	100 (45%)	80 (35%)
Redistributed 2nd Choice Votes	13	37
Totals	113 (49%)	117 (51%)

- 3. CANDIDATE B WINS.**

- Even though Candidate B did not receive the most votes cast in the first round of voting, a majority of voters preferred Candidate B over Candidate A following the distribution of 50 2nd Choice Votes available after the elimination of Candidate C.



**Cast Your Vote via email:
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Delete your TikTok

by Valen Lambert

When our government recently proposed a ban on TikTok because of national security risks, I was probably one of the few that delighted in the news. While the government is worried about national security, I think the app’s biggest threat is to culture and dare I say, our souls. I might sound like a pretentious asshole, but I think TikTok is melting the brains of the youth and you need to delete it right now and go touch some fucking grass.

When I first transferred here from the old-school beach town of Morro Bay, where flip phones still circulated amongst my unplugged community of surfers, farmers, and creatives, I was blown away by the distinct “TikTok culture” that I realized dominates the humor, interests and identities of my peers. All of a sudden I kept hearing people saying the same jokes, the same words, while wearing the same outfits accompanied by the same refrain: “I saw it on TikTok!”

Don’t get me wrong, trends are a natural part of our social fabric, but there’s something about the way that TikTok baby-feeds content to its users and digs their personalities into a hole at frightening speeds that freaks me out. It homogenizes people into select subcultures based on their algorithm. Instead of going out into the world and discovering themselves through their own exploration of literature, media, art and fashion, TikTok informs your personality for you.

The algorithm puts you in a box. Conformity just got a whole lot faster and easier with TikTok spiraling users into cogs in the culture machine. It leaves little to no room for users to explore themselves naturally without the consistent influence of the internet. The app is a culture factory, and

everyone is willingly surrendering to the mind-numbing work of consuming and popping out trends that this app is banking off of. Everyone’s also hoping to bank off their own image.

All of a sudden everyone has a chance to be famous. The Hollywood virus is infecting young folks all around the world with the idea that with some good looks, a little charm and some trendiness, they’ll make a big break and one of their videos will go viral. They take to their front-cameras and hope that they can capitalize on their image (while simultaneously bagging on capitalism). The app promotes rad-

ical self expression, but leads creators to monetize on their individuality and become caricatures of themselves. TikTok users are abandoning memes and becoming them.

I don’t have a TikTok, but I have an Instagram, which is unfortunately the same damn thing at this point. I get suggested so many dumb reels of people making faces into the camera with some regurgitated words to go along with some trending song and it’s all just one big jack-off party. I lose thousands of brain cells anytime I see one.

Look, I like posting selfies too. I like feeling hot and confident and sharing

that with the world and not giving AF. I’m in no way trying to belittle people for feeling themselves. But I believe there is a threshold, because it can’t possibly be good for your mental health to be chronically online and have your whole life and image revolving around your digital presence. If this sounds like you, I urge you to unplug, even if just for a bit. There is so much meaningless content getting pumped into our heads that has no benefit to your well-being whatsoever, and believe it or not, all that dog-shit is taking up valuable space in your head where you could be daydreaming, thinking about poems, flowers, or frogs, or better yet, absolutely fucking nothing.

I want to make it clear that I’m not targeting anyone specifically, and that being chronically online doesn’t make you a robot. It’s a crazy time to be alive, and social media has become so irreversibly ingrained that it’s hard to disconnect from it if you grew up with it. This generation also faces so much anxiety about the impending doom of our future, I don’t blame us for being chronically online. I mainly hate this stupid app because I know that in every person there is unfathomable depth and complexity that is being suppressed by mainlining content straight to their identity.

We create ourselves every day. Our lives, our identities, are art projects that we create through connecting and making associations with the world around us. That is hard to do when you only see the world in ways that other people told you you should see. It’s like watching Bob Ross and only being really good at making Bob Ross paintings. Delete your TikTok and go paint the world with yourself.



Graphic by Valen Lambert

Social media can be a powerful tool

Just remember to be mindful with your engagement

by Kianna Znika

I’m honestly really grateful to be alive in a time where social media exists. When used with intention, these platforms can be a great place to find resources, community and inspiration. Honestly, the Internet is where I’ve learned a lot of important life skills, thanks to content creators who are passionate about making this knowledge accessible.

For instance, there are online communities created with the sole intention of helping other people in our everyday lives. For example, creators on “#CleaningTok” teach others the basics of cleaning without any judgment, knowing that some people struggle due to mental illness or because they were raised in messy homes. It was the hashtag “#Comfycore” that helped me start taking better care of my body and its needs. There are also content creators who give tips to other low-income people about budgeting, grocery shopping and the basics of surviving capitalism.

Social media isn’t always an escape from something, or a place to just mindlessly scroll. I am continuously learning, sharing and connecting with others.

You create your own social media experience; you can choose to follow people you actually like. You can choose not to engage with certain trends. I choose to treat my personal account like a scrapbook of my life because it genuinely makes me happy. I follow other content creators who I feel are truly authentic.

There’s a lot of debate around whether or not someone can be authentic online, and this frustrates me because I genuinely believe you can, if you want to. It’s a choice. You can choose to be yourself online but the thing is that it is a challenge. It requires you to really check in with yourself, unlearn things, and push past fears of being perceived or judged. You’ll ask yourself things like, “Why am I posting this? Is this really for me?” and “Why am I not posting this? Because I’m afraid of what someone else will say?”

This is something I’ve been practicing for a while now, but it wasn’t always this way. When I first “blew up” on TikTok, I got really excited. I never received that much attention before in my life. As much as I wanted to continue being me, I’ll be honest: I did feel the pressure of having to be a “character” and purposely create content for a specific audience and it really hurt me mentally. I wasn’t being myself anymore. I didn’t like that I wasn’t showing all aspects of my being anymore. People just saw me as “the quirky pop punk” girl, or so it felt like. I don’t like being put into a box, and I think that’s what a lot of people think you have to do to use social media “the right way.”

So, I decided to let go of these pressures and start being myself again by posting the way I did when I was just a person sharing on their personal account. I started openly sharing myself and my life again, all parts of it, unapologetically. While I do see that my numbers have gone down, since I’m not posting the original content people followed me for, I feel relief in the fact that my social media reflects who I really am. I don’t have to worry about posting and engaging a certain way anymore. I made the choice to be authentic online and I mindfully make that choice every time I log onto social media. It’s a good vibe check and I’ve honestly grown and learned a lot about myself through this practice.

With that said, however, I wish more people understood that in a time where social media is free and so many people are able to change their lives overnight just by creating content, wanting to take social media seriously is completely valid. There are a lot of opportunities on these platforms. It wasn’t until my own platform started growing that I realized these opportunities were possible for me. It honestly opens up a lot of doors, which is something I, as a low-income person, am extremely grateful for. I strongly believe that other small artists and businesses should take advantage of social media because it’s a free resource that could possibly

change their life, too. Being a content creator is a real job in this real day and age, and it pays really well. It’s a valid career path and yes, there are people who will judge you, but we’re supposed to be breaking free from caring about what other people think anyway. We’re all just trying to survive capitalism in our own way, and for me, social media happens to be a fun, highly-promising way.

I believe what it all comes down to is the individual choosing, for themselves, how to use social media in a way that’s healthy and truly benefits them. There’s a lot of important life skills with more broad applications that are practiced when approaching things with mindfulness. For example, knowing when to put your phone down

and still be grounded in the real world teaches you moderation and discernment. You practice setting boundaries when you unfollow accounts that trigger negative emotions and only engage with more content that aligns with you and your personal values. You practice self-love and radical acceptance when you choose to be authentic online. It requires a lot of self-discipline, too, which I believe is extremely important to develop as an adult.

In the end, if social media is truly making you unhappy then you can choose to step away from it, but that is just your individual experience with it. Your relationship with social media is your own responsibility. You can choose to make it a good one.

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Humboldt home to remarkable conifer collection

by August Linton

Nestled between the science buildings, fronds sway in the breeze, fallen needles line the edges of paths, and cones of all shapes and sizes swell and release pollen or seeds. The Cal Poly Humboldt campus hosts an extensive collection of conifer species in the Science Complex Conifer Collection, ranging from local Coast Redwoods (*Sequoia sempervirens*) to the Japanese Umbrella Pine (*Sciadopitys verticillata*.) Over 65 species of conifers grow in close proximity to the classrooms where they are studied, a collection that rivals the top universities in the US.

Professor Emeritus of botany Dennis Walker made it his mission to expand the University’s collection, traveling to Australia, China, Chile, and many other places around the globe to bring back trees to use for teaching and research.

“In the beginning, I could simply go down to the local retail nursery,” said Walker.

After he had exhausted the list of plants available locally, Walker turned to botanical collections, cultivating relationships with other botanists and collections worldwide.

“It’s great to be a botanist in the jet age,” said Walker. “I was traveling with a backpack on my back, in my grubby clothes to slop around in some tree fern gully or something of the sort, complete with leeches.”

The collection is used by botany professors as a teaching resource, supplanting the need for jars of leaves, branches, and cones suspended in preservative.

There is a huge amount of diversity in the lifestyles, appearances, and native habitat of conifer species. Iconic examples of the group have dark green, skinny needles and small, pointed cones, but others have broad leaves, paired cones, or sweet, edible cones. The Plum Fir (*Podocarpus elatus*.) an example of which resides next to Science B, grows translucent-white, cher-

ry-sized cones when in season.

Their diversity makes conifers a valuable resource for botanists who study paleobotany, the science of ancient plant form and evolution.

“Just collecting what is available [in Humboldt] is an easy way out, but students get a very narrow and inaccurate view of what the whole taxonomic order Coniferales represents,” Walker said. “They cannot conceive of something with a slightly widened leaf like that...you can tell them that there are such things, but it’s better to show them.”

The climate in Humboldt is uniquely suited to accommodate an extremely wide variety of plant species, one factor which made the collection possible, according to Walker. Some frost-tender plants are able to be planted outside, an important factor since the greenhouse severely limits their growth.

“There’s a banana belt that we’ve identified, where the cold air intake for the mechanical room keeps the air moving on the south side of [Science] A,” said Walker. “That was about the balmiest environment we could find.”

One species that Walker was unable to find for the collection was the parasitic conifer *Parasitaxus usta*, which grows on another conifer species. He traveled to New Caledonia to seek specimens of the plant, but was unable to find any, nor keep any of the host plants on campus strong enough to host the parasite. International regulations on transporting plants across borders made it difficult to bring some specimens back into the country.

Arborists and student volunteers tasked with caring for the trees once Walker brought them back home have struggled to keep some species alive. Many individuals died from water mold, and some Southern Hemisphere species can only be kept in the greenhouse, which bears Walkers’ name.

Current botany professor Mihai Tomescu, whom Walker laughingly refers

to as his replacement, describes the collection as a tool both for teaching and for research. A former masters student of his, Kelly Pfeiler, is now pursuing a PhD at the University of Kansas. She recently returned to the CPH campus to collect cones from specimens in the collection, to use as reference for paleobotanical research.

“She’s one of several people who have come through over the years from other campuses to collect here, because it’s a very diverse collection,” said Tomescu. “Dennis left a great legacy here.”



Photo by August Linton | **Dennis Walker shows the seed cones of *Podocarpus salignus*, which illustrate the diversity in conifer reproductive structures.**



Photo by August Linton | **Professor Emeritus Dennis Walker poses next to the only remaining *Cathaya argyrohyla* specimen on campus, after many others were killed by water mold.**

SPORTS

CREW

FROM PAGE 1

There are different types of boats: the 4, 8, double and single. Their naming refers to the number of rowers in the boat. For the 4 and 8, they have what is known as the coxswain.

The coxswain does not row, but they steer the boat. They sit at either the bow or stern of the boat, depending on the size. They are connected via a microphone and speakers that run alongside the boat. The coxswain is the one that gives them direction, where to turn, when to go faster or slower, etc.

Garcia rowed in the 8 and coxed the 4, making for a busy day.

“As being a coxswain, I’m pretty much the eyes and ears of my boat,” said Garcia. “I’m keeping track of their speed, I’m telling them the distance we are from the other boats, I’m trying to motivate them, and I’m trying to also work with them on their technique to make sure that they’re rowing effectively.”

Peter Yaskowitz has been a member

of the men’s crew for 2 years.

“It is my new favorite thing to do,” he said. “It is addicting.”

Humboldt’s success often comes from the desire to win, not only for themselves but for their supporters.

“We were just talking before we went out about how this is our home course and we really wanted to make our fans proud,” said Malia Seeley, a senior rower on the women’s team.

They did just that, building more excitement for the future.

“It just makes me really excited for the rest of the years, even next year and the years forward,” said Ellie Walters, a freshman rower on the women’s team. “I’m excited to win.”

Top: Photo by Alex Anderson | **Cal Poly Humboldt women’s rowing team hoist’s boat over their heads while heading back to the staging area at the Humboldt Bay Aquatic Center.**

Bottom: Photo by Alex Anderson | **Kylie Mosley waves to nearby fans following the women’s V4 race.**

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