



Whether you were lighting candles upon your menorah last week or have continued to tick the days off your Advent calendar, there is little doubt that even with finals stress in the air, the feeling of festivity is also found. Students all around have been decking their halls with decor ever since the end of Thanksgiving. Some are already visiting family out of Humboldt while others have begun their own plans of doing the same.

HSU student Dane Malkus, an environmental studies major, has multiple trips of his own to look forward to this holiday season.

“I celebrate both Hanukkah and Christmas with my family and friends in Trinidad in the beautiful hills of Moonstone Heights,” Malkus said. “The holiday season in Humboldt is magical. You can feel it in the air, the energy is different. Even without snow.”

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HSU forestry hosts Christmas tree sale

by Sophia Escudero

After a year’s hiatus due to COVID-19, the HSU Society of American Forestry, which has recently merged with forestry club, has returned with their first fundraiser of the year in the form of a Christmas tree sale.

Among those running the fundraiser was forestry club member Cameron Tavis.

“We’ve got all different kinds and shapes and sizes of trees,” Tavis said. “We’ve got a lot of shorter trees, too, that would make good dorm room trees.”

Hanna Upton, president of the HSU Society of American Forestry, made a quick interjection.

“You also have to be careful, if you’re living in dorms on campus they do have Christmas tree requirements,” Upton added.

For any on-campus decor, Christmas trees must be fireproofed and registered as such with the dorms.

Upton credited the forestry club, logging sports team, and a community donor with making the fundraiser possible. Upton is hopeful that the community will turn out to support the club, and was sure to add that the trees come at a bargain compared to other places.

“We’re really lucky to have Green Diamond supporting us,” Upton said. “They essentially donated these trees to us and we sent out a group of our people to harvest.”

Notably, this year’s fundraiser involves a partnership with College of the Redwoods.

“They’re going to be working with us on the weekends,” Upton said. “They will be producing wreaths to sell as their own fundraiser and we’re hoping to have more collaboration in the future.”

The president of the logging sports team, Clinton Kafka, was also heavily involved in making this event possible, primarily being behind the scenes with paperwork, gathering community donations, and arranging transportation to the sale.

“A lot of the money’s going to go to transportation costs to get folks to different logging conferences and be able to network with other job opportunities,” Kafka said. “I know in the past we’ve had some job fairs, so some of the fundraiser could go to getting people to come to talk to us about their jobs.”

According to Upton, the fundraiser goal isn’t all work and no play. With the COVID-19 pandemic, many students feel isolated and have had little chance to connect with each other, and Upton hopes to at least change that for the members of her club.

Vaccines required for on campus events

by Liam Gwynn

HSU recently announced that all on-campus visitors and students must either have proof of vaccination or a recent negative test as of Dec. 1. HSU students are already required to be vaccinated or tested weekly, so showing a student ID is valid proof for any on-campus events. This change has more of an impact on visitors. Anyone over the age of 12 must show either a valid state-issued vaccine card or a negative COVID-19 test that was taken within the last 72 hours.

Visitors can show either a physical CDC vaccine card, official state vaccination records, or a printout from a doctor’s office stating the vaccination information legibly. Any photo or screenshot of a negative test that clearly shows the date and result of the test are also acceptable.

This vaccination policy has no effect on the current mask policy. Everyone must still follow mask policies in public spaces regardless of whether they are vaccinated or have an exemption. This mandate was made in order to “best protect the campus community” and is currently in full effect across campus.

Photo by Sophia Escudero | A group of HSU students discuss a tree before purchase on Thursday Dec. 2

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Campus discusses Poly-TEK transition

Students raise concern about the appropriation of indigenous knowledge in polytechnic transition

by Morgan Hancock

As the polytechnic transition proceeds, HSU community and campus members are discussing what roles indigenous knowledge will play in the school’s future. In a recent forum on the polytechnic transition, several students spoke about their concerns. At an open forum, HSU grad students point out that the polytechnic transition relies on indigenous knowledge and programs. Yet, indigenous programs will not see the same support as STEM programs in the transition.

HSU plans to stand out from other polytechnic universities. An emphasis on College of Arts, Humanities, and Social Sciences and TEK (Traditional Ecologic Knowledge) will set this school apart from others. On Nov. 8th Robin Wall Kimmerer, author of *Braiding Sweetgrass*, will be speaking about the ‘Poly-TEK’ transition with administrators and faculty panels. They will facilitate an open discussion on how HSU

will incorporate TEK into its future curriculums. Students are encouraged to register and share their thoughts.

According to the Humboldt State website for the event, “Indigenous knowledge aligns with HSU’s polytechnic vision because it is fundamentally interdisciplinary and applied. It’s also at the forefront of cutting-edge research interventions in the sciences and Western academic institutions.”

Graduate student Marlene Dusek spoke on behalf of a student group in the forum. Dusek is questioning whether or not the polytechnic emphasis on indigenous knowledge is appropriating in nature.

“Native American studies and TEK is mentioned more than sustainability in the prospectus. Where is the Native program state of the art remodel and buildings as a part of this plan?” Dusek asked during the forum.

After leaving the polytechnic fo-

rum with unanswered questions, the students spoke at a University Senate meeting. They noted that they did not feel they’d been treated with respect at the forum. The students did not feel they have been given an adequate platform to voice their concerns.

In their initial statement, the students listed demands that aimed to support indigenous programs in the polytechnic transition.

“TEK is a Native American Studies discipline,” the students’ letter read.. “The integration of TEK into the Western educational and scientific framework should not be further appropriative and extractive of traditional knowledges without Indigenous peoples leading the way.,” it said in the students’ document.



Photo by Sophia Escudero | A group of HSU students discuss a tree before purchase.

Trees

FROM PAGE 1

“We’ve really been wanting to introduce people to their peers and classmates and get to know them better, so we meet every other week on Fridays at Harbor Lanes to do a bowling night together and just have a good time,” Upton said. “So far it’s been really successful.”

So far, several HSU students have come by to pick up a tree. Childhood development major and customer Jada West had heard of the fundraiser initially from a roommate, and then from an email.

“It’s a good chance to support my fellow students while also being festive,” West said.

The fundraiser can be found in the Wildberries parking lot every day of the week from noon to 6 pm, until December 19th or while supplies last.



Photo by Sophia Escudero | Forestry club president Hanna Upton measures a tree for her customers.

As Omicron enters California, Humboldt County Public Health encourages booster

CDC expanded its recommendation for booster shots

by Kris Nagel

Following the first recorded case of the Omicron variant of COVID-19 in the United States, the Centers for Disease Control expanded its recommendation for additional vaccine doses for all adults 18 and older. The variant was first reported in South Africa where early data suggests increased transmissibility. In a press release last week, CDC director Rochelle Walensky encouraged everyone who remains unvaccinated to get vaccinated as soon as possible.

“The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19,” the statement said.

“With the Omicron variant confirmed in several states, including California, health officials are continuing to use testing and contact tracing to identify and limit its spread,” the Humboldt Health Alert said.

Local vaccine and testing clinics are available free of charge. To check the availability of vaccines, go to [vaccines.gov](https://www.vaccines.gov). Everyone 18 and older is encouraged by Humboldt County Public Health to complete their initial set of vaccinations and to receive an additional dose. Recipients should schedule their booster 6 months after their initial Pfizer or Moderna series or 2 months after their initial J&J vaccine.



Graphic by Joshua Kelly

Frequent testing for those who feel sick will help identify the Omicron variant as it spreads in the US. As of the Dec. 3 update from the Humboldt County Joint Information Center, there has not been a recorded case of the variant in the county. The update further recommended vaccination for those yet to be vaccinated.

Off campus bookstore still in limbo

by Matthew Taylor

The transition of the HSU bookstore near the UC Quad to its future residency at the Arcata Plaza continues to stay under development as finalizing paperwork still remains under negotiation. Unofficial date estimations for its grand reopening have continued to be pushed time and time again, leaving even the bookstore’s own staff unsure of when their own relocation will take place.

Grant Scott-Goforth, HSU’s Public Information Officer, told The Lumber-

jack that they hope to have more information for students regarding the Arcata’s campus bookstore as soon as it becomes publicly available. When also asked about how the university’s name change will affect the merchandise sold there he said that, once the name change is eventually finalized around January, that there will likely be a transitional period where merchandise will be available and sold in both the names will be sold. Unfortunately, the head manager of the bookstore could not be contacted at the time of this article.

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HOLIDAY

FROM PAGE 1

He was sure to add afterwards though that he still does try to visit the snow every year when possible, whether it be the more local Horse Mountain in Willow Creek or Mt. Bachelor in Oregon.

Malkus isn't the only student going out of the area for the holidays however. Gerardo Hernandez, a major in political science, talked about visiting family in his hometown of LA.

"My family is going to spend Christmas and New Year's together," Hernandez said. "Where every year we open our presents, eat tamales, and play this game called Loteria."

Hernandez explained that Loteria is a traditional game of chance, most similar to bingo, except with special illustrated card decks instead of the numbered balls found in the latter.

Elena German, an English teaching language arts major, is also planning on traveling out to see family for the holidays as well, specifically in Arizona.

"It's the side of the family I don't see a ton so I'm looking forward to it," German said. "They're Spanish so I'm looking forward to hearing them speak in their Castilian accents and eating culturally traditional foods."

German explained that while they originally come from Spain, much of their Christmas has become Americanized over time, with the exception of opening presents on Christmas Eve. Regarding her favorite part about the holiday season, she added:

"It is absolutely setting up presents under the tree for my younger siblings. It's the joy of it! Not so much the religious traditions if that makes sense."

German was far from the only one who celebrated the holiday season for non-religious based purposes either. For many others the holidays are less a religious observation and instead a tradition of coming together, sharing thankfulness, and practicing generosity.

"I celebrate both Yule and Christmas with my family," said journalism major Ash McElroy.

"I'm pagan and the rest of my family is agnostic, so we light a Yule log and do a ritual on the 22nd and do the whole Christmas shebang on the 25th," McElroy said.

Some students simply didn't or don't celebrate any particular holiday this time of the year. James Lara, an HSU student majoring in wildlife, said that he just looks forward to being outside for the winter break, taking a planned trip to relax for a week before the next semester starts.

Photo by Morgan Hancock | Top, Conner West (Conman Bolo) plays with Pablo Payaso at a house show. Below, Jesse Garate on the saxophone at Blondies Friday Dec. 3



HSU dance prepares for Showcase

by Alana Hackman

Dance students and faculty eagerly await first live performance since the pandemic

Humboldt State University's School of Dance, Music, and Theatre begin their final preparations for their fall 2021 Evening of Dance and Choreography Showcase. The event takes place on Dec. 10. in the Van Duzer Theatre at 7:00 pm.

The two events in the program will include a choreographer showcase where student choreographers are given the opportunity to showcase their choreography in front of a live audience. The second part of the program will be the "Evening of Dance" performances. Performances will include students who wish to participate from the many different dance classes offered on campus including modern one, modern two, Middle Eastern dance, Mexican Folklorico, and Azteca. Linda Maxwell, the dance program leader, is eager for the dancers to be back in front of a live audience as the 2020 showcases were virtual due to the pandemic. Maxwell also mentioned how the dance programs numbers declined when classes transitioned online due to COVID-19 precautions.

"Nobody wanted to try to dance in their four by five foot dorm room space or at home with people watching," Maxwell said. "It just doesn't work."

The showcase held auditions on Sep. 24 and choreographers cast their performers the same day. Maxwell and dance lecturer Carrie Walpole both mentioned a high turnout at this year's auditions, more than they expected.

"It just goes to show how many people are really missing live performance and are dedicated to doing it," Walpole said

Senior child development major Jess Vonada has been choreographing their dance for the showcase since early September in their choreography two class. Vonada's piece is titled "Raqs Assya."

"Raqs Assya translates to stick dance or dance of the stick, it is an Egyptian Saidi-style cane dance," Vonada said. "The overarching theme of my dance is about women being confident, enjoying themselves and women dancing with each other for sake of dancing. It is a super fun, sassy, and energetic dance."

This is Vonada's first year choreographing for the showcase and they have attributed much of their success to the help of Walpole in finding their creative voice and being their support system.



HSU Dance performers pose for a group photo. Taken Spring 2019 provided by Linda Maxwell.

"This is my first time choreographing a dance for a group that I am not a part of, my comfort zone is with solo improv so this was a great experience to challenge myself as a dancer and as a choreographer," said Vonada.

Senior dance and kinesiology major Calvin Tjosaas will also be showcasing his dance, "Années folles." Tjosaas was preparing for the spring 2020 showcase when the event was abruptly canceled due to COVID and is eager to get back to the stage.

"It was devastating to see the culmination of many months of hard work ripped away in an instant," Tjosaas said. "There was a real lack of closure and that tension has been building up ever since, I think everyone involved in this production is eager to let off steam and have that cathartic experience which is what makes this performance so special."

Tjosaas used his experience as a dancer in the pandemic as a building block for his choreography. Tjosaas mentions letting loose this semester in his choreography and connecting with his inner child to make his dance light and fun.

"I took a very different approach with my choreography this semester and veered away from my typical movement style and thematic choices, the pandemic definitely took a toll on my personal relationship with dance so I wanted to rediscover the joys of movement, community, and collaboration through this piece," Tjosaas said.

The choreography showcase will include five other dance performances choreographed by students alongside Vonada's and Tjosaas'. Rehearsals be-

gan weekly the week after auditions and are continuing until showcase night.

Entry to the event on Dec. 10 will be free to all ages. Community members must have proof of vaccination or a negative covid test within 72 hours prior to the event. Humboldt State students must show an ID card as well and a mask will be required for all audience members.

Wrap sustainably

by Cheyenne Wise

Goodbye paper, hello stone

Ripping open presents during the holiday season can be one of the most fun parts. But after the magic of gift-giving and opening, what happens next? There's just a pile of wrapping paper waiting to be thrown away. Wrapping paper is nothing but micro-plastics, and the glitter on them pollutes oceans and is ingested by animals.

Fibers found in cheaper wrapping paper are not strong enough to recycle; wrapping paper is often dyed and laminated and may contain non-paper additives like gold and silver coloring, glitter, and plastics.

An alternative to traditional wrapping paper is stone paper. Stone paper is a completely non-toxic, biodegradable alternative to paper. Some brands even have biodegradable glitter and foils on their paper. The stone paper consists of mostly calcium carbonate, which is found in rocks and is completely paper-free. A bonus to the fact that it's a green alternative is that they are water-resistant, and they are pretty hard to tear into but glide like butter when cutting the paper.

Stone Wrap Treeless Paper is a brand that has created its version of stone paper and "is made from 75% limestone and 25% polyethylene...A vinyl feel with a luxurious matte finish, and it cuts and wraps beautifully with no jagged edges like regular paper. It's also waterproof so that packages won't get ruined from snow or rain."

Stone paper also has low carbon emissions, and it requires no acid, base, or bleach during production, and water isn't needed to produce it. The paper will degrade safely, without the exhaustion of harmful gases, and be completely gone in nine to 12 months if left in nature. It can also be quickly burned without the release of toxic gases.

Another brand, Chicago-based chain Paper Source, introduced a recyclable wrapping paper made out of crushed marble and limestone that uses less water to produce than regular paper and has stone wrapping paper available throughout the year. "Our customer is more aware of sustainability and their carbon footprint," said Patrick Priore, chief marketing officer for Paper Source. "We would be foolish not to go in that area."

More music at Blondies

by Morgan Hancock

Conman Bolo played a lively show at Blondies alongside Javie Bahama and Famous in Russia this past Friday. Javie Bahama brought some surf indie sounds from Palm Springs. After a ten-hour drive, they still were able to get the room up and moving. Blondies' Friday night finished with Famous in Russia, a psychedelic garage band local to Humboldt. The show opened up with the sweet sound of yacht rock thanks to Conman Bolo. The band's set featured the debut of "King Spliff," a new single to be dropped on Saturday, Dec. 11. King Spliff is off Conman Bolo's album "In The Money". Conner West of Conman Bolo explained why listeners might want to check it out.

"It's got horns sections, vocal harmonies, old 70s phase keyboards, and I hope people like it," West said. "Why should people listen to it? Because no one's really making music like it right now. It's unique, it's off the beaten path. It's still familiar and reminiscent."

The music scene is doing well thanks to the supportive community. One community radio station is doing its part to uplift the local arts. Humboldt Hot Air is a community-based radio station that is supporting local artists and community voices. After the loss of KSHU-FM, Playhouse Arts and ra-

dio producers saw the opportunity to support the community. Their goal is to reinstate, foster, and develop lost connections between the arts and the Arcata community.

"Focusing on the arts, racial equity, and social justice, we generate content for and by an under-served, rural population whose opportunities are limited by our geographical and socioeconomic constraints," according to the station's website.

The programs reflect our eclectic little community. Tales From the Spliff Bunker with Ryan is a Punk and Psychedelic segment. Vinyl Exams with DJ Red takes place Fridays 10-11 pm. Clean The Garage "Bad music for bad people", is a segment DJ from Jazzy John. It is a garage rock, proto-punk, and noise review. John Powell who hosts the segment gave some words on the role that Humboldt Hot Air plays in the community.

"Humboldt Hot Air is bringing together the local music community by hosting a wide range of genre-varied programming," Powell said. "There is something for everyone. We promote local and touring shows around town and frequently do ticket give-aways."

If you're looking to get into the local scene, Humboldt Hot Air is a great place to start.

Singing in the trees at HSU

HSU wildlife professors define what a songbird truly is

by Ian Vargas

If there is anything you associate with nature and the outdoors, it’s likely the singing of birds. It may currently be winter, but as soon as the weather turns warm the air will again be full of the songs and calls of the thousands of different species of songbirds that nest

in the roofs and trees all around campus. What is it precisely that defines a songbird, and how does living so close to us affect them? Naturally, the thing that makes a songbird is the complex nature of their songs. Songs in this case are distinct from calls. Songs are made when a bird is seeking a mate, and calls are general vocalizations that are used for any kind of communication. According to HSU wildlife professor Mark Colwell the thing that makes these birds capable of their songs lies in their physiology. “The songbirds are a subgroup of birds that are referred to as perching birds and the structure of their feet with three toes forward and one back,” Colwell said. “The perching birds are the most abundant of the almost eleven thousand species of birds worldwide, and the subset songbirds are those that have a specific structure to a vocal apparatus that lies where the trachea bifurcates to form the two paired bronchi. You have the same thing, but your larynx allowing you and me to talk has an equivalent organ called the syrinx and that structure allows birds to sing.”

HSU in particular, being right next to a large natural area, has a particularly good position for birds to find their home on our campus. Most of those birds will be songbirds, and you can find their nests in the roofing tiles and trees that are everywhere on and around the university. While they may be close by, according to HSU wildlife professor Frank Fogerty III, there isn’t a clear number on how many of them are around. “There isn’t any detailed monitoring of nesting birds on campus, as that generally is a very time consuming process for data collection and is only done for target species of research projects,” Fogerty said. “Most of the birds nesting on campus are probably songbirds, although there might be a few raptors like red-shouldered and Cooper’s hawks. The most common nesting songbirds are probably things like American Robin, House Finch, Black Phoebe, and Stellar’s Jay. Also lots of Anna’s Hummingbirds.” Naturally, as with most wildlife, songbirds are under threat from human activity. Increased deforestation

and land use destroys the habitat that they need to survive on and living in an urban environment with humans poses a variety of risks to their health and survival. Pesticides poison the insects that the birds feed upon while windows create a confusing hazard that many birds die from by flying directly into them. One particular large threat to bird populations is the prevalence of cats who are either feral and have no home or are allowed to wander freely by their owners. According to the study “The impact of free ranging domestic cats on wildlife in the United states,” published in Nature Communications in 2013, cats pose an immense threat, not just to songbirds, but to essentially all wildlife. “Domestic Cats are predators that humans have introduced globally and have been listed among the 100 worst non-native invasive species in the world,” the report says. “Free ranging cats on islands have caused or contributed to 33 (14%) of the modern bird, reptile, and mammal extinctions recorded by the International Union for Conservation of Nature Red List.”

Amanita muscaria

by Danielle Hendrickson

Hidden behind Amanita muscaria’s striking exterior lies a world full of hallucinogenic folklore and mystery. This iconic mushroom is often seen in fairy-tale books. Environmental Science & Management lecturer Jack Murphy has done extensive research on all things fungi. Amanita Muscaria grows plentiful in the Humboldt area thanks to the amount of precipitation and mass amounts of trees for them to grow under. When looking at a mushroom, you are seeing its reproductive structure. The vegetative part of the fungus you can’t see is underground or on a piece of wood from which it’s getting nutrients from. This invisible underground network of cells is called mycelium. “Amanita muscaria, like all members of its genus, gets their nutrients through a mutualistic relationship with a plant,” Murphy said. “They’re cutting a deal with the plant that goes like this: You’ve got sugars from photosynthesis. What I’ve got as a mushroom is I’m really good at absorbing nitrates and phosphates from the soil. I’ll give you those and some water when it’s a bit dry out, in return for the sugary stuff you have in your roots.” These mushrooms tend to grow under their host trees like pines, Douglas firs, or Sitka spruces. However, they are never found under redwoods. Murphy suggests driving by Sue-Meg State Park to catch them scattered along the side of the highway. They are connected to the Sitka spruces along both sides of the road. The Journal of Ethnopharmacology

states that Amanita muscaria has been used to catch flies since as early as the 13th century. To limit pathogens transferred to livestock and humans, people would place Amanita muscaria around their house to trap unsuspecting flies. The mushrooms do not kill the flies, but instead make them drowsy, which is where it’s nickname fly agaric comes from. Murphy is unsure if local Amanita muscaria is psychoactive due to never trying them himself, nor knowing anyone who has. Yet there have been reports of them being psychoactive in parts of Scandinavia, Russia, Alaska and Canada. For centuries they have been used in shamanistic and spiritual practices. The tall tales and myths associated with Amanita muscaria range drastically. Many of these stories have been told for centuries, but no one is completely sure about the validity of them. “The word berserk supposedly derives from this tribe of vikings who would eat a bunch of Amanita muscaria before going into battle and it would make them go berserk,” Murphy said. “Then there are reports of shamanistic uses where people go to remote places, eat a bunch of them and have hallucinations.” According to medical journal Pharmacina, Amanita muscaria has two main psychoactive constituents, ibotenic and muscimol. They aid in increasing serotonin, but the muscimol keeps the serotonin concentration increased in midbrain and hypothalamus. Amanita muscaria’s effects differ and can be very poisonous. The Lumberjack is not encouraging those to try them, but instead be informed about their properties.



Graphic by Poppy Cartledge

Fast Fashion: Environmental Detriments & Sustainable Alternatives

Fast fashion is a clothing production model that focuses on maximizing profit by using cheap materials and labor along with minimal design ingenuity. It encourages a shorter closet lifespan for new clothing and accelerates the wear to waste cycle.

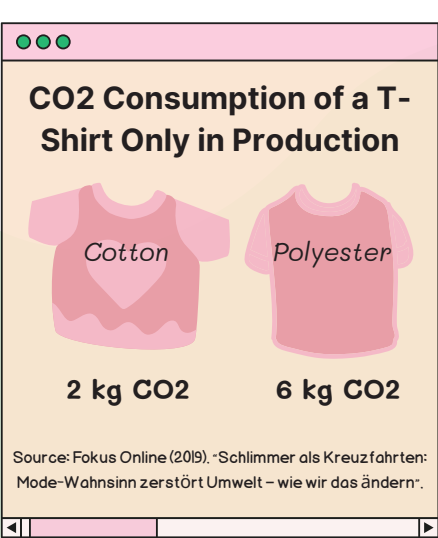
PURPOSES

- Provides **instant gratification** and/or retail therapy
- Convenient & Affordable**
- Constantly creates & emulates **trends**
- Promoted** by social media influencers
- Mass produce** new collections quicker than traditional fashion's quarterly/annual cycles

WHO BENEFITS

- Fast fashion companies** (H&M, FashionNova, Shein, Zara, Urban Outfitters, Forever 21, Aliexpress, Tobi, Dolls Kill)
- Consumers** unable to afford high-end fashion/luxury brands
- Influencers/Retailers** profiting off of short-lived trends

Environmental harms range from resource allocation and production to decomposition. **Cotton**, a sustainable material, takes large amounts of water and pesticides to produce. **Synthetic fabric dyes** leads to untreated dye waste being released into water systems, causing a build up of heavy metals and toxins. Washing machines increases synthetic fabric **microplastic production** released to marine ecosystems. Some **alternative fabrics** derived from cellulose fibers, marketed as sustainable, take harmful chemicals to produce and creates more greenhouses gases than cotton. Annually, 3.8 billion pounds of clothing are dumped at **clothing landfills** to decompose, synthetic clothing decomposition being a significant methane contributor.



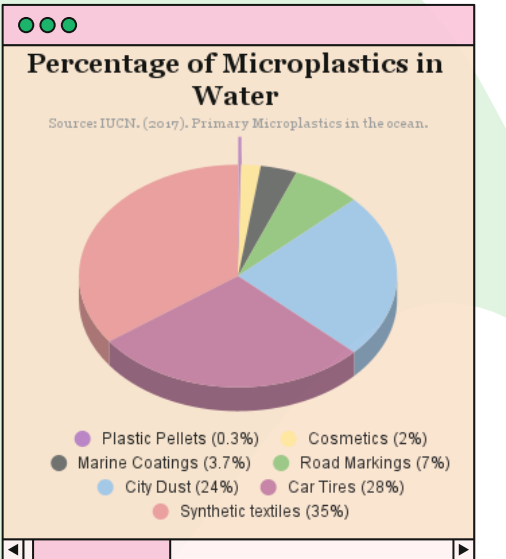
SURROUNDING POLITICS
Outsourcing production is a commonly used tactic to avoid labor exploitation and environmental regulation policy. **Labor exploitation** has led to reduced enforcement of safety protocols, poor working conditions and unfair wages. **Increasing import tariffs** for textiles has been one way to discourage this practice, but fast fashion has no international regulation so it is primarily up to the consumer to investigate and avoid companies using this model of production.

SUSTAINABLE ALTERNATIVES

- Sustainable brands:** Levi's, CHNGE, Patagonia, Pact, Quince, Girlfriend Collective, Tunnel Vision
- Microplastic filter washing machine attachment
- Cultivating a **personal style**, choosing longevity over following trends
- Renting clothing** on special occasions
- Repairing damaged clothing
- Shopping at thrift stores/**second hand**
- Clothing swaps** with friends

WHAT TO LOOK OUT FOR

When searching for better clothing shopping options, some things to consider are: the **fairness of production**, **recycling of materials** like fabrics or water, **sustainable packaging**, and **efficient transportation** of clothing. Some companies manipulate their consumer base with sustainable marketing tactics, a practice called "**greenwashing**", however, many are transparent about ethical sourcing and labor practices. Brands can feign awareness of their impact, so when searching their "**About**" pages, be on the lookout for **specifics of sourcing and recycling efforts**, rather than blanket statements of environmental consciousness.



Infographic by Leila Amrani and Lindsey Graul

Women’s Basketball

Lumberjacks kick off CCAA slate with two victories

by Elliott Portillo

Julia Iman earned CCAA player-of-the-week honors for her performance this weekend, as the Lumberjacks opened up conference play with two convincing victories over San Francisco State and Cal State Monterey Bay at Lumberjack Arena.

For head coach Michelle Bento-Jackson, this weekend was all about taking care of business at home.

“Our job this weekend was to take care of home court and the girls did a phenomenal job of doing just that,” Bento-Jackson said. “Starting conference play and coming away with two wins is huge for us. Hopefully we can build off the confidence from these two games.”

The ‘Jacks started things off strong on Thursday, riding a strong fourth quarter and a stout defensive effort that held the visiting Gators to 32% shooting to pull away late with a 58-56 win.

Iman led the way with 21 points, followed by Madison Parry who dumped in another 18.

Iman followed up her performance on Thursday with an even better one on Saturday, as she recorded a double double with 24 points and 11 rebounds, as the team defeated the Otters of Cal State Monterey Bay 65-59.

For her efforts, she was honored

with the conference’s player of the week accolade.

After the game on Saturday, coach Bento-Jackson praised the performance of the team offensively, as well as their response to different in-game scenarios.

“I thought it was one of our better offensive nights,” the coach said. “We’ve had so many different situations in our first six games this year, which has really been great for us as a new team and a young team. We’ve had end of the game situations in a lot of different ways, which has been great because we’re having these situations early in the season where we can learn from them.”

Iman also praised her team’s performance, and acknowledged that the team’s selflessness allowed her to get easy opportunities.

“We’ve been working a lot on transition [offense], so I was really focused on just pushing the ball,” Iman said. “I felt like they [my team] found me a lot, so I really got to give credit to my team on that.”

The win on Saturday was the team’s third in-a-row and brings the team to a .500 record. More importantly, it gives the team good momentum as they head into the rest of their CCAA slate.



Photo by Elliott Portillo | Humboldt State’s Julia Iman drives to the basket against San Francisco State at Lumberjack Arena on Thursday, Dec. 2.

Iman credits this momentum to the team’s and her commitment to upping the intensity of the game and finding a good rhythm.

“I just feel like I’ve found my rhythm,” Iman said. “In preseason I wasn’t looking to push as hard, and I think that change has just opened up my game a lot.”

The Lumberjacks (3-3, 2-0 CCAA)

travel south to face Stanislaus State on Saturday, Dec. 11. After that, they will travel to Chico on Saturday, Dec. 18 to face the rival Wildcats. The team rounds out the calendar year with a road game against Sonoma State on Monday, Dec. 20 before ringing in the new year with a home match, also against Sonoma State, on Sunday, Jan. 2, 2022 at Lumberjack Arena.

Men’s Basketball

Lumberjacks start CCAA play with two OT losses

by Elliott Portillo

The Lumberjacks refuse to play a straightforward game.

For the fourth and fifth times in this seven-game old season, this squad played a down-to-the-wire game decided by only four points or less.

Unfortunately for Coach Tae Norwood and his team, two close contests did not fall in their favor, as the ‘Jacks dropped two straight overtime heartbreakers this past weekend to San Francisco State and Cal State Monterey Bay at home to start the CCAA season 0-2.

After Saturday’s loss to the visiting Otters of Monterey Bay, Coach Norwood outlined what his squad needs to improve.

“I thought we did a great job of battling back and getting back in the game,” Norwood said. “We didn’t get going until the second half, at about the 10 minute mark. It was sluggish. We missed some wide open shots. We had opportunities to score, we just didn’t knock those down. That happens from night to night. That’s part of the game.”

Indeed, the ‘Jacks had multiple opportunities to take the game after battling back from a 12 point deficit at the half after being down by as much as 18.



Photo by Elliott Portillo | Will Johnson drives to the basket against San Francisco State University at Lumberjack Arena on Thursday, Dec. 2.

The squad went on a feverish 13-0 run in the final three and a half minutes of regulation to tie things up 66-66. Bryce Mitchell was fouled with one second remaining in regulation and had a chance to win the game, but went 1-2 from the free throw line to send the game into overtime.

Free throws proved to be one of the major game breakers for the ‘Jacks, as the team was only 56% from the line.

In the overtime period, HSU took an early lead behind a Will Johnson jumper, but a handful of empty possessions allowed Monterey to score five unanswered points with 90 seconds remaining. The Otters forced a turnover with under ten seconds left to survive, 77-74.

The loss comes fresh off the heels of Thursday’s overtime thriller against San Francisco State, where the team failed to respond in the final minutes,

giving up four unanswered points in the final 30 seconds to lose 84-80.

“We’ve got to do a better job of closing these games out,” Norwood said. “That one hurts.”

Jaden Edwards led the way again, securing his third and fourth double-doubles of the season.

The coach said that the plan now is to shake these losses off, learn, and prepare for their next game.

“We’ll regroup and we’ll learn from this, how to put together two halves of basketball,” the coach said. “We plan on being successful and playing at the top of our league. We’ll get ready for Simpson. We’ll plan and game plan for them and we’ll go out there and try to execute what we do from an offensive and defensive philosophy and let the results speak for themselves.”

The Lumberjacks (5-2, 0-2 CCAA) finish off their homestand with a non-conference game against Simpson University on Thursday, Dec. 9. It will be their last home game in this calendar year. After that, they will travel to Stanislaus State on Saturday, Dec. 11 and Chico State on Saturday, Dec. 18. The team’s next home game will be after the new year, when the ‘Jacks host Sonoma State at Lumberjack Arena on Sunday, Jan. 2, 2022.

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OPINION

Bad timing

by Sophia Escudero

The last musical to take place at HSU was the Fall 2019 production of *Heathers*. After this long hiatus, I was pleasantly surprised to receive an email informing me of auditions in Gist Hall on Monday, December 6. I was less pleasantly surprised to receive a second email informing me of an active shooter drill for campus police in Gist Hall on Monday, December 6. A quick conversation with the musical’s music director confirmed my suspicion that the administration had not informed the theatre program of the double-booking, and it was assumed we would make the best of it.

I arrived 30 minutes early for my audition time. It was raining, so despite the signs reading “Active Shooter Drill in Progress,” and “Do Not Enter,” I walked into Gist Hall. The stage manager stopped me, informing me that the hall had been double booked. In order to keep the halls clear for law enforcement, the aspiring actors were shunted into a journalism classroom.

I practiced my audition piece in the classroom amid the occasional sounds of walkie-talkies and scanners. It had been over two years since I had acted onstage, and I knew that I was rusty. Eventually the other actors filtered in, sheet music and reusable water bottles in hand.

We waited and filled out our paperwork (Sorry, I’m busy on Tuesday evenings. Yes, I have been trained in stage combat.). A group of men in brightly colored vests ran by the impromptu green room, talking quickly in important voices. They passed, leaving us once again to our little rituals of preparation. Some time later, one of the men ducked into the room to inform us that the drill would repeat in an hour’s time. We thanked him and carried on.



Photo by Sophia Escudero | Uniformed officers secure the hallways of Gist, as a room away hopeful theatre students do their best jazz hands.

My turn came first. The stage lights and the place in the spotlight were almost alien to me after so long away, and I hesitated to take off my mask. I performed Hamlet’s famous soliloquy, hurriedly memorized in the hour before, and forgot what I had intended on doing with my hands before launching into an only slightly panicked rendition of “The Worst Pies in London.” I think one of the judges smiled, but it was hard to tell under her mask. They thanked me and I returned to the green room.

I waited throughout the rest of the auditions, passing the time with word searches and self-deprecating

humor. None of us had really been involved in a performance since the myriad events of March of 2020, and we shared our collective terror that we may have forgotten how to act in the interim. Once each actor had gone in solo, we were all brought out as a group to learn a small portion of the choreography. Jazz hands, kicks, grapevines— nothing too complex, I was relieved to note. Leaving the room, I could feel the tension dissipate.

Immediately upon opening the theater doors, three officers held us at plastic gunpoint. “Hands up! Hands up!” We complied as they informed

us of a shooter (or perhaps two?) and shooed us back into the journalism green room. I left the room briefly to get some water and got cornered by the cops again, the cell phone in my hand possibly mistaken for a weapon, and told to get out of the way. This time, I waited several minutes before leaving the room again, having received an email proclaiming the drill to have ended.

Performances of *Something Rotten!* will take place March 25–27 and April 1–3, Spring 2022 in the Van Duzer Theatre. Campus police training for an active shooter will ideally take place elsewhere.

OPINION

On friendships and substance abuse

by Anonymous

Some friendships are based on common interests and passions. Skateboarding, activism, sports— you know, normal human activities. Others are based entirely on a shared interest in abusing substances.

There’s a feeling of deep connection and transcendence that comes with taking substances with friends. Repressed emotions and long-held insecurities come tumbling out in a raw flush of emotions. It’s the closest you can come to a near-death experience with your friends and that alone is enough to create a lasting bond.

This is a double-edged sword though. There’s no way to reach those

same imagined heights in a sober man’s world. Everything else in life is overshadowed by those unhinged nights of youthful freedom. The only way to replicate those feelings is by upping the dosage or getting creative with substance combinations. This is not the path you want to take. There’s a thin line between the fun carefree hippy type and the crackhead thirty-year-old trying to lure people to the sick rager they have off 12th.

Now, these observations are obvious to any respectable law-abiding citizen, but as a college student, it can be hard to tell where the line between “fun” and “problem” lies. It’s import-

ant to experiment and become your own person until you push it and end up waking up in some stranger’s filthy bathroom with one crusty towel to its name. I’ve had a few nights like that and some far worse. Losing sight of old passions is the fastest path from a party phase to a full-blown addiction. A full schedule of classes while trying to balance a social life and a job can already make it so hard to do anything that you used to be passionate about. I know that’s been the case for me, but losing sight of old passions drives you away from yourself and makes it that much easier to rely on substances for happiness.

Once you have a close call it makes you reevaluate things. I was lucky, not everyone gets a close call like I did. Bunk acid almost took me to an early grave and it would have been my fault entirely. Laced drugs are more common now than they have ever been and us Californians aren’t any safer than the rest of the country. Experimenting is exhilarating and everyone has to learn from their own mistakes. There’s a healthy balance to be found and it’s possible to let loose and still keep in touch with yourself. Just make sure to test your drugs and check up on your friends every once in a while.

» El Leñador «

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Happy Holidays, from the Lumberjack



Slug Graphic by Joshua Kelly

Cozy butternut squash soup recipe

by Sabriyya Ghanizada

As the fall wanes and winter draws near, vegetables like pumpkin and squash fill doorsteps and dinner tables alike. Here is a cozy butternut squash soup to warm you during the cold seasons. This recipe was created by a culinary student from Oakland who says it is simple enough for a beginner in the kitchen to follow along to. It is vegetarian and vegan friendly as well.

Ingredients:

- 1 butternut squash peeled, boiled, and large diced
- 2 carrots, diced
- 1 onion, diced
- 1 quart vegetable stock
- 2 tbsp oil or butter
- 1 tbsp dried thyme (fresh if available)
- 1 bay leaf
- Salt and pepper to taste


Makes 2-4 servings

Directions:

- In large pot, roast or boil butternut squash until tender.
- Sauté onions in large pot until translucent in color with carrots until tender.
- Add herbs to carrots and onions.
- Add butternut squash.
- Add 1 pint of stock and set aside rest for later.
- Let everything cook together until soft.
- Remove bay leaf.
- Purée using a blender or food processor.
- Add remaining stock until desired thickness is reached.
- Add salt and pepper to taste.
- Serve and enjoy.

Pro Tips:

- Want a creamier soup? Add cream or more butter!
- Roasting the butternut squash makes it sweeter.



Graphic by Poppy Cartledge

OPINION Sustaina-building

by Ruby Guillette

With massive state funding and plans to build out campus, it is the perfect time to put the pedal to the metal. As HSU hurdles towards becoming a polytechnic university, implementation groups have been formed. Tasks are being distributed. Details are being attended to.

Among these tasks are building construction on and around campus. Planned buildings will increase student housing and add academic and research facilities. As a university that touts its dedication to sustainability, this is prime time to apply sustainable building concepts. There are many “green” building techniques that could embody the spirit of sustainability. This could make HSU more unique and desirable.

HSU is already considered a green/sustainably minded campus. There are plans to increase solar power grids to help offset power needs but this is not enough, especially when considering the harrowing effects of the climate crisis.

Green building techniques would be incredible to showcase at the university. Concepts such as passive solar, green roofs, grey water irrigation, geothermal heating, and cross ventilating

windows are just a few “green” ideas that could add to a sustainable campus. Other matters to consider are use of sustainable building materials.

Green designed buildings could act as a symbol and dedication to sustainability. Many large buildings will be built both on and around campus in the coming years. All of these buildings should be, at the very least, LEED platinum certified. It would be superior if other progressive building techniques were utilized.

We are in the midst of a climate crisis and a global pandemic. It is imperative now to consider the effects of the climate as well as the need for ventilation. These issues are not readily resolved and require humankind to be exceedingly thoughtful. Designing new buildings is an opportune time to push convention and take devoted action for sustainability.

These new buildings will be a facet of campus long into the future. They will stand after many graduations have taken place and after faculty and administrators move on to other jobs. A university that prides itself on its dedication to sustainability should use its enormous funding to apply sustainable practices.

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