

CRAB SEASON RETURNS

After Months of Negotiations, Crab Season is Back **by Elizabeth Hannah** **SEE CRABBING • PAGE 4**



A worker holds up a fresh crab at Murphy's Market in Trinidad, CA on Feb. 8.

Photo by Elliott Portillo

\$11 Million of Uncertainty: HSU receives an additional federal stimulus package

HSU takes county input on the use of the additional \$16 million grant amid faculty indifference.

by Poppy Cartledge

On Feb. 4, Humboldt State University released a press release saying that the institution has been granted another \$16 million in federal stimulus funds. At least \$5 million is specifically designated for emergency financial aid grants for students. How the remaining \$11 million is going to be used has yet to be determined.

According to Enrollment Management Director Jason Meriwether, the money designated for students can be requested now by students who are in need of financial relief. Students who do want to request the fund immediately can contact Peggy Metzger, Humboldt State's financial aid director. An email will also be sent out to students notifying them that they can ask for emergency funding.

"The funds are an incredible resource for our campus to enhance safety protocols, evolve instructional space and technology, expand student support, and improve operational efficiencies," Interim Vice President for Administration & Finance Sherie C. Gordon said in a press release.

The university is seeking the help of key staff, faculty, and student groups across campus to ensure a unanimous

decision on where the funds are going to be allocated.

The request for the campus community's help comes as groups across campus feel indifferent about the allocation of these funds.

On Dec. 9, 2020 Humboldt County's Faculty Association launched a campaign to push pause on cutting classes or faculty positions in the midst of the COVID-19 pandemic.

The campaign also addressed that planning for budget cuts two years from now is premature because the Biden administration may approve a stimulus package before the end of the school year that could have the potential to make a financial difference for HSU.

Grant Scott-Goforth, HSU's communications specialist, responded to questions regarding how these one time resources could be used to potentially tackle HSU's budget deficit and allow them to make adjustments to the \$20 million reduction plan.

"The \$20 million budget shortfall makes ongoing spending reductions necessary," Scott-Goforth said in an emailed statement. "The CARES funding is intended to support students and to offset losses and pandemic related costs."



Graphic by Poppy Cartledge

Each university in the CSU has felt similar losses to HSU. CFA members within each institution are challenging their administration to take advantage of allocated funds in equitable ways with faculty and staff in mind.

On Feb 4, the United Students Against Sweatshops student organization held a CSU statewide call to stand in solidarity with CFA members. The importance of students and faculty coming together was emphasized throughout.

The group discussed the need for Chancellor Joseph I. Castro to put an end to layoffs across the CSU as they highlight the CSU's \$1.7 billion in surplus funds.

"The spin they try to do with this money is that they will never say it is a surplus, they will always say that it is a designated balances and reserves," Alex Vermie, one of the panelists on the call who was representing as a research analyst for Teamsters Local 2010 said.

The pandemic has caused universities across the CSU system to suffer unpredictable losses. HSU is currently in a position to use the additional \$11 million to help support students, as well as tackle a multitude of pandemic related issues.

The University is taking input through Feb 28 and will announce the final decisions in the first week of March.

Index	VP Forums	Ask Evergreen	Alex Cappa	Reporter's Reflection
News.....3 L&A.....4 Science.....5 Sports.....6 Opinion.....7	<hr/> pg 3	<hr/> pg 4	<hr/> pg 6	<hr/> pg 7

THE LUMBERJACK



@TheLumberjack



@hsulumberjack



@HSULumberjack

EDITOR-IN-CHIEF:
THOMAS LAL

MANAGING EDITOR:
JEN KELLY

NEWS EDITOR:
GABE KIM

LIFE & ARTS EDITOR:
ANTHONY ARAGON

SCIENCE EDITOR:
ELISE FERRO

SPORTS EDITOR:
JUSTIN CELOTTO

OPINION EDITOR:
DAKOTA COX

PHOTO EDITOR:
ELLIOTT PORTILLO

COPY EDITOR:
SOPHIA ESCUDERO

LAYOUT EDITORS:
JEN KELLY
DAKOTA COX
SAM PAPAVALIIOU
ELLIOTT PORTILLO
THOMAS LAL

WEB EDITOR:
SAM PAPAVALIIOU

VIDEO EDITOR:
SKYLAR GAVEN

DELIVERY DRIVER:
KRIS NAGEL

SOCIAL MEDIA MANAGER:
GRACE CASWELL

FACULTY ADVISER:
DEIDRE PIKE

CONTRIBUTORS:
ELIZABETH HANNAH
IAN VARGAS
CARLOS HOLGUIN
POPPY CARTLEDGE
GABRIELLE STURM
BRIANNE BERONILLA

ADVERTISE WITH US:

Do you want to purchase an ad with the Lumberjack?

Contact us:
Email: lumberjack.ads2@gmail.com
Or visit our website for more info.



COAST CENTRAL CREDIT UNION

Growth

Wherever You Are, We're There
As your family grows, we're ready to help every step of the way.
Loans for remodeling or purchasing a larger home.
Lines of Credit and Visa Credit Cards for those unexpected extra expenses.

Apply for a Loan Online Now!
coastccu.org/join

NCUA NCUA f i

Belonging Never Felt Better®
Coast Central Credit Union

2 BURRITOS \$15
3 TACOS \$6
&
TACO TUESDAY
\$1 TACOS

Library

Online &
We Ship to You!
library.humboldt.edu

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



El Leñador

Need Housing? We've got it!



KIC I kramer investment corporation
707-444-2919 www.kkramer.com

HSU hosts virtual speakers for black liberation month

The AACAE has set up a month of speakers

by Ian Vargas

February 4 marked the first of five events meant to celebrate Black History Month. Due to COVID-19 restrictions, the speakers cannot be on campus but each Zoom meeting is open for registration. Coordinator Douglas Smith and the students at the African American Center for Academic Excellence (AACAE) have brought together the speakers this Black History Month with the theme of different methods of liberation.

“The theme is mapping routes of liberation with the idea that there are different routes for us individually or as a community,” Smith said.

The AACAE, in conjunction with Center Arts, puts together their monthly speakers each year largely through the efforts of members of their student staff, like Imari Washington.

“When we initially chose our guest speakers, we tried to choose individuals who we thought Black/African American students would benefit most from,” Washington said. “We are very big on supporting our students in personal development, mental well-being, and academic success at the center.”

The first of the month’s speakers was Dr. Safiya Noble, Associate professor at UCLA and author of the book “Algorithms of Oppression: How Search Engines Reinforce Racism.” Information technologies open worlds of infor-

mation to people that may otherwise be out of reach, but as Noble states, these technologies do not develop in a vacuum, they contain the same biases as the people who created them. While they seem impartial and mathematical and separate from the personal bias of individual people, technology is still designed by people who themselves may have racist bias, or in the cases of algorithms like Google will begin to take on the racial bias that exists in society and in doing so reinforce it. As this technology has advanced, it has created new avenues for discrimination rather than providing liberation.

“We have more data and technology than ever,” Noble said. “And with it more social, political, and economic inequality and injustice to go with it.”

Along with containing all of their own biases, Noble says the over-focus on technology creates a situation where what would otherwise be public goods like libraries, open meeting places, or other public institutions are replaced by technology-based solutions, which are privately controlled by a single company and so are subject to any kind of change they see fit without any real avenue for public complaint other than speaking out against the service itself.

Noble says this tech can’t really fix social inequality on its own it’s just a tool,



Photo by Thomas Lal

A supporter sits in the crowd during the 38th month vigil for David Josiah Lawson outside of the Humboldt County Courthouse on June 15, 2020.

but they occupy so much of our world that they seem to leave no room for other avenues for finding solutions to social problems. Worse, they force people to work within their confines and therefore limit what people can actually do and instead funnel people into the profit-driven patterns of the medium itself.

“Social inequality will not be solved by an app,” Noble said. “What we see are these technologies displacing our ability to adjudicate our lives without them.”

Other speakers for the month include; Director of Campus Life at GVSU Dr. Kyle Boone presenting “The Grey

Area: Creating a Space for the Engagement of Black Students”, Farm Manager at Soul Fire Farm and food sovereignty activist Leah Pennimen with “Liberation on the Land” about Black land reclamation, Author and CEO Ja’Net Adams with “Going Deeper than Google: How the History of Black Wealth Can Help Close the Racial Wealth Gap of Today” and Psychology Professor and mental health expert Dr. Nina Ellis Hervey. The events will be going on until February 27, and are available for registration on the Virtual Quad or on the AACAE web page.

HSU is in search of a new VP for Administration and Finance

by Elizabeth Hannah

In the third week of the spring semester, HSU held an open forum for the final four candidates for the vice president of administration and finance position. The school welcomed students, faculty and staff to join the live Zoom meetings to meet the finalists who were selected by the search committee.

The vice president for administration and finance is responsible for reporting to the university president and in collaboration with colleagues across the campus, the incumbent is responsible for the administrative leadership, management, and oversight of the university’s division of administration and finance.

Each candidate had one hour via Zoom to present their resumes, answer questions and explain their intended approach to the position.

Candidate Sharooz Roohparvar elaborated on his transparency in handling school budgets and putting student interests first.

“I believe that my position and everything in the institution is subject to public records requests, so there’s no reason for anybody to keep anything hidden,” Roohparvar said. “I start every conversation with how does this initiative serve students? And how does it improve that college going experience? Really at the end of the day, we’re here to serve those students.”

Andrew Boyd, another contender, put an emphasis on his prior work at Humboldt State University in the design department, dealing with financing projects and environmental impact on campus.

“There’s so many opportunities at Humboldt State to think creatively around how we set up the ecosystem and how to partner with the town of Arcata,” Boyd said. “Ideas for strategic planning or where we are in leaning into that is something that I think is critical for the growth of the institution is something that I would look to try to facilitate as a CFO.”

Candidate Doreen Ferrington shared how her experience at John Hopkins School of Public Health in the dean’s office and as business operations officer at the Architect of the Capitol has led to her diversity in dealing with dif-

ferent groups including staff, students and faculty.

“I had the opportunity to interact with a variety of individuals across the university and it enabled me to understand university operations and the pain points that each division was experiencing at that time,” Ferrington said. “I can reach out to faculty, I can talk to students, I can walk the hallway and talk to the staff about their experiences. I can go to the cafeteria or

the dorms and see what it’s like for the students to be on campus and I can engage.”

Kathy J. Johnson, Vice President for Finance & Administration at Black Hills State University in Spearfish, South Dakota reiterated her understanding of the school systems and student success.

“I’ve been a part of students earning

nearly 12,000 degrees in my tenure. I love higher education and all the opportunity and hope it provides to the students.” Johnson said. “I lead the division, with full focus on students from ensuring they have the proper resources and learning materials available in the university bookstore. To the best technology infrastructure and classroom technology, we can afford a safe, clean, diverse, inclusive, and sustainable campus.”

With HSU receiving \$16 million in funding via the CARES Act, eyes are on the administration to use the money responsibly. \$5 million has been allocated to students experiencing financial burden while the other \$11 million is to be distributed in school funding for classes, faculty and staff.

With the election of a new vice president for administration and finance, the candidate who gets the job will be responsible for overseeing the distribution of funds to benefit the future of the school.

“The funds are an incredible resource for our campus to enhance safety protocols, evolve instructional space and technology, expand student support, and improve operational efficiencies in ways which can innovate how we teach, learn, work and engage,” Sherie C. Gordon, Interim Vice President for Administration & Finance, said.



Photo by Elliott Portillo

Humboldt State held open forums for the open vice president of administration and finance position from Feb. 1-5.

Building relationships through ‘college chats’

by Brianne Beronilla

The Humboldt County Office of Education is hosting Zoom sessions for high school and College of the Redwoods students, parents and anyone interested in learning more about HSU programs.

These events are usually held in person every year but due to the COVID-19 pandemic, they are now happening online on Wednesdays from 12–12:45 p.m.

Jim Ritter is the HCOE College Connect Coordinator and the main host of the sessions.

“College Chats are meant to be casual, and give students an opportunity to learn about subjects on the university level,” Ritter said.

Ritter explained how College Chats can help students start to build relationships with HSU professors whom they might have a class with someday.

“I think it is important for high school

Incoming Students Learn the Ins and Outs of College Life

students to get accurate information about what they can expect in college,” Ritter said. “A really good way to do that is for the students to speak directly to professors and lecturers who teach in different majors. College Chats are perfect for helping this happen.”

Even though these events are usually held in person each year, there are still positives that have come out of the situation. It has allowed students and parents from all over the community to join the meetings. The first event held on February 3 focused on kinesiology and was attended by students from Hoopa, Academy of the Redwoods, Arcata and Six

Rivers High School.

Every week there is a new HSU faculty member joining as a guest based on different majors. For the first session Justus Ortega, kinesiology department chair, joined to talk about his subject of teaching.

“[College Chats] allow students and the department to discuss solutions to some of the hardest and most pressing issues that people face today including racism, social injustice and food security,” Ortega said.

Jana Ashbrook is an Early Assessment Program Coordinator at HSU and the co-host of the events. She loves help-

ing the students and cheering them on by sharing tips.

“It seems the more time and experiences students get exploring and researching different careers and college majors, the more confident they feel in their college decision,” Ashbrook said.

After experiencing the first session, Ortega has learned that the events are valuable for both students and parents to not only learn about different majors offered but also build relationships throughout the HSU community.

“This event opened my eyes to each individual’s needs and concerns, and allows me to work with other faculty in our department, as well as other campus resources, to develop strategies that support each individual’s needs to achieve success and happiness at HSU,” Ortega said.

Dining during COVID: how restaurants and patrons are adapting

Local businesses and community members struggle in a war on COVID

by Elizabeth Hannah

Local restaurants have had to quickly adapt to COVID regulations. With lowered capacity, mask enforcements and staff cuts, the restaurant business has been highly impacted.

Restaurants have had to consider the risk of reopening and shutting down again, struggling to make ends meet and the financial burden that comes with staying open during COVID.

"I have a personal family friend who owns a small little café, and they are definitely struggling because of all the equipment they bought in order to code for COVID dining, just to have it shut back down," HSU student Mollie Donaldson said.

With COVID cases rising and the constant release of precautionary measures to be taken as tier levels change, many have wondered if it's worth dining in and risking getting infected.

"I don't believe it's safe to dine inside at restaurants, there are so many risks involved and unknown factors, even with sitting a booth away from someone or a family," Jade Graham said, "I've had my family do a majority of our cooking at home or takeout. Dining out has its risks, not only for customers but employees as well."

Café Brio in Arcata is one of the many restaurants that have strictly abided by regulations to serve the community.

"We ask that all patrons wear a face covering while on the premises, except when seated at one of our distance compliant tables," reads the home page



Photo by Elliott Portillo
Cafe Brio in Arcata, CA on Feb. 9. is closed for dining indoors but customers are still able to come and pick up orders as well as use outdoor dining while observing COVID-19 regulations

"Everything is super crazy right now and that feels like the one thing that makes me feel like things are somewhat normal"

-Layah Soriano, HSU Student

of their website. "Hand sanitizer and medical-grade face masks are available at our entry host station. We prioritize the health of our patrons and staff and are currently open to the public outside the building only."

Many eateries are providing to-go options to support their businesses and community members have come to their aid in keeping their doors open. Whether you're enjoying a to-go order or a safe and socially distanced meal outside, we can support our local restaurants.

In a time of isolation and lockdown restaurants can provide a safe outlet to socialize. Everyone doing their part to be safe can help slow the spread of COVID.

"Everything is super crazy right now and that feels like the one thing that makes me feel like things are somewhat normal. Supporting local businesses is important when so many things are up in the air for them," student Layah Soriano said. "If we're all taking the necessary precautions, then I think it's safe to enjoy that bit of normalcy."

CRABBING

FROM PAGE 1

It's officially Dungeness crab season in Humboldt county. Local fishermen have been given the green light to fish for local crab on the bay after a long year of negotiations and COVID. So, what does that exactly mean? The freshest and most decadent crab is now available to Pacific coast natives. The Dungeness is long sought after by food junkies for its richness and the demand hasn't slowed.

The season was initially delayed from its original Dec. 1 opening when the Department of Fish and Wildlife found that crabs in the area did not weigh enough to carry out the necessary tests for quality.

"Based on the lack of data and the interest in cooperatively managing the interstate Dungeness crab fishery, I am delaying the opening of Dungeness crab season in northern California," DFW Director Charlton Bonham said in a press release on Nov 20, 2020.

Now that the season is up and running, local restaurants across Humboldt county are featuring fresh and local Dungeness crab on their daily menus. If you find yourself in Trinidad, there are a lot of options to choose from.

Local resident Mary Mignani is on the hunt for the best crab cakes in Humboldt with it being crab season.

"You have to find the best ones, the best restaurant offering it because crab cakes are really a hit and miss," Mignani said. "It's all about the crab and the way it's prepared, cooked, seasoned, it all makes a difference."

Trinidad Bay Eatery offers an array of crab options for dinner. They have crab sandwiches when crab is fresh, crab cakes, seafood platters, and Ciop-

pino, an Italian seafood dish flavored with white wine sauce.

Trinidad Bay Eatery also offers crab infused breakfast items such as their crab omelet and crab benedict.

The Lighthouse Grill offers a variety of crab dishes like crab melts and crab cake sandwiches.

Rita's Margaritas offers crab tacos, enchiladas, and quesadillas with fresh



Photo by Elliott Portillo
Crabs at Murphy's Market in Trinidad, CA on Feb. 8.

Ask Evergreen

Valentine's Gifting

Dear Evergreen,
I've been seeing my current partner for a couple of months. What should I get them for Valentine's Day that doesn't seem like I'm moving too fast?

This is a classic predicament. You want to acknowledge the holiday, but you don't want to come on too strong. For example, ideas of fine jewelry, dinner from a Michelin-star restaurant, or a commissioned Renaissance-style oil painting of the two of you should be thrown right out. Instead, focus on the thought behind your gift. This first Valentine's Day gives you an excellent opportunity to prove that you've been paying attention to their interests.

The simplest thing to do is to ask yourself, what do they like? Buying a book, game, or album they've mentioned having their eye on is an easy way to prove your interest in theirs. You can even start reading/playing/listening along with them to better understand their passion. If your significant other is the more practical type, think about something they'd use, such as a cozy scarf for someone who's always cold or a cast-iron pan for someone who loves to cook. However, you'll want to avoid strictly utilitarian presents for Valentine's Day. While it's thoughtful to pick up a box of tea that helps with your partner's stomach aches, you should avoid making that their big gift.

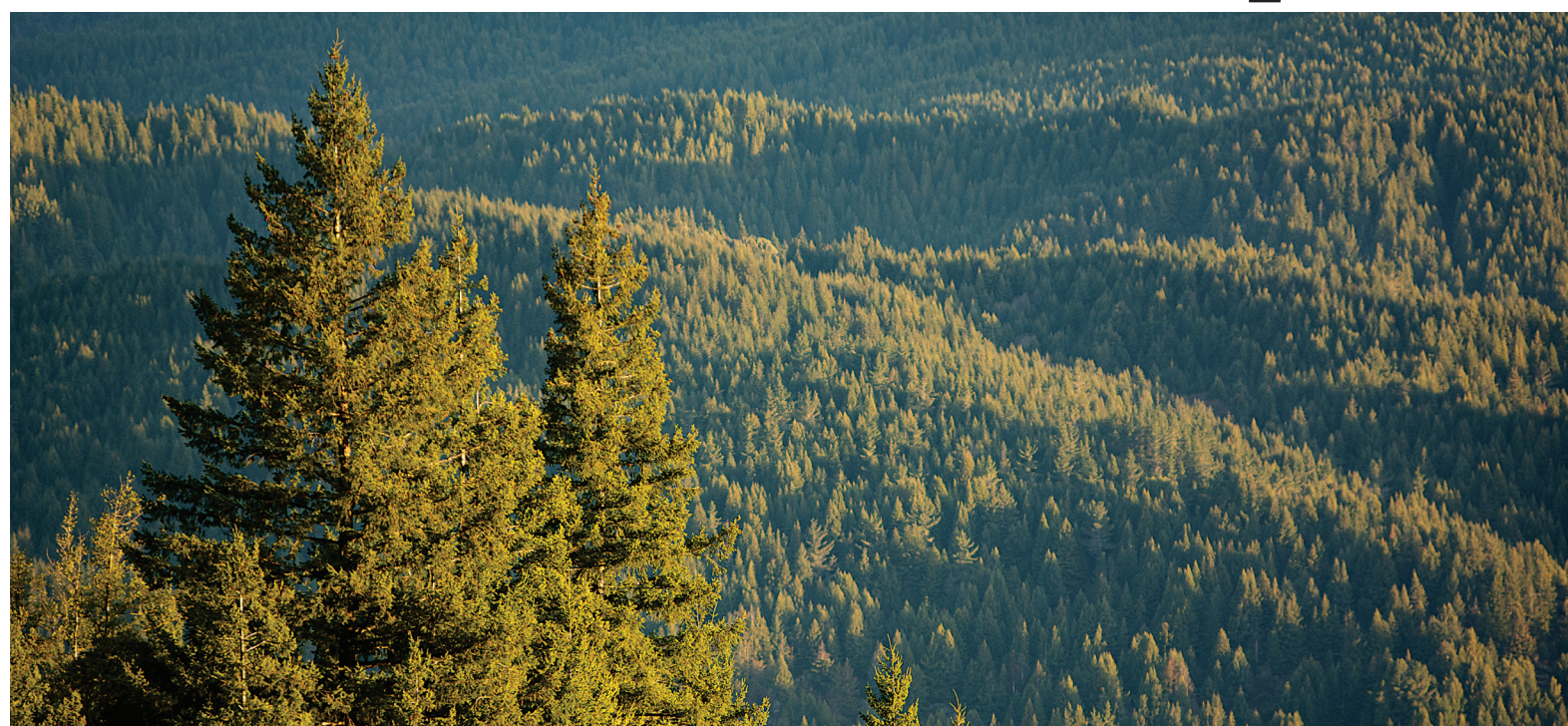
For those who aren't sure where to begin, standards like a stuffed animal, flowers, or candy are a good starting place. Instead of a stuffed bear holding a heart-shaped box of chocolates you can grab at CVS, why not pick something more personal? You can pick up a Pokémon plush for the Nintendo fan in your life, or a violet in a cute planter for someone with a green thumb. Even the classic box of chocolates can be upgraded by finding their favorite brand or getting a sampler box of candies from around the world.

The primary gift-giving tip, of course, is to simply listen to and communicate with the person you're buying something for. When they tell you what they like, pay attention and store that information away for later. You don't have to break the bank to find something they'll love, what matters most is showing your partner that you value what matters to them.



Send questions to:
contactthejack@gmail.com

Does a new presidency bring new environmental hope?



Fickle Hill on December 29, 2020.

Photo by Elliott Portillo

by Elise Fero

A new presidency brings new beginnings, but what does that mean for the environment?

Professor Nicola Walters has taught environmental policies for the last three semesters at HSU.

“Right now the big focus is on the executive orders that have been signed in addition to Biden announcing our re-joining the Paris Climate Agreement,” Walters said.

When Biden and Harris ran for the presidency against former President Donald Trump, they made clear that Biden had a plan for the environment with the Biden Plan.

Biden’s official website expressed what the plan entails, similar to the Green New Deal.

The Biden Plan includes zero emissions by 2050, working with the world toward change, confronting polluters who harm communities of low income or of color, and leave no workers behind.

Not only that, but within his first few days of presidency he also revoked the permit for the Keystone XL pipeline, which is a big deal for environmentalists. This was the beginning of efforts made toward climate change.

“We’re past the tipping point for taking care of a lot of our habitats and thinking about what would actually maintain the survival for humans on this planet,” Walters said.

Biden also plans to reverse actions President Trump made against the environment regulations, including to “place a temporary moratorium on oil and gas leasing in the Arctic National

Wildlife Refuge,” according to NPR.

But the Biden and Harris team have made very clear they won’t be ending or putting a ban on fracking, something that progressives have been pushing for.

Biden has made the announcement that by 2050, his zero emission plan will have led the U.S to achieve a 100% clean energy economy and reach net-zero emissions, a very difficult task as is. But according to UN climate data the 1.5 degrees Celsius limit requires a faster curb in emissions with 45% cut within the decade. Biden also now has control of large polluters like the military, policy toward large corporations, and more which all have large impacts on the environment as well. Will his plan be enough?

“If we’re thinking about environmentalism on a global level, every single step that is taken to protect an animal species or to protect a habitat is therefore connected to our global health and is necessary at this point if we have any hope at all of reversing the trends of global greenhouse emissions, of the climate change that we are now experiencing at such a catastrophic level,” Walters said.

“One thing that is central to our area is the removal of the northern spotted owl from the endangered species list,” Walters said about President Trump’s actions of removing 3.4 million acres of land from the federal protections.

With new plans for the environment, it’s important to hold the new team accountable.

“I don’t think [Biden is] as environ-

mentally conscious as more far left or more liberal leaning people would like him to be,” Aaron Larkins, second year political science major, said.

Like Walters, Larkins believes action is critical, but just our leaders won’t be enough.

“We only get one Earth, we only get one shot at keeping the planet healthy,” Larkins said. “The more we start killing off plants and animals, I mean it’s only so long before we’re the only things left, or we’re not even left.”

While a new presidency brings new expectations and hope, it’s important to remember they are no cure all.

“I believe that it’s really important that we not get too fixated on what Biden and Harris are going to do on a federal level,” Walters said. “We have to be involved with that on the state and local level so it’s not just one person attempting to change the shape of environment policy but rather we have investment and involvement all the way down to our local levels.”

Like Walters said, we cannot just depend on a team of people to create a global change. Some believe it’s a step in the right direction, others believe it’s not enough. So what are students at Humboldt State to do? Walters believes it’s HSU’s job to educate and make the students aware.

“A lot of times it’s important that we don’t allow us to be sort of enticed by the dream of what this administration will deliver to us but make sure we aren’t masking the realities of what’s happening on the ground,” Walters said.

Hot gossip: Banana slug Edition



Graphic by Jen Kelly

The newest tea about the slug world

by Elise Fero

In my eyes the world is yellow and full of slime, but guess what? I love it! Welcome to the official fangirl column for banana slugs. Who knew this even existed?

Here’s the hottest gossip of the slug world. Prepare yourself for some hot hot tea.

The Slug Queen Deidre has been accused of interacting with a snake, having a near death experience but survived. She was awarded a badge of survival. Congratulations. Bow down to the slug queen!

Jen and Thomas Slugs were found eating blackberries after curfew! Scandalous! Luckily they were not seen by predators and only by the slug guards.

Gabe and Anthony Slugs were found to have helped write an article in the Lumberjack Newspaper with humans! Dun dun duhhhhhh!

Skylar and Justin Slugs just announced their discovery of a new food: it’s called a banana peel and they were scared of it at first when a human dropped it, but eventually tasted it. These chefs are now introducing the recipes to restaurants around Northern California! Bon Appetit!

Dakota, Elliott, and Sophia slugs were caught skydiving off a redwood with leaves as parachutes. The slugs below watched as these adventurers made history.

Dobby and Becca Slugs discovered a human who liked to say hello and moved them out of the way of walking humans. Oh wait! I am that human.

Poppy, Gabrielle, Whitney, Matt, Elizabeth and Kiera Slugs were all found on the same log having a photoshoot. They are on the cover of Slug Weekly.

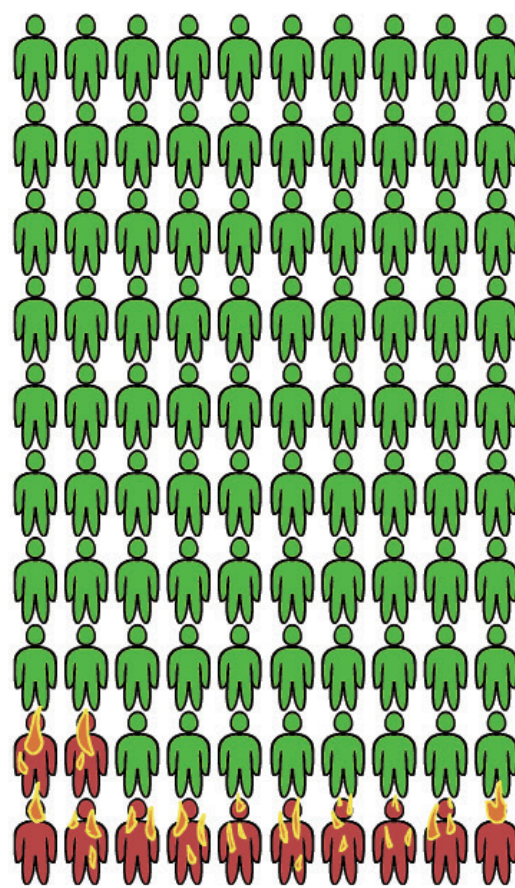
Brianne, Sam, Joseph and Ian Slugs were seen out at the beach enjoying the sun but didn’t go to the salt water. What a fun day!

That’s it folks, the hottest slug gossip for the week. Tune in next week for more banana slug tea! But not actual tea because that’s disgusting and cruel and well, very slimy.

How to communicate with a science skeptic

by Gabrielle Sturm

Researchers found that 12% of Americans do not believe that climate change is real and harmful to the environment



Graphic by Sam Papavasiliou

The year 2020 proved to be the year of difficult and uncomfortable conversations. Topics about politics, race, and inequality in the United States have come to the forefront of daily conversations on a much wider scale than before. Some may see this as an awakening that spread across America, leading to positive political and social reform. Therefore we, as Americans, must keep these conversations going.

In a nationally representative survey conducted in 2019 by the Yale Program on Climate Change Communication and the George Mason University Center for Climate Change Communication called “Climate Change in the American Mind” researchers found that 12% of Americans do not believe that climate change is real and harmful to the environment. While this seems like a fairly small percentage of people, it comes to a grand total of about 39 million people.

Thirty-nine million people who disregard accurate data, ignore signs of environmental degradation, and refuse to believe the world’s leading climate scientists. The world can no longer afford science skepticism. How do we persuade this many people— more than the entire population of Canada— to change their worldviews?

Environmental Communication

Professor Jennifer Ortega believes that the solution may lie in a shift in the way we communicate with climate change skeptics.

“Climate change is so big,” Ortega said. “In every community it looks very different as to how they are supposed to address it. If we talk about how there is, say, a disruption in this hydrological process, people are more inclined to be like, ‘Oh, what does that mean?’”

The problem with the constant preaching of “we need to solve climate change” is that people do not know where to begin with that sentiment. The destruction of the Earth is often seen as an insurmountable problem which often leads to either complacency or outright denial. This is because, well, it is hardly possible to wrap our human minds around something as colossal as an entire planet in need of help.

Creating viable, tangible solutions to smaller scale issues has the potential to both give people hope and convince skeptics that these problems are truly occurring. Ortega suggests that leaving the term climate change completely out of the conversation when trying to convince people to take action may be an effective route. People become turned off by the phrase, so keeping them engaged with local issues such as disruptions in a hydrological process or the

benefits of electric cars in a city may be more constructive. Language is key.

Environmental Studies Alumnus Miles Kinman agrees with this sentiment.

“It is important to show people how climate change would impact their lives and the area in which they live,” Kinman said. “Sometimes the effects of climate change don’t seem real because the conversation often revolves around far off places such as the Amazon forest. Reframing the conversation in a way that makes people feel more connected to the problem of definitely a necessary step in trying to help people understand climate change is real.”

Environmental studies student Emily Dreyer believes that climate change skepticism is one of the most pressing issues in the United States.

“I think it’s an issue because it can disrupt the dominant narrative of environmental education,” Dreyer said. “Therefore, pressing issues aren’t supported enough and no change occurs. We are running out of time to save our planet and move towards total sustainability and any skepticism disrupts that process.”

HSU Alum is a Super Bowl champion

Reflecting back on Alex Cappa's many achievements

by Whitney Mccoy

Humboldt State University alum Alex Cappa did not play with the Tampa Bay Buccaneers in this year's Super Bowl against the Kansas City Chiefs. However, after being a valuable piece in the Buccaneers offense throughout most the season, he will be going home with his first Super Bowl ring of his young career.

Cappa has now played two seasons for Tampa Bay, but suffered a fractured ankle on Jan. 9 in the Wild Card game against the Washington Football Team. Though he was out for the Super Bowl, Cappa started in all 17 games of the regular season as quarterback and seven-time Super Bowl champion Tom Brady. This is a huge accomplishment for Cappa, one of HSU's very own, in assisting Tampa Bay towards a Super Bowl Championship.

Strength and conditioning coach Drew Peterson, who has been with the Athletic Department since 1991, remembers the first time he saw Cappa during one of their recruiting weekends. He recalls him being an unassuming, quiet and humble guy coming up from Dublin, California.

"It was a big deal, you know, you have these large diverse groups of parents and potential players coming up here," Peterson said. "And you know for two to three months it was every weekend. I remember his particular recruiting weekend there was a huge group of people, he was standing up in the back and he was this tall, skinny guy, with long, straggly blonde hair and I thought he was somebody's family member."

Jonathon Rowe, an assistant offensive line coach at the University of Washington and former offensive lineman for the HSU Jacks from 2011-2015 shared his first impression meeting Cappa on his recruiting trip.

"He was very soft-spoken and a little shy," Rowe said. "But I found out rather quickly how hard of a worker he was, especially in the weight room. He came in at 245 lbs and by his redshirt freshman year he was 294 lbs."



Photo from Alex Cappa on Instagram
Alex Cappa and his wife Emily Cappa celebrate the Tampa Bay Buccaneers Win at the Super Bowl on the field at Raymond James Stadium on February 7.

Cappa spent a total of four years at HSU from 2013-2017. He studied kinesiology and did an internship his senior year with Coach Peterson, where Peterson recalled him becoming everyone's favorite quite early on.

"He was just always taking time with them, working with them and telling them what to do," Peterson said. "He's just this larger than life figure, and he was not anymore this tall straggly kid. He was a 300lb, sculpted football player."

It was during the 2018 NFL draft that he was picked up by Tampa Bay in the third round as the 94th pick overall. Cappa was originally projected to be a fifth round pick. This followed after his time playing in the 2018 Reese's Senior Bowl and attending the scouting combine in Indianapolis.

"My initial reaction when he was drafted to the Bucs was that I couldn't have been more excited," Rowe said. "Because I knew how hard he had worked just to get to that point."

It was a year later in 2019 that Tom

Brady retired himself as a New England Patriot after winning the Super Bowl, leaving New England behind and looking toward Tampa Bay. This resulted in Alex Cappa becoming right guard to Brady himself.

"I was even more excited when I found out he would be playing with probably one of the greatest quarterbacks to ever play the game," Rowe said. "I'm extremely proud of him for how far he's come and the position he's put himself in. He's only going to get better from here."

According to the NCAA, there are over 1 million students playing high school football in the United States. Of those students, about 73,000 actually participate in the NCAA and only about 16,000 of them even become eligible for the NFL draft. Only a mere 254 of those players are drafted, actually landing themselves a spot in the NFL.

To play professionally is one of many young and collegiate athletes' biggest dream. To be playing in the big leagues, sometimes alongside your childhood

icons, can feel like an unattainable goal with the odds staked against you.

But for Cappa, by putting one foot in front of the other, working hard and striving to beat those unimaginable odds, he did it. He accomplished what every young football player dreams of.

"What a journey you know, to be passed over by everybody and [his] only place to go was Humboldt State," Peterson said. "Pretty much every time they scan the camera on Tom Brady, you see Alex Cappa. All these highlights of Brady, I see Cappa. All these regular season highlights — there he is, number 65."

Looking back at his second season statistics as a starting guard, Cappa has been an integral player to Tampa Bay's offensive, with over 1,000 snaps at the guard position and part of an offensive line group that held defenses to only 18% of Brady's pass attempts pressured.

Notably, he also took part in an offensive line that finished second in the NFL in sacks allowed per pass play and Cappa helped the Buccaneers' offense rank at the third best offensive line in the NFL. It is an unfortunate moment for Cappa, Tampa, and HSU, that he didn't get a chance to finish out the season with his team in the Super Bowl. But although he didn't participate in Sunday's big game, it's important to recognize the magnitude of what he has accomplished since his recruiting weekend at HSU those years ago. He beat unimaginable odds, worked extremely hard and continues to be a tough, dedicated player with his eyes steadfast on success and accomplishment within the game of football. Brady attests to his strong-willed personality and grit through his first season playing with Cappa.

"[He's] one of the toughest guys we've had on our team," Brady said in a press conference after Cappa was injured. "We've had a really great group up front, [including] guys who have filled in at different times. Cap has been there really the whole year, had a tremendous year. [He's] a tough, hard-nosed football player."

Humboldt State's Athletic Trainers

What HSU athletic trainers do for Student Athletes and how things have changed during this pandemic

by Sabrina Ochoa

Shannon Childs has been Humboldt State's Head Athletic Trainer since 2002. He attended HSU and graduated in 2000 with a degree in kinesiology, emphasis in athletic training, before returning to finish his Masters.

Childs' responsibility as head athletic trainer is the health and safety of the student athletes.

"As athletic trainers we are responsible for the care and prevention of athletic related injuries," Childs said. "When an injury occurs it is our responsibility to assess the injury and determine the course of action that needs to happen for that student athlete to return to their sport."

Gabrys Sadaunykas, a senior at HSU and member of the basketball team, was injured during practice and pulled his hamstring. He then went back to practice, aggravating it. Sadaunykas mentions how the athletic trainers have been great. Twice a week the athletic trainers hold a recovery day, or as they call it, "Love Day" where he gets treatments, massages and feels relaxed.

"Three times a week we are doing strength exercise and also conditioning," Sadaunykas said. "So I would not be out of shape once I am good to practice."

To determine if a student athlete is able to go back and play the sport, the trainers need to write a referral to a physician to do further diagnostic testing on the athletes injury. Sometimes the trainers need to do a detailed rehabilitation plan for the student athlete. Trainers would have to implement and carry out the plan until the student athlete is able to return.

Jenna Sobrero, a junior at HSU who

plays for the softball team, has had a previous chronic shoulder dislocation with her last being during a practice. She discovered she had tore her labrum and her bicep in her shoulder the next day. The athletic trainers advised Sobrero to be visiting the training room everyday to help improve her shoulder with minor workouts after her surgery over the summer.

"As soon as the training room opened I went to visit Shannon and our new trainer Scott," Sobrero said. "They were very supportive towards my goals of getting back to play. Being in season and being completely limited due to an injury is very frustrating. They not only helped me physically but they helped me mentally."

Scott Daffern is the assistant athletic trainer. Daffern recently came back to HSU as the assistant athletic trainer in August of 2020. Daffern graduated from Humboldt State in 2010 with a Bachelors Degree and Masters Degree in 2013. During his time as a grad student at HSU, Daffern worked as an assistant athletic trainer for three years.

During this pandemic all the sports and student athletes have been affected. Daffern is saddened by how as athletic trainers they can no longer bounce from one student to another.

"In the past we could jump around and work with multiple student athletes at a time," Daffern said. "We have had to limit the amount of people coming into the athletic training room as well which is very different."

The athletic training room used to be a safe haven for the student athletes to relax.

"Now the only people in the ATR



Photo courtesy of HSU Athletics

are those getting treatment and rehab for injuries," Childs said. "Everything is single use and must be cleaned after each use. We have been working hard to keep our student athletes healthy and participating in their sport while doing our best to keep Covid from spreading through our student athletes."

Childs misses the competitions and has struggled to keep the student athletes in a positive attitude.

"Playing games and competing against other teams is the reward for all the hard work that the student athletes, coaches and support staff put in on a daily basis," Childs said. "It is hard to motivate the student athletes when they are not training for competition."

Daffern feels very lucky being able to work with the student athletes this semester and the general attitude from

the student athletes has been keeping him positive.

"It is a pleasure to come to work to help these student athletes be better at what they love to do, even during the pandemic," Daffern said. "I think all this has been able to provide our student athletes with an opportunity to release any negativity that they might have picked up during the day and week. It is the one place that is sort of normal for them right now."

HSU was the only school in the CCAA that was able to engage in contact practices for the 2020 fall semester.

"I think these practices helped out student athletes feel a bit of normalcy during these tough times," said Childs. "It is also the perfect time to get in shape and ready for the upcoming seasons."

OPINION

Students and staff are afraid of HSU administration

How a former LJ reporter unraveled at the seams while writing about HSU admin

by Carlos Holguin

Humboldt State nearly broke me in a way that I did not know was possible. After months of nearly obsessive reporting and looking for the truth, I became a burnt shell of a person with depression with no desire to write again.

While News Editor for The Lumberjack, I covered the actions that the administration was taking regarding the University Center, who previously ran many of the student-facing services on campus before being formally shut down in December of 2020.

What started as a piece about the UC group eventually connected to the Humboldt Bay Aquatic Center and the possibility of, what seems to me now, the administration taking advantage of the pandemic to put forth plans with as little input from students or staff as they needed.

Over the course of the semester, I spoke to a wide variety of sources, both on and off the record, for hours via any method that I could. Some were angry at what they perceived as an intentional lack of communication and the others were tired of the way that members of the administration seemingly acted on their own authority when executing plans, without thinking of the consequences for those beneath them.

The one common thread amongst them all, however, was a sense of fear about what may happen if they were caught expressing themselves in a manner that was critical of HSU.

I was told stories of long time, dedicated workers, literally working in supply closets and rooms with water pipes running overhead because their offices were being claimed for other things

that the administration deemed more important. Staff told me point blank that they were ordered not to talk to the press by higher ups and could face repercussions.

I listened to Zoom meetings where student workers testified for the importance of these programs and how unsure they were of how they would react if they did not exist in the same way.

Every time, their anxieties seemed to fall on deaf ears as the plans continued to move forward without care.

When I wasn't reporting I was listening to my friends, fellow students, talk about how they felt abandoned by HSU. I saw panic attacks and depression sweep over them like waves on the shore during a thunderstorm.

Even now when the topic comes up

the most common reactions are that of anger and confusion at why any of this seems to be happening while the entire education system is experiencing unprecedented difficulty.

Words cannot express the emotions that I saw and what reporting all of this did to me, or how hard it is for me to type this. For a while, I was angry at what I thought was apathy from others over what seemed like such an important story.

Eventually I realized that it wasn't that others didn't care what the administration was doing, it was the fact that no one had the energy to combat any of it. How could anyone try to fight back against this injustice when everything else was already so demanding? It seems to me that these large shifts of power and control occurred during a time when people were distracted by the world around them.

I wrote at the beginning of this that I never wanted to write again, and for a while that was true. Before the semester even ended I began to clock out mentally of classes and conversations. On one or two occasions, I came close to crying in Zoom classes due to absolute emotional exhaustion. I kept my head down, went to work and tried to bury these feelings, and just let it all go.

But I couldn't. I had to write this, partially as a form of catharsis but mostly to state my opinion on what I think are unjust actions.

I am taking this semester off to better myself and I plan on returning in the fall. When I do, I will write with everything that I have. HSU knocked me down, but I will not let it break me.



Graphic by Dakota Cox

OPINION

It's time to stop the taboo talk around therapy

by Elizabeth Hannah

Therapy changed my life

I remember the first time I went to therapy. I had just dropped out of a public high school my sophomore year and joined a charter school with only two days a week of face to face classes. I was 15, overwhelmed, depressed and confused - all things that come along with growing up. I told my parents I didn't know how to handle these feelings, how empty and lost I felt. So my dad connected me with a local therapist.

For a long time, I didn't tell people I was going to therapy because it felt shameful. Now as a 10-year therapy veteran, I can honestly say it was the best decision I have ever made.

You are not any less valid for wanting to better yourself, and therapy can help you do that. It isn't something that will happen overnight, but therapy can help you learn and exercise healthy coping mechanisms.

Being able to talk to someone I knew I could trust helped me process the feelings at hand. Being stuck in my own head was detrimental to my well-being because I couldn't always see both sides of the coin. When you talk to your therapist, they will offer you alternative perspectives that you may not have ever considered.

The most valuable thing I've learned is that I am allowed to feel sad, angry and happy. I can give myself permission to experience all of the emotions that come with life. With negative emotions, it's important to recognize them, accept them, but not let them consume you, challenge them. I have learned, and am still putting into practice, that concept.

The coping mechanisms that I find most useful when I'm not able to see my therapist are reaching out to people I trust, letting myself enjoy moments of

happiness, to be vulnerable and receive emotional support. Self-care is another important coping mechanism. Mine is drinking coffee and watching Gilmore Girls. It doesn't have to be extravagant. It can be as simple as letting yourself sleep in one day a week, taking a walk on the beach or writing down how you

feel, whatever brings you joy.

The Mental Health America Association has a long list of healthy coping mechanisms to adapt which I learned in therapy as well, including but not limited to, connecting with yourself, doing things you enjoy, and setting realistic goals for yourself.

Life is not one size fits all. Everyone struggles in life, everyone has a story and trauma unique to themselves. You are valid in your feelings, you deserve to be helped, you deserve to flourish. When I understood that reaching out for help can only benefit me, it changed my life.

I'm not cured, but I've learned to function with my mental illness, how to adapt in times of distress, and you deserve that too.



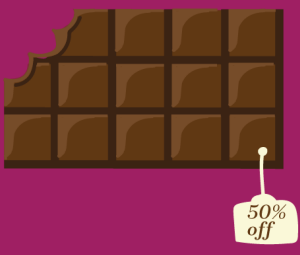
Photo by Elliott Portillo

Humboldt State's Counseling and Psychological Services (CAPS) can be found on the second floor of the Student Health Center.

Astrology may be fake, but so are your hopes and dreams




Here are some cutout horoscope Valentine's Day cards to give to a friend or special someone. Feel free to cut them out! We will not be offended if you destroy our paper (we know what they get used for)! Versions of these cards, with and without inclusion of zodiac signs, are available to download on our site at thelumberjack.org.



Dear Adored Aries...

I.O.U chocolate. It's going on sale tomorrow. No reason to waste money buying it on Valentine's Day.

To: _____
From: _____




Dear Loved Libra...

I'm sorry I can't join your zoom orgy. By no means should we have the real one you wanted, but it's just going to be disappointing online.

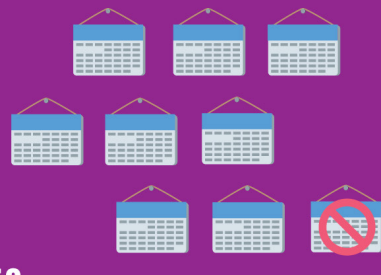
To: _____
From: _____




Dear Treasured Taurus...

Your Valentine's Day gift is mandatory social distancing. Now you can blame your Valentine's Day blues on that instead <3


To: _____
From: _____

DEAR STRENUOUS SCORPIO

I have to cancel all our plans today. The only 100% effective form of birth control is abstinence. It's Scorpio season in 9 months and we don't need more of you.

TO: _____
FROM: _____


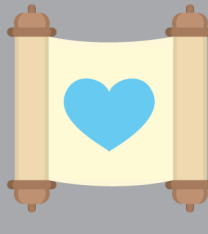


Our Apologies

To: _____
From: _____

Dear Esteemed Gemini



I must formally decline your request to join our polyamorous collective. We're full to capacity and you're at least 7 people at the same time.

Dear Sagittarius

This is a formal declaration of intent to unionize. Over 30 percent of all other signs are petitioning. Should we win our election we'll negotiate a contract with you that will make you be nice for once.



To: _____
From: _____

Dear Cancer...

It's your Doctor. All Chocolate that meets California's safety regulations has an extremely low lead content. I'm sorry to report you've tested positive for lead poisoning and we all know where it's from.



To: _____
From: _____

Dear Despised Capricorn...

I know you've always wanted to ruin Valentine's Day for other, happier people. Maybe you remind people that love is just chemicals. Or that Valentine's Day only exists to stimulate the economy. Do you like the alternative? Is this the world you wanted?


To: _____
From: _____

Dear Lovely Leo...

I'm sorry that you have to put your annual tradition of smoking alone on Valentine's Day on hold this year. I know it's technically socially distant, but you need those lungs in top shape.


To: _____
From: _____




Dear Appreciated Aquarius...

I know walking around target with your partner is the most romantic date idea you can think of but can we walk around target's online store instead?


To: _____
From: _____

Dear Virgo...

Get yourself a Geiger counter. You've got a situation on your hands.

To: _____
From: _____




DEAR BELOVED PISCES...

Be mine? And by "mine" I mean we need to get back to the uranium mine. Put on that hazmat suit and grab that gamma-ray spectrometer. We've got yellow cake to bake.

TO: _____
FROM: _____

