

# WILDBERRIES’ WORKERS PETITION FOR BETTER COVID SAFETY



Photo by Elliott Portillo  
A worker mops the floor near the front of Wildberries Marketplace in Arcata, CA on Dec. 7.

by Becca Laurenson

Wildberries employees are concerned about their health regarding the most recent positive cases of COVID-19 within the store. Rachel Ostrander, a cashier at Wildberries Marketplace and a senior in environmental science at Humboldt State, is concerned for herself, coworkers, and the customers’ health.

“Over the course of a few days, Wildberries would send out notifications that we have one COVID case and we have four and two had recovered,” Ostrander said. “We currently are at five cases within a week span.”

For Ostrander this brings up concerns regarding the staff safety at the store and what can be improved to keep them safer as well as inform the public.

“As a cashier, I knew that people didn’t know that Wildberries was having so many COVID cases,” Ostrander said. “We would say that we would be closing earlier at 10 p.m. for extra cleaning but didn’t say that why we were doing that was because we have had such an increase over the past few days.”

That information caused concerns and general worry for Ostrander and other coworkers. Ostrander would like Wildberries to inform the public

sooner when these situations happen. In addition, she has created a petition to help with conditions and information at the workplace.

“We recently just started a petition because we all believe that we are getting put into a hazardous position and so we deserve hazard pay due to what’s been going on in our store,” Ostrander said. “A lot of cashiers don’t feel safe.”

The petition is there to bring staff members at Wildberries to have hazard pay, improvement in sanitation, and a quarantine shut down of the store.

“The petition is for hazard pay, we want more safety precautions,” Ostrander said. “We feel that there needs to be someone designated to be on sanitation, we also like to follow Co-op protocol of how they have a person in front of the store limiting the amount of people are in the store at one time and we believe that Wildberries should close down for two weeks so that everyone can properly quarantine.”

Although the staff was informed of active COVID-19 cases within the workplace, they learned the information prior to the Dec. 4 Wildberries announcement to the public which

SEE WILDBERRIES • PAGE 3

# Fire Arts fires up seasonal pottery sale

*Local artists of all levels sell their wares and make connections during the holiday season*

by Brianne Beronilla

The Fire Arts pottery and glass holiday sale is a great opportunity to shop local and support artists this winter. The event happens every weekend in December and is held outdoors right outside the Fire Arts building on South G street in Arcata. Respecting COVID-19 precautions, masks are required and hand sanitizer is provided. The environment of the event is relaxing and casual, which makes it enjoyable to walk around and see the art.

The sale happens twice a year and welcomes artists of all levels of ability to contribute. The creators of the pottery and glass are anyone that is interested in selling their art. The Fire Arts building allows artists to rent out a space in the studio.

Maria Elhardt is a member of Fire Arts who uses the studio for glazing and also helps host the market event.

“For all of the artists, this is one way they can sell their things at Christmas, so we ask if there is anyone that wants to sell stuff or contribute,” Elhardt said. “So you get things from all the different levels and abilities and they are all local.”

Molly Kresl is a Clubs and Activities Coordinator at Humboldt State. She has been to these sales before and follows Fire Arts on Facebook.

“I love the diversity of the art; there’s so much variety and type and skill levels,” Kresl said. “I have mugs at my house that I bought from here that you

can tell are people who are just at the beginning of their pottery journey, to really well made pieces by artists who have been doing this for years.”

The Fire Arts events are also great ways to build connections throughout the community. All of the artists they feature are local to Humboldt County.

“I have met different artists locally that I now follow on Instagram and I meet up with and see at different art fairs,” Kresl said. “It’s such a fun community here.”

Naomi Davis found this market through social media and the North Coast Journal.

“I think ceramic art is super cool and the local flavors are a total bonus,” Davis said.

Jasmine Segura loves the interaction she’s able to have with the art. This is her first time visiting the market.

“I really like looking at everyone’s different glazing techniques, all the different colors they use, there’s a warmth to it,” Segura said. “There’s so little we can touch right now that it’s really nice to be able to look at something and pick it up and feel the heaviness and weight of it; it’s beautiful.”

If you’re looking for a one of a kind gift for a loved one and want to buy local, the Fire Arts holiday market is a great opportunity. The sale will continue on Saturdays and Sundays through December 20 located at 520 South G Street, Arcata.



Photo by Brianne Beronilla  
Naomi Davis views ceramic art at the Fire Arts pottery and glass holiday sale in Arcata on Dec. 5



Photo by Brianne Beronilla  
The Fire Arts pottery and glass holiday sale, located at 520 South G Street, Arcata.

<h2>Index</h2> <p>News.....3 Life &amp; Arts.....4 Science.....5 Sports.....6 Opinion.....7</p>	<h2>Budget Blockade</h2> <p>pg 3</p>	<h2>Virtual Theatre</h2> <p>pg 4</p>	<h2>COVID-19 Aftermath</h2> <p>pg 5</p>	<h2>Virtual Education</h2> <p>pg 7</p>
---	--------------------------------------	--------------------------------------	---	--



THE  
LUMBERJACK

**EDITOR-IN-CHIEF:**  
THOMAS LAL

**MANAGING EDITOR:**  
JEN KELLY

**NEWS EDITOR:**  
GABE KIM

**LIFE & ARTS EDITOR:**  
ANTHONY ARAGON

**SCIENCE EDITOR:**  
ELISE FERO

**SPORTS EDITOR:**  
JUSTIN CELOTTO

**OPINION EDITOR:**  
DAKOTA COX

**PHOTO EDITOR:**  
ELLIOTT PORTILLO

**COPY EDITOR:**  
SOPHIA ESCUDERO

**LAYOUT EDITORS:**  
JEN KELLY  
DAKOTA COX  
SAM PAPAVALIOU

**WEB EDITOR:**  
SAM PAPAVALIOU

**VIDEO EDITOR:**  
SKYLAR GAVEN

**DELIVERY DRIVER:**  
KRIS NAGEL

**SOCIAL MEDIA MANAGER:**  
GRACE CASWELL

**FACULTY ADVISER:**  
DEIDRE PIKE

**CONTRIBUTORS:**  
BRIANNE BERONILLA  
BECCA LAURENSEN  
SETH FINNEGAN  
IVAN RAMIREZ

Mission Statement

The Lumberjack is a student-run newspaper that reports on the campus and community. We strive to report with accuracy, honesty and originality. We hold ourselves accountable for errors in our reporting. We invite all readers to participate. Views and contents of The Lumberjack are those of the author and not those of Humboldt State University. Unsigned editorials appearing in the Opinion section reflect a two-third majority opinion of the editorial staff. Advertising material is published for informational purposes and is not an expressed or implied endorsement or verification of such commercial ventures of The Lumberjack, Associated Students or Humboldt State University.

**CONTACT US:**  
THEJACK@HUMBOLDT.EDU  
707-826-3271



@TheLumberjack



@hsulumberjack



@HSULumberjack

ADVERTISE WITH US:

Do you want to purchase an ad with the Lumberjack?

**Contact us:**  
**Phone:** 707-826-3259  
**Email:** lumberjack.ads2@gmail.com  
Or visit our website for more info.

Learn to make herbal formulas and preparations such as tinctures, liniments, salves, oils, and more!

Beginning with Herbs

Sept. 16 - Nov. 4, 2020  
7-9 pm • Online via Zoom



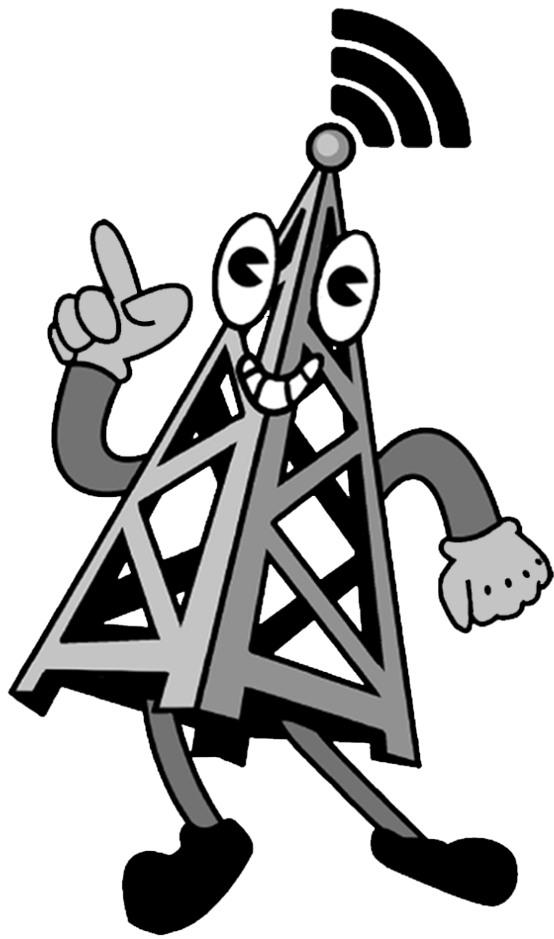
8 Wednesday evenings plus 2 weekend Virtual Plant Walks  
Tuition: \$400. Includes lecture, guided instruction for preparations and two virtual herb walks.

For info, call, email, or check us out online.



Dandelion Herbal Center

Register Online or call 707-442-8157  
www.dandelionherb.com • janeb@arcatanet.com



KRFH

105.1 FM KRFH.NET  
STUDENT RUN RADIO SINCE 1990



1305 10th St.  
Arcata, Ca 95521      PHONE: 707-822-2100

ENGINES • COMPUTER DIAGNOSTICS • SUSPENSION • MAINTENANCE  
TRANSMISSIONS • CLUTCHES • BRAKES • TIMING BELTS • ALIGNMENT • 4x4's



~NOW LEASING~

SUNSET TERRACE  
APARTMENTS

1200-1310 FOSTER AVENUE ARCATA, CA

NEW 1 bedroom/1 bath  
Walk to HSU / Parking / Laundry  
Efficiency units / Upgraded features

707-444-2919

www.kkramer.com



# HSU Foundation buys land in Arcata

## What the Craftsman’s Mall purchase means for HSU

by Seth Finnegan

There has been a fair amount of confusion among the HSU community regarding the purchase of the Craftsman’s Mall property and what it means for the school.

The property, a roughly eight-acre plot of land north of campus, was bought for \$3.95 million by the HSU Foundation, a non-profit organization that accepts donations and manages the endowment for the University, according to the foundation’s press release on Nov. 10.

That endowment is a collection of \$33 million donated by donors for the purpose of being invested and using the earnings to pay out scholarships and other programs.

“Our investments are in various mutual funds, bonds, and real estate funds -- that’s what that \$33 million is invested in,” Frank Whitlatch, vice president for university advancement at HSU and executive director of the HSU Foundation, said.

“This was an opportunity to take some of those investments and invest them locally into a property that has really strong potential for the university in the future,” Whitlatch said.

Whitlatch says that this investment is a unique opportunity for HSU, in the

long run, to help with its development.

“It’s unique in that it’s the only one that large that we could acquire near campus and it’s also flat,” Whitlatch said.

“A lot of the remaining space where you think you might build is either on the side of hills or it’s got creeks running under it,” Whitlatch said. “There’s a lot of challenges of building on some of the remaining open space on the main campus, but this is eight acres plus of buildable flat property that’s really close to campus.”

Whitlatch also says that, currently, the school is looking into converting the land into extra parking and that Facilities are currently looking into whether that is viable, but he says he doesn’t have a timeline of when that would be finished, though the foundation has asked HSU to start working on that timeline.

“The foundation board requested that the university, within the next five years, be in a planning process at least of what type of facility or facilities it might wanna try to build on that property, so that’s a goal anyway,” Whitlatch said.

After the announcement, there were some concerns from students about what the land could be used for and



Photo by Elliott Portillo

Craftsman's Mall Landplot on Dec 8.

whether it would be used for a good cause. Kinesiology freshman Damian Valle thinks that a parking lot is helpful to the school.

“More people have been bringing cars more often so that could be a good thing,” Valle said.

Freddie Rosen, a Zoology freshman, wants to make sure that it goes to something useful for the school.

“As long as they do something productive with it and not just waste it on something, I feel like it’s very easy to figure out what the school needs,” Rosen said.

There have been some complaints

from the California Faculty Association on why this purchase was made rather than using the money to help HSU as it struggles with large budget cuts. Whitlatch says the Foundation legally can’t help.

“Legally, we couldn’t -- that would be illegal. We have legally binding agreements with the donors who created these endowments, so legally, we can’t just dip in and grab the funds and use them to support regular operations of the campus,” said Whitlatch.

The Lumberjack reached out to the CFA for comment but did not receive a response in time for publication.

# CFA defends instructor jobs through budget crisis

The California Faculty Association’s Humboldt State chapter encourages HSU to wait on implementing any budget cuts



by Gabe Kim

Graphic by Jen Kelly

With such a drastic changes to the university’s landscape, due to declining enrollment and the ongoing COVID-19 pandemic, one might wonder how HSU will be able to dig itself out of this hole.

The response from the HSU admin, so far, involves eliminating a number of classes across most departments of the university. This move is not going unnoticed, though, as the California Faculty Association at Humboldt State asks the university to find other ways of reducing the budget in the coming years rather than cutting classes.

Grant Scott-Goforth, the communi-

cations specialist in HSU’s News and Information Department, says that HSU is doing everything it can to ease the stress of declining enrollment.

“For the 2020-21 budget, we have reduced ongoing spending by \$7.3 million, leaving a remaining shortfall of \$9 million that is being addressed through a combination of one-time funds, higher-than-expected tuition revenue, and divisional spending adjustments,” Scott-Goforth said in an email. “Significant progress is underway to identify ongoing reductions, including such strategies as the Early Exit Program (early

retirement), which had 60 participants.”

Benjamin Shaeffer, a member of the CFA Executive Board at Humboldt State, says the implications of the proposed budget cuts run deeper than initially realized. In his department, which is philosophy, he likely will not be able to retain more of his lecturers in the coming years, who will also lose their health insurance in turn.

“It just means an enormous loss of teachers with people with expertise, people who have taught right here for years and years on campus and have enormous contributions to the campus and have really been a benefit to the students,” Shaeffer said. “So it’s a big loss to the students; it’s a big loss to us because we’re losing colleagues.”

Loren Cannon, the Humboldt CFA chapter president, is very concerned that asking departments to make cuts over the next two years as the university has is going against the values that HSU set out to act upon.

“Some of these cuts involve decreasing courses by 25 percent in a given department,” Cannon said. “And I think that is very contrary to our attempts to increase retention increase recruitment at HSU because some of our programs are just so small that if you cut 25 percent of the courses, there’s not going to be a whole lot left.”

The dropping of teachers, lecturers, and classes collectively is being called a win by the HSU administration, says Cannon. Instead, he and his fellow CFA members want the university to wait until the pandemic is over to even be-

gin contemplating making cuts.

“I don’t think that’s a win on a global pandemic if HSU is going to identify ourselves as a place that is focused on social justice and environmental justice,” Cannon said. “Social justice is not cutting classes for students, reducing work for those who taught through the pandemic, and then leaving them without health insurance at this emergency time.”

Contrary to what members of the CFA have said, Scott-Goforth says that HSU isn’t cutting jobs for faculty members to the extent that is being described by them.

“Any decision on furloughs or reductions in the salaries of certain classes of employees is something that would be carried out at the CSU level,” Scott-Goforth said.

Kim Berry, a critical race, gender and sexuality studies professor at HSU, stands by her own words and doesn’t see any easy way out of the situation at hand.

“As someone who has served as a program leader and Department Chair at HSU for over 20 years, I’ve weathered a number of budget crises and budget cuts,” Berry said. “However, the scale of the cuts proposed for the next two academic years is nothing like we’ve seen before. To realize this budget cut proposal, HSU will need to lay off scores of lecturers and increase workload for remaining faculty. I do not see a way to achieve these savings in Academic Affairs without impacting progress to degree for students.”

# WILDBERRIES

## FROM PAGE 1

caused some concern.

Phil Ricord, the president of Wildberries Marketplace, was the person who made the recent Facebook post regarding the COVID-19 cases within the workplace. Ricord’s store follows protocol regarding active cases within the workplace and the company has been transparent with staff.

“We are 100% transparent with all cases, recognizing, of course, their right to their privacy,” Ricord said.

The Facebook post describes there being four current COVID-19 cases as well as a number of contacts being quarantined. Ricord also said that Wildberries follows patient confidentiality and updates staff members. The most recent change to the store was the hours being shortened so that a more deep clean sanitation can be put into place.

“We have reported on social media, among other places and it was actually published by the Lost Coast Outpost several months ago,” Ricord said.

Wildberries previously posted on their Facebook page on June 16 that an employee had tested positive for COVID-19.

The current protocol for those that have tested positive for COVID-19 in Wildberries is the following procedure of communication and steps to take for their safety. Ricord also said that while employees do not receive hazard pay, they are compensated if they miss time at work due to having COVID-19.

“If a person reports symptoms or is diagnosed with a case of COVID, they’re immediately taken off of duty, are immediately eligible for any benefits available, and the staff is informed that there is an active case that has been identified,” Ricord said.

Ferris Hirschson, a former employee at Wildberries for two years, recently sent in a resignation letter to Wildberries

management. Hirschson’s main concern for leaving Wilderberries was general safety and that the corporation was not valuing employees.

“It’s just not safe, and [Phil Ricord] is prioritizing the profits of the company over the public and his employees,” Hirschson said.

An email was sent out to the Wildberries staff regarding the recent positive COVID cases with the store. This email stirred feelings within employees such as Hirschson.

“Instead of closing the store down for two weeks because we do have five cases which doesn’t sound like a lot but in such a small store and small group of people, five cases is a lot,” Hirschson said.

Daniel “Little Ghetti” Alatorre is a food service clerk at Wildberries Marketplace. They have also expressed concerns about communication within Wildberries and how that communication reached the public.

“The situation right now that is

causing disruption was at first I think it was worded weirdly in the email,” Alatorre said. “A couple of my friends were unsure if they worked with the person.”

With the confusion, staff alongside Ostrander and Alatorre were concerned about their safety and health.

“The communication has been confusing,” Alatorre said. “When we did find out the two confirmed cases, I went on the Wildberries Facebook and all they posted was ‘well we are now closing at 10 p.m. for deep sanitation.’”

This confusion in communication between staff and the corporate has become a stressful situation for the workers. The petition and social media outreach has allowed them to speak peacefully about changes they wish to have happened to the workplace for their and customer safety.

“I feel our job as a wild bee is to sting Wildberries, not as an act of violence but as an act of people defending ourselves,” Alatorre said.



# Student leaders and staff fight for a safe campus

*The QSU club and CRGS department seek to welcome and educate students*

by Dakota Cox

In the year 2020, with racism, sexism and homophobia alive and well, existing in this country as part of a minoritized group continues to add extra layers of suffering to life.

Sophomore and Vice President of the Queer Student Union Adrian Black joined the club immediately upon learning about it their freshman year. Black identifies as transgender, queer and said they came out quickly after discovering who they were through conducting online research.

“I just felt like I needed to get it out as soon as possible,” Black said. “I think [coming out] definitely enabled me to embrace more of my genuine

my parents before I came out because there was this huge part of myself that I would avoid telling them about.”

Rogers sought communities of people experiencing similar awakenings in her high school LGBT club and again in the HSU QSU club. With operations taking place entirely virtually this semester and an entirely new staff of student leaders, the transition has been slow but relatively smooth according to Rogers. Members maintain virtual contact on Discord and over Zoom, however, the lack of structure in past meetings that allowed members to move around and engage in several conversations has been re-



Photo by Thomas Lal

A demonstrator holds up a Pride flag outside of the Humboldt County Courthouse on July 6 in support of Cora, a transgender teen from Fortuna who was assaulted in their front yard.

it does come, it’s definitely jarring,” Rogers said. “It’s mostly been fine I guess but it’s still something that I’m aware of and it definitely has an impact.”

Janet Winston, professor of critical race, gender and sexualities studies, believes HSU has a long road ahead in the effort to provide an entirely safe and comfortable campus for all of its students.

“There are lots of initiatives [on campus], but there’s also a lot of direction based on trying to protect the university as an institution from lawsuits,” Winston said. “The thing that has been most striking to me and most frustrating is the lack of institutional commitment in the form of material resources to a professionally staffed queer resource center – which is something that I and many of my fellow faculty, staff and students have been working on for over 10 years.”

Winston was the first faculty advisor for the Eric Rofes Multicultural Queer Resource Center before it was defunded by administration “on the grounds that there’s some kind of legal risk in the campus paying students in this center,” Winston said.

Having taught queer studies since the ‘90s, Winston said because the field is constantly evolving, she had to reinvent her curriculum each time she would teach a course.

“The field is changing,” Winston said. “There’s an explosion of amazing literature and I want to still connect students to the past and to foundational theories like Barba Smith’s book ‘Ain’t Nobody Gonna Turn Me

Around,” so that they can see the longevity and the kind of radical things that were being done in the ‘70s, but also, I want to stay on top of what’s happening in terms of queer literature and queer theory. It’s challenging but it also is very exciting.”

As a member of the LGBTQ+ community, Winston discovered a great deal of her identity through reading books like “This Bridge Called my Back: Writings by Radical Women of Color” that challenged her to become conscious of her intersectional identity in ways she hadn’t considered before.

“[Those experiences] formed the foundation for what I bring to all of my classes – that it’s going to be intersectional, that we’re going to look at ourselves and our own social positionality and the privileges that we have and the oppressions that we face because of our identities,” Winston said.

Winston believes society is plagued by compulsory heterosexuality, which reinforces the notion that we ought to be punished for not conforming to the narrative society provides.

“My goal for [my classes] is that people who identify as queer or some version of that see themselves reflected in the literature and also feel challenged by the literature to rethink their own notions of identity,” Winston said. “For students who don’t identify as queer, [my goal is for them] to really expand thinking about the frameworks within which they conceptualize their own gender and sexual identities and unsettle that sense of the normative.”

**“There are lots of initiatives [on campus], but there’s also a lot of direction based on trying to protect the university as an institution from lawsuits. The thing that has been most striking to me and most frustrating is the lack of institutional commitment in the form of material resources to a professionally staffed queer resource center -- which is something that I and many of my fellow faculty, staff and students have been working on for over 10 years.”**

-Janet Winston, CRGS professor

self. I definitely felt like I was being sort of dishonest in the way that I was presenting myself to other people and after coming out I sort of slowly began to just be who I wanted to be and who I felt like I was rather than what other people wanted from me.”

For QSU Treasurer Claire Rogers, it took a bit longer to come to terms with her identity as a lesbian and even longer to share it with her loved ones. While she expected her group of mostly queer friends to be accepting, Rogers was nervous about the reaction she would receive from her family.

“It took a while just for me to be able to put a label on what I was experiencing and it took me a while to be comfortable with a label,” Rogers said. “I felt very shut off from my sisters and

placed by a single channel of communication where it’s easy to become drowned out.

“That really casual kind of interaction has mostly been maintained through our Discord server and even that isn’t quite the same because it’s over text,” Rogers said. “I don’t know if either of them is worse or better than the other but it’s a different quality than the previous structure or lack thereof that we need to have.”

Rogers feels mostly comfortable in Humboldt outside of the community created within QSU, however, the idea that there are people out there harnessing hatred towards people like her for simply wanting to be who she is upsets her.

“It doesn’t come up a lot. So, when

# Theatre Arts puts on a virtual production

*“10 Ways to Survive Life in a Quarantine” on December 11*

by Ivan Ramirez

On Friday December 11, HSU Theatre’s production will feature an online show, “10 Ways to Survive Life in a Quarantine.” An email to watch the production will be sent on the scheduled day to those who sign up. The performance will not be live, it will be recorded and available on YouTube for 24 hours. The show is free and is for all ages.

Savannah Flower, scenic designer for the show, feels that the show is a nice break from everything else going while still not ignoring the pandemic since the show is directly related to it.

“You can kind of laugh about it a little bit,” Flower said. “It is not disrespectful in any way, it is showing how we cope this certain time.”

Program Leader of Theatre Arts Troy Lescher’s role is to support the production process and sees the production as an important learning opportunity for people in the program.

“Online or not, we remain committed to our mainstage shows every year because they provide our students with invaluable production-based learning experiences,” Lescher said.

The show is part of the theater de-

partment’s practicum, or field work. Everybody in the the theatre department has to complete a practicum to graduate. The practicum teaches students the skills of participating on a show both on stage and behind the scenes.

The theatre department has been working on the production since the beginning of the semester and estimates that the rehearsal times tend to be over an hour. Lescher feels that hosting the show online allows the production to be shared with a larger audience.

“This year in particular, our production of “10 Ways to Survive Life in a Quarantine” reflects our students’ perseverance and our program’s determination to share stories that matter with those in the university community,” Lescher said.

One of the main differences for Xiola Cardoza a senior theatre major and an actress in the production, is the location and what that means for her which are now mainly one on one with the theater producer, Michael Thomas.

“I would do my lines, he would give me his notes and I would dress it up a bit just to make it better,” Cardoza said.

“I don’t have stage really to meet and rehearse and go over lines and stuff like that it was challenging a bit. I’m in a different area where other people are,” Cardoza said.

For the designers not being in the same room as the actors means that they have to design a room from only what they can see.

“As designers it is so weird to create an environment no one else can walk into and they are only see what we can see,” Flower said.

The stage is usually much bigger to design than a Zoom screen. There is a lot more attention in one small area in Zoom.

“You kind of have the actor and space around their head for Zoom,” Flower said.

Rehearsals are being held in sections and in small vignettes over Zoom. with not as many people getting together production has involved a lot of one on one meetings.

Moving onto an online platform to run the show has provided challenges for the production team. Some of these challenges include communica-

tion, scheduling, and feedback during rehearsals. Flower also notices the lack of contact between the production team.

“Its very weird,” Flower said. “Actors a lot less contact with other actors, but so far, everyone has been doing a good job.”

Communication is mainly reliant on email. In a show it is important for the cast, crew, designer and everyone to be on the same page. There are 16 students involved in the show, 12 actors with the others being technical people involved into the show.

“To get 16 people together in one Zoom episode turned out to be impossible,” Thomas said.

For Thomas, it was easier to get a smaller group of people together over Zoom. This plays a complication in finding rehearsal times that fit for everyone. Since those rehearsals are held online it is difficult to get feedback from live performances with a buffering internet connection.

“Real life people don’t buffer, but audio and video sometimes things will cut out when I am doing other takes with characters.” Cardoza said.



# The aftermath of the virus

## What may happen to you after surviving COVID-19

by Elise Fero

At the time of publication, almost 70 million and counting people have had their lives changed. That’s not counting their family, friends, neighbors, and people whose cases were not confirmed. Just those confirmed to be directly affected by getting COVID-19. Of those, 1.5 million have died. That leaves a large remainder who are now survivors, but the battle with this virus isn’t over yet.

After getting COVID-19, most hope that they’re done with the virus, but often forget no one is in the clear. Studies are finding that after having the virus, people are experiencing odd side effects that linger or are completely new as a result.

“We are continually learning more about the nature of this novel coronavirus that is causing COVID-19 and further characterization of the long term effects are ongoing,” wrote Humboldt County Public Health COVID-19 Epidemiologist Evonne Koo in an email.

Koo expressed that we don’t know everything about the virus yet, but we do know some of the lingering side effects.

“Some of the most commonly reported long-term symptoms are fatigue, shortness of breath, cough, joint pain and chest pain,” Koo said. “Other symptoms that have been reported are difficulty with thinking and concentration, depression, muscle pain, headache, intermittent fever and heart pounding.”

But there are more as doctors are finding some people to have it even worse.

“Even people who are not hospitalized and who have mild illness can experience persistent or late symptoms,” the CDC says.

“Some examples of these symptoms are: heart muscle inflammation, abnormal lung function, acute kidney injury, rash & hair loss, problems with smell & taste, sleep problems, anxiety and more,” Koo said.

Organ damage is one of the after-effects that can be the most detrimental.

Lungs, brain, and heart are all at risk, as well as blood clots, according to the Mayo Clinic.

Harvard Health Publishing wrote that COVID-19 damages the brain and puts people at high risk for strokes. Some may have silent strokes and deal with the conse-

the mental toll has worsened. I’m constantly terrified of getting it again and spreading it to others. I live in fear and guilt, as I’m sure many others like me do.

In an article by American Psychological Association, “Patients treated for COVID-19 appear to be

quenc- es even after surviving the virus. Some may even die.

In my own experience after having COVID-19 in August, I definitely had difficulty breathing even after I was released from isolation. It’s very difficult to point out which symptoms are lingering symptoms of having COVID-19 or if they are something else due to other health conditions, which is why it’s so hard for doctors to learn about these long term effects.

But even with those symptoms,

particularly vulnerable to delirium.” They also explained that having the virus, no matter how mild or life-threatening, can be mentally draining and can give the patients triggers to the news and talk of the virus.

“Most people will recover from COVID-19 and go back to normal health. However, there are some who will have lingering symptoms for weeks or months after they’ve recovered from the worst part of their illness,” Koo said.

Lori Alcantara is a first year journalism student who currently has COVID-19 and first noticed symptoms Nov. 27. But Alcantara believes she had COVID-19 earlier in the year before anyone really knew what the virus was, which resulted in lingering lung problems.

“I had it in the beginning of quarantine in March,” Alcantara said. “I had headache, neck pain, my whole body was just hurting so bad. I was like that for two weeks and that was the worst sick I had ever been.”

She remembers an immunocompromised friend having a really bad case of what they called pneumonia, but within two weeks Alcantara had gotten sick with what she now recalls as COVID-19.

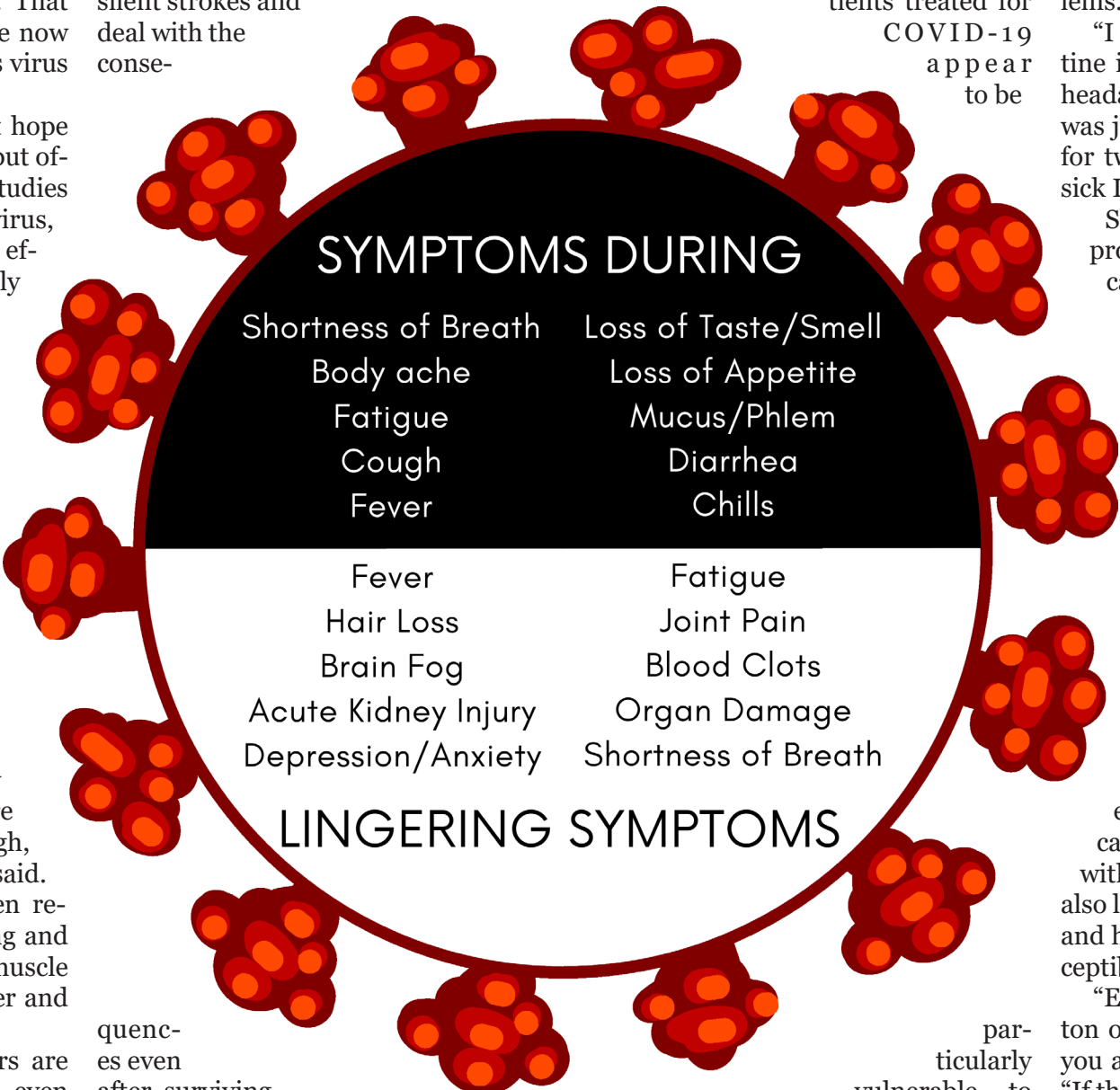
And now, she feels like she’s been punched in the back. After coming in contact with a friend who unknowingly had the virus, she and her friend went to Urgent Care for a rapid test, and it immediately came out positive. Alcantara wasn’t surprised, though.

“Considering how okay I’m feeling, I really think I had it before,” Alcantara said. She has a mild case currently, but is still experiencing symptoms. She recalls the first time being milder, but with similar symptoms. Alcantara also lives in an area with bad air quality and has asthma, making her more susceptible to catching the virus.

“Even if you’re not going around a ton of people, be careful of the people you are going around,” Alcantara said. “If they don’t feel super sick, they could just be in denial that they have it, but like, you probably have it.”

No matter your age, your health, or your severity of having the virus, you should be aware of the possible lingering symptoms.

“While we don’t want folks to panic about the potential long term effects, they do happen and we want to encourage folks to continue practicing those preventative measures that could reduce the spread of COVID-19 in our community,” Koo said.



Graphic by Jen Kelly and Elise Fero

# Studying stranded marine mammals

## Student interns walk over 100 miles of California coastline to study stranded marine mammals

by Elise Fero

Walking around HSU, don’t be surprised if you come across a whale skull. This is the result of education and opportunity for students that is difficult to receive anywhere else in the country. The Marine Mammal Education and Research Program run by Dr. Dawn Goley at HSU collects skulls of whales for students to study and understand marine mammal biology.

The program has been going on for 25 years, focused on “conducting research to better understand the biology of local marine mammals,” Goley said. All of the research is conducted under the NOAA Marine Mammal Research permits.

The student interns are given opportunities to study live and dead animals all along the Northern California coastline and look at their behavior ecology.

While the program doesn’t necessarily rescue animals, part of the program is working with trained professionals to disentangle whales that have washed up on the shore.

Over 300 undergraduate interns have worked in the program.

“They collect valuable data that is used by NOAA that is shared between everyone in the entire country,” Goley said.

Allison Lui, the Marine Mammal Stranding Coordinator, was in the program when she went to HSU. Now, she works with current students.

“It really gives you a great foot in the door to any future wildlife work you’re interested in,” Lui said.

The student interns walk over 100 miles of coastline each month, looking for stranded marine mammals so they



Allison Lui from the HSU Marine Mammal Stranding Program tosses water on a beached humpback whale at Samoa Beach on Oct. 23, 2019.

can take field notes and observations

“If we see signs of illness or injury that can give us signs of indication that something larger happening offshore, so we can work as a community to solve that solution before it gets even bigger,” Goley said.

The data they collect is also used by NOAA and shared across the entire country.

“Students out in the field can see something that I have never seen before and tell us something that’s new to science,” Goley said.

The students are reimbursed for expenses they pay driving up and down the coast, depending on where they are assigned to search.

This year, there have been over 100 stranded animals, including the most recent being a pygmy sperm whale discovered by a surfer.

As well there were two whale strandings last year. One washed up in Samoa, and was an entanglement. They couldn’t do much as they didn’t want to induce stress on it more than it already had. They waited for high tide, but unfortunately, the whale didn’t survive.

They are also provided opportunities to study living sea lions, elephant seals, and California gray whales. The animals are monitored and tracked, and studied to see why the animals may be dying.

“Basically whatever state of decomp it is, we’ll be excited to hear about it,” Lui said.

Don’t misunderstand their studies of dead animals as emotionless though. “Going on a survey you want to find something. It’s cool to work on it, get hands on and stuff. But at the same time you don’t want to find something

because it’s really sad that something has died,” Ashely Jacob, a fourth year marine biology major with a minor in scientific diving, said.

“It’s definitely an educational experience but there is some sorrow in it, but it kind of ignites a fire in you to make you want to do something about it,” Jacob said.

“Being in a community of curious scientists that are focused on one thing, which is understanding the local biology of marine mammals, is just an amazing experience,” Goley said.

Lui stressed the importance of keeping yourself and the animal safe by staying back and reporting the stranding. Make sure your children are staying with you and your pets are leashed.

“Make sure the animal is going to stay safe and your animal is going to stay safe as well,” Lui said.

“Basically just informing the public and teaching them to keep a safe distance away because they are really dangerous and yes we are working very close to them but we are taking lots of precautions, keeping an eye out, and are more trained in a sense,” Jacob said.

But the public isn’t the program’s only safety concern. The marine mammal could be in jeopardy as well.

“You don’t want to accidentally scare them back into the water if they are injured and do need help,” Lui said.

“I wanted to just thank my current and my former and my future interns who are really coming to the program and bringing such dedication and commitment and real curiosity to the process,” Goley said. “It’s been a real joy working with them all.”



# Purple tier shift tightens restrictions for Humboldt athletes

by Justin Celotto

As Humboldt moves back into the Purple tier, athletic sports at HSU have to deal with another set back to the restart of sport seasons. Most sports such as soccer had already begun to end their seasons and practices, but for the ones that remained activity, such as basketball, practices have been put to an end due to the California Collegiate Athletic Association declaring the end of all team activities. In a statement given by the athletic department on Dec. 2, practices were following these said guidelines.

“All teams are done practicing until Spring semester except for our two basketball teams. In response to the purple tier, we reduced the size of our “pods” and contact isn’t allowed during practice,” The statement reads. “We are in constant consultation with Humboldt County Public Health to work out plans for basketball to continue practicing safely.”

Benicio Benavides-Garb, a sophomore on the HSU soccer team, believes the short time they were given to practice was enough to uplift spirits even if there were many hurdles to cross.

“Practices were challenging,” Bena-

vides-Garb said. “But it was good to get on a field and stay safe. It was challenging not being able to have contact. There were a lot of injury struggles because it was ambiguous when we were going to be training. Even if we did train in the offseason it isn’t the same doing full team workouts.”

The CCAA ending all activities may be a setback for athletes, but a correct one to say the least.

“For me it is the safe choice,” Benavides-Garb said. “Therefore it is the right choice.”

The CCAA announcement on Dec. 3 states that practice and training decisions can be made independently by schools as long as they adhere to local and state health regulations. Benavides-Garb is excited for the team to get together in the spring and believes things may be different.

“I think practices will be the same in the beginning,” Benavides-Garb said. “But then we should be able to have more normal practices towards the end. I think this is when things will become more fun and contact will be normal again.”

Joey Rodrick, a sophomore on the men’s basketball team, is looking forward to the next semester already.



Photo courtesy of HSU Athletics  
Members of Humboldt State’s women’s soccer team practice at College Creek Field on Nov. 19.

“It’s all about getting better,” Rodrick said. “I know that the guys will keep working even if there is no practice and they will be ready for whatever comes spring.”

Rodrick believes practices, even if restricted and on a smaller schedule, were very beneficial for he and his teammates.

“This semester was good for us

working together on chemistry and hopefully we will have a season to test it out,” Rodrick said.

Although Humboldt County has once again moved into the purple tier and the CCAA has ended all team activities, HSU Athletics is more prepared to get right back on track with training and practices when spring season comes around.

# Competitive crabbing may not be so far fetched

by Justin Celotto

Crabbing may be seen as more of a lifestyle or hobby than it is as a sport. However, there could possibly be a way for crabbing to become a competitive sport. Crabbing is one of the most popular recreational activities in Humboldt county. If there were some way to make crabbing competitive, Humboldt could become the battleground for professional crabbing. Noah Jenkins, a junior majoring in wildlife, believes in order for there to be a sport there must be a league and prize.

“To make crabbing competitive there needs to be organizations that promote the growth of this activity as a sport.” Jenkins said. “And monetary value for prizes other than for commercial pay.”

Marcus Gooche, a senior majoring in business, is an avid recreational crabber. Gooche knows that just ordinary bait and cage crabbing would not work if there were to be a competition. Not only does the organizational art of the competition need to be made, but the rules need to be built from the ground up.

“Doing it on the crab snares on a line could make it more competitive, using a cage is not feasible because all you do is set bait and put it down for a while.” Gooche said. “If you use snares then the amount and size of crab will really matter for the sport. The method of crabbing needs to change in order for it to become recognized as ‘competitive’. Also people have got to make their own snares because that will bring a different level of mastery to the competition. Scoring should be by size and quantity.”

Most sports are played with a team, however, Gooche believes crabbing should take the same approach as boxing and UFC.

“The sport should be individual because people gotta show their skills for themselves.” Gooche said. “This can’t be like any team sport where a person

can just be carried by their team even though they are bad.”

The theoretical name of the league and prize for winning the competition may not come as a surprise to some.

“Of course a big-ass golden crab,” Gooche said. “Who wouldn’t want to win that and put it up on their shelf? The name of the league could be National Crabbing League if you ask me. It keeps it simple.”

Alex Erdman, a graduate in Fisheries and Wildlife at HSU, has some doubts on crabbing becoming an organized and competitive sport in the near future.

Of course a big-ass golden crab. Who wouldn’t want to win that and put it up on their shelf?

-Marcus Gooche, senior business major and recreational crabber



Photo courtesy of Vincenzo Baroga  
Vincenzo Baroga holding caught crab on Humboldt Bay beach.

area, what substrate crabs prefer, what works best as bait. So in a sense it takes just as much work as say a sports match to be a successful crab fisherman. Now I don’t believe that this could work with a said competition or league.”

Even though crabbing is seen as a recreational or commercial activity at the moment, there could be potential for there to be a competitive side for fisherman and crabbers alike to test their skills against one another.

Need Housing? We’ve got it!



KIC | kramer investment corp. • 707-444-2919 • www.kkramer.com



OPINION

Authentic representation in the media

by Skylar Gaven

As journalists, we give voice, justice, and truth to those who are unheard from or pushed to the side. If we only report on one specific group, our content becomes dull and ignores those facing issues like oppression and inequality in our society. Journalists should always have a mindset that involves diversifying their reporting and ensuring their stories follow the facts rather than generalized stereotypes.

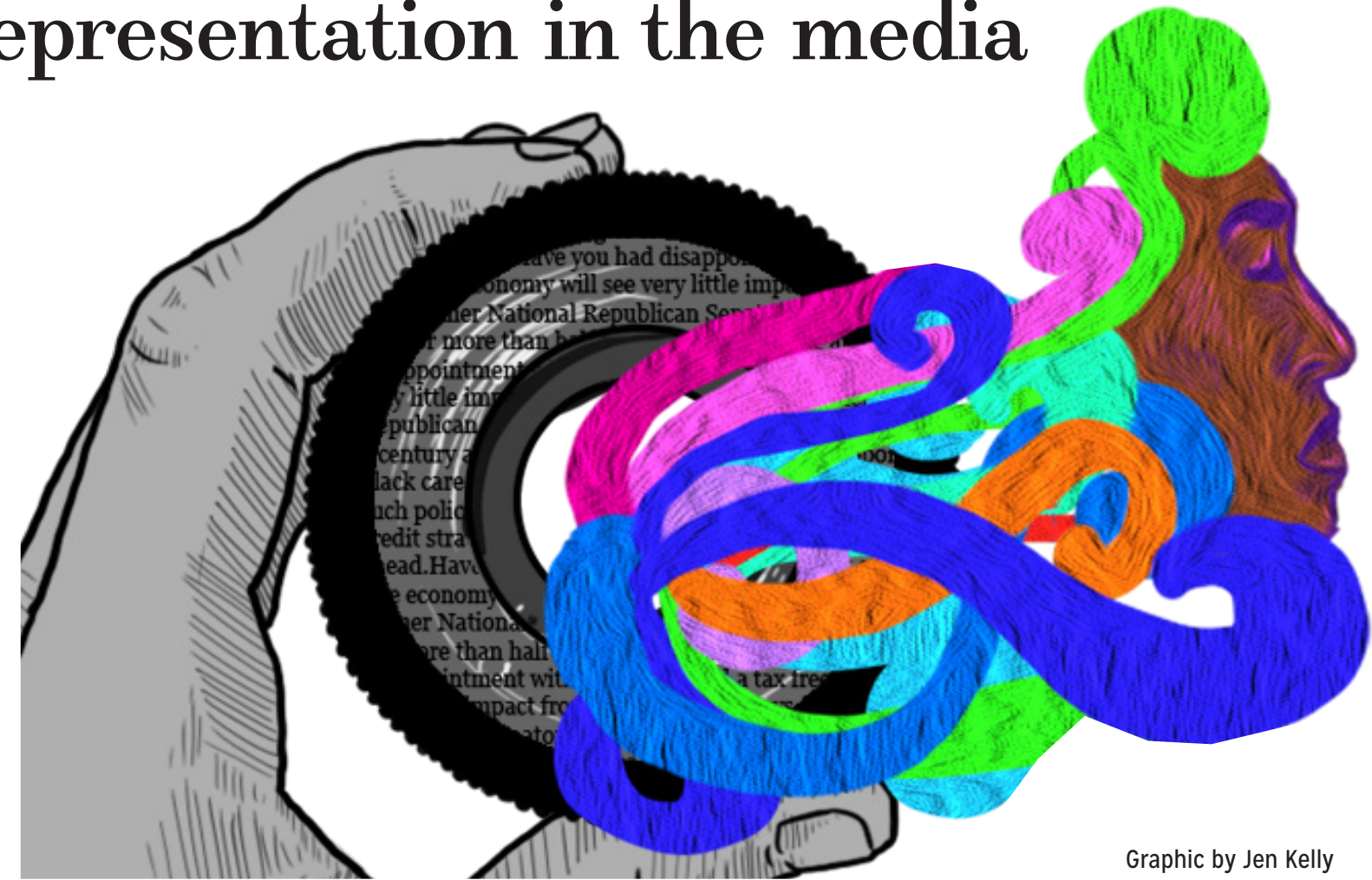
America is filled with numerous diverse groups, and it is in the best interest of all our communities that everyone is being represented equally. When we have accurate and equal representation, our society will become more informed about the true problems in which minority groups are facing daily, with that very coverage we are able to fight existing repression.

If you haven’t seen the 1999 PBS documentary, “The Black Press: Soldiers Without Swords,” I highly recommend it. This documentary went over the authentic and powerful coverage black journalists reported on dating back to the late 1800’s to now.

After the Civil War had ended, Black people in America in the 1800’s were plagued by Jim Crow laws and constant lynchings. According to the film “between 1882 and 1919, 3,000 African Americans were murdered by lynch mobs, one every four-and-a- half days.” It wasn’t until 1826 when the first black publication “Freedom’s Journal” started to cover what was really happening within the black communities.

Before then every newspaper was filled with a newsroom of white males that had no interest in reporting on these heinous acts of hate. With lack of experience in the newsroom as most publications were white men, blatant racism, and offensive stereotypical caricatures; the press was a major problem in how America viewed black people and other people of color.

It has been the hard work of Black newspapers and journalists like Ida B. Wells, Frederick Douglass, Ethel L. Payne, Robert S. Abbott, and many more that helped liberate and change the way we view authenticity in jour-



Graphic by Jen Kelly

nalism to this day as well as shaped the path of what true representation and accountability means in journalism.

The coverage on the BLM movement by the mainstream media this summer as well as previous years proves that representation in the media is still not equal when it comes to coverage. When news broke out that George Floyd had been murdered by Officer Derick Chauvin, protests broke out all over the world. Activists called out for justice and that an end be put to the systemic racism that’s been plaguing our country since the moment white settlers came into contact with the Indigenous peoples.

Instead of focusing on the real issues, the mainstream media was too busy highlighting portrayals of “rioters,” “looters,” and “thugs.” It was, and is, highly disrespectful to the BLM cause, and it’s exactly what they have been doing for any issue in which a Black man or woman is wrongfully killed by the hands of the police.

Think back to Trayvon Martin who was murdered by George Zimmerman, instead of recognizing that Martin was

an innocent 17 year-old who’d done nothing wrong, networks such as FOX news focused on his hoodie. A hoodie, claiming if he wasn’t wearing “suspicious,” “thug” attire, he’d still be alive. What? Why? And how is that even a factor in his death?

The problem with cases like Eric Garner, Brenna Taylor, Ahmaud Arbery, John Crawford and the numerous POC transgender women who were killed just this year with little to no coverage is obviously the systemic racism that is continuing to run rampant in America. To help end this problem is to address it. And how are issues like this are addressed? Through the voices of the people, through the coverage of the media that catches those said voices in order to inform and spread the message.

The media is a powerful force that can either be used to help create change, or play a dangerous role in spreading falsities about certain groups which creates negative perspectives toward those groups. That is why we need POC and LGBTQ+ reporters being shown and heard in our local pa-

pers as well as the mainstream, with an equal amount of coverage from those who have experience within POC and LGBTQ+ communities, we would see a major increase in authenticity when it comes news.

The current lack of coverage and misrepresentation of minorities cannot and will not create the change we need. We depend on journalists to cover everyone and everything that affects our communities and our lives. When we see lack of coverage in the media or misrepresentation of POC and LGBTQ+ groups within our communities, we’re deprived of a true understanding of their struggle and the ability to act upon that knowledge.

The solution is simple, all newsrooms should include an equal amount of diverse reporters and editors. A diverse newsroom generates authentic content and accurate representations of minority groups. We all live in unique and diverse communities. When we receive media that represents our entire community, we are given different perspectives and a clearer understanding of the true realities we are living in.

OPINION

HSU education falls short of expectations once again

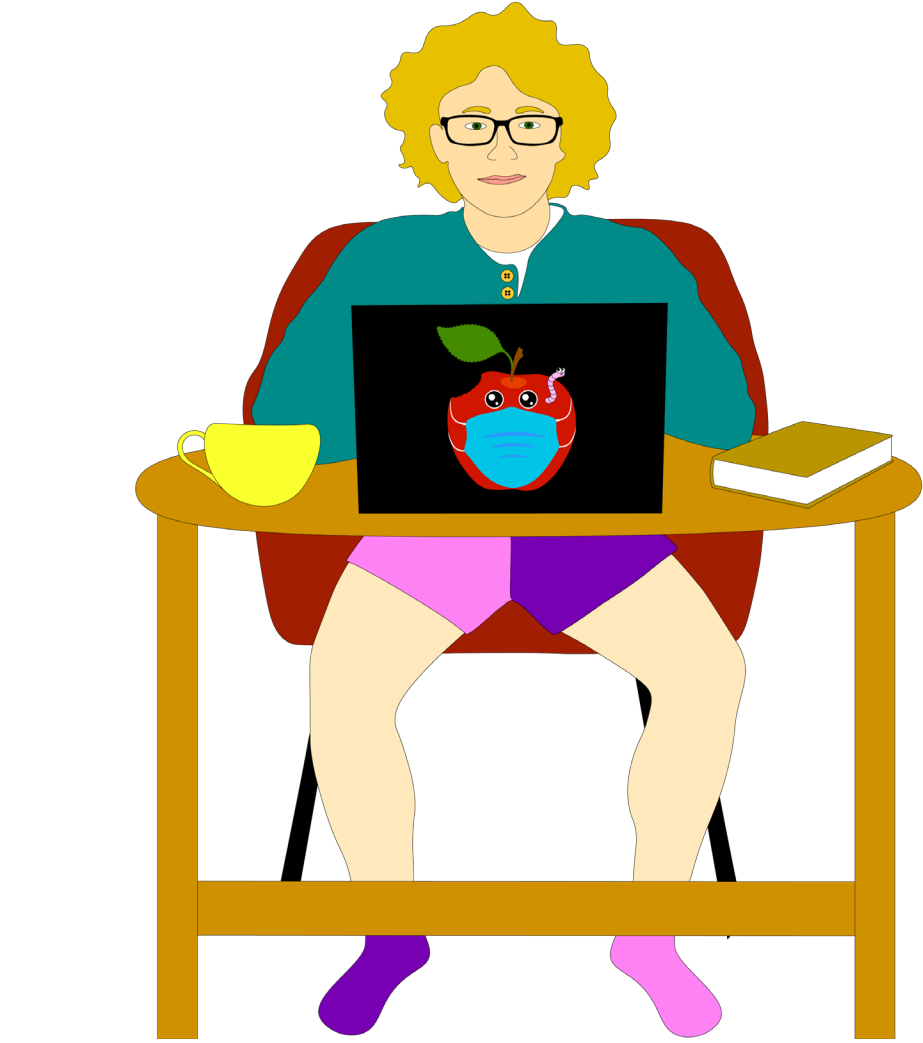
*Transfer students now receive the majority of their HSU education off campus*

by Dakota Cox

When I signed up to attend HSU as a transfer student in the fall of 2019, I had no intentions of spending the final years of my education in my bedroom, staring at boxes on a screen – but we don’t always get what we want.

My HSU journey began as ordinarily as any of my experiences at a new school – new campus, new teachers and eventually new friends – but it didn’t stay that way. Just over a month into the semester, on my birthday of all days, the power went out and school was cancelled. In the weeks to come, school was cancelled again and by the end of the semester my teachers had altogether tossed out several major assignments we didn’t have time to complete, contributing to significant gaps in our knowledge and skills. The tribulations of my first semester at HSU were nothing, however, compared with the obstacles presented in the spring.

My second semester began again in seemingly ordinary fashion. I live off-campus and have been therefore deprived of a large portion of the college experience. I hadn’t forged many strong friendships with strangers in my first semester, but by joining the school newspaper in the spring, I was inducted into a family of like-minded truth seekers who quickly became the people



Graphic by Dakota Cox

I was happiest to spend my time with. Then, as quickly as I came to appreciate it, that time together was taken away.

I watched the COVID-19 updates on the news for weeks and it still came as a shock when campus shut down and the entire country was required to shelter in place. With instruction moved online for the majority of the semester and teachers being just as unprepared as students for the transition, education undeniably suffered. The transition forced us to adapt our bedrooms

into classrooms, challenged us to learn and improve without access to tools we’d become accustomed to using and left us to navigate our educations and our lives almost entirely alone.

The psychological impacts of isolation played the heaviest hand in making spring 2020 a semester better off forgotten. The initial loneliness began to manifest as restlessness and as time went on, my motivation nearly disappeared. Whether from a place of sympathy for students, fairness considering

the circumstances or their own lacking motivation from isolation, teachers pushed back deadlines and once again altogether cut assignments – which, for better or worse, only contributed to a lazy attitude that followed me through the rest of the semester.

Having survived the spring, I was determined not to waste any time and came to accept the limited interaction offered by school as the best option available. Against the instincts of every fiber in my body, as someone that failed online trigonometry in high school, I signed up for virtual classes this semester. Given limited opportunities for in-person instruction, teachers having had the entire summer to update their curriculum to accommodate the virtual setting and students already having extensively sampled the experience, expectations were raised accordingly.

As a student in a department that relies enormously on collaboration with others, this semester’s experiences have been more or less a reflection of what we were able to accomplish online in the spring. Motivation comes in waves and without any surprises to interrupt instruction, falling behind has become almost impossible to avoid. While the pursuit of an education is certainly more productive than most anything else a student can accomplish in a pandemic, the quality remains subpar standing next to a traditional modern education and the cost of tuition stays unjustifiably unchanged.

My experience as a transfer student receiving the majority of my education online is not unique and my outlook is surely not entirely shared, but with one virtual semester left to go, I look upon my time at HSU exactly as anyone does who’s survived a difficult journey: bitter-sweetly without an ounce of regret.



# Watergate salad

by Sophia Escudero



Photo by Sophia Escudero

This is, ostensibly, a salad. It has nothing to do with Richard Nixon despite what the name implies. No, I don't get it either.

Food culture peaked when housewives in the 1950s-70s suddenly asked themselves, "Must food be good? Is it not enough to go buck wild with jello mix and canned fruit and see what happens?"

I could write an entire article about how I wholeheartedly believe that terrifying mid-century concoctions were an expression of feminine rage by women who married too young and are stuck with husbands they can barely stand, who may not be able to directly kill him without being caught but can at least ensure he dies early of heart disease. For this recipe, you must take on the mental state of that 1950s housewife who's mid-mental breakdown and said to herself, "we can put marshmallows in pudding and call it a salad, who's going to stop me, the police?"

### You will need:

- One 200z can of diced pineapple with juice
- 1 8oz container of frozen whipped topping, thawed
- 2 (3oz) bags of instant pistachio pudding mix
- 1 cup mini marshmallows
- 1/2 cup chopped walnuts or almonds
- Inner rage

Put the pudding mix, pineapple, and whipped topping into a bowl and combine by hand. The result should be an even green color and a smooth consistency. Picture the life of the 1950s housewife who possessed you. Did she have dreams once? Did she work during the Second World War, only to be cast back into the home after the men returned from the front? Does she yearn for that taste of independence?

Fold in the marshmallows and chopped nuts. As you do so, imagine how much you hate your hypothetical husband. Let the hatred inform how you make the salad. Food made with love tastes good, but food made with unrelenting loathing tastes phenomenal.

Put in the refrigerator to chill for two hours. Use these two hours to imagine ways to kill this terrible man who's trapped you in a suburban white-fenced hellscape. It would be so easy to poison that salad, to watch him convulse and beg for you to call a doctor as you watch without emotion, taking a sip of ice water. But you don't. The salad remains safely wrapped in plastic, just as you are. Serve chilled! Use a transparent container to really show off the color.

# President Slug!

by Elise Fero



Photo by Elise Fero

With all the talk of politics and presidential election drama, we all seem to be forgetting the most important part of politics. You're probably wondering what that may be, and the answer is banana slugs

### Here's why a banana slug is our best option:

- **Banana slugs are nice, calm, and collected. They would never yell at a debate.**
- **Each banana slug is pretty much the same, so no matter which slug wins any kind of elections, we get a good result.**
- **They are great listeners and never talk over you. They may move away from you, but very slowly so you don't have hurt feelings.**
- **They are full of opinions but listen to you. Simply move a blackberry toward which policy you agree with and the slug will follow.**
- **These fellas are inclusive to everyone. They love you just the same as long as you don't step on them or put them all over your arms. \*cough cough\***

Let's talk about downfalls.

- **They are the Aaron Burr. They have opinions but don't necessarily voice them.**
- **If they got into the white house, it would take them a very long time to leave, but not because they were stubborn, just because they are very slow. Obviously.**
- **They are slugs.**

That's all folks. When it comes down to it, the banana slug is our best friend in politics. Vote for your yellow friends.

P.S. Please don't actually vote for a slug because elections of all kinds matter and it would take four years for the slug to make any changes at their pace...

Join one of Humboldt State's media organizations:

» *El leñador* «



The Lumberjack



Rita's Margaritas & Mexican Grill

2 BURRITOS \$15

3 TACOS \$6

&

TACO TUESDAY

\$1 TACOS