

# WATER TO ZURITE: A PERUVIAN PROJECT



Geology undergraduate student Nolan Marshall and environmental engineering student Alyssa Virgil survey the uplands of the Upper Ramuschaka Watershed above Zurite, Peru. | Photo courtesy of Jazmin Sandoval

Students and professors worked together to bring water from the peaks of the Andes Mountains in Peru to a small town below

by Gabe Kim

Zurite, Peru -- a tiny town nestled in between ginormous mountains in the heart of Peru. For many in this agriculture-based community, getting water on a regular basis had been a struggle due to constant landslides and other factors out of their control. Bonanza en Los Andes sought to fill that void.

A several-year-long project that wrapped up funding in December of 2020 involving students and professors from the College of Natural Resources and Sciences at HSU. The group was twenty members strong and helped plan, design, and build irrigation canals connecting the mountains to Zurite. The project wrapped up funding in December of 2020. One of these students, geology graduate student Wyeth Wunderlich, helped oversee the technical side of things.

“Our goal is to say ‘Okay -- this is an agrarian town that relies heavily on agriculture,’” Wunderlich said. “So how do we connect the water resource availability upstream basically up in this watershed with what the water resource demands are in the community?”

Wunderlich explained that around the world, water resources are incapacitated to an extent and there is not a lot

See Peru • PAGE 5

# Arcata’s fourth annual State of the City presentation

COVID-19, Equity Arcata, and Polytechnic Self-Study

by Poppy Cartledge

At this year’s State of the City Arcata, presenters reflected on the current state of Arcata and what the future of the city will look like after 2020’s year of challenges.

The presentation featured several representatives from the city of Arcata, Equity Arcata and Humboldt State University. Each presenter reflected on the outcomes that stemmed from the past year and what it meant for the community going forward.

“I’m going to share some perspectives that we learned in 2020,” said Karen Deemer, Arcata city manager.

Deemer highlighted the importance of the spirit that was seen throughout the community as the pandemic hit during March of last year. As businesses closed and some chose to stay open, the Arcata community made a concerted effort to buy locally.

As the pandemic was disrupting the norms of society and affecting businesses, it was also highlighting deeper societal problems within Arcata.

Christian Boyd, the racial equity intern for the city of Arcata, and Janaee Sykes, the student intern for the Office of Diversity, Equity and Inclusion on campus, represented Equity Arcata. They spoke about the importance of resources for BIPOC within the Arcata community.

“COVID-19 brought racial disparities seen throughout the nation to the

forefront of society,” Boyd said.

Sykes said from the death of George Floyd to racist videos on campus and then the racial tension that surrounded the election, many Arcata residents reported feeling uncomfortable within the community.

Equity Arcata was established in 2017 after community members met with student focus groups to hear out their issues and create solution-based strategies.

Sykes said that after the murder of David Josiah Lawson in April 2017, it amounted to a breaking point for the Arcata community and the county. The tragedy opened many eyes to the deep-rooted issues of racism and discriminatory acts against BIPOC in the community.

“Arcata Chamber of Commerce is committed to working with Equity Arcata and working to make Arcata a more prosperous and welcoming place for all the community,” Molly Steele, executive director of the Arcata Chamber of Commerce, said as Equity Arcata closed their portion of the event.

HSU President Tom Jackson and Jenn Capps, the provost and vice president of academic affairs at HSU, spoke about the current state of the university, as well as plans for the future, specifically on becoming a polytechnic school.

“We have been operating in emergency mode as a university,” Jackson said. “We are really trying to work on



Viewing Arcata from above on Feb. 9.

Photo by Poppy Cartledge

building infrastructure first then building for the future.”

This includes planning for the fall semester and what that looks like amid vaccination distribution. Jackson emphasized that although the collective notion is that everything should be okay in the fall, science and technology are telling us to remain cautious.

The university is trying to plan the best fall semester that it can, but it is very reliant on keeping the community and students safe.

As for what the university’s plans are for the long term, Capps presented the projected timeline of the polytechnic self-study that will be conducted

throughout this next year.

“A lot of what is a polytechnic is already HSU,” Capps said.

There are already two polytechnics that have been designated in the CSU system, but none that already exist in the Northern part of California. HSU would represent the region as a polytechnic through a collaborative approach with Humboldt County, the campus community, and the CSU Chancellor’s Office. Consultation of the Polytechnic Self-Study is expected to start at the beginning of March and continue throughout the summer. The expected due date for the completion of the self-study is Sept. 1.

|   |  |  |  |  |
|---|--|--|--|--|
| <div>Index</div> <div>Science.....3</div> <div>News.....4&amp;5</div> <div>L&amp;A.....6</div> <div>Opinion.....7</div> | <div>Vaccine Rundown</div> <div>pg 3</div> | <div>Mental Health</div> <div>pg 4</div> | <div>Animal Crossing</div> <div>pg 6</div> | <div>Black History</div> <div>pg 7</div> |
|---|--|--|--|--|



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# A quick rundown of a few COVID-19 vaccines

*There are many new COVID vaccines in development all over the world, but what do they do?*

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by Jen Kelly

## Pfizer–BioNTech and Moderna mRNA Vaccines:

Vaccines usually function by injecting a safe version of a virus into a patient’s body. Sometimes it’s a whole virus, parts of a virus, or a different virus that can still teach our immune system about the intended target virus. The vaccine essentially gives our immune cells a dummy to fight so they are prepared for the real thing.

mRNA vaccines are different. Cells in your body contain DNA, a code for creating the proteins we’re made of. They function as a set of instructions for building our bodies. mRNA, or messenger RNA, plays a critical role in the process of interpreting your body’s instructions for making proteins.

So, instead of injecting a virus, some COVID-19 vaccines inject pieces of mRNA. Using the dummy analogy, the injected mRNA are instructions for our cells to create their own dummies to learn from.

Those dummies take the form of specific proteins like the ones found on the surface of infectious agents. Our cells build the dummy proteins, recognize that the proteins should not be in our bodies, then send our immune system to fight the dummy proteins. This builds our immunity, but the process takes time.

The two COVID-19 vaccines currently approved for emergency use here in the United States are both mRNA vaccines. The dummy that the mRNA in the vaccine helps our body make is a harmless piece of a protein found in the spikes of the virus that cause COVID-19. The spikes are what give the virus access to our cells, so they are an effective and easy target.

This mRNA process has been the target of widespread misinformation. Though you may hear otherwise on social media, the mRNA does not alter your DNA, it only uses the process of creating proteins to construct the dummies for our bodies to fight. The mRNA is destroyed in the process.

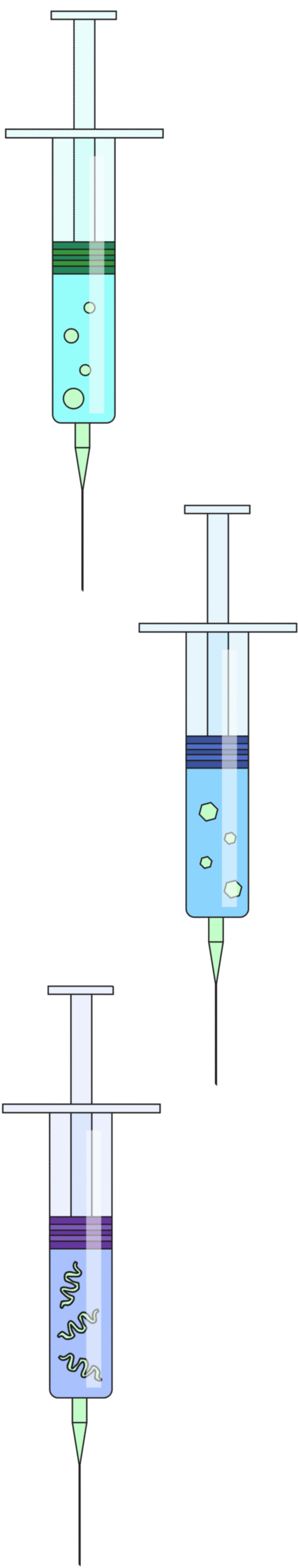


Illustration by Jen Kelly

## Vector Vaccines:

These vaccines use a harmless virus to deliver DNA to your cells. Once injected, it then works in a similar way to the mRNA vaccines. The DNA delivered by the harmless virus acts as instructions for your cells to create dummy proteins for your immune system to fight.

The harmless virus does not replicate itself. The DNA that it injects into your cells does not replicate or become a permanent part of you. Rather, it is destroyed when the immune system fights the dummy protein.

Though many of the mechanisms are like the mRNA vaccine, vector vaccines are easier to transport. The DNA is not as fragile as the mRNA.

No vector vaccines are approved in the United States as of publication, but there likely will be approved vector vaccines in the near future.

The Oxford–AstraZeneca vaccine is a vector vaccine that may see approval in the United States. Russia’s Sputnik V vaccine, China’s Convidicea vaccine, and Ad26.COVS.2, also known as the Johnson and Johnson vaccine, are all vector vaccines.

## Inactivated Virus COVID-19 Vaccines:

These three vaccines are not approved in the United States as of publication but are approved in other parts of the world. They function like conventional vaccines with a safe version of the virus injected and used as a dummy by the body’s immune system.

BBIBP–CorV was developed and approved in China. It has less storage and transportation requirements, making it easier to distribute. The developers claim it has a slightly lower effectiveness than the mRNA vaccines, but there is a lack of publicly available data and some conflicting numbers surrounding its use.

CoronaVac was developed in China as well. Though approved in some countries, it has a much lower effectiveness than either the BBIBP–CorV vaccine or the mRNA vaccines.

BBV152 was developed in India and is approved for monitored emergency use within the country. The effectiveness of the vaccine is not yet known.

*Editor’s note: This article contains information from the CDC, Advanced Drug Delivery Reviews, the BBC, The New York Times, Nature, and The Wall Street Journal about about some of the COVID-19 vaccines currently in use.*

# 5 of the best places to find the beloved banana slug

*Aka the most slimy places in Humboldt*

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by Elise Fero

Finding these fellas may seem easy, but when you want to find a ton of friends, there are specific places to go. This is your ticket to finding the most majestic creatures you’ve ever seen. This is your journey to find banana slugs.

1. Blackberry bushes are your number one place. These wonderful fruit bushes don’t just give a tasty treat to us, but to the slugs as well! These cuties love to hang out around the bushes and eat the berries, or just take a nap! Feel free to feed them blackberries if you hold them and they’ll become your best friend! There are many blackberry bushes on the trails behind the HSU campus, and the slugs are friendly to kind students.
2. Skunk Cabbage. I went on a random adventure and came across a large field of skunk cabbage. It was INFESTED with slugs! I spotted hundreds and hundreds. It was a sight to see, and I only wish Van Gogh had painted this scene. These slugs are vibrant creatures, but love to hide under leaves. Look around! You’ll begin to spot them easily.
3. Redwood tree nooks are one of their favorite spots. They love hiding in the forest in any nooks and crannies they can find. Often, if there are holes or burrows in trees, you’ll find them. Luckily, redwoods surround Humboldt County, so opportunities for finding one of these fellas are plentiful.
4. Redwood National Park, just an hour from campus, is an easy place to find banana slugs, but you have to look a little harder if it’s too cold. These creatures love to dance in the rain and slime over mushrooms, but get cold just like you or me!
5. Of course, your own backyard is one of the best places to find these munchers. They love to eat your garden vegetables, and who blames them? Your tomatoes and lettuce are delish! Remember to be kind if you are removing these creatures. They are simply living off the land!

# HSU prepares to test hundreds of returning students

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by Ian Vargas

Move-in day is Feb 19, and the Student Health Center is preparing to test the many students returning to campus after winter break. Due to the sharp rise of COVID-19 cases in California at the end of 2020, the school pushed back the date for students to return to their dorms.

Now, hundreds of students from all over are returning to HSU and the Student Health Center is getting ready to test all of them, particularly if the planned return to limited face-to-face classes begins in the fall semester.

According to HSU spokesperson Grant Scott-Goforth, the school has been testing constantly to keep an eye on campus COVID-19 cases.

“They have been administering a few hundred tests per week, but that’s expected to go up as students move back and face-to-face classes commence,” Scott-Goforth said. “The Health Center has conducted a total of 5,013 tests since they began testing.”

All this comes not long after a new strain of the virus, which is more contagious, was first reported in Humboldt County. While Humboldt had been lucky enough to have relatively low rates of positive cases, those numbers have steadily increased and pushed

the county into the highest restrictive COVID tier. This comes at a time when many still do not qualify for vaccines and those who do have difficulty getting them.

HSU is anticipating about 350 students which may increase the number of positive significantly. According to Scott-Goforth the positivity rate on campus is relatively low.

“The positivity rate is 1.3% among students, and has increased slightly since testing began,” Scott-Goforth said. “For comparison, the positivity rate for Humboldt County is 4.03% and statewide it’s 6.9%.”

Continued lockdown means the negative effects on students’ mental health are likely to continue as well. According to Student Health Operations Coordinator Elizabeth McCallion. The counseling office is maintaining several programs made to help students deal with stress and to socialize with other students on campus.

“We have two support groups that students moving back on campus would particularly benefit from,” McCallion said. “The first is Breaking Isolation, which is focused on finding support, connection, and understanding in this time of social distancing. The second is the living on-campus support group, which is a great group for build-



The Student Health Center on Feb. 9. Photo by Elliott Portillo

ing community with others living on campus.”

The links to both support groups can be found on the Counseling web page.

Despite the risks and challenges of living on campus during the pandemic, many students remain hopeful that the school will provide adequate safety precautions to keep them from getting sick or helping them if they do with quarantine rooms and medical care. HSU student America Hernandez thinks the school is doing a decent job at keeping students safe.

“I do think they are doing a good job,” Hernandez said. “Since they require COVID tests to move in and encourage self-evaluation of symptoms.”



# COVID-19 defines society’s future mental health

*The infamous legacy of COVID-19 will live on long past the day the mask comes off*

by Dakota Cox

Though it’s still far from over, the effects of the COVID-19 pandemic could last a lifetime.

All CSU campuses offer mental health services with a range of options available, included in the cost of student fees. Operations Coordinator and Staff Psychologist for HSU’s Counseling And Psychological Services program Dr. Elizabeth A. McCallion said their services are especially valuable now that students are facing additional stressors brought upon by the pandemic. Though in-person services are currently unavailable, CAPS is operating at full capacity, offering all of the regular services, virtually.

“Students come to counseling at CAPS for a range of reasons and I think it’s really important to recognize that,” McCallion said. “We are not just a support for students who are in a crisis situation, though we do provide that support as well.”

For students curious about the practice or grappling with issues of any size, CAPS provides an opportunity to uncover the answers to some of your questions. For those who decide it’s not for them, McCallion especially recommends placing emphasis on the prioritization of our emotional health.

“Getting good sleep, nutrition and physical exercise have been shown to have really positive benefits on our mental health,” McCallion said. “So, I think looking at our health behavior and our lifestyle choices can be really key to making sure that we’re taking care of our emotional health.”

Professor of Psychology Gregg Gold believes the effects of isolation will remain, to some capacity, with those who live through the pandemic.

“There will probably be some permanent mental health issues for those of us who spent a year and a half alone,” Gold said. “I don’t think you could say that’s not going to have some kind of effect on people.”

Gold said the pandemic lifestyle has generated more loneliness and frustration in his life as he battles with motivation and concentration droughts. The monotony of quarantine is largely to blame, Gold said, giving us nothing to look forward to with each day being the same as the last. The most significant factor influencing this is the deprivation of genuine, in-person human interaction.

“It’s a basic human need to be



Graphic by Dakota Cox

around other people, face to face,” Gold said. “We’ve evolved to crave the company of other humans because the more friends we have, the bigger our network, the more we can ask others to do things we can’t do for ourselves, the more likely we were in the very recent past to be able to survive and even today, [we’re] much more likely to be successful.”

Our time in isolation is not only damaging to our present well-being, according to Gold. Each day we spend contained inside the walls of our homes, interacting only with a familiar few and the algorithms of our social media accounts, we are being deprived of opportunities to explore new ideas.

“When you’re out in the real world, you actually run into people that might think differently than you do,” Gold said. “That tends to broaden your view.”

Though some are willing to place their own lives and those of others in immediate danger in order to go about life as usual, the majority of people are less inclined to make the sacrifice.

“If you can’t [socialize] safely it

means there’s underlying tension and fear and that takes the fun out of it,” Gold said. “It’s like trying to go out and party the night before you have a major midterm, how much fun are you really gonna have?”

While millions of people lost their homes, their loved ones, and their lives to COVID-19, it can put those who’ve been more fortunate in a position where they don’t feel comfortable feeling sorry for the lesser losses they’ve suffered in their own lives, Gold said. The reality, however, is that the individual struggles we face now will be significant in our entire lives.

“It’s easier for people to become depressed,” Gold said. “If you think about it, [depression] is the reaction you would expect, given the circumstances.”

The increase in depression among American citizens is evident by the increased rates of substance abuse and suicide since the pandemic began, Gold pointed out. These reactions also come from severe anxiety surrounding financial and health insecurity. According to Gold, the two are one in the same in this coun-

try, where our physical and mental well-being are treated as commodities.

Masters Student and Associate Professor of Sociology Travis Cunha began work on his thesis around the same time COVID-19 reached the United States and explored how different countries initially navigated the pandemic, specifically in regards to business practices. Given the high volume of jobs that have moved online and are planned to remain there, Cunha is concerned for smaller communities that rely upon only a few providers for a high volume of jobs, as he expects more outsourcing of labor than ever when the pandemic has finally passed.

Cunha is curious to see what will come of all the vacant buildings left over from businesses that were forced to leave. He fears outside sources will capitalize on the opportunities and feed off the people who are in need of relief. This is especially a problem in low-income communities of color.

“It was already like that even before the pandemic. These communities aren’t getting the resources other communities are,” Cunha said. “Since the pandemic, those things have just been made a lot worse.”

According to Cunha, the most shameless offenders are the loan companies by allowing opportunities for business owners to remain open, for families to keep their homes and for students to pursue their educations. With a contract guaranteeing significant profits, loan companies have nothing to lose and everything to gain.

“It’s not a coincidence that they’re opening places where communities have been hit the hardest,” Cunha said. “These communities need loans and grants and stuff to recover from this pandemic because they got no help during the pandemic, so I think it could be a recipe for disaster in that sense.”

Unlike the psychological trauma that will follow us out of the pandemic, the financial burden that will plague the post-pandemic society is entirely avoidable if we were to come together in solidarity, recognize the problem and create a solution.

“I would hope that after this is over, people wouldn’t dismiss the views of scientists as politically motivated when they tell them something they don’t want to hear,” Gold said. “But the incredible ability of people to completely deny reality even when it’s right in front of them is profound.”

## Updates on testing and vaccinations for COVID-19 at HSU

*A quick run down of current COVID health options*

by Gabe Kim

Coronavirus testing is available for all HSU students and employees in a matter of days. Here are some details on testing and vaccinations for students at HSU.

### Testing

Beginning this month, Humboldt State, in cooperation with HealthQuest, will be offering free coronavirus tests on campus for all HSU staff, faculty, and auxiliary employees. An HSU ID will be needed when it comes time to take the test but HealthQuest will only bill insurance directly, so there is no need to worry about paying up-front.

Students who are residing on campus will be tested when they move in and then again seven to 10 days later. These students will be contacted by Housing

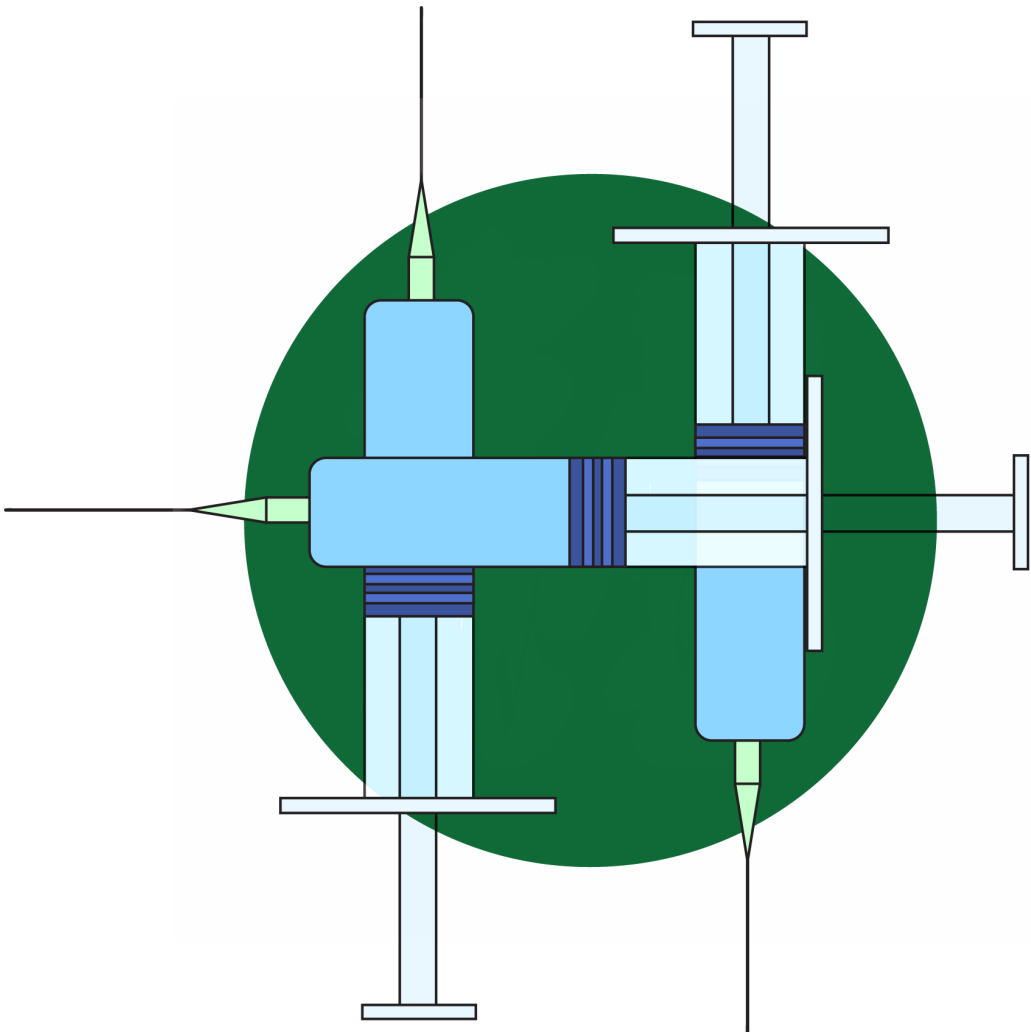
regarding arranging testing appointments.

Athletes will be frequently tested as mandated by NCAA and County Public Health protocols.

### Vaccinations

The University is currently working with County Public Health on plans to give out the vaccine to all HSU staff, faculty, and employees who would like to receive the vaccine when available. HSU aims to administer vaccinations to students when allowable based on state and county prioritization and vaccine availability.

Additionally, all Humboldt County residents who want to be given the COVID-19 vaccine are able to submit their contact information through an online interest form to be alerted when doses are available for their tier.



Graphic by Jen Kelly



# Newly assembled trans task force takes shape

## *Rising concerns from trans HSU students inspires creation of new organization*

by Matthew Taylor

With campus’s shift to almost pure online learning since the spring semester of 2020, new and concerning problems have arisen for the transgender population of HSU. “Deadnaming and misgendering, the acts of calling a transgender individual by their previous name or incorrect pronouns, respectively, have increased due to Canvas’s system default in displaying only the student’s legal name along with the difficult hoops it takes to change said displayed name.”

“Don’t feel gaslighted into thinking this is the best you get,” AM Hueber, member and HSU undergraduate, said for transgender students at HSU.

Canvas and Zoom class spaces, compared to in-person classes, often have a more painstaking process of correction towards the offender. These struggles join the decades-long “whisper culture” on campus regarding where safe spaces and faculty members for transgender students reside.

Inspired by HSU student and AS Board Member Roman Sotomayor, in a presentation he held the fall semester of last year, the task force began as a small group of impassioned students and professors alike driven to change the social climate and resource accessibility for their trans peers. Now under the formal name of the Transgender, Nonbinary, and Gender Non-Conforming Task Force, members have begun the steps in helping facilitate and provide for the goals of this already over 30 members strong organization.

Hueber hopes to see the many plans coming out of the group come into fruition along with the future of a strong physical space presence after the effects of the COVID-19 pandemic are over. They expressed that the university has a long road ahead if it hopes to regain its 2012 title of being “one of the most LGBT+ inclusive universities in California.”

Jenn Capps, Provost in Academic

Affairs, expressed how the group has already begun to host faculty training for many of the departments at HSU. Many members of faculty were willing and wanting to learn how to provide properly for their transgender student but often lacked the knowledge and know-how to do so. Other resources the group is currently working to provide include the possibility of legal name-change workshops, trans support hotlines, advocacy reach teams, and a database of trans literature accessible to all students.

“At HSU we aspire to be an open and welcoming space for our students. Specifically for transgender, nonbinary, and gender non-conforming students. You are important and this is important and near and dear to my heart,” Capps said with a nod of agreement from fellow member Elias Pence.

“You are not alone,” Pence said. “We are everywhere. We are students, we’re staff, and we are faculty.”



# Kinesiology department teaches students about at-home ergonomics

by Gabe Kim

Since the transition to a mainly virtual learning environment, people nationwide have felt the physical and mental tolls of it. Humboldt State students and faculty are no exceptions to this matter. A recent study by Dr. Whitney Ogle, a professor in the kinesiology department, found that HSU students were rating their mental health and physical wellbeings a three out of five or lower.

But Ogle has done more than that — she and her kinesiology students have been making a series of short videos that inform on different ergonomic practices centered around working at home. It all grew from Ogle’s desire to find an adequate physical working space to make it so her body would not be aching all the time.

Between switching out desk chairs and trying to work from different locations around her house, Ogle was doing everything she could to make her life more comfortable in a time where nobody could work in-person. But then it dawned on her — maybe she could turn her experiences into educational content.

“I knew that since everyone was going to working from home, everyone’s ergonomic workspace was going to be totally different and I didn’t know that there was anyone on campus who was



Photo courtesy of Whitney Ogle  
**Desk chair life hack! Take a towel, fold it in half, roll it, mold it into a C and sit on it! It'll help to hold your pelvis in place so you will end up having better posture for when you're sitting.**

able to actually evaluate people’s home life,” Ogle said. “So I thought ‘Gosh, like I have a little bit of this experience and I’m part of the biomechanics lab’ and so I was like ‘All right -- we could probably help out the university somehow with their understanding of the human body.’”

Ricardo Sanchez is one of the stu-

dents recruited by Dr. Ogle to help with this project. A first-year graduate student in the kinesiology program, he was tasked with coming up with a plan for executing such an endeavor.

“I was like ‘Everyone goes on social media. That’s one thing that people kind of have a hard time putting down so if anything wouldn’t that’d be pret-

ty cool to spread information through there,” Sanchez said. “It’s quick, it’s easy, and you can get a good amount of information in a little bit of time.”

Sanchez realized that creating informative videos to post on social media was the way to go. After presenting it to Ogle, he began working on the videos with other undergraduate kinesiology students like senior Lacey Bruhy-Jimenez, who most notably produced a video showcasing mini-resistance bands for your fingers.

“It helps to build up the muscles in your hands, because when you’re typing and stuff and when you’re constantly holding a pen or something, your muscles -- they stay in that same place all the time, so they’re not experiencing the other movements that they can do,” Bruhy-Jimenez said. “These things just kind of help with those muscles that aren’t being used all the time to help build them up so that way they don’t get weak and you can have them for longer.”

Ogle stressed the importance of stretching your mind and body beyond the confines of a work station.

“We need to get ourselves out of the positions that we’re typically in all the time, so if we’re at a computer we’re like kind of leaning forward all the time,” Ogle said. “So like thinking about how can we get out into this plane, how can we go into more extension anytime that we’re out at the desk.”

## PERU

FROM PAGE 1

of knowledge on how these hydrological systems operate. For him, this is where his wheelhouse comes into play but he did not want to be too aggressive.

“We don’t want to tell anyone what to do, but if we can develop good quantitative estimates of what happens when and where in the landscape water is coming from,” Wunderlich said. “Then hopefully it can help inform management decisions for Zurite and other communities like Zurite.”

Wunderlich would like to take what he learned from Bonanza en Los Andes to future endeavors.

“I hope to bring the same skill set that I’ve used here in the project with Zurite and the Ramuschaka watershed to our local water and groundwater-surface water systems here in Humboldt and the California coast,” Wunderlich said.

Jasper Oshun, a geology professor, was the principal investigator for this project. He emphasized the value of forming bonds across cultural boundaries.

“It’s important to foster these types of relationships between college and younger students in terms of providing the opportunity for students to travel in see the similarities and differences in different parts of the world,” Oshun said.

Staying on the same topic, Oshun appreciated the collision of different disciplines at HSU when it came to this project.

“These types of environmental issues -- issues of water, issues of water quality and quantity or land management -- they all require a diverse set of viewpoints in terms of the stakeholders involved in the differences of science,” Oshun said. “And people need to come together on the same page and there’s a lot of value in having different perspectives.”

As someone who wrote the grant for this project, Oshun is frustrated that there aren’t more opportunities for his students in the College of Natural Resources and Sciences to travel abroad.

“I think it’s not necessarily on the radar of students in CNRS that there is an opportunity for them to travel abroad,” Oshun said. “And that their skills are valued or their skills could be immediately applied in a way that could benefit a community.”



Photo by Wyeth Wuderlich  
**HSU graduate and undergraduate Bonanza en los Andes researchers watch a World Cup soccer match in which Peru is winning alongside their Peruvian host family, university student and expert collaborators in the town of Zurite.**

Nolan Marshall, a senior and a geology major, is grateful to have had the opportunity to participate in Bonanza en Los Andes and build character.

“Being so far from home and in a place where you scarcely can speak

the language can be uncomfortable at times,” Marshall said in an email interview. “When you add long days in the field at elevations around 15,000 feet, you might start to question if you made the right decision in coming.”



# Music of the moment: the penitentiary problem

*Kodak Black feeds his fans a new project from prison*

by Dakota Cox

Author’s note: This article was written before Black was pardoned by Donald Trump and released from prison for his most recent weapons charge. Black is still facing an outstanding sexual assault charge in South Carolina that could put him back in prison for as many as an additional 30 years.

Despite being incarcerated, serving a nearly five year prison sentence on multiple felony weapon charges, Kodak Black released his third album “Bill Israel” from behind bars.

Black was arrested less than a year after dropping his sophomore album “Dying to Live” on two separate charges of purchasing a firearm under false pretenses. Because of his extensive record, Black was denied bond and faces as many as 60 more years in prison.

Unlike other recent releases we’ve received from incarcerated artists like Rowdy Rebel’s verse on Pop Smoke’s “Make It Rain” or Black’s own performance on A\$AP Rocky’s “CALL DROPS” skit, “Bill Israel” was crafted with the same degree of polish as his previous two albums. While this results in an album that’s undoubtedly much easier to listen to than anything recorded over a jail phone, it means all the vocal tracks were created prior to Black’s most recent incarceration.

Considering the small window of time Black had to record music between bids behind bars, he delivers a surprisingly fresh performance on the new album. Rapping over a strong selection of instrumentals with a compelling variety of tones, Black proves his unique sound has a powerful presence on any modern beat you throw his way, even when he’s just repeating the same line over and over, like on “Feeling Myself Today.” Though the project bears some sonic resemblances to the albums and even some of the mixtapes that came before it, “Bill Israel” contains enough brand new material to justify the release, and having traces of previous projects on the album provides fans the extra incentive to return to his other bodies of work.

Concerning the content of “Bill Israel,” the majority of the subject matter continues to unfortunately revolve around the lifestyle that landed Black in prison. The song “Serene” hauntingly captures Black’s inner conflict, with him claiming to seek a more positive life on the hook, while he contradicts himself with the actions he describes in his verses. Assuming the majority of songs on this project were recorded after the release of “Dying to Live,” it seems foolish at this point to expect a change in his behavior the next time he’s released.

The limited content Black’s record label had to work with in the creation of “Bill Israel” results in an album restricted both in the overall length of the project and the growth in style and content that Black demonstrated between his first two albums. The slim track list ultimately works in Black’s favor, however, given the shallow range of subject matter. With just 11 songs, Black’s signature charisma is enough to keep listeners engaged and leave them wanting more once the final track has faded out.

# Animal Crossing New Horizons the quarantine game

*A check-up on the hype surrounding Animal Crossing then and now*

by Becca Laurenson

Animal Crossing New Horizons came out towards the beginning of quarantine in the \on March 20, 2020. It became instantly popular with students, but have they continued to play?

Ash McElroy, a creative writing major, enjoys the game and the aspect of creativity and freedom the game creates.

“I got Animal Crossing New Horizons literally the day it came out, I spent a solid month playing it,” McElroy said.

McElroy enjoys games such as Animal Crossing New Horizons where you get creative freedom. The game includes terraforming, design, and the ability to shape the overall look of an island itself while offering a bit of structure.

“I like there is structure even after you’ve finished the game, you still have more options to continue playing,” McElroy said.

The hype around the game centers on the relaxing and calming gameplay that students can use. Even now it’s still popular.

“I definitely think it is still very popular, there are whole communities for designs and how to decorate your island,” McElroy said. “But I do think the hype has gone down.”

Although not everyone who bought the game at first enjoyed it as much in the long run. Monica Vidaurre, an anthropology major at Humboldt State University, bought the game when it came out and it didn’t stick as much.

“I decided to download it because it was the hype at the time,” Vidaurre said. “I’m always looking for something

new to play and so I downloaded it and when I started playing it I thought it was really boring.”

Vidaurre tried all the activities in the game but it just wasn’t as fun as other games she had played, although she liked the design and overall “cuteness” of the game. Once she reached the ending of the game it wasn’t the hype she thought it would be.

“It really wasn’t for me, after playing it I regret having it,” Vidaurre said.

Chris Lee, a wildlife major, played previous titles in the franchise and bought New Horizons the day it came out. Lee has continued to play the game and enjoys its relaxing nature and creative freedom.

“I like how relaxing it is, it’s different from games, but it is more of something that I can escape into and work

on my island and customize things the way I want,” Lee said.

New Horizons has frequent updates which add more and bring people back to the game as well as adding aspects from the previous Animal Crossing games.

Part of the appeal of Animal Crossing New Horizons is the connection factor, it is a friendly game where one can visit other friends’ islands and communicate. Especially in a pandemic, being able to visit friends’ worlds without risk is another fun aspect.

“It still is popular but not to the extent when it first happened,” Lee said. “I think a lot of people saw it as something came out for us because of quarantine and we are all able to still connect and have some sort of social aspect.”



Screen shot by Becca Laurenson  
Becca Laurenson visits Chris Lee’s Animal Crossing New Horizons island on Feb. 11.

# The Weeknd shades Hollywood culture with his Super Bowl halftime performance

*HSU students weigh in with strong opinions*

by Brianne Beronilla

The Weeknd performed at the 2021 Super Bowl halftime show surrounded by dancers wearing bandages around their faces, a statement about what the artist sees as a toxic Hollywood culture.

Mara Johnson, a history major, said the halftime show is the only part of the Super Bowl she actually pays attention to, and the performance made her enjoy the overall game even more.

“I thought The Weeknd did a good job, and I especially liked how he did a medley of so many songs,” Johnson said. “He had a good stage presence and his music appeals to a wide audience, so I think he was a good choice.”

The halftime show was not the first time he has used bandages in a performance or publicized an unusual physical appearance. He posted a photo on Instagram in August 2020, posing for the MTV Video Music Awards with bruises all over his face.

In November 2020 he showed up to the American Music Awards wearing bandages covering his face, similar to his dancers at the halftime performance. It looked as if he was in recovery from having major plastic surgery.

On Jan. 5 he posted a picture on Instagram of his face, looking completely different, with defined cheekbones that

looked like the result of intense plastic surgery with no caption or comment.

Eibar Romero is an HSU critical race and gender major who thought the Weeknd’s strong message was effective.

“In terms of Hollywood culture and connecting it to plastic surgery, he did do a good job because Hollywood is like the center of plastic surgery where a lot of famous YouTubers, popular social media influencers and celebrities get procedures done,” Romero said.

However, Romero was not the biggest fan of the Super Bowl’s decision to have the Weeknd perform.

“Honestly I don’t think he was a good person to choose for a Super Bowl game; he’s not a very exciting artist,” Romero said.

At the Super Bowl, he came out alone performing his well known 2016 hit, “Starboy.” Later, he started singing “I Can’t Feel My Face” as he walked through a mirrored hallway. He was followed by a large group of dancers wearing white bandages that covered their entire faces.

Raul Barbosa, a forestry major, felt as though they could’ve chosen a better artist to perform at the halftime show.

“I thought the face bandages were weird and not too significant, but thinking back now it could have, but it just wasn’t clear enough for me to understand at the time,” Barbosa said.

Although there are mixed views on The Weeknd’s performance, his streams have increased 41% in the US since the Super Bowl, according to Billboard as of Feb 11.



Image courtesy of The Weeknd



# Black History Matters

*The celebration of black history should not be confined to a single month*

by Skylar Gaven

The importance of Black History Month just goes without saying. This month is dedicated to the many struggles, movements, and achievements Black figures have experienced that have gone on to shape our country to where it is now. I believe, however that rather than celebrating Black culture in America for a single month out of the year, it should be taken into consideration that Black history should be recognized year round.

Now, I'm not criticizing Black History Month for being the shortest month; February was actually chosen by Carter G. Woodson, known as the "Father of Black History" because of the significant birthdays of Frederick Douglas and Abraham Lincoln. I'm saying that Black history has decades of events and figures that can open the eyes of future generations and modern individuals that lead us to where this country is going or will go, if informed correctly.

Woodson pushed for Black history to be integrated into public schooling systems in hopes that Americans could learn about the many achievements and hardships of Black Americans in this country; as well as provided the opportunity for Black Americans to learn more about their past and to be proud of their heritage. At first, Black History was only recognized as a week-long remembrance after Woodson reached out to the general public in which he estab-



Graphics by Dakota Cox

til I took it upon myself to research and learn on my own time, and when I got into college. The same can be said for a number of people in this country. Some people even think that racism doesn't exist in America, and we all know that is just a blatant lie.

If schools are to talk about Black history, they need to get into the meat of that history. I understand that the gruesome history of our country may be a lot for younger children to handle, but we can at least introduce them early on with detailed descriptions of heroic Black figures and accomplishments; like writers, athletes, scientists, inventors,

Speaking of writers, a great feat in Black History was the power of the Black Press after the Civil War had ended. One of my favorite journalists is Ida B. Wells (1862-1931), who was also one of the founders of NAACP. Wells was a well known investigative journalist who covered the tens of thousands of lynchings that were happening in the south. Her book "The Red Record" (1895) went over the horrors happening to Black Americans around the country and the struggles they had faced in the south after the civil war. Wells was a writer, investigative journalist, editor, educator, and an early Civil Rights activist.

I'm sure most, if not all, know about Martin Luther King Jr. (1929-68). He was one of the leading forces in the Civil Rights movement in the 60's. The impacts he made through his speech and peaceful protests made a huge difference in our society. Take the Montgomery Bus Boycott, a protest in which activists alongside MLK boycotted public transport to take a stand on segregated seating Black Americans were facing on public buses. This boycott made a severe economic impact on the public transit system that ultimately led to the decision by the Supreme Court that segregated seating was unconstitutional in 1956. MLK also inspired many peaceful marches, protests, and sit-ins around the country, including the March on Washington during the Summer of 1963, where he held his famous "I Have A Dream" speech. Around 200,000 to 300,000 people joined MLK and later it became the driving factor of the Civil Rights Act of 1964.

Someone who had a different perspective than MLK's nonviolent approach was Malcolm X (1925-65). Malcolm X was also an incredible speaker and civil rights activist. X encouraged Black Americans to protect themselves when it comes to white aggression, especially when it comes to law enforcement. His powerful messages gave fellow Black Americans the courage to stand against racism and police brutality. Soon after his assassination in 1965, the Black Panther Party was formed by Huey Newton and Bobby Seale. One of the Black Panther Party leaders who made a phenomenal impact in the Chicago, IL community was deputy chairman, Fred Hampton (1948-69).

Hampton was a revolutionary socialist who established free breakfast programs for young children, organized rallies, and brought together rival gangs and organized parties to create a "Rainbow Coalition." Hampton was an extremely powerful leader and speaker; however, Hampton and the Black Panthers were deemed by FBI director J. Edgar Hoover at the time as "One of the greatest threats to the nation's internal security." Hampton was murdered, sleeping in his own home by the FBI in 1969 at the age of only 21. You can witness his story in the movie "Judas and the Black Messiah" that's streaming on HBO.

There are countless figures and numerous movements in our history that I

can mention, like Marsha P. Johnson (1945-92); an American gay liberation activist; or even what is happening right now with the BLM movements. But, since it would become an entire book if I did, I suggest you take it upon yourself to do more research, because this knowledge is essential to our history and how we view our country even to this day.

Just recently, I read in a CBS news article that in Northern Utah, parents dropped a request to a charter school wanting to opt out of Black history in the school's curriculum. Black history should never be an option to "opt out" of, our children need to understand the obstacles and struggles that Black Americans have and continue to face to this day. If we neglect our responsibility to teach the younger generations about Black history, we're creating an even bigger problem: raising sheltered and ignorant individuals around our country.

America has a deeply embedded dark past, we know this. This is why we can't selectively overlook it and claim to be the "greatest" country in the world. What we can do is continue to educate those who simply don't know. We need to show the accomplishments behind Civil Rights activists, The Black Panthers, BLM activists and more. We need to continue to call out racism, oppression, and discrimination when we see it. We need to recognize the achievements our Black figures have accomplished in order to show this country that Black and POC voices matter and have mattered. That is why instead of just making it a month, we need to push beyond the boundaries that have been set in our system and acknowledge Black and brown excellence, whenever and however we can.



lished, "Negro History Week" in 1926. The shift from a week to a month started to take hold during the coming decades before Woodson's death in the 1950's as a few cities in the country began to acknowledge this celebration. After the revolutionary movements in the 60's, in 1976 President Gerald Ford recognized that the month of February was dedicated to Black history. However, according to the Association for the Study of African American Life and History, founded by Woodson in 1915, "Woodson believed that Black history was too important to America and the world to be crammed into a limited time frame."

It is great to know that Black History is actually being celebrated, but as a country we cannot even begin to unpack all that history into a single short month. Black history should be taught in schools year round. All that I can remember about Black history from my middle school and high school history classes is learning about the Civil War, the Civil Rights movement, which yes, did go over a brief introduction to Jim Crow laws, but that was basically a week and half coverage of that history. I never developed a deep understanding of Black history from public education un-

musicians, historical attributors, etc. When schools start to talk more about American settlement, the Civil War, Civil Rights movements, etc. that is when students should be introduced to the deeper sides of our history. We cannot continue glorifying the Founding Fathers and other American historical figures who were actually terrible people. Who were slaveowners, abusers, and racists. Instead we should be learning about the heroic tales of Black historical figures; like Harriet Tubman (1822-1913) who not only freed hundreds of men, women, and children from slavery as a conductor for the Underground Railroad, but also became a spy and the first woman to lead combat expeditions for the Union Army when the Civil War started in 1861. Tubman later freed 700 more slaves in 1863 while she led 150 soldiers in the Union Army.

Talk about Frederick Douglass (1818-1885) who had been a slave for nearly 20 years then escaped and fought to end the practice of slavery. Douglass was a national leader in the Abolitionist movement in Massachusetts and New York. Douglass was firm on the equality of all races and genders. He was a renowned orator, activist, and writer.



OPINION

# The world was a better place the last time I took a bath

*Taking a bath should always be a last resort*

by Dakota Cox

Even as the world and our perception of it changes at an exceeding pace as we age into adulthood, there are certain constants in life that we can always rely on. For me, it's that taking a bath is a big mistake.

The fond, foggy memories of 3-year-old me sitting in the tub with a rubber ducky and a dozen other toys, paying no attention to hygiene and playing until the water grew cold are an unpleasant reality today. Now, what you get is a 22-year-old man-child sweating into a soapy Dakota flavored soup. Yuck!

The last time I took a bath, I was living in the studio apartment on my uncle's property that had been designed for my grandmother – without a shower. For four of the longest months of my life, I was oppressed by my circumstances to an archaic method of bathing, one only the greatest of my enemies should ever be forced to endure.

After spending the holiday back home with my mother, I returned to my studio to discover the greatest Christmas present I'd ever been given. While I was gone, my father had a showerhead installed above the tub and a curtain put around it for good measure. Since that day, over two years ago now, I'm proud to say that I am both metaphorically and literally clean.

In the time since I last took a bath, an incredible amount has changed in my life and in the world. While my personal experience has followed a roller coaster of highs and lows, it seems every time I turn on the TV, there's another tragedy on the news.

**7 months clean.**

In the summer after I graduat-

ed from community college, more than 46,000 fires were started in the Amazon Rainforest to clear land for crops and grazing. Deforestation has plagued the Amazon Rainforest since the 1970's, claiming tens of billions of trees so far, and what's projected to be 27% of the entire forest by 2030. The effects of the devastation to the forest is already having a measurable impact on the region with temperatures rising, causing more frequent floods and a longer dry season. With the world's largest forest disappearing before our eyes, to be replaced mostly by endless fields of cattle, producing methane at an increasing rate, our window of opportunity to combat global warming is closing more rapidly than ever.

**10 months clean.**

With the holiday season right around the corner, I became the victim of grand theft auto around the same time the first case of COVID-19 was recorded in Wuhan, China. Since then, as of Feb, more than 100,000,000 cases have been recorded and over 2,350,000 deaths have been linked to COVID-19. The initial feeble response of nations like the United States and their failure to correct the mistakes following the resulting massive outbreaks have caused this pandemic to grow much larger and last much longer than it ever should have with the modern advancements in science and technology we have available today. The late response and the fail to correct our mistakes has caused this pandemic to become much bigger and last much longer than it could have. Instead, we have placed all of our faith in a vac-

cine that's sure to be refused by a large enough stubborn portion of the population to keep us inside for at least another year.

**14 months clean.**

After spending 17 years legally single, my mother remarried less than a month after the world lost one of its foremost living idols when Kobe Bryant passed away in a tragic helicopter crash. Recent years have also seen several sudden deaths of rap artists, including rising superstars Juice WRLD, Pop Smoke and the controversial XXXTentacion, along with hip-hop legends Nipsey Hussle, Mac Miller, MF DOOM and too many others. Because of the internet, the state of celebrity culture today leads most of those with a considerable following to live their entire lives in the spotlight, thanks to social media. Having access to your favorite celebrities 24/7, as a fan, creates an artificial perception of a personal relationship that makes losing a star harder now than ever.


**17 months clean.**

While I sat home last summer, lamenting the loss of a childhood friendship that could have been avoided with a mature conversation, a police officer sworn to protect the lives of the citizens of this country, Derek Chauvin, stood with his knee on the neck of George Floyd for nearly nine minutes – long after he'd become unresponsive. This extremely public tragedy came only months after police mistakenly broke into Breonna Taylor's home, then opened fire, fatally wounding her. These police murders reignited the Black Lives Matter movement that was first conceived in 2013 when Trayvon Martin was fatally shot by neighborhood watchman George Zimmerman, who was acquitted for claims of self-defense. Trayvon Martin was far from the first black person to be killed at the hand of someone who's supposed to protect them, and this will unjustifiably continue until the people committing these heinous crimes are held accountable.

**25 months clean.**

Over two years have passed since I last took a bath. I am no longer the clueless child, sitting in a tub of Dakota soup, without an Associate's degree. Now, mere months away from receiving my Bachelor's in a field I stumbled into and fell in love with, there's finally something on TV resembling good news. Though Joe Biden is certainly no Bernie Sanders, the end of the Trump era is cause for a collective sigh of relief. Gone are the days of waking up to the president's latest outburst on Twitter. The appearance of professionalism will once again return to politics and we can go back to living in ignorant bliss of the deteriorating state of our country.

Here's to hoping the next time I take a bath, I can climb out of the tub into a better world than the one we have today.



# Ask Evergreen

## Moody Felines

*Dear Evergreen, My cat stares at me whenever I clean his litterbox. Why is this? Is he mad at me?*

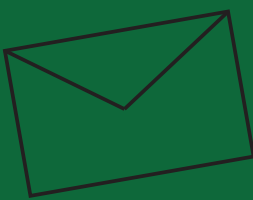
Cats are weird animals. This is an established fact among anyone who has ever seen one. Fortunately, this behavior does have several explanations! Rest assured, your cat doesn't hate you for cleaning up after him. He hates you for reasons he refuses to divulge to the press.

One of the most likely explanations is simple curiosity. Cats are inquisitive creatures, and they may not be sure what you're doing. The act of burying their waste is an instinctual behavior to hide their scent from predators, and seeing you dig up what they so carefully hid might confuse them. Somewhere in the world, a cat is writing to a cat advice column to ask why his human is carelessly revealing their presence to wolves.

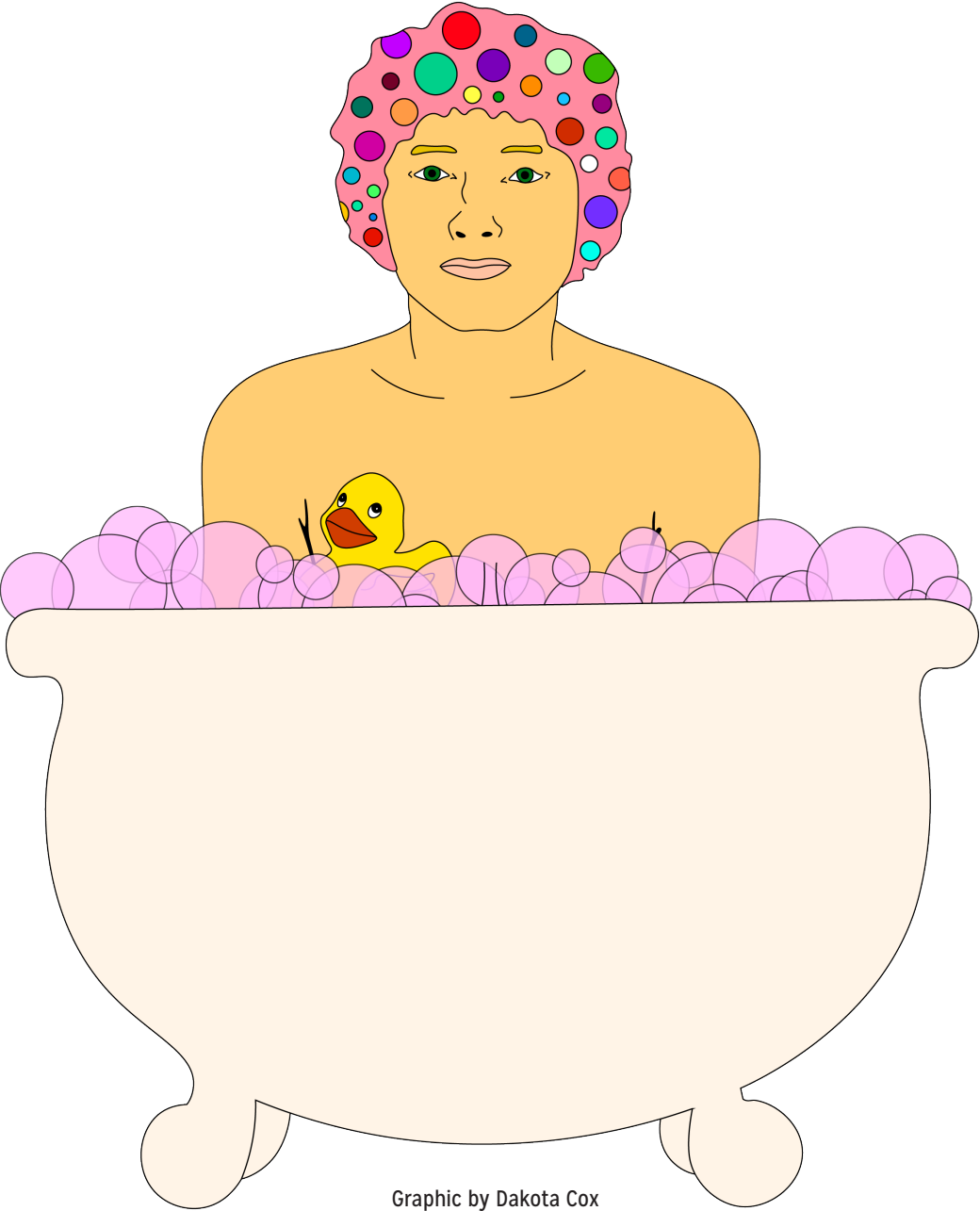
Cats also like to watch what their humans are doing, and even try to participate. We've all been at our computers and had a cat sprawl across the keyboard to see what the hype is about. This behavior is called mirroring. It's a sign that your cat wants to be included in whatever strange thing you're doing, and it's the cat's way of spending quality time with you. If your cat is sitting by you or even putting a paw in the litter, he's simply doing his best to help. It's not his fault he has no thumbs.

On the other hand, cats are territorial animals. They see your home as their home and everything in it as theirs. The litter box is the only place inside where they can relieve themselves. Seeing you clean it out, the cat wants to supervise you, essentially to ensure you clean it properly and that there will still be a litter box when you're done. However, territorial behavior can go a bit far. If your cat hisses at you or even attacks you when you clean up after them, this could mean that they feel insecure and unsafe. It's a good idea to get your cat a second box to use while you clean the first one outside, to give the cat a bit of security that there will always be a usable litter box.

So long as the cat has an adequately sized box and a sense of consistency, he shouldn't be angry at you for keeping it tidy. Odds are he appreciates it, as cats like to keep their space clean. Plus, he can only bury his waste so deep and appreciates you hiding his location from large predatory birds. Yes, human. Put the dirty litter in a bag to be taken far from this place. Our enemies shall not find us here.



*Send questions to:  
contactthejack@gmail.com*



Graphic by Dakota Cox