

Sanders scores California on Super Tuesday

Sanders takes over 40 percent of Humboldt vote

by Kris Nagel
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Photo by James Wilde

Ross discusses evolution of racism in college

Bestselling author Lawrence Ross calls for more than just black best friends

by Benjamin Zawilski

The two-hour lecture started with Lawrence Ross giving his own rendition of a song centered on the N-word, originally sung by two University of Oklahoma students on a bus in 2015. The song served as an example for the hundreds of activities at universities that continue to perpetuate racism. Ross has visited several college campuses to give his lecture on campus racism and how it takes different forms. His book, “Blackballed: The Black and White Politics of Race on America’s Campuses,” is meant to address the history of racism at colleges in the United States and to educate its readers on how to best combat it. Ross’s book was published in 2015, when incidents of hate crimes, vandalism and enforcement of outdated values in educational institutions began rising in alarming numbers. The most infamous instance in recent years was when nooses were found in trees on the American University campus

in Washington D.C. and racial slurs were found written on a dormitory door at Cabrini University. Ross centered his discussion on stories of blackface, nooses placed in trees and songs prominently featuring the derogatory N-word, which helped convey how widespread a problem it’s become. In research for his book, Ross identified the lack of proactivity on the part of college administrations as one of the ways campuses are complicit in racism. “A lot of the time, it’s the institution not knowing what to do,” Ross said in an exclusive interview with The Lumberjack. “So the easiest thing to do is to deal with the PR slam, wait for the four-year cohort of students to leave and then it’ll be alright. And then you’ll

have another four years, do the same thing and something else will erupt.” One of the major points in Ross’s lecture is how racism on college campuses isn’t limited to any specific areas of the country or to any parts of a school year. It happens everywhere. “Campus racism incidents are happening on a regular base,” Ross said. “For colleges and universities before you can be healthy, the first step is to recognize that you’re sick.” Ross explained how schools are more likely to try to minimize racist incidents and avoid bad press than they are to directly acknowledge its existence. As Ross pointed out, this procedure leads students to believe that their concerns aren’t heard and aren’t recognized. This manifests into

praying for change without acting and trying to individualize systemic problems. Ross placed responsibility on college administration to think critically about race relations and to communicate with students to achieve progress in cultivating an environment of discussion. “Come onto campus and recognize everyone,” Ross said. “Then be able to think beyond your own sense of who you are. Pray on it, but at the same time, work on it.” In the last five years since the book was published, Ross said over 300 campus protests against racism have occurred in the U.S. Ross believes this goes beyond exercising free speech and serves as proof that students expressing racist views do not face repercussions.



Photo by Benjamin Zawilski

Lawrence Ross at his book signing after his lecture on Feb. 24



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Navigating first-gen pressures

First-gen students find help outside families

by Sarah Blunt

Usually, students talk with parents, siblings or friends who have attended college in the past to gather information and paint a picture about college classes, professors and the overall college experience. For first-generation students like myself, that’s not an option. Being a first-generation student means you are the first person in your family to go to college. Your family members have no prior knowledge about college, the application and selection process, or what’s going to happen in the months prior to attending. First-generation students feel the pressure of learning to balance living on your own, being successful in college and working a job all at the same time. For Destiny Aguilera, a second-year theatre major, the help they needed was provided by a high school instructor. “My greatest struggle has definitely been finding myself,” Aguilera said. “College is a time for learning, experimenting and growing as a person. As a first-generation student, it is also a time to work multiple jobs and try to support oneself as best as possible, with as little help from family as they can provide.”

The pressure to be successful and independent to avoid burdening parents financially heightens the expectations of the college experience. “Having that pressure of taking care of oneself added to the mix makes it difficult to take time to breathe and learn more about who I am and who I want to be,” Aguilera said. “That being said, it’s not impossible. Just within recent months I’ve been able to discover that I identify as nonbinary and use they/them pronouns. I have college and allies to thank for that.”

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Students suffer from frequent bike thefts

Humboldt State University police say a student on campus gets their bike stolen every day

by Tiffany Emmons

Many Humboldt State University students have their bikes disappear from where they left them. Either a front wheel attached to a bike rack with the lock around it or a frame without a back wheel remain. Some thieves can even take the whole bike by using bolt cutters to cut the bike lock. Bikes are expensive, and having it stolen is a real cost to a student.

Kaitlin McKie, a 23-year-old student at HSU majoring in engineering, lives off-campus. Her partner’s bike was stolen at their apartment complex. She said bike theft has been going on for a while.

“Use U-locks instead of the cable locks,” McKie said. “They’re a little bit heavier—a little bit harder to put on the bike rack—but it’s definitely worth the investment.”

Bike thieves can dismantle newer bikes from the front and back tires by lifting a lever on the wheel and unscrewing it, which releases the wheel from the frame. This makes it easy to remove the frame from the front



Bicycles locked in the College Creek Apartments courtyard on Feb. 29.

Photo by August Andrews

tire or remove the back wheel. This technique is manufactured for bike owners to easily break them down to create a more convenient way to travel.

Jack McLaughlin, a freshman chemistry major at HSU, said three of his friends had their bikes stolen this semester on campus.

“Never leave your bike for a minute,” McLaughlin said. “Always keep your eyes on your bike. If you can, bring it into the

classroom with you. If you’re leaving it somewhere overnight, bring it inside with you.”

University Police Department Sergeant John Packer said a student’s bike is stolen on campus every day. While it’s hard to stop these crimes from happening, there are ways to prevent it.

Packer suggested you register your bike at the police station. This allows officers to match your serial number to a

newly confiscated bike to return to you if it is stolen.

Police officers can find your bike at a pawn shop by matching the serial number to the numbers that the pawn shop will register in their system. Pawn shops can even give police officers copied images of the seller’s ID, which police can use when investigating the crime.

“Ride your bike every day,” Packer said. “If you’re doing

that, you know where it is, you’re locking it up, you’re moving it around from point A to point B. It will be with you at that point in time.”

Packer also suggested investing in a Kryptonite bike lock. These bike locks are well known for being tough, reliable and hard to cut. If you don’t want to buy one a Kryptonite lock, Packer said a simple, thick chain with a lock can do the trick.

TUESDAY

FROM PAGE 1

Vermont Senator Bernie Sanders won the California primary. With more than 400 delegates up for grabs, Sanders consistently polled higher for California Democrats leading up to the primary. Sanders’ progressive platform drew a coalition of voters and strong support from unions across the country.

Tuesday night marked the biggest event in the primary season. Fourteen states plus American Samoa held primaries Tuesday, with 1,357 delegates to be allocated. That is just over a third of the delegate total needed to win the Democratic nomination.

Humboldt County overwhelmingly voted for Sanders. Part of California’s second congressional district, Humboldt voters choose six delegates to send to the Democratic National Convention in July. Tuesday night reports around 9:30 p.m. showed Sanders leading Humboldt with 42.4% of the vote, followed by Massachusetts Senator Elizabeth Warren with 14.5%.

Sanders led California overall with 28.7% of the vote. Michael Bloomberg was second with 18.8%. Biden was third at 17.2%.

Biden had a surprising surge in support in other states. Biden is running as a moderate, citing the need to beat President Donald Trump in the general election. Though Sanders draws support from demographics with generally low-voter turnout, Biden’s campaign claims a candidate running too far to the left will discourage many potential Democratic voters from showing up in November.

This boost in support may be a result of the recent dropouts

of Indiana Mayor Pete Buttigieg and Minnesota Senator Amy Klobuchar. Both candidates were running moderate campaigns similar to Biden’s. Sanders had been accumulating significant momentum in the early primary states. Before Tuesday, many viewed Biden’s campaign as an insignificant challenge to Sanders’ campaign.

One of Humboldt County for Bernie 2020’s lead organizers, Billy Cook, remained hopeful that Sanders will win the nomination.

“I believe that Sanders is still going to be the delegate leader,” Cook said. “And he has the enthusiastic base needed to beat Trump.”

Since 2016, Sanders has drawn support around his long-standing progressive platform. His main campaign points are Medicare for All and the Green New Deal. Many Humboldt residents cited these policies as the main draw to support Sanders.

Sanders supporters in Humboldt County have been hard at work campaigning to get residents to vote for Sanders. They have regularly sent crews to canvass Arcata, Eureka, McKinleyville and Blue Lake. One of their strategies is to reach out to voters face-to-face. A few members of the group have also set up tables with voting and candidate information in pedestrian areas around Humboldt as well.

Another organizer for Sanders-supporters in Humboldt, Evan T. Nixon, said Super Tuesday made the race more complicated. Nixon said that the strategy for organizers in Humboldt is going to change. Their focus will shift to states that have not yet voted in the primary, like Oregon and Arizona.

“We need,” Nixon said, “to just hit the phones.”



Photo by Kris Nagel

Voters cast their ballots at the Arcata Community Center March 3. Voters around the country flocked to their local polling places Tuesday for the Democratic primary.



Photo by Kris Nagel

Humboldt residents come and go from the Arcata Community Center March 3 to cast votes for their Democratic candidate of choice. Super Tuesday is the biggest event of the primary season, with 1,357 delegates at stake.

New details for Animal Crossing: New Horizons

The hype is real for the new Animal Crossing game after Nintendo’s recent presentation

by Seth Finnegan

The first console Animal Crossing game since 2008 is less than a month away from its March 20 release date. Nintendo just announced a list of new features for the upcoming Animal Crossing: New Horizons for the Nintendo Switch.

Animal Crossing is a series that puts you in control of a small town filled with anthropomorphic animal villagers. In this edition, you have bought the Deserted Island package, which gives you an island to build your town on. Despite being put into debt immediately by Tom Nook, the owner of the company that you bought the package from, there is no need to pay back the loan. There is no time limit or interest—pay it back whenever.

That’s one of the main draws of the series. There is no push to play it one way or the other. Whether you want to spend your days fishing or col-

lecting fossils, or just decorating your home, the game will never push you. You’re free to play at your own pace and relax with the other villagers that populate your town.

On Feb. 20, Nintendo aired Animal Crossing: New Horizons Direct. The press conference, given by Tom Nook, the series’ resident loan shark, was broken up into three parts. It gave a refresher of what had been shared before along with new developments that will appear in future updates to the game. It ended with a FAQ section.

The main addition this iteration of the peaceful life simulator brings is customization.

When you’re first put into the game, you’re told to choose from four different island layouts for your town and to choose your hemisphere. This will help accurately portray which seasons are happening in your town at their specific times. You’ll also be able to terraform your island so you

aren’t limited to the exact layout you choose at the start for the whole game. You can add hills and create new rivers and waterfalls. The island will be truly yours.

Another big addition is the ability to determine where villagers move in. In past games, villagers just moved in where they saw fit, even if it was on your flower bed or on top of your favorite apple tree. This time you get to map out exactly where villagers move in and shape your town around that.

The game now allows eight people to live on your island at the same time—not just non-playable villagers, but your friends and family. The game even adds four-player co-op, where you and three friends can explore your island together on the same console.

Later updates to the game will be for holidays. The first announced update, for Bunny Day in April, will be released the same time as the game, March 20.



Illustration by Jen Kelly

Vegan cannabis-infused brownie recipe

Learn how to bake and get baked

by Rachel Marty

This cannabis-infused brownie recipe uses coconut oil as a butter substitution and base for a vegan cannabis butter.

Coconut oil is a great replacement for butter and absorbs cannabinoids in the same manner.

The first step is to make the “cannabutter.”

Depending on how much marijuana you use, your brownies can have a higher or lower dosage of THC. When making cannabis-infused products, always be cautious of your dosage and measurements.

Start by decarboxylating the marijuana.

The decarboxylation process is simple: spread marijuana out on a tray and place it in an oven preheated to 245 degrees for 30 minutes.

This is an essential step. Decarboxylation heats up the cannabis flower and allows the body to absorb the cannabinoids, essentially activating the cannabis. This process happens instantly when marijuana is smoked, but when making edibles it must happen slowly to preserve the product and not burn it.

The next and longest step is to infuse the coconut oil with the decarboxylated marijuana.

Throw the coconut oil and decarboxylated marijuana in a sauce pan and let it simmer



The final result of the recipe.



The marijuana in a baking dish before being decarboxylated.

on the lowest heat setting for three hours.

Heat on the lowest heat setting ensures your oil will be fully infused and that the baked marijuana will not burn.

Don’t leave the house or kitchen when you are infusing your oil. Three hours is a long time, but leaving your stove unattended is dangerous and could potentially start a fire.

After three hours your coconut oil will no longer be clear and will have a deep green color to it.

The next step is to separate the cannabis-infused oil from the actual cannabis. To do this, use a cheesecloth.

A regular strainer’s holes are too big and will leave you with little bits of marijuana in your oil. Using cheesecloth on top of a strainer is the best course of action and will ensure your oil is as pure as possible.

Next, measure out however much oil you need for your brownie recipe.

It’s important that the coconut oil does not sit out for

too long or the oil will become dense and harder to incorporate into the mix. No worries if your oil does set up. Just re-heat it.

As for eggs, almost every brownie recipe out there calls for them, but just like butter, there are some great substitutes you can use. Applesauce is a good substitute, which is what this recipe uses, but you can also use mashed-up bananas or yogurt.

Finally, mix all of your ingredients together, pour it out into a pan and put it into the oven.

When your brownies come out of the oven, they may look soft or even underdone, but let them rest in a cool space for 10-15 minutes and they will set. Fresh out of the oven, the coconut oil will be very apparent on the top of the brownies and make them look oily, but as they cool the oil will absorb and become denser.

Again, be careful of your dosage when consuming any cannabis-infused product.



The marijuana and coconut oil mid-infusion.

STUDENTS

FROM PAGE 1

College is a time of self discovery.

Natyvidad Landeros, a third-year biology major, got help with applying to colleges through a high school class created to help students prepare for college.

“I took it junior and senior

year,” Landeros said. “They helped me with the process of applying. If it wasn’t for them I don’t know if I would have got into college.”

Javier Hernandez, a political science major at HSU, also prioritized resources outside his family to pick the school that fit his needs.

“I joined these college programs which helped other first-generation students like me to guide me through the process,” Hernandez said.

“To take me to other college campuses and learn about the recruitment process and all the details that I needed to know applying to colleges.”

College is a time of change and immense amount of pressure. This pre-college experience is only heightened for first-generation students who have to navigate blindly and on their own. High school classes or staff, friends and independent interests can be helpful guides.

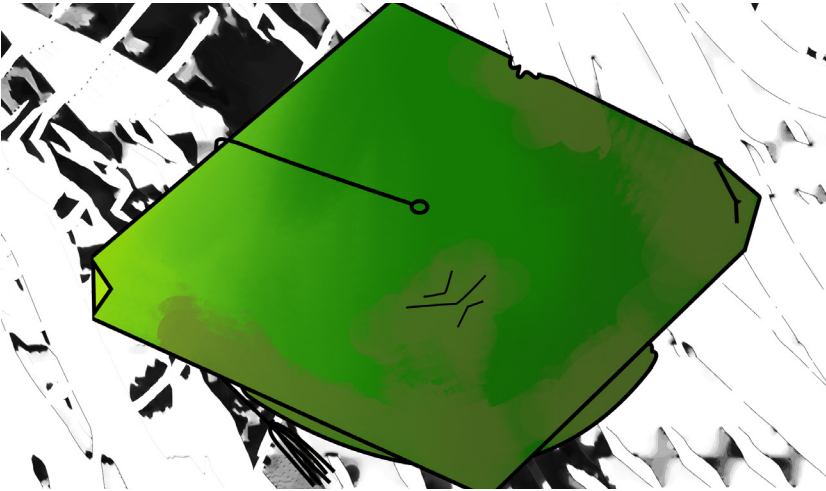


Illustration by Sam Papavasiliou

Pigs are on campus and eating compost

CCAT tries to reduce HSU’s food waste footprint through new pig program

by Emily Ortizow

A few weeks ago, two little piggies went wee-wee-wee all the home to the Campus Center for Appropriate Technology. On-campus dining services like The J are working with CCAT by delivering their compost to feed the pig project. Instead of the food waste going to the bin, it can fill the bellies of the pigs.

CCAT acquired the two baby Kunekune pigs from Tule Fog Farm in an attempt to reduce Humboldt State’s organic carbon footprint.

Ben Nguyen, the primary animal caretaker, farmer, project manager and a co-director of CCAT, explained that, depending on their nutrient demand, the pigs will eat as much or as little as they need in order to maintain healthy growth.

“Usually what we pick up from The J is around 10 pounds of food a day,” Nguyen said.

The Kunekune pig is a small grazing pig that can survive on a low-calorie diet and can weigh anywhere from 150 to 400 pounds. Although different breeders may breed for a smaller size, the pigs from Tule Fog Farm average around 200 to 300 pounds, making them the ideal size for an on-campus composter.

The pigs will probably be on campus at CCAT eating food waste for the next semester unless someone wishes to keep the project going through

the summer and so-on, since Nguyen will be graduating in May.

Some students are against keeping the pigs and are seeking to purchase the pigs and send them to a sanctuary. But for now, after the completion of the project, the pigs are arranged to be returned back to Tule Fog Farm.

Before they were adopted by CCAT, Shail Pec-Crouse, Tule Fog Farm owner and farmer, introduced the pigs to a diverse diet. Tule Fog Farm pigs ate compost as a nutritious supplement to their natural grazing diet of fresh grass.

“We take kitchen waste from a couple of local restaurants like Slice of Humboldt Pie and Los Bagels,” Pec-Crouse said.

According to Oxymem, a DuPont brand, when food waste is thrown in the trash and decays unnaturally among plastic and other non-biodegradable things in landfills, a toxic liquid called leachate is produced, which has a high ammonia concentration that isn’t easily biodegraded. Compost solves this problem by keeping biodegradable materials out of landfills so that it can continue its life cycle and be returned to the ground naturally.

Robert Just, a local livestock veterinarian, described the relationship between human trash and pig diets as an evolutionary interaction. He explained that since humans and pigs have lived symbiotically



Photo by Emily Ortizow
CCAT Kunekune pigs sort around their enclosure for food scraps on March 2. You can visit the pigs at the bottom of the BSS building.

for so long, their gut biomes may have adjusted to eating our over-ripe food waste.

Pigs have digestive tracts that are unique to livestock animals, but are similar to the human gut. They have one simple stomach, just like people. Pigs are omnivores and need a di-

verse diet consisting of grains, fats, protein and greens. This diverse diet makes them an excellent option for getting rid of food waste or any organic waste in general.

“Pigs aren’t indestructible though,” Just said. “And they are still susceptible to illness

from molds and some fungus, but this can be easily avoided by cooking the food into a slop.”

This project is one more step towards increasing sustainability on campus and problem-solving to reduce food waste.

Stoners bake snacks with scientific hacks

Finding more creative ways to use cannabis

by Rachel Marty

Edibles or cannabis-infused foods are a common way to consume marijuana. The process of making edibles, just like baking brownies, is a science. The primary psychoactive compound in marijuana is called cannabinoids. When making edibles, you infuse a fat with cannabinoids to activate the chemical.

Mark Wilson, a Humboldt State University professor with a Ph.D. in microbiology, genetics and toxicology explained that cannabinoids are fat soluble and don’t break down in water.

“Some substances are water soluble and some substances are fat soluble,” Wilson said. “THC is primarily composed of carbon-carbon bonds and carbon-hydrogen bonds, so it can’t interact well with water, but it can interact well with fats and oils.”

This characteristic of THC, tetrahydrocannabinol, limits what can be turned into an



Photo illustration by Collin Slavey

edible. THC can’t steep in hot water for weed tea. Marijuana would need to be steeped in hot milk instead, where the THC would break down and bond with the milk fats.

Many people use butter as the main fatty ingredient in edibles. Dairy-based fats are a good option for infusing cannabinoids, but lactose-free alternatives are also solid op-

tions, including coconut and olive oil. Bacon fat can absorb cannabinoid infusions too, if you’re looking for a savory option.

Joseph Szewczak, an HSU professor who studies and teaches comparative physiology and physiological ecology explained the physical changes to the body when people eat cannabis-infused fats rather

than smoking cannabis plants.

“Things that dissolve into our fat tend to remain in our system much longer,” Szewczak said. “That is, they slowly diffuse into fat, and slowly diffuse out. The fat acts as a sort of absorption compartment. That makes it detectable in drug tests for weeks.”

Whether inhaled or eaten, the THC enters the blood

stream and messes with brain-cell functions in a unique way. Since THC is shaped like a chemical in the brain, the brain recognizes the chemical and allows to alter normal brain function. That chemical usually tells brain neurons to rest, but THC forces the brain to keep firing, which leads to deep thoughts, increased creativity and anxiety.

In light of these effects, it’s important to understand what’s going to happen after eating an edible. First, since the body takes some time to digest edibles and since their THC is stored in fat, the high lasts longer. Second, the nature of THC and marijuana may lead to discomfort or anxiety, or may lead to creativity and fun, but that’s dependent on many factors.

Co-Director of the Humboldt Institute for Interdisciplinary Marijuana Research Josh Meisel is researching the significance of set and setting, or who you’re with and where you are, and how those things impact a high.

“People’s negative experiences may be influenced by edible use,” Meisel said. “But set and setting may be as influential or more influential than the psychoactive properties of the substance itself.”

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Chico State steals the Jacks' spotlight

Wildcats win, but the Jacks put on a good game

by Jazmin Pacheco

The Humboldt State University men's basketball lost Feb. 27 against the Chico State University Wildcats, 86-57.

Thursday's home game wasn't just another game for the Jacks. It was the last game of the season and senior night. The game was a special night for the team's seniors, Leland Green, Rob Lewis, Victor Mijas, Jackson Strong, Deion Alston and Zachariah Christian.

"It's a huge event really, with senior night being number one, our last game of the season, two, and a rivalry game," Head Coach Steve Kinder said. "It brings a whole different level and a lot of dynamics. There's a lot of storylines from every player on the team to every coach on the team. As a coach, to see all that in front of you and put that together and



Senior Jackson Strong makes a pass over the Chico State defense during his final game at Lumberjack Arena on Senior Night for Humboldt State basketball on Feb. 27.

Photo by Thomas Lal

experience a night whether we win or lose—it's special."

The Wildcats took the lead 8-0 in the first two minutes, but the Jacks were quick to score some points. A three by Jackson Strong and two free throws by Noah Viera left the score at 12-11 with 13 minutes left in the

first half. The Wildcats were quick to outscore the Jacks, ending the first half at 49-27.

With only 18 minutes left in the second half, the Jacks showed some senior teamwork. Christian passed the ball to Strong, who then passed the ball back to Christian. Christian

passed to Alston, who made two points in the green.

Throughout the game, Alston stepped up and led the scoring. Kinder was proud of him and said he told the assistant coaches they should've played him more throughout the season.

"He played with a lot of fire and he played aggressive," Kinder said. "He did a really nice job."

Alston had a season high of 13 points, while Strong put up 11. Viera scored a season high of 10 points off the bench and Lewis scored 8.

With three makes from beyond the arc, Strong finished his career with the Jacks after playing for the team for two years. With 173, Strong placed fourth on HSU's all-time career list in three-point field goals made. His 84 three-pointers is third on the Jack's single-season list. He made 89 last season, which is second all-time.

Kinder said he wished Strong had played for the Jacks all four years.

"The relationships I've built with last year's team and this year's team—it's been great," Strong said. "The family and the team, the coaches—that's what it is. It's just a family and I've had such a good time."

Strong said after he graduates he plans to continue playing basketball—hopefully overseas—to try to play the game he loves for as long as he can.

Dream season for Corsairs continues

College of the Redwoods men's basketball team charges into the playoffs

by Deion Alston

With a 75-56 win over Sacramento City College Feb. 27, the College of the Redwoods men's basketball team advanced to the second round of the California Community College Athletic Association state playoffs. The win put the Corsairs at 22-5 on the season, a complete turnaround from last year's 0-26 record.

First-year Head Coach Ryan Bisio set a plan into motion to turn the program around far before he got the job with the Corsairs. The plan was simple: build a team with high-quality local talent to showcase to the community. The plan worked immediately.

The Corsairs are all graduates from local high schools like Fortuna, Arcata and McKinleyville, with the team composed of all freshman except for two sophomores.

"I've known these kids for years," Bisio said. "Last year I didn't coach, so I got to watch all of them in high school and was able to build personal relationships with them. The unity was powerful and it made entrusting this young team easy."

This local talent dominated the Golden Valley Conference as the Corsairs, led by Arcata alumnus and conference MVP Thomas Nelson, were crowned champions.

"Whenever we needed a bucket throughout the year we would go to Thomas," Bisio said. "He scores in spurts from all three levels. The way he scores devastates our opponents and our team feeds off of him."

Nelson, who is in his sophomore year, has been one of the best players in the



Corsairs defend against Sacramento City College in the first round of the CCCAA State Playoffs in front of sold-out home crowd.

Photo by Deion Alston

CCCAA this year, as he was named first-team All-State as well. He averaged 20 points and eight rebounds per game this year, and he scored over 25 in eight games.

"The coaching staff has your back in every situation and I have great teammates," Nelson said. "It's day and night from last year. We communicate and connect at a very high level and we work very well together."

The Arcata High School graduate had high season goals this year, and winning a conference championship was one of them.

"I wanted to win conference just like in high school, and I knew I could have success," Nelson said. "But I didn't know I would be All-State in the

process. I didn't even know they had All-State teams in junior college until I made the first team."

With Nelson leading the way, the Corsairs had a multitude of successes this year. Four other players were honored, with Drew Gillette, Zac Claus and Donald Willis making first-team honors and Bradley Willis earning an honorable mention.

Gillette chipped in 17 points while shooting 41% from the arc. Freshman marksman Isaac Puzz added 9 points while shooting a team high 44% from the three.

While Puzz and Gillette were lighting it up from behind the arc, Claus took the role of primary ball handler with an

average of 10 points, six assists and five rebounds per game.

The Willis twins were the all-around guys. They combined for 22 points, 11 rebounds and 6 assists per game while leading the Corsairs defensively in steals and charges taken.

Coach Bisio's plan has come into fruition as CR is currently ranked 16 in the state and has advanced in the CCCAA Northern California state playoffs. With playoffs intensifying the competition, Bisio knows his team must play their best game now.

"We need to tighten up on defense," Bisio said. "We're going to see some good teams in the playoffs so we need to have a high sense of urgency. We've been playing good so we have

to do what we've been doing—just can't get complacent."

The Corsairs defeated Sacramento City in the first round of the playoffs, but the road only gets rougher. College of the Redwoods will be traveling to play against the nation's number one ranked team, San Francisco City College. Dubbed huge underdogs, the Corsairs have a huge challenge at hand, but with the success they've had this year, nothing looks impossible.

You can livestream the game through the CR men's basketball Facebook page or the CCCAA Network on YouTube. The game will start at 7:30 p.m. on Saturday, March 7.

EDITORIAL

We're all lonely, but it's not our fault

Shifting the blame of loneliness from individuals to institutions

by Editorial Board

There's an epidemic of loneliness in modern America. It's a trauma encompassing political, economic and social realms. We're all alone, but it's not any one person's fault.

Imagine the stereotypical millennial: they moved home after college, unable to find a job or afford a home of their own. It may sound pathetic. But maybe they've found the home they need.

The alternative for the millennial generation is living alone in an overpriced closet. It leaves them fragile and alone. A 2018 national survey by the healthcare provider Cigna found 46% of Americans felt alone some or all of the time. Adults aged 18-22 responded as the loneliest age group. A 2010 AARP survey had similar findings.

Lonely people are vulnerable. Alone, a small problem becomes a crisis. That crisis festers and becomes a trauma that stays with a person for life. Without a support network, a minor issue can snowball into an avalanche. Studies have linked loneliness to depression, distress, suffering, poor sleep, high blood pressure and death.

Loneliness almost feels normal in a society that sees the world in terms of the individual. Privacy can feel like success. Appearing indepen-

dent is an achievement. And we see weakness in a cry for help.

We weren't always this way. Prior to modern industry, humans often lived in close-knit communities, whether related by blood or not. Fast-forward to the 1950s, and the nuclear family emerges. There's the working husband, the stay-at-home wife and the two or three kids. It might have been romantic then, but a 2020 article from The Atlantic by David Brooks shows this small, private family wreaked havoc on our social lives.

Jump forward 60 more years and you get the loneliness epidemic. One could criticize nuclear families for pages—read Brooks' piece for a full account. But as they relate to loneliness, they popularized small families and mistrust of anyone outside of those families.

Small families can produce lonely individuals. Imagine a single child. Imagine their parents pass away. That child then has to live on their own, without the support of a family around them. Financial, personal or professional stresses can lead to a free-fall when you have no safety net.

Small, nuclear families disintegrate, and children are left on their own.

The good news is we seem to be adapting. We are, in some sense, valuing extended



families again. Pew Research Center found a record 64 million Americans living in multigenerational households in 2018. In 2016, Pew found the most common living arrangement for the 18-34 age group to be living with parents.

We're also expanding families beyond biological boundaries through shared housing units and groups for single parents. These new arrangements provide a way forward that doesn't necessitate stay-at-home wives or gender discrimination. We're finding ways to balance our want for individual freedom with our need for a family.

Living together doesn't necessarily make for less lonely people. We should be cautious about praising housing arrangements that can be born out of economic necessity, but research suggests many are choosing less lonely housing by choice. Living together is a good first step toward a more stable society.

Youth are finding new ways to survive the aftermath of a nuclear family disaster. Make fun of the millennial in their parents' garage if you want. But it looks to us like they might have found shelter from modern loneliness.

OPINION

The light at the end of the death-box

The United States' tail light regulations need to catch up with the rest of the world

by Jen Kelly

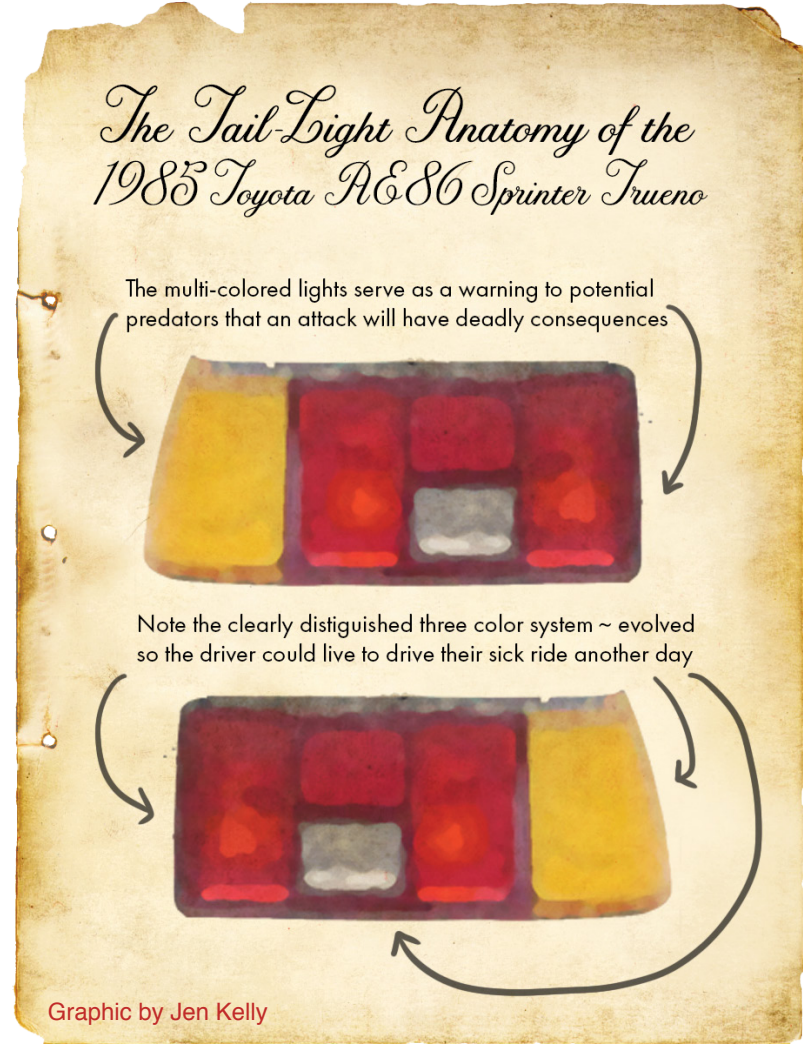
There is a frightening flaw in American car design clearly visible during every trip to the grocery store. United States auto regulation does not require brake lights to be a different color than turn signals. They should be.

The colors and positions of rear lights may seem like a small detail, but it has deadly consequences. According to the U.S. Department of Transportation, 36,560 people died in motor vehicle crashes in the United States in 2018. Given this statistic, one would hope we are doing everything possible to ensure the safety of drivers and their passengers.

Statistically informed regulations on the auto manufacturing industry are important when making something so necessary but so dangerous for the modern worker's everyday life.

The lights on the rear of a car are designed to do a lot of jobs, the most important of which are to indicate when the driver is braking, when they're turning and when they're reversing. Seeing as communication between drivers is one of the most important requirements of safe driving, these signals must be as clear as possible. A simple system designed to effectively communicate these three actions already exists.

A three-color system makes driver intent clear. Red brake lights indicate a driver is slowing, white back-up lights indicate a driver is reversing and amber turn signals indicate a driver will be mixing up their position a bit. This is where America stumbles. Back-up



lights are required to be white and brake lights must be red, but turn signals can be either amber or red. Worse, they do not have to be separate from the brake lights.

Turn signal color and separation may seem trivial, but the National Highway Traffic Safety Administration found in a 2008 study that cars with amber turn signals may be up to 28% less likely to be struck while maneuvering in a way that involves the turn signal.

A 1995 study by the same agency found reaction time to brake signals decreases significantly when the braking driver possess amber turn signals. This remained true even when

the braking driver wasn't using their turn signals.

We've known for at least 50 years red lights aren't the best choice for communication. Red light can appear to be further in the distance than it really is. It is also difficult for the human eye to see differences in red light intensity. A blinking red light is less noticeable than a blinking amber light, which is something that should be taken into consideration when creating fast, metal death-boxes.

There are more studies with similar results. The weight of the evidence for better turn signals is overwhelming. Most other countries require amber

turn signals. Cars sold in the United States without amber turn signals have them in other countries. The United States and Canada stand virtually alone on this. The question is clear: why are American cars not required to have amber turn signals?

Is it cost? It's tempting to think this is yet another example of the auto industry cutting corners. In this case, it's probably not. Amber turn signals are not significantly more or less expensive than red turn signals.

Even using the most conservative estimates in safety increase, there is no doubt amber turn signals would save lives.

It could also be aesthetics. Nothing says boring like safety. The fear of death is just part of what makes driving exciting, apparently. We want sleek, sexy cars. Our most expensive cars look angry and aggressive. They aren't designed to pick up kids or run to the store. They are accessories or fashion statements, not tools.

Maybe Americans just enjoy the freedom to refrain from changing simple things that would increase the quality of life for everyone around them. The rest of the world may do something in a way that's objectively better, but we're Americans and we'll be damned if we let the United Nations tell us what to do.

Maybe it doesn't matter. Driving around Humboldt County, one wouldn't know turn signals are mandated at all. If we do away with turn signals altogether, this isn't an issue. American ingenuity triumphs again.

ASK EVERGREEN SENSITIVE SLEEPER

Dear Evergreen,

I'm a sensitive sleeper. How do I sleep through the night?

Dear Sensitive Sleeper,

Falling asleep and staying asleep can be challenging, especially if you live in a community environment like dorms or apartments. There are a few things you can try before heading to bed that may help you sleep through the night.

Use earplugs or other noise-cancelling items. Earplugs are a blessing when you have noisy neighbors. Pop a pair in your ears and listen to your heartbeat and breathing. The rhythmic melody of these two sounds may help distract you from outside noise.

Use white noise to help you sleep. The Pulmonary, Critical Care and Sleep Medicine Division of Rhode Island conducted a study on the effects of white noise on patients' sleep in intensive care unit environments that are a cacophony of noise. The study found white noise facilitates less sleep disruption. You can conduct a similar study on yourself. Try turning on a fan or downloading a white noise app and see how it affects your sleep.

Have a warm drink. Old wives' tales suggest having a warm glass of milk to help you sleep. For those who don't drink milk, try having a hot cup of non-caffeinated tea. There are even specific tea blends to aid restful sleep. I recommend a tea blend with chamomile, mint or lavender elements.

Get all your priorities out of the way so you don't worry about them. If you don't have assignments to worry about, you might sleep better and skip those crazy school panic dreams. Try completing as much work as you can to put your mind at ease. Give yourself some time before bed to relax away from your work to let your brain have a chance to disconnect.

Don't use your phone before bed and avoid screens. A study by the Lighting Research Institute in New York found blue light from phone screens and other digital devices can disrupt your body's natural melatonin release habits. Give your body and mind a decompression period away from screens before trying to fall asleep.

Get a heart monitoring device. Fitbits and Apple Watches can record your sleep patterns and resting heart rate. While these devices can be pricey, they also offer other life applications that can make them worth it. If you already have one, start paying attention to that sleep data.

Sweet dreams!

Sincerely,

Evergreen

Send questions to: contactthejack@gmail.com

WEEKLY CALENDAR

Thurs. 3/5

“Encounters” Gallery Exhibition
Time: 12 - 7 p.m.
Where: Art B 101
Description: A faculty exhibition featuring photography by Dave Woody. Woody teaches photography at Humboldt State and has had his work featured in the New York Times, Porter Magazine and more.

Salmon and Acorns Feed Our People
Time: 5:30 - 7 p.m.
Where: BSS 162
Description: Kari Norgaard and Ron Reed discuss Norgaard’s book, “Salmon and Acorns Feed Our People.” The book calls upon Karuk experiences on the Klamath River.

Fri. 3/6

Meet the Social Justice Summit Speaker
Time: 9 - 11:30 a.m.
Where: Library 209
Description: Asao Inoue from Arizona State University will present on how academic institutions can be a vehicle for change in his lecture on “How can a university be anti-racist and address white supremacy?”

Reduced Shakespeare Company
Time: 7 - 9 p.m.
Where: Theatre Arts 101
Description: All 37 completed works of William Shakespeare will be played in 97 minutes.

Student \$10 | General \$49 | Seniors \$49

Sat. 3/7

Healthcare documentary film
Time: 11 a.m. - 12 p.m.
Where: Arcata’s Minor Theater
Description: “The Power to Heal: Medicare and the Civil Rights Revolution.” The untold story of how a twin struggles for racial justice and healthcare intersect, creating Medicare and desegregating thousands of hospitals at the same time.

Social Justice Summit Concert
Time: 4:30 - 6 p.m.
Where: Music B 132
Description: A free concert culminating the week-long Humboldt State Social Justice Summit with a set of inspiring music and poetry including several small ensembles and a choir of singers from HSU choral groups and community members.

Sun. 3/8

Beer Yoga with Nora Smith
Time: 10:30 a.m.
Where: Gyppo Ale Mill
Description: Get your body in motion, taste some of Humboldt’s finest craft beers and get to know your community. Your registration includes your first pint of beer. Please arrive a little bit early and bring your own mat. Class is open to all age yogis and \$15 per person.

Guitar Studio Recital
Time: 8 - 9 p.m.
Where: Music B 132
Description: Humboldt State guitar studio students perform their solo and duo pieces in a public concert for the community.

Mon. 3/9

Shelter Cove Weekly Ping Pong Tournament
Time: 3 p.m.
Where: Gyppo Ale Mill
Description: Win a week of half-off beers. Cost to enter is \$5 and includes your first beer. Tag a friend in the discussion who you would like to see on the other side of the table.

Pints 4 Nonprofits: Mattole Restoration Council
Time: 3 - 6 p.m.
Where: Gyppo Ale Mill
Description: Gyppo Ale Mill will be partnering with the Mattole Restoration Council. Each pint of beer purchased between event hours, the Gyppo Ale Mill will donate \$2 to the Mattole Restoration Council.

Tues. 3/10

Nordic Aquafarms Community Meeting
Time: 5:30 p.m.
Where: Wharfinger Building
Description: Nordic Aquafarms has started the permitting process of its proposed land-based aquaculture (RAS) facility on the Samoa Peninsula. The community is invited to attend a public information meeting and Q and A session. Attendees will also see a preliminary facility design as rendered by the project architects.

Napoleon Dynamite Trivia Night
Time: 7 - 9 p.m.
Where: Blue Lake Casino and Hotel
Description: Test your knowledge on all things Napoleon Dynamite. The free event is 21 years and up only.



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HSU Community Comics

By: Phoebe Hughes

I’m a botany major and studio art minor at HSU. With whatever small amount of time I can find between science classes and trying to be an adult, I draw.



Want to show off your comics?

Email us your best and most appropriate comics for a chance to be featured in our next issue.

contactthejack@gmail.com

Lumberjack Reporter’s Playlists



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