

KHSU plans return to local programming

After getting abruptly cut back, KHSU hopes to once again begin running local shows

by Ian Vargas

After several months of deliberation, Capital Public Radio has taken over managerial control of KHSU and expects to resume hosting local programming and internships.

The move comes two years after KHSU was massively cut back, firing most employees, ending the volunteer program, reverting to national broadcasts, and leaving its future very much up in the air. Since then, KHSU has not had any local programming and has broadcasted national feeds of NPR and BBC.

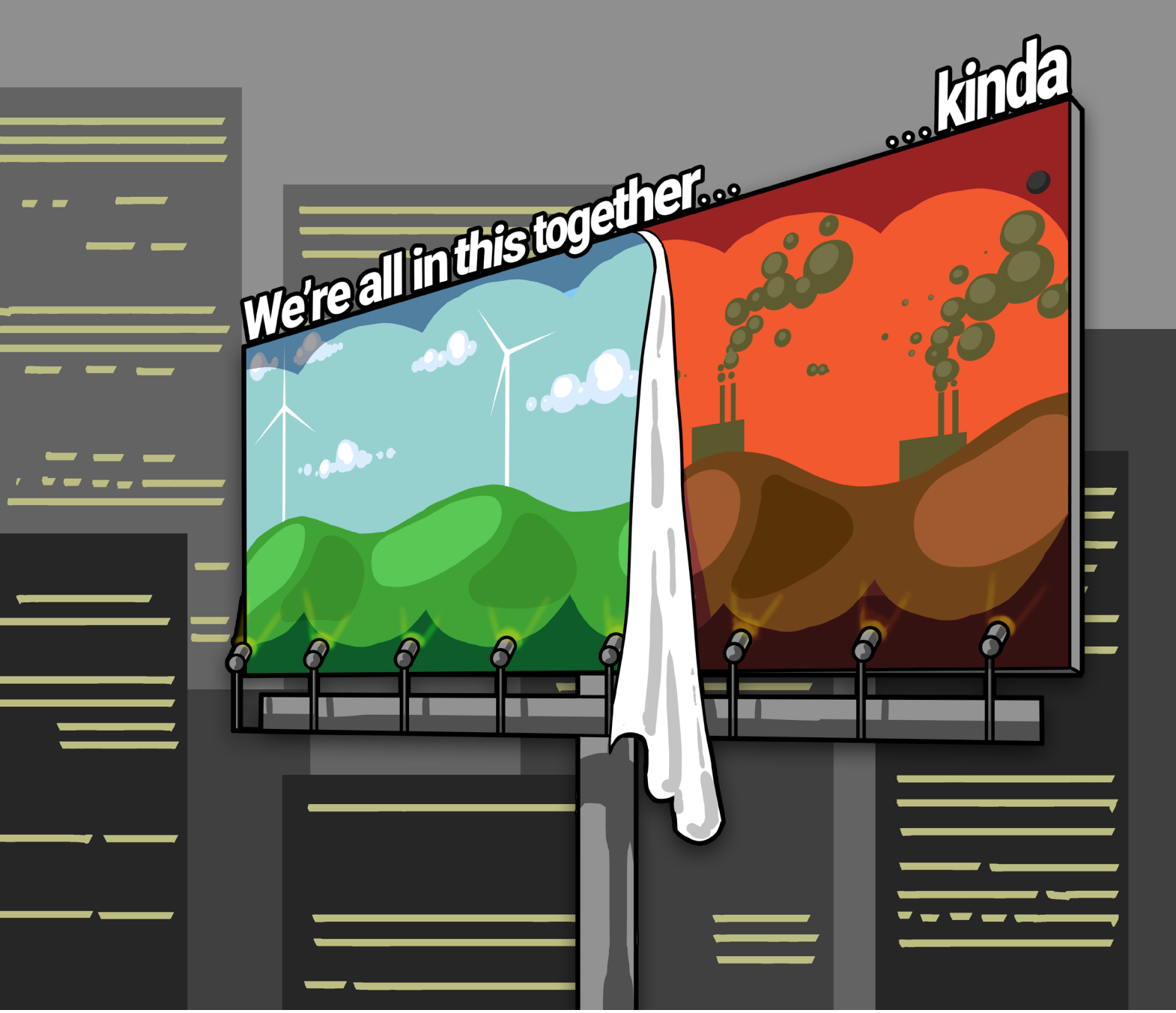
The initial decision to cut back KHSU came as a surprise to many, particularly the employees of the station itself who were not told ahead of time that most of them would be laid off. The administration had fired all but two of the people working there. They both stepped down soon after.

After briefly running simulcast with NSPR, the station began running entirely national broadcasts and has not done any local programming since, citing NPR and BBC as their most popular broadcasting.

SEE KHSU • PAGE 3

THE SINS OF GREENWASHING

Why being an informed consumer may be harder than you think | **by Gabrielle Sturm**
SEE GREEN • PAGE 5



Graphic by Jen Kelly

Associated Students Presidential debate dives into important campus concerns

President is the only contested position for the 2021 AS elections

by Poppy Cartledge

The virtual AS Presidential debate took place on April 7 between Lizbeth Cano-Sanchez and Jeremiah Finley.

Finley is the current AS President and is running for re-election, but Cano-Sanchez is also running for the position for a second time after her Spring 2020 takeover when the acting president at the time had to step away.

The moderator for the debate was Dan Sornia, the AS Program and Media Coordinator. Since the candidates were on a 45 minute time crunch, Sornia spent no time getting straight into the debate.

“Each person’s response will be timed in order to make sure that we’re on track and making sure we’re giving equal attention and equal time to both candidates,” Sornia said.

They then asked the candidates to each introduce themselves, with Finley going first and Cano-Sanchez going second.

Following introductions, the first set of questions were asked and included how the candidates planned to bridge communication between the student



Photos Courtesy Jeremiah Finley and Lizbeth Cano-Sanchez
Left: Jeremiah Finley is the current AS President and is up for reelection for the 2021-22 school year.
Right: Lizbeth Cano-Sanchez is running for AS President for the second time following her take over in Spring 2020 for then President, Yadira Cruz.

body and AS, as well as the information being discussed at University Senate meetings.

Both candidates emphasized the importance of continued efforts to enhance communication between committees that are receiving information in spaces that are inaccessible to the majority of students and the campus community.

“We’ve been able to get the ball rolling on a lot of topics, such as the student fee task force report that is going to be taken up again and will be relooked at or examined by the Student Fee Advisory Committee,” Finley said.

Cano-Sanchez said that the SFAC would be one committee that she would spend more time with. She said that the redirection of student fees is crucial and it is especially important to ensure that directed fees are used to fund student programs.

“We need to demand the administration for things to get done and I think that the president voice can be heavily used to do this,” Cano-Sanchez said.

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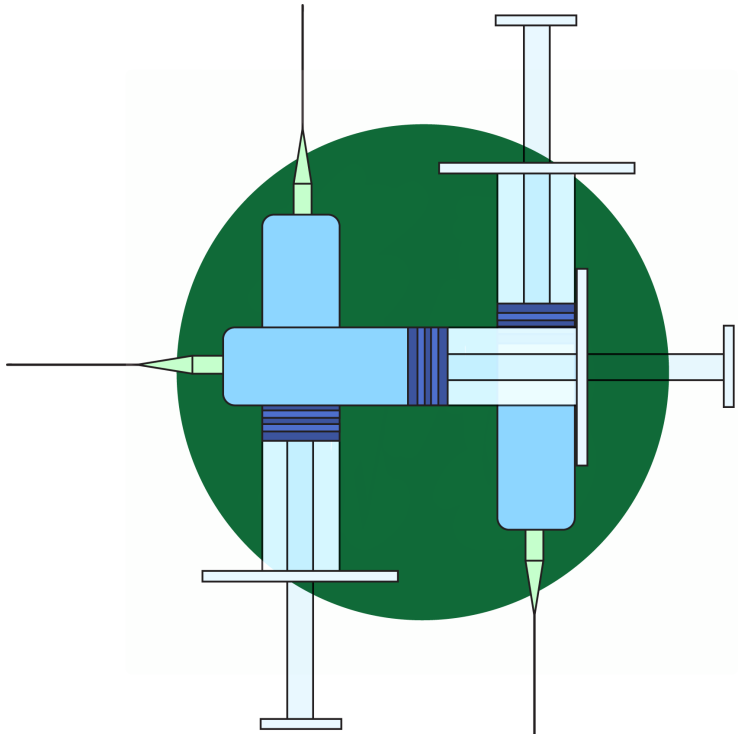
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HSU Student Health Center now offering vaccinations

by Brianne Beronilla

Humboldt State is continuing to offer students and faculty vaccinations. In the past week, the university has received 504 doses of vaccines, including the first dose of Pfizer and second dose of Moderna. According to Public Information Officer Grant Scott-Goforth, the university expects to receive mostly second doses after this week. “The requirements for receiving vaccines is changing and vaccines will be allotted from the State of California through a third party administrator, Blue Shield,” Scott-Goforth said. HSU has given out 1,950 vaccine doses so far and continues to encourage everyone to receive their dose as long as they are eligible. Michele Stephens is the Humboldt County Public Health Director. “We are so thankful to those members of our community who waited for their turn, and now it’s here,” Stephens said. “We encourage everyone to get vaccinated as soon as possible, so we can all spend time with friends and loved ones safely and protect those under 16 who can’t yet get vaccinated.” Currently, HSU is offering a limit-

Humboldt County Public Health is allowing doses to any county resident, 16 and older



Graphic by Jen Kelly

ed amount of vaccinations to students who are immunocompromised. Humboldt County Public Health has opened eligibility for vaccines to any resident 16 and older. Students interested in a vaccine should sign up using the MyTurn system set up by the state of California. Find more detailed information on the HSU website.

DEBATE FROM PAGE 1

Finley said that throughout this past year, students have experienced a lot of pushback from administration on a lot of different topics. Oftentimes student advocates and board members feel as though they’re being silenced. Both candidates wanted to let it publicly be known that leaders on campus, especially the AS President and board members, have an obligation to enhance student voices and minimize the disenfranchisement of those voices by the administration. As the debate came to an end, Sornia read through two questions from the audience for candidates to answer. One asked whether they believe that students voices were actually taken into consideration. “Unfortunately, my executive committee members have been called disrespectful at times for probing and challenging a little bit more than my predecessor has,” Finley said. Cano-Sanchez agreed that administrators have been selective with what student voices are being taken into consideration. “When I served, I definitely saw that my voice as president was prioritized over other voices which I did not like,” Cano-Sanchez said. Finley and Cano-Sanchez then gave their closing statements and reminded students that they can vote starting on April 12 and ending on April 16.

KHSU FROM PAGE 1

Phil Wilke, general manager of North State Public Radio, says he also was unaware of the decision to cut most of the station, which was made while NSPR and the HSU administration were in talks about a partnership to help produce more content. “We had been in initial talks with Frank [Whitlatch] and the university administration, with Chico state, and with Cap Radio on a proposed partnership,” Wilke said. “But it hadn’t gotten far beyond the ‘Hey how are you doing, this is great in concept’ phases, so there was no real proposals on the table, we were just getting to know each other.” With the current deal, Cap Radio and NSPR will provide the managerial resources to run the station while HSU keeps the station’s licensing rights. While not much is set in stone, the station hopes to explore how they can give students a greater role in the kind of on air programming that KHSU will be producing in the future. According to Frank Whitlatch, HSU’s VP of Advancement, this arrangement is similar to one in other colleges. “In essence, what the university did is hire Cap Radio to be the general manager and handle some of the staffing for our radio station,” said Whitlatch. “That’s the simplest way of explaining what we’ve done. A sort of similar arrangement is in place with Cap Radio and Chico.” Currently there is not going to be any classes that have direct student involvement in the KHSU station, but if everything works well, they will begin to bring in volunteers and interns, as they did before, in addition to possibly giving students more of an active role. Longtime former KHSU volunteer Tim Warner who hosted “The Buck Calhoun Show” for 18 years, heard the plan to move forward with Capital Public Radio but urges the university to consider the link that the station has provided to the community that went away following the sweeping cuts at KHSU in 2019. “The administration needs to realize what an important bridge the radio station was to the community and to not burn that bridge,” Warner said. “Importance of HSU in this community, and the importance of this community to the college should not be underestimated.” Warner also stressed the role of hav-



Top: Now former volunteers and station supporters meet outside of Feuerwerker House after hearing about the elimination of jobs and volunteer positions at KHSU on April 11, 2019. Bottom: Humboldt State University student and former KHSU employee Megan Martin hugs former station manager Lorna Bryant outside of the station on April 11, 2019.

ing local programming that does reflect the diverse community that Humboldt County embraces. “I think that changing out a local community point of view to a very generic white liberal NPR-style programming will exclude a lot of student and community voices,” Warner said. Cap Radio and NSPR intend to begin conducting market research into exactly what kind of content they could start running. In a press release from HSU, Cap Radio’s general manager Jun Reina said that the research will help them provide audiences with stronger programming.

“With the results of this research as our guide, we will evolve KHSU’s on-air and digital programming and will be able to ensure stronger resources to improve audience services,” said Reina. “This includes uninterrupted access to national programming from NPR, BBC and APM.”

4 queer poets for poetry month

Celebrate poetry month and queer joy with these poets



Graphic by Sam Papavasiliou

by Dobby Morse

“Then from that reeking sewer of my life I might haul up a bucket of spring water.”
-Sappho, in “Charaxos and Larichos”

Sappho is probably the most influential poet in the queer canon. From her name we get sapphic, another word for women who love women. From her Greek island Lesbos, we get the word lesbian. Her writings give us a look into ancient Greek sapphic culture that tended, and still tends, to be overshadowed by queer men. Most of her writing was lost in the Fourth Crusade, and was found in an archeological dig in the 1800s. Her poems were preserved in papier-mâché coffins. #Goals

*“Can you love an eagle,
Tame or wild?
Can you love an eagle,
Wild or tame?
Can you love a monster
Of frightening name?
Nobody loves a genius child.
Kill him—and let his soul run wild.”*
-Langston Hughes, in “Genius Child”

Langston Hughes is one of the more elusive poets. While he rejected his father’s attempt to conform to white ideas, he also rejected embracing queer culture, even as Harlem was thriving in drag balls. There is no concrete evidence that he was gay, but the majority of his poems read as gay and he has been claimed by the queer community.

*“Sometimes the wind
Is a tulip of fear,
A sick tulip,
Daybreak of winter”*
-Fredrico Garcia Lorca, in “Gacela of The Remembrance Of Love”

Fredrico Garcia Lorca was a gay Spanish surrealist who traveled widely with La Barrca, his theatre trope. They performed classics and some of his own tragic plays. He traveled from Harlem to Buenos Aires, seeing connections to his cante jondo poems everywhere. Cante Jondo is a serious type of folkloric flamenco. He was assassinated by the Spanish government for his sexual-ity and socialist views.

*“Love can not fill the thickened lung with breath,
Nor clean the blood, nor set the fractured bone;
Yet many a man is making friends with death
Even as I speak, for lack of love alone.”*
-Vincent Millay, in “Love Is Not All (Sonnet XXX)”

Vincent Millay was known for being unconventional. She refused her more feminine name even as she dealt with a professor that would call her anything that began with a V, as long as it was a ‘girl name.’ She was the first woman to win the Pulitzer prize for poetry in 1923. She attended Vassar and had an open relationship with her husband, and lovers of all genders. Her activism encouraged women to take charge of their bodies and explore their sexualities.

Top 5 classes for freshman

Advice for freshmen on what classes to take

by Rebecca Laurenson

This week is the start of Humboldt State University registration for returning and new students for fall semester 2021. As a junior journalism major, I wanted to give some helpful insight into the top five classes freshman should take including factors such as potential in-person or online classes. It is decided between requirements of freshmen as well as good experience for the first-year semester of college.

Number Five

Science with a lab: I am not great at science so I waited, but one of the requirements for all college students is to take science with a lab course. These courses are not only mandatory but can be fun. Considering that when they were in person they are interactive between labs and lectures but can be difficult depending on the individual class. Since the pandemic, there have been some in-person labs.

Number Four

Communication and/or critical thinking: Communication and critical thinking is a required course and a part of the Golden Four which is communications, critical thinking, oral communication, and

math. Communications and oral communication involves speech classes where one will present speeches.

A critical thinking course involves any type of subject involving critical thinking. I took A psychology critical thinking course because I was interested in the subject and involved that golden four. Critical thinking courses can be found in other subjects as well.

Number Three

Electives such as art, music, and language: These courses can be a very fun and good way to start an interest, especially in the first semester. Not only are elective courses required but encouraged. These courses contain all types of students such as seniors and down. These courses allow you to maybe express your artistic side and spark interest in a minor. I took art history and found it fascinating to learn about art all around the globe and found friends as well within the course.

Number Two

GE requirements such as math, English, science, and history: These courses are close to first because they are one of the most important to knock out of the way as a freshman. These courses usually fill up fast since most freshmen try to take them as soon as possible so remember to have them in

your enrollment cart and ready to go for registration.

Don’t go too high of a course if you think you’re not ready, take only what is required or bare minimum regarding general education so you don’t become overwhelmed. I recommend a 100 level course for general education, I took all my GE courses within my freshman year besides science and it was a lot easier.

Number One

Major course classes: This is where one can branch off into what they are passionate or interested in and get the hang of the subject and what the future will look like in this course. I took one major course my first semester and then two my next and it helped me get a plan for my future semester and what my interests were. If a freshman is coming in undeclared which is completely fine, stick to general education and perhaps take a course that interests you as well.

To graduate on time in four years, 15 units per semester is the goal. This means if each class has 3 units, 5 classes a semester is what to aim for. Next semester may be limited to in-person classes because of the pandemic so plan accordingly. Take this advice in mind and now have a goal but still enjoy the college experience.

Oh Snap! promotes food for all

by Kiera Price

The pandemic has affected many students at Humboldt State University by limiting their access to food. When the pandemic hit in late May 2020, HSU’s eateries had limited hours and there was little to no access to the cafeteria. The cafeteria was the easiest way for students to save their J-points due to meals being not as costly as other places on campus.

Now as HSU is adjusting to the safety and regulations of opening up campus once more, there are still complications and not every student can afford daily meals.

In order to provide support to students in these rough times, fellow college students at HSU joined together to provide a service called Oh Snap! It is located in the Jolly Giant Commons on the first floor. According to Oh Snap! the service is intended to provide nutritional food to students who have limited access and spread awareness on food insecurity.

In order to support HSU, Oh Snap! has released several workshops via Zoom teaching students how to cook and prepare their own meals. Students can receive the ingredients for free and have them delivered to their dorms safely following COVID-19 guidelines.

Oh Snap! has also provided food bags for students including fresh produce to have and is also deliverable across Humboldt County. In order to attain a food bag, students must fill out a form every Wednesday which is posted on Instagram. If it is sent in before 12:30 pm the following day, they have secured a delivery.

According to the history of Oh Snap! on their Facebook page, they started out with just 10 students and two faculty members on the team. They did a lot of outreach with CalFresh food stamps and as they spread awareness, their service only continued to grow.

This is especially helpful to students who cannot afford J-points especially as the pandemic increased the limited access to food. According to Humboldt State University’s 2019 J-point Budget Sheet, it cost \$945.00 for 94500 J-points. This can be difficult for many students to pay and manage especially with limited eateries being open on Humboldt State’s campus.


Oh Snap! has benefited many students, with 1,000 students visiting the first week and an average 1,900 visits after.

With any student being welcome to use the pantry once a week and have open access to applying for CalFresh food stamps application, this service continues to promote food for all.

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Wildlife program balances caution with opportunity

by Editorial Staff

Editor’s Note: A version of this story was originally published in the March 24 issue of the Lumberjack. Due to inaccurate reporting, we are issuing a rewrite of the article that more accurately represents the situation as told to us by our original sources.

Like all academic programs at Humboldt State, the wildlife department has had to operate this semester based on plans that were made during the peak of the COVID-19 pandemic. Now that the number of cases has declined for the time being, some students feel ready for more face-to-face instruction. Daniel Barton, chair of the HSU wildlife department, said that because the decision had to start so far in advance, it meant the department had to be cautious in how it planned for the spring semester.

“Obviously when we were making this decision in the fall, we were asked by the university to provide a schedule and our preferred and planned mode of instruction when the public health situation was looking really bad,” Barton said. “Over the holidays we’re talking 2,000 to 3,000 people a day were dying in the US. So we were conservative and that was our mindset at the time and I think a lot of other people felt the same way.”

Another factor in the decision making process was considerations for faculty. Dale Oliver, dean of the college of natural resources and sciences, said they didn’t want to overload faculty. If a class is both in-person and online, that’s double the work for the instructor with the same pay.

“We were trying to avoid telling a faculty member ‘oh, you have to do two courses,’” Oliver said.

In addition to that concern, the planners making the schedule did not want to make students feel like they had to move to Arcata in the middle of a pandemic.

“I think the main motivation for faculty not having too much face to face is they didn’t want to compel folks to move up here for a limited face, you know, very limited opportunities in the

classroom,” Oliver said.

Kylie Berger, a wildlife management and conservation major, is worried about how this might impact her career.

“I feel like with us not being in person, we are lacking a bunch of in-field skills that we should, you know, be able to have before actually being out in the field,” Berger said.

One of Berger’s fall semester classes would have been mostly field work, but the hands-on parts were replaced with videos.

“I feel somewhat unprepared, you know, for what lies ahead for my future career and I don’t think I’m the only one that feels that way,” Berger said.

Although Berger feels there could have been attempts made at outside activities because other departments have in-person activities, she said her professors have been supportive.

“[My professors] have been super super helpful and understanding and really willing to work with all of us during this hard time,” Berger said.

Despite limitations that had to be built into the schedule, there are some aspects of the wildlife program that are able to be held in person this spring.

“There are three courses in wildlife that have field trips,” Oliver said.



Photo courtesy of Humboldt State University

“They’re just not holding lectures or labs face to face.”

As HSU heads into another semester, Oliver believes more in-person classes will be beneficial to students.

“I want to be a good and faithful follower of the recommendations of the state of California,” Oliver said. “But, ideally, I do believe that students will benefit from more face-to-face.”

Oliver thinks there’s more than just hands on instruction lost when classes go virtual and in-person instruction needs to be kept.

“Bottom line, I think face-to-face education is powerful and I would hate to lose it,” Oliver said.

Barton feels in-person activities are important for faculty and students alike.

“I love teaching hands on face-to-face stuff outside,” Barton said. “That’s why I’m here. This hurts, this whole thing. It hurts the students. It hurts us and the reason I do it is not just because, I love seeing students get the opportunity to do those things that then they’re going to go on and try to do in careers. So I miss it, and we do not take lightly that we radically reduced the number of those types of face-to-face opportunities in response to the pandemic.”

A slug’s purpose

Slugberry’s dream job



by Slug Girl

I woke up this morning and decided I was tired of being a banana slug with my only purpose being to eat, decompose matter, and occasionally fighting off a snake or raccoon.

I want to be a cranberry farmer. Now I know you’re asking how this would even be possible as I am so small, so slimy, so squishable. But nothing is impossible, especially for a banana slug.

I could be the taste tester. Tasting cranberries to see if they are sweet and delicious enough for juice and cranberry sauce. I can be your favorite slug that helps you prep for Thanksgiving.

Another option is the cranberry smusher. I mean I’m practically one big foot. I can use my body to jump up and down or squeeze the cranberries.

Or I could be the farmer that goes through the water and collects the cranberries. I’ll put on my scuba suit and swim through, finding the perfect cranberries and help the humans pick those ones.

My slug friends believe I’m insane. They don’t understand why I would abandon the home I have to go do a task no banana slug has done before.

But there’s one thing that drives me to do this, even if I have to sacrifice everything. It’s because I’m a dreamer. I have a burning passion in my slime. I feel as if my life revolves around one thing, and if I cannot be a cranberry farmer, then what is my purpose?

I have dreams at night of making human friends, surrounded by cranberries and munching the berries all day long.

My parent slugs each did typical slug jobs. Parent 1 was a blackberry bush finder, and always led slugs to the best places to eat blackberries for meals. Parent 2 was an explorer, leaving the other slugs behind to explore new areas and then make maps for the others to follow.

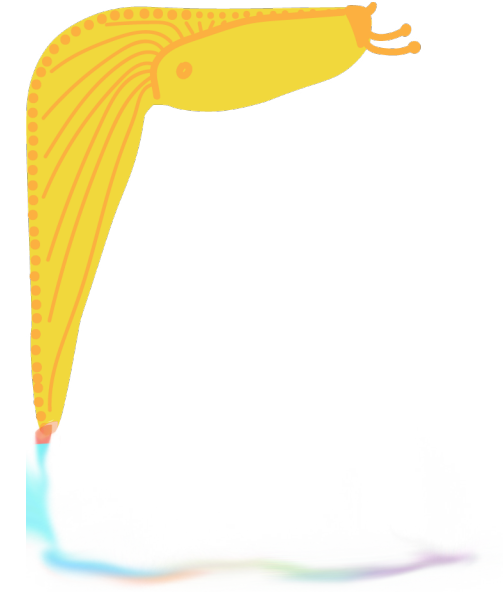
My parents met when they were each exploring and searching for blackberries, and they fell in love. Soon they each laid 20 eggs and my siblings and I were born.

Of all 40 of us, I’m the only one to have such a large passion. My siblings don’t understand, and have abandoned me.

I know my family will be proud of me when they see me living my dream but until then, I will be alone in my journey.

Even still, I won’t stop fighting for my dream. I never will.

- Slugberry



GREENWASHING

FROM PAGE 1

The recent trend of purchasing organic products has led to a massive increase in companies labelling their products to fit this demand. It’s not just Whole Foods anymore. Most stores carry products labelled as “organic,” “eco-conscious,” or “green,” making it seem as though it is an easy task to be a responsible consumer. However, these labels are often deceitful.

Greenwashing is a marketing tool used by companies to inaccurately portray their products as environmentally friendly, resulting in consumers feeling as though they are making the greener choice by purchasing from them. There are six “sins” of greenwashing – a phrase coined by TerraChoice Environmental Marketing after the company conducted research on green marketing. Ignoring these forms of greenwashing is detrimental for the planet.

These six types of greenwashing do a great job of making consumers feel a false sense of security. Environmental politics professor Nicola Walters believes that greenwashing creates a mask that makes it difficult for consumers to know what is safe and what is okay to purchase.

“Think about how many products these days are with green ‘down home’ packaging,” Walters said. “The local focus recently has been huge! People want to know where their purchases are coming from and companies know this. They are trying to appeal to this cus-

tomers interest and there’s big money in it. Being educated about what is good for our bodies and the Earth shouldn’t be akin to a complex calculus question and an elongated research project.”

The most common greenwashing techniques that consumers should be aware of are hidden trade-off greenwashing and no proof greenwashing. Hidden trade-offs suggests that an entire product is “green” when it’s misleading about what percentage of the product is sustainably made. For example, it could contain only one percent recycled material and still be labeled as “green.” No proof greenwashing is just what it sounds like and occurs all the time. With this, there will be claims with no real certification or evidence.

Environmental studies senior Cassidy Mullennix admits that she has fallen victim to the hidden trade-off form of greenwashing. She questions whether or not the world can go green while living within a throwaway culture.

“At Plant Power in San Diego, I used to celebrate with a milkshake because it was packaged in ‘compostable plastic’ and that meant that I didn’t have to avoid it, right?” Mullenix said. “Wrong! I took some time to research how compostable plastic worked and it turns out that the material I was using would break down the same exact way plastic does if placed in the landfill and not sent to a high-temperature compost facility.”

Vagueness greenwashing is another

common marketing tactic. Labels like “green” or “sustainable” that companies slap onto their products with a plastic sticker do not mean that they lived up to a strict standard. These labels are vague and do not clarify what standard of sustainable that they are following.

Similar to these misleading standards, the irrelevance greenwashing occurs when a company advertises that their product is free of something that is environmentally irrelevant. A common example of this are products that say “CFC free,” even though CFCs have been banned globally by law for over a decade.

The fibbing tactic is self-explanatory. Companies will simply outright lie about the environmental impact of their products. An example of this is Dieselgate, which is when Volkswagen lied about their automobiles’ emissions.

Lesser of two evils greenwashing misleads consumers by stating oxymorons. Examples of this are organic cigarettes and “green” pesticides. Although it may feel better to pick these options, they are overall still a bad choice.

Green marketing is a sinister and highly effective tactic that tells people what they want to hear. It is easy to fall victim to the greenwashing of products.

HSU alumnus Michael Powell believes that the only solution to this is to do the inconvenient research before purchasing a product.

“I think greenwashing lulls people into a false sense of security,” Powell said. “It makes us feel good because we want to help the environment and we think we are doing just that. We stop asking questions. The sad reality is that, oftentimes, we’re hurting the environment just the same.”

Former HSU goalkeeper Katelin Talbert signs first professional contract

Talbert announced via Instagram her signing with Icelandic club FH-ingar

by Whitney Mccoy

Katelin Talbert, former HSU soccer star and Sacramento native, is making major headway this year in her professional soccer career. On March 22, Icelandic club Fimleikafélag Hafnarfjarðarn announced that they would be signing Talbert to her first professional contract. Talbert’s coaches are nothing short of ecstatic for her. However, they’re also not surprised. Talbert, a 22-year-old wildlife conservation and management major who graduated last May, spent four years playing for HSU from 2016 to 2019. She started as goalkeeper in 37 games and recorded 179 saves before moving on to play with the Sacramento-based Women’s Premier Soccer League, Cal Storm. Cal Storm are a second-division semi-pro team, holding a seven-time Pac North Championship title and a three-time WPSL Champion title.

Jamie Levoy, women’s soccer coach and executive director at Cal Storm feels honored to be witnessing one of her players reach such great heights within her soccer journey and career.

“Seeing her sign her first professional contract is incredible,” Levoy said.

“I imagine these girls back when they were young and started playing soccer and dreaming about playing professionally. For them to reach their goals and to be a part of their journey is so rewarding.”

Levoy could see the potential from Talbert early on, noting her character as an athlete and knowing how far that could take her.

“Katelin is an incredible athlete,” Levoy said. “She is fearless and tenacious in goal. I always knew she would play professional. It was just a matter of time. I believe this is just the start of many great things for her.”

HSU assistant coach Taylor McMillin announced via Humboldt Sports her excitement for Talbert and her journey into the professional world.

“We are incredibly proud of her and so happy she has signed with FHingar to continue her soccer career and reach her goal of playing professionally,” McMillin said. “The Humboldt State community will be cheering her on and we wish her the best of luck on her new journey.”

Talbert will be away from home, friends, family, and familiarity for six months starting next summer, which can be a hard transition for anyone.

“The best way you can support her would be to tune in to her games and send her messages of encouragement,” Levoy said. “Knowing she has family and friends behind her supporting her along the way will help in that transition.”

The HSU Jacks website quoted Talbert’s enthusiasm during this stage in her career.

“I am very excited to start my pro career it’s something I’ve wanted to do since I was young,” Talbert said. “I’ve always had such a huge passion for the game and nothing makes me happier than to be out on the field! Thankful that Humboldt gave me the opportunity and experience to grow as a player.”



Photo via Talbert’s Instagram
Photo posted on Katelin Talbert’s instagram on March 22 the day she announced her signing with the club

“For them to reach their goals and to be a part of their journey is so rewarding.”

-Jamie Levoy, Women’s Soccer Coach and Executive Director at Cal Storm

Humboldt State athletics unveils new branding

A new look with a touch of old flair

by Justin Celotto

HSU athletics unveiled a new branding and website on April 7, ushering in a new era for athletics. Humboldt State has moved away from the long used “Flying J” and into the new “Spirit H”.

The fresh logo comes after a year-long rebranding process with a few halts due to the pandemic. However, the logo and rebranding has finally been completed and looks to be a part of HSU’s foreseeable future. The “Spirit H” will be worn on jerseys, gear, and

even the HSU Lumberjack Arena floor.

In a statement given by Athletic Director and Club Sports Director Jane Teixeira, the new logo will represent a community larger than just Humboldt State.

“The new logo represents a bolder identity for HSU athletics,” Teixeira said. “It encompasses the pride of the Humboldt community and the excellence we focus on as a department and as an institution. Even though we started the logo process a while ago, sharing it with the community feels even more special after the challenges of the past year. I’m excited for the future and grateful to the University and to those who led the way on the creation of the new logo.”

Gou Nitta, a sophomore and Humboldt State soccer player, is excited as a student athlete to be part of the new branding for athletics.

“I think it is a cool design,” Nitta said. “It looks a lot different from the logo before and I’d say that it represents Humboldt State very well with the big “H” holding an axe.”

Nitta believes that HSU athletics will finally be able to stand out against the competition as well.

“I think it is going to be easier to tell from the logo that it is Humboldt State you’re playing,” Nitta said.

The new branding of Humboldt State athletics entails a new era for the school. This new branding looks towards the future of HSU athletics. The logo is a homage to the past, implementing a lightning bolt on the blade of the axe in reference to the schools original team name, the Tunderbolts, while also looking towards the future.

New Logo



HUMBOLDT STATE

Old Logo



“The new logo represents a bolder identity for HSU athletics.”

-Jane Teixeira, Athletic Director and Club Sports Director

OPINION

The world was a better place when I didn’t take naps

by Dakota Cox

It’s the middle of the day and you’re exhausted. You stayed up entirely too late last night and you’re not going to make it through the rest of the day, so you decided to take a nap. You lay in bed for half an hour with thoughts swirling madly about your mind before you fall asleep. You wake up and it’s dark outside – five hours have passed since you first laid down. You’re too tired to get out of bed, but the swirling thoughts have returned. You lay there for another half-hour, trying to slip back into blissful slumber, but the sweet sensation evades you. Reluctantly, you crawl out of bed and start the second half of your day.

Fast-forward. It’s three in the morning. You’re not tired, but you’ve got places to be at nine, so, reluctantly, you climb back in bed – only to stare at the ceiling for an hour while the swirling thoughts throw a rager in your brain. Your alarm goes off at eight O’clock and you hate yourself. You hit the snooze button.

Fast-forward. It’s the middle of the day again. Your mind is an empty fog and your eyelids carry the weight of the world. Every instinct in your being urges you to fight the temptation, but you’re weak, so you climb back in bed. And the vicious cycle continues tomorrow – long gone are the fond memories of preschool nap times.

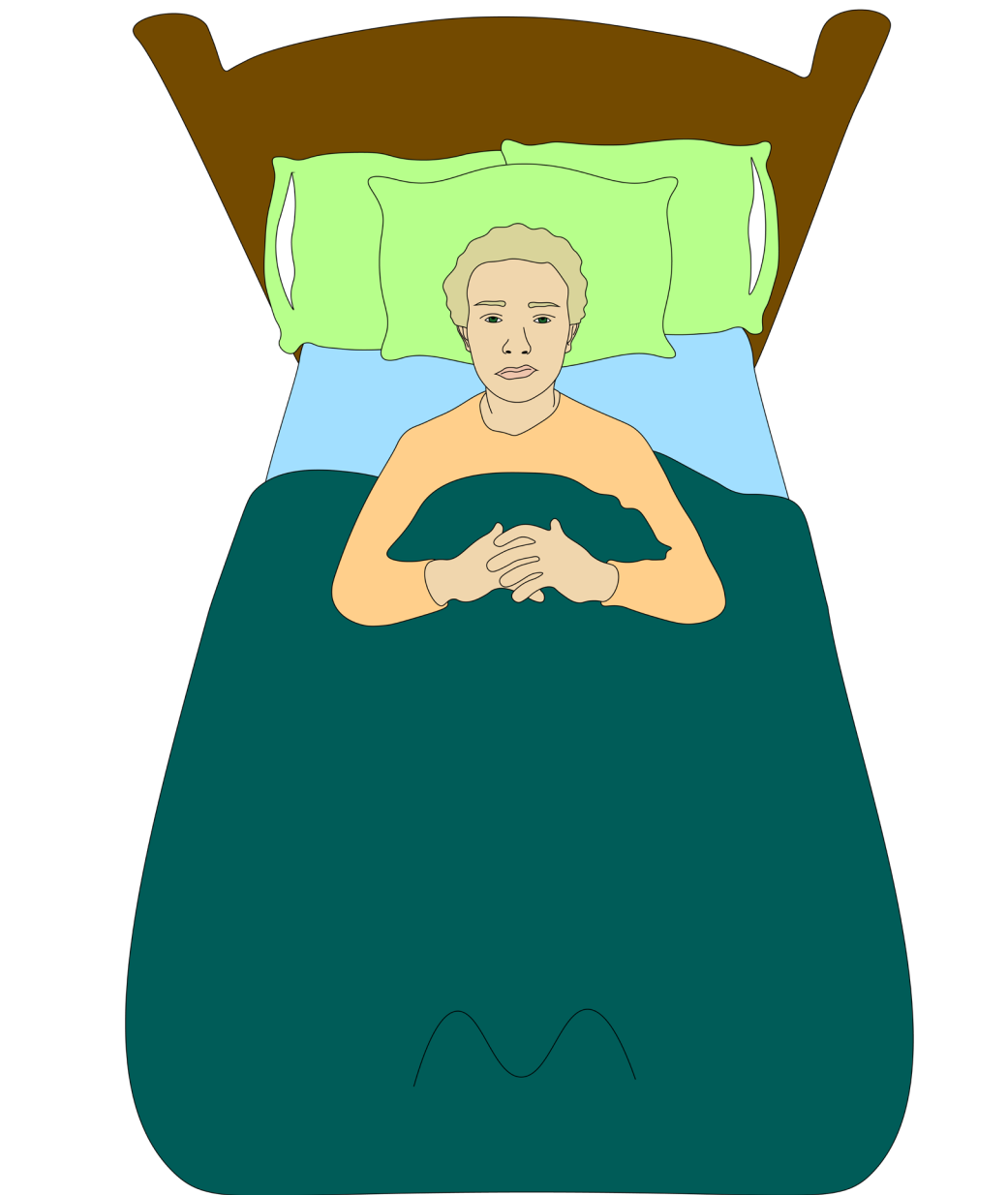
The indoor lifestyle forced upon us by the COVID-19 pandemic has presented every opportunity for the weak willed to fall victim to the seducing beckoning of their mattress. Combin-

ing a lack of exercise with inconsistent eating habits brought upon by a non-existent sleep schedule, many wake in the morning feeling exhausted. Days quickly blur together as they grow more distant without anything exciting to distinguish one from another, and the monotony of daily life creates a chronic mental fatigue that leads right

You lay in bed for half an hour with thoughts swirling madly about your mind before you fall asleep.

back to bed.

While you sleep, everything else melts away – COVID-19 is nothing but a distant memory. You’re greeted by smiling faces as you walk down the street. Children share their toys in the



yard. The smell of barbeque fills the air. But eventually, you have to wake up.

Over a year has passed now with you sleepwalking through life, waiting for things to return to “normal.” You’re not stupid, you can see where this is go-

ing – even with a vaccine, the end of the pandemic remains out of sight, and a return to the society you knew before will be separated by years of economic recovery. But, you’re tired. So, you take that nap anyway. Self-care, right?

OPINION

The worst sunday

Coming to terms with having my car stolen

by Thomas Lal

Waking up early in the morning is already not high on my list of favorite things to do on a Sunday. Waking up to find that my car was not where I left it in front of my house, however, has to be one of the worst ways to spend a Sunday morning.

The moment I was told that the car quite simply wasn’t there, I could feel my stomach tie itself in a thousand painful knots. There had been plenty of times over the years when I worried randomly that the plucky little Del Sol wouldn’t be where I parked it, but they were always followed by the expected relief of seeing it waiting for me when I rounded the corner. This time though, I was standing on the curb in front of my house giving a police officer the description of my beloved first car in the hopes that somebody, somewhere would find it and wishing that it would be in one piece.

My car was stolen from right in front of my house where I parked it the night before after work just like I do every evening.

We spent the next four hours zigzagging through Eureka, hoping to catch a glimpse of the silver two-seater along some side street or alley. Despite our efforts nothing turned up that day and I returned home, utterly exhausted from the morning even before leaving for work that night.

The next morning I woke up to a call from the Arcata Police Department. They had found it. Immediately, I was buzzing, already ecstatic to go out and retrieve my little tin can as I affectionately refer to it. When we got to the car I was thrilled but also dismayed.

The interior smelled heavily of alcohol and cigarettes. Inside were piles of just pure junk — balls of discarded wires, old Playstation discs, driftwood from

the beach, among other random garbage that somehow ended up there in the 24 hours or so the car was missing. Piled on top of all of that was a stack of newspapers. Copies of the Lumberjack from back when I delivered the papers. And perched on top of that pile was a box of business cards with my name and email on them. It felt like a fitting metaphor.

The worst part to deal with was the exterior. The car had not been crashed. It even seemed to start up okay. But marring the silver paint was a sloppy stain of black spray paint plastered across the driver’s side. When I saw that, my stomach sank all over again. It just felt wrong in a way that I couldn’t explain. There was no reason for the paint. It was senseless and utterly frustrating to see.

The trash was cleaned from the seats and trunk, a stolen shift knob replaced and the spray paint removed by lacquer thinner that probably took a year off of my life from the fumes alone. What struck me most while I cleaned the car was just how helpless it felt. The car was still my own, but it felt as though I had been violated when it was taken.

The car was stolen on Feb. 21 and it’s only been in the last couple of weeks that I have actually come to terms with the reality that it was swiped from in front of my home. Most of the repairs have been made. The rest will be done for my sister who will be using the car as her own first while she’s in high school after she gets her permit this summer. Oddly, this is what finally put me at peace with the situation.

While my journey with my little Hon-

da Del Sol is complete for the time being, I can finally look back on the fond memories that I have with the car without worrying about returning it to exactly how it was before that Sunday morning

I remember the road trips down south to cover the national cross country meet. I remember the Sharks game just a few days after Christmas. And some of my favorite memories are the simple drives just to clear my mind after a long week just going nowhere in particular.



Photos taken by Thomas Lal on Feb 22



Photos taken by Thomas Lal on Feb 22

Dance students are back in the studio at HSU

The dance department’s annual spring concert will take place virtually this year

Photos and blurb by Dakota Cox

Following the spring break quarantine, students in Carrie Walpole’s contemporary and Jazz dance styles class and Jandy M. Bergmann’s modern contemporary dance class returned to the studio to prepare for the annual spring concert in May, which will be

held virtually this year. Presented by Dance Visions, the virtual concert takes place May 8 at 7 p.m. For access to the Zoom link, visit the Humboldt State Dance Studies page on Facebook or follow @humboldtstatedance on instagram.



foreground: Chloe Schmidt background: DiOria Woods



foreground: Emily Bath background: Emma Villegas



left to right: Helinna Leone, Sage Gill, Savannah Baez



DiOria Woods



DiOria Woods



foreground: Professor Jandy M. Bergmann background: Emma Villegas



foreground: DiOria Woods background: Chloe Schmidt



Mikayla Jenkins