

TIME FOR TIP-OFF

With new faces and renewed vigor, men's and women's basketball seek to make strides in the CCAA

by Alana Hackman

Photos by Elliott Portillo

Local prospect Thomas Nelson looks to inject fresh life into a new-look Lumberjack men's squad this winter.

The Humboldt State women and men's basketball teams welcomed back 'Jacks fans to Lumberjack Arena with a tip-off event on Monday, Nov. 1. The tip-off event consisted of an introduction to both teams' rosters, a dunk challenge for the men's team, a 3-point shot contest between both men's and women's teams, and a short scrimmage for the men's team.

SEE BASKETBALL • PAGE 3

Crows on campus

Taking a look at Humboldt State's corvid neighbors

by Ian Vargas

While you may or may not have seen the raccoons, if you live anywhere around campus, or really in most places, you have seen or heard crows and ravens. Nearly ubiquitous in the United states, crows and ravens are other animals that have a high degree of adaptability to urban environments and can nearly always be seen out somewhere searching for food and calling to one another. What makes these birds so highly adaptable and able to spread throughout the US and cities around the world?

Like the raccoons covered previously, crows have wide diets that let them take advantage of food sources that other animals wouldn't be able to digest. They can eat most things that humans do and are commonly found eating our trash and living in our communities. Just like the aforementioned raccoons, however, they don't have any special protection from the same kind of unhealthy foods and conditions that humans are exposed to and our cities may not be great for them.

One study, titled "Urbanization and elevated cholesterol in American crows," shows that urban crows who were fed cheeseburgers had actually developed the same high cholesterol levels that humans get, though the various risks of living in an urban environment prove to be a larger issue.

Photo courtesy of Alexander DeBarros | Crows have learned to adapt to an urban environment, but some studies suggest that crows may suffer from similar issues with high cholesterol as humans as a result of urban diets.

SEE CROWS • PAGE 6

Protestors argue against vaccination mandates

by Liam Gwynn

The Humboldt Freedom Coalition hosted a protest outside of the Humboldt County Courthouse in Eureka on November 3rd. They argue that the vaccine has killed 17,000 people and that they should have the right to choose what goes into their bodies.

A majority of the protestors refused to be interviewed but they all recommended a conversation with the representative of the group, Ash Teeter. Teeter believes that the vaccine is not safe for people to be taking and wants to have the choice on whether it is given to his daughter or not.

For Teeter it's not just about the vaccine, it's also about the right for him to parent how he wants without government intervention.

Teeter and the organization Humboldt Freedom Coalition believe the government and media are suppressing information about the deaths from the vaccine. He claimed that the vaccine has killed 17,000 people officially and believes that even more have died outside of the official Vaccine Adverse Event Reporting System (VAERS) number.

VAERS is a CDC system that allows users to navigate through a complex database that gives numbers on adverse vaccine reactions. The problem with this system is that it is surprisingly easy to skew the results wildly from the real number.

SEE ANTI-VAX • PAGE 6

First generation college graduates speak on their path to professionalism

by Nancy Garcia

Nov. 8 is National First-Generation College Celebration Day and the Educational Opportunity Program and TRIO will be hosting a panel where first-generation college graduates will share their educational experiences and their journey to their current professional career.

This day commemorates the successes of first-generation college students, faculty, staff and alumni and it was chosen to honor the signing of the Higher Education Act of 1965.

First-generation college students face common challenges that their non-first-generation peers might not experience in the same way or at all. Elizabeth Silver, admin support coordinator for EOP and one of the planners of the panel, said that one of these challenges is imposter syndrome, or the imposter phenomenon as she refers to it. A first-generation student herself, Silver said that many of the students she works with feel isolated and like they don't belong in college.

"Often I talk with students who think they are here because they think a mistake was made in reviewing their application," Silver said. "No mistake was made. They belong here."

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CONTRIBUTORS:
NANCY GARCIA
MORGAN HANCOCK
LIAM GWYNN

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BASKETBALL

FROM PAGE 1

A new commit for the men’s team, junior transfer Andrew Mork, took home the dunk contest victory after entertaining performances from fellow teammates John Riddick and Thomas Nelson. Freshman guard for the women’s team, Madison Parry, came out on top in the evening’s 3-point contest in a final face-off against men’s team senior guard AJ Sims.

Both teams are entering the 2021-2022 season with the majority of players being new additions to their rosters. The men’s team has eight new players stepping on the court this season including NCAA Division I transfer Jacob Washington, and Jaden Edwards, son of former NBA player Theodore “Blue” Edwards. The men’s team will be in Carson, California for a season opening tournament against Western Washington on Friday, Nov. 12 and Simon Fraser University on Saturday, Nov. 13.

The women’s team has a completely new roster this season, with dynamic players like freshman guard Jadence Clifton and defensive threat Julia Iman. The women’s team continue their non-conference season in Seattle, Washington facing off against Western Washington University on Nov.12 and Seattle Pacific

Madison Parry

Cross country closes season at NCAA regionals

by Poppy Cartledge

On Nov. 6, men’s and women’s Cross Country ran the NCAA West Regional Championships at the Ash Creek Preserve on the Western Oregon University campus. In the final race of the season, the women’s team placed 15th out of 24 teams and the men’s team placed 17th out of 21 team.

Rosa Granados and Elliott Portillo led the way for their teams as they both finished in the top 50.

Women’s Cross Country

Granados finished in 35th place in the 6k race with a time of 22:23.5 which left her just five places shy of the top 25 runners that make all region. The 25th place finisher ran a 22:11.3. After Granados came Saedy Williamson with a 35th place finish and a time of 22:26.7. The two of them pushed the women’s team to a 15th place finish. Simon Fraser took home the win at the West Regionals followed by Stanislaus State and Chico State.

Men’s Cross Country

Portillo had a 48th place finish in the men’s 10k race with a time of 32:12.8. He finished first for the Lumberjack men. Then came Carson Smith who ran 32:45.9 with a 76th place finish. The West Regionals champion for men was Chico State followed by Fresno Pacific and Cal Poly Pomona.

The top three teams for both the men’s and women’s, along with the top two individuals outside of the qualifying teams, will advance to the NCAA Division II National Championships in Tampa, Fla. on Nov. 20.



Senior transfer John Riddick should bring valuable length to the Lumberjack front court.



Junior transfer Julia Iman should add quality shooting and explosive driving to Humboldt State’s offense.

University on Nov. 13.

Michelle Bento-Jackson begins her sixth season as head coach of the women’s team and looks forward to finally competing with her new team coming out of the pandemic season, when the team was unable to compete due to social distancing restrictions.

“It’s a new basketball floor, the girls are in new uniforms, it’s the first time we’ve competed in 20 months, so just a lot of new,” Bento-Jackson said. “For me, the crowd is not new because I’ve experienced this now for six years. I’m just really anxious and excited for the players to truly feel the Humboldt community and the support we get here.”

Men’s basketball head coach Tae Norwood also makes his debut in filled stands after being hired in the summer of 2020. Norwood led the ‘Jacks to their first win under his leadership in the team’s two-week non-conference road trip last season against San Francisco’s Academy of Art University. Norwood is looking forward to playing in filled arenas again as well as focusing on his team’s chemistry.

“I’m excited. I’ve heard about this whole crowd here at Humboldt State University in the past and have seen what they’ve done over the years, the community support, the alumni support, student support, just an unbelievable environment,” Norwood said. “I can’t wait to throw a ball up and play a game and get back to some normalcy.”

Men’s team senior guard Amari Green and women’s team first-year guard Madison Parry are both anticipating the start of their basketball seasons coming out of the pandemic.

“I think it’s gonna be a good year,” Parry said. “Our main focus is defense. I think we need to get up more on defense, but once we lock in our defense, I think things will be good.”

Parry aided her team with 13 points in their first exhibition game against Southern Oregon University on Oct. 29 and is definitely a player to keep an eye on this season.

“I just want to win, so I’ll do whatever it takes to win,” Parry said.

Green is in his final season for the ‘Jacks after being a key player on the team for the last four seasons. Green has also earned strong academic achievements as a student athlete during his time attending HSU and was named to the CCAA All-Academic team last season for his



AJ Sims

work in the classroom.

“I’ve been here all four years, so you know I’ve definitely experienced the passion that this crowd brings and the excitement they have for the sport,” Green said. “They really back us up at the end of the day. Win or lose, they’re always here for us.”

Green mentions how the team’s chemistry has remained strong despite a large number of new recruits, and credits Coach Norwood’s focus on the team as a family in strengthening the group’s bond.

“I don’t harp too much on personal goals,” Green said. “I’m a big team guy, you know. It’s never about me. When I step on the court I play for my brothers [the team]. At the end of the day I put my body on the line and put my all on the court for the win.”

The men return for their first home game of the season on Friday, Nov. 20, when they face off against Lincoln University, coached by NBA Hall of Famer Gary Payton.

The women return home to join the men on Friday, Nov. 27, as both teams square off in a double header against the visiting Penguins of Dominican University.

Both squads open their conference seasons at home against San Francisco State at Lumberjack Arena on Thursday, Dec. 2.



Julia Iman

Soccer squads end season in Chico

by Elliott Portillo

Men’s soccer

Men’s soccer came just one game short of qualifying to the CCAA conference tournament for the first time in program history after dropping their final match of the regular season to Chico State, 1-0 in Chico.

The ‘Jacks played evenly most of the game, but a goal by Chico State sophomore Jacob Chong in the 28th minute of action proved to be the decider.

Daniel Adeyeye, Ramiro Rosas and Dylan Tovani all had chances to tie the game in the second half, but Wildcat goalkeeper Luis Albarran recorded seven saves to keep the ‘Jacks out of the net.

Probably the most heartbreaking attempt occurred in the 67th minute, when freshman midfielder Edgar Castaneda appeared to score an equalizer. However, an offside call against the Lumberjacks overturned the goal.

With three minutes remaining in the match, the squad had a chance to tie things up with a penalty kick, but another save from Albarran sealed the defeat for Humboldt State.

Lumberjack goalkeeper Adrian Gallardo recorded four saves in the loss.

Heading into the weekend, the squad remained in fifth place in the conference standings. A win or tie against Chico would clinch a berth to the postseason. A loss would require some favorable results from other opponents, as Sonoma State would have to lose their match against San Francisco State.

Unfortunately for the Lumberjacks, Thursday’s loss paired with Sonoma’s 2-0 victory over San Francisco jumped the Seawolves and Wildcats over Humboldt into the final two tournament positions.

Humboldt State finishes the season seventh in the conference and just one match point from qualification.

So close, but so far.

The Lumberjacks (10-5-2, 4-5-2 CCAA) end the season with the most regular season wins by the program since 2006. The season saw senior Marco Silveira earn two CCAA Men’s Soccer Athlete of the Week honors, while the team snapped a nine match losing streak to Chico State earlier in the season.

Women’s soccer

Women’s soccer finished off the season with a 4-1 loss against Chico State. The win earned the Wildcats the second seed in the CCAA conference tournament.

Chico State controlled the game early, netting a goal within the game’s first 15 minutes to take an early 1-0 lead. Ten minutes later, junior forward Kelsey Bess notched the team’s only goal of the match to tie things up. The Wildcats responded only three minutes later with a goal by Chico’s Camille Lidster.

After the match, head coach Grant Landy said the Wildcats controlled their opportunities.

“We put up a good fight for about 70 minutes,” Landy said. “But Chico took advantage of their chances.”

Chico State scored two more unanswered goals in the second half to put the game out of reach, cruising to a 4-1 victory.

Despite the number of goals scored, junior Marisol Camargo recorded a season high nine saves to minimize the damage.

Women’s soccer ends the season 4-10-4 and 1-8-2 in conference play.

Landy praised the hard work by his team this season and the excitement that they will take going into next season.

“I would like to thank all our seniors for all their hard work and leadership this season,” Landy said. “Despite our record, I am excited about what the future holds for this program and our players.”

MEN’S BASKETBALL

Men’s basketball competed in an abbreviated season last spring with no home games. During that long road-trip season, the squad went 4-5 against non-conference opponents in California and Oregon.

The last time the men’s team played in CCAA competition was the 2019-20 campaign before the season was ultimately canceled due to the emergence of Covid-19. In that season, the men, led by former head coach Steve Kinder, finished 9-18 overall and 5-17 in conference play to finish 11th in the CCAA, missing the conference tournament. It was the first time since the 2017-18 season that the team failed to make the cutoff for the conference playoffs.

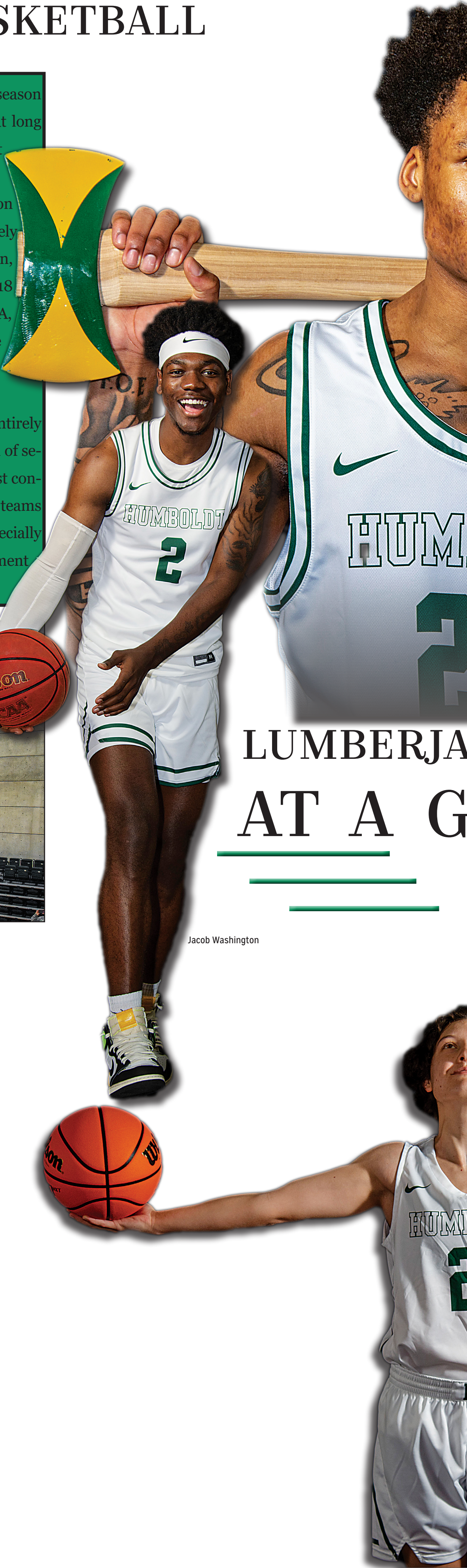
This year’s edition of Lumberjack basketball features an entirely new roster than the one two seasons ago, with the exception of senior Amari Green. They will look to bounce back in their first conference play in two years in hopes of being one of the top six teams to compete in the postseason. This year’s tournament is especially sweet, as the Lumberjacks will be hosting the CCAA tournament at Lumberjack Arena from Mar. 3-5.



Thomas Nelson

2021-22 CCAA Men’s Basketball Pre-season Coaches Poll

Pl.	SCHOOL	Pts.
1.	Chico State	139
2	Cal State San Bernardino	134
3.	Cal Poly Pomona	106
4.	Cal State East Bay	103
5.	Cal State Dominguez Hills	101
6.	Cal State L.A.	74
7.	Cal State San Marcos	63
T8.	Stanislaus State	55
T8.	Cal State Monterey Bay	55
10.	Humboldt State	45
11.	San Francisco State	35
12.	Sonoma State	26



Jacob Washington

WOMEN’S BASKETBALL



Bryce Mitchell

CK HOOPS
- LANCE

Ashley Taylor-Peralta



Julia Iman

Women’s basketball opted out of competing during the shortened spring 2021 season. As a result, this will be the first full season for head coach Michelle Bento-Jackson and her squad since the 2019-20 campaign, which saw the squad finish 15-13 overall and 11-11 in the CCAA. The Lumberjacks advanced to the first round of the conference tournament, where they fell to eventual CCAA tournament winner and NCAA tournament competitor UC San Diego. That senior heavy ‘Jacks squad saw the graduation of All-CCAA first team members Tyra Turner and Alexia Thrower. Like the men, this year’s squad features a whole new mix of players, many of whom have almost no collegiate playing experience thus far. The team will look to make their fourth CCAA tournament in the last five played seasons, as well as their third NCAA tournament in that same span, going back to the 2014-15 season. If the women were to qualify, they would have the advantage of playing the tournament at home in Lumberjack Arena.



Sharon Roldan

2021-22 CCAA Women’s Basketball Pre-season Coaches Poll

Pl.	SCHOOL	Pts.
1.	Cal State San Marcos	138
2	Cal Poly Pomona	131
3.	Cal State East Bay	121
4.	Cal State L.A.	86
5.	Chico State	82
T6.	Humboldt State	71
T6.	Stanislaus State	71
8.	Cal State Dominguez Hills	69
9.	Sonoma State	66
10.	San Francisco State	35
T11.	Cal State Monterey Bay	33
T11.	Cal State San Bernardino	33

ANTI-VAX

FROM PAGE 1

For example, if you just specify “deaths” and “COVID-19 vaccinations”, it will show a huge result of people that happen to be vaccinated who have died from a large variety of causes. It’s not an easy tool to use and it’s understandable how people could be misled by someone manipulating the search tool. It is an official government website and if one just sees the results and not all the specifications that lead to that result, it would be hard for them to tell how it was manipulated. However, when one specifies deaths directly caused by the COVID-19 vaccine, the number is 6,344 as of November 5th, 2021.

While this number may be surprisingly high to some, it is far lower than what many against the vaccine believe. “For every VAERS report, because people are more hesitant to report it than actually do, there are likely one hundred more deaths,” said Teeter.

There is no evidence from any official government source or study that supports this. Despite their apparent distrust in the media, most of the information that Teeter was citing came from media sources.

“Everything that is against the vaccine is discouraged, labeled as a false truth and it’s all because of corporate influence,” said Teeter.

Now just so it’s clear, there is absolutely no corporate influence on what is about to be said but most of the information that Teeter was talking about was from websites giving “false truths”. He cited the organization Project Veritas for much of his information, an organization that is known for manipulating video footage and spreading right-wing propaganda.

The problem with trusting small independent online news sources is that there is nobody supervising what they are publishing. They are free to spread misinformation as they please until they get booted off social media and their followers throw a fit.

Now that’s not to say that all disagreements over the vaccine are due to misinformation. There is a legitimate divide with the belief in freedom of choice. Some protestors were there because of personal negative experiences they had with the vaccine and their experiences shouldn’t be discounted. It’s just unfortunate that so many people are fighting for a belief with ideals



Photo by Liam Gwynn | Protesters stand outside of the Humboldt County Courthouse on Wednesday Nov. 3.

COLLEGE

FROM PAGE 1

Maritza Herrera, a senior social work major and first-generation student at HSU, is familiar with these challenges.

“While I’m currently in my internship and upper-division courses, I find myself questioning if I’m really capable,” Herrera said. “And I know I am after all the work that I’ve done, but imposter syndrome is real and I think being first-gen, not having any family that have gone through these experiences or in these spaces definitely makes it feel isolating at times.”

However, Herrera said that these challenges have made her stronger by pushing her to step out of her comfort zone and make connections on campus. She also thanks programs like EOP, Upward Bound and RAMP for supporting her.

Gema Quiroz-Torres, academic services coordinator for TRIO and co-planner of the panel, said that a challenge they’ve seen that first-generation students face is a lack of information.

“We don’t know where to access

educational and career resources and often lack the agency to ask for help,” Quiroz-Torres, also a first-generation student, said. “All of these are circumstances that can and are mitigated, but this takes time and a sense of comfortability with knowing that you belong in a space, something that takes us as first-generation college students time to understand and own.”

According to the Office of Institutional Effectiveness in fall 2021, 47% of students at HSU are first-generation. Silver believes that HSU has lots of resources that support first-generation students.

“Supporting these resources and effective promotion along with increasing visibility of first-gen students, are key to students feeling like they belong, are not alone and that they can get the help they need to be successful,” Silver said.

The panel is an effort to increase visibility. Quiroz-Torres said that the panel will expose first-generation students to professionals who were once in their position. They also note that the first-generation identity goes beyond college and follows people throughout their careers and lives. There will be two panels on Nov. 8, one from noon to 1 pm. and another from 5 pm. to 6 pm.

“No mistake was made. They belong here.”

-Elizabeth Silver, admin support coordinator for EOP

CROWS

FROM PAGE 1

“Although cholesterol levels did not have a detectable effect on crow survival, urbanization itself did,” the study said. “Urbanization was associated with lower apparent survival over the first three years of life along the urban-to-rural gradient.”

While urbanization may present problems for crow populations, their intelligence gives them the ability to take advantage of urban life to a degree that many other animals can’t match. Crows and ravens both have been shown to be particularly good at remembering people and even in communicating in complex ways to spread information to other individuals.

According to Barbra Clucas, a wildlife professor at HSU who studies crows and ravens in particular, this complex reasoning and communication helped crows in one Japanese city figure out a clever way to get into walnuts. This behavior was also detailed in the 2002 study “When and where did crows learn to use automobiles as nutcrackers?” in the Tohoku Psychologica

“In a parking lot where there was a driving school there was a walnut tree. Maybe because there was a pattern, the crows would drop walnuts to get run over,” Clucas said. “Afterwards they found that this behavior spread.”

While crows are experts in urban environments, ravens are a bit more skittish around people and more at home in agricultural areas like the Arcata bottoms. Ravens look pretty similar to crows, but often are a little larger and have deeper calls to distinguish them. Despite preferring less urban environments, ravens are similar to crows

in that they have variable territories depending on the season and can be found in plenty of cities as well.

According to HSU wildlife graduate student Janelle Chojnaeki, who is currently tracking ravens, these ranges can be pretty big as well.

“The ravens have pretty variable home ranges - the smallest home range I have for a tagged raven is around 1 square kilometer and the largest is around 20 square kilometers,” Chojnaeki said. “How far they range depends on a lot of factors like whether that raven has a territory or not, whether it is a breeding bird, the abundance of food resources nearby, the density of other ravens in the area, and many other factors.”



Photo by Alexander DeBarros | A crow perches on a wire.



Photo by Alexander DeBarros | A crow gnaws on a bone.

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Thanksgiving recipes

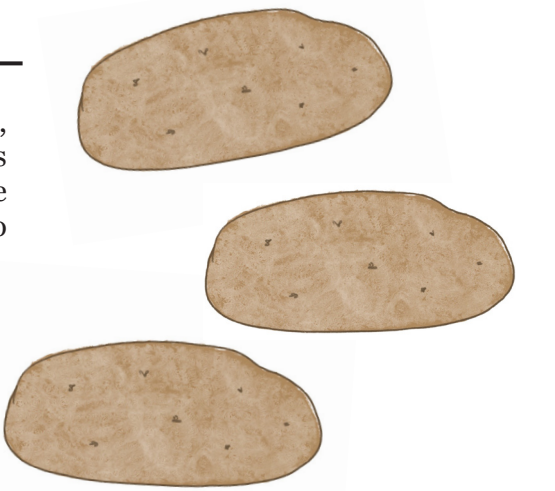
by Raven Linton

If you are serious about that keto, low carb, protein shake only diet, this is not for you. If food makes you smile and when you take that first bite and do a little dance- this is for you!

Garlic parmesan mashed potatoes

- Ingredients:
- Yellow potatoes
 - A stick and a half of butter
 - 4 tbsp of salt
 - A few dashes of onion powder, garlic powder, old bay seasoning, and black pepper
 - As much cheddar cheese as you'd like
 - As much parmesan cheese as your heart desires
 - A sprinkle of parsley

Peel the potatoes. Bring a pot of water to a boil and season with salt, butter, and a little olive oil before adding the potatoes. Once the potatoes are nice and fork-tender, drain the water and start mashing them. You will want to use whole milk, butter, salt, pepper, garlic powder, onion powder, old bay seasoning, and garlic and salt-free herb seasoning. Once you have a nice thick well-seasoned consistency, add in some sharp cheddar cheese and some fresh parmesan, the more the better. As a garnish, I highly recommend some parsley.



Graphics by Morgan Hancock

Garlic herb-crusted salmon

- Ingredients:
- Salmon
 - A sprinkle of no-salt garlic and herb seasoning
 - A sprinkle of Old Bay seasoning
 - Two pinches of salt and pepper
 - A dash of lemon pepper seasoning
 - A sprinkle of garlic powder
 - A dash of onion powder
 - Butter

Please clean your meat! Pat it dry with a paper towel and add garlic herb seasoning, Old Bay, salt, pepper, lemon pepper, garlic powder, and onion powder in order. Once you have added your seasonings, use your hands or a spoon to make sure it is evenly distributed all over your salmon pieces. Cut a few slices of butter and place them on top of the salmon. I personally used my air fryer to cook the salmon on 375 for 10 mins. If you don't own an air fryer, setting the oven at 375 for 15 mins will do the same thing. Top with parsley for color or lemon slices.



Photo by Raven Linton

Seafood stuffing

- Ingredients:
- Two cans of crab meat or fresh crab meat
 - 1/2 stick butter
 - A few pinches of chicken bouillon
 - A sprinkle of thyme
 - A sprinkle of sage
 - Two pinches salt
 - Two pinches pepper
 - A sprinkle of cayenne
 - A sprinkle of paprika
 - A dash of Old Bay seasoning
 - 1/4 yellow onion, chopped finely
 - Half of a bell pepper
 - Two celery sticks, finely chopped
 - 2 tbsp chopped garlic
 - 1 egg

- 1 box of Stovetop stuffing (corn bread mix)

For this recipe, you will be making a crab meat broth for your stuffing. Feel free to add any extra seafood protein as you would like, shrimp and/or crawfish would go nicely with the crab meat. Add a dash of olive oil and all of your chopped veggies to simmer and soften up on medium heat. Then add your seasonings. Add the crab meat (drained) to the mixture and a 1/2 cup of water. Let that simmer on low for 15 mins. Place your stuffing mix into a bowl. Crack your egg and add to the stuffing mix along with your crab meat broth. Mix everything together very well. Once that is done, place into a baking dish and into the oven on 350 for 10-15

Students create podcast highlighting Humboldt’s queer culture

HSQcast is the new queer podcast on campus

by Morgan Hancock

HSQcast is releasing episodes. The student-run podcast investigates queer history in the Humboldt area. HSQcast is hosted by Shiara Naicker and Spencer Schoening. Together, they aim to explore the history and legacy of queer culture and activism in Humboldt County.

Schoening moved to Humboldt without really knowing about the context of the queer community in the area. Now, Schoening uses the podcast to explore the current and past queer culture.

“When I first moved here, I thought [the queer community] was nonexistent and it’s not,” Schoening said. “It very much is here and there are very much things that like we can take, and we can learn and use to better our own community.”

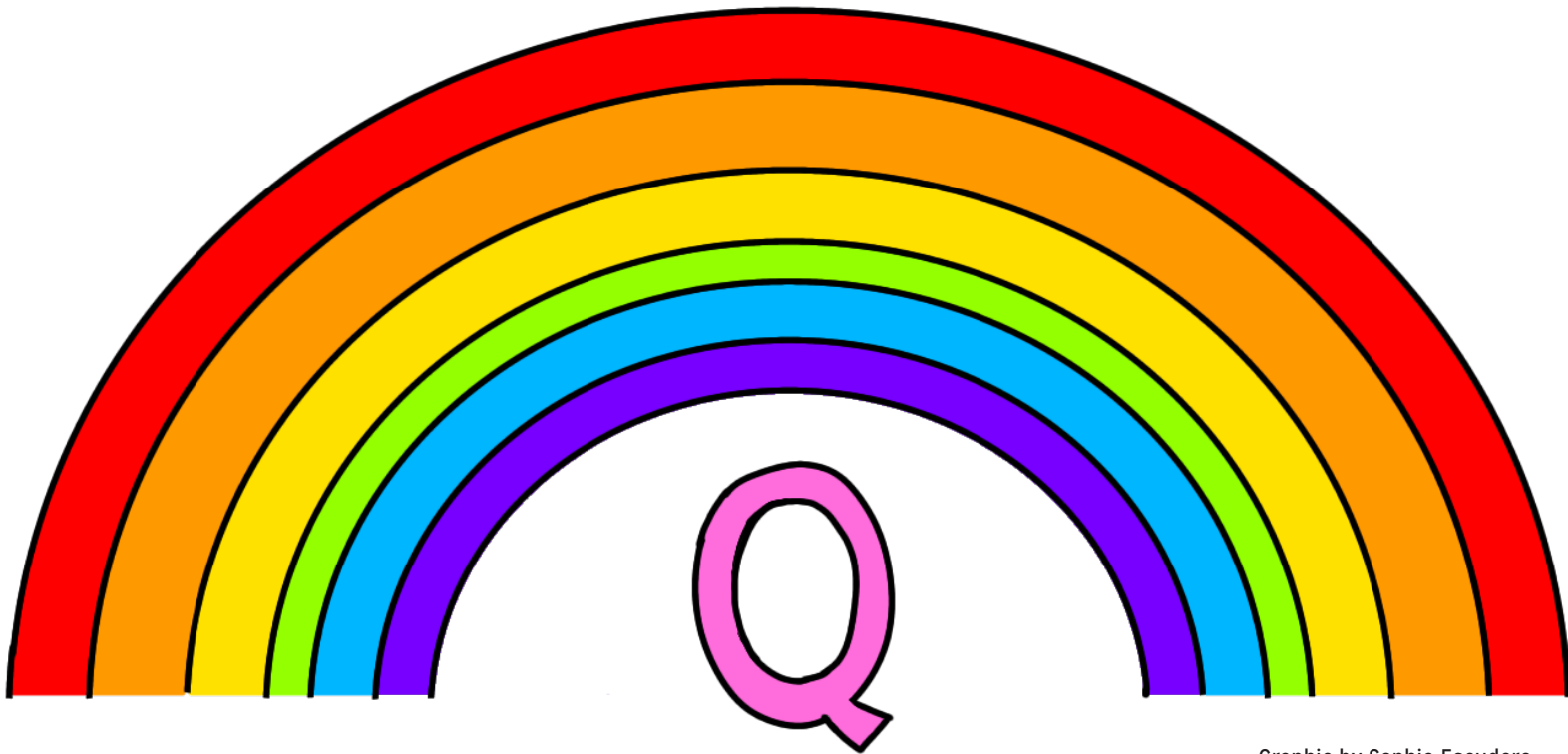
The podcast is an opportunity for queer representation in Humboldt history, sharing and reflecting on a rich past of queer culture. Schoening wants to share this legacy and acceptance with queer peers.

“Letting the [Humboldt] queer community know there is precedent here for you, you’re welcome here,” Schoening said.

The duo wants to build upon the legacy and honor the past of the Humboldt queer movement. Naicker explained that the current episodes are highlighting the life and efforts of Eric Rofes.

“We thought, a good place to start with Eric Rofes,” Naicker said. “He was the founder of the CRGS program, the reason why we have it, he did an innumerable amount of queer liberation and activism during the AIDS crisis.”

The podcast will explore other notable queer leaders from the Humboldt community and expand upon queer culture on campus. The podcast can be found on Spotify or through other platforms on /anchor.fm/hsqcast.



Graphic by Sophia Escudero

OPINION

I can only put in as much effort as my professors

by Morgan Hancock

Since the switch to online learning, we have all faced challenges. Students and instructors alike have had to adapt to a new cyberlearning world. As I submit my third discussion post this week, I have to question if I am really getting anything out of it.

Cyberlearning is not my style of learning. I miss having conversations and being able to hear and talk about different perspectives, or just being able to clarify questions quickly. In asynchronous learning, chat boxes and discussion posts just don't offer the

same engagement that I need to learn.

I am also struggling without feedback and reassurance, “10/10” and “good job” don't really help me to learn. I know that I know how to do the assignment, but is there really nothing I could have improved on in the one page weekly paper? It feels as if my peers and instructors are burning out in this mode of learning, making it hard for me to want to put effort into assignments. I can only put as much effort into my assignments as my professors do. If there is engaging material and feedback I have to engage to do well. If both of us are just going through the motions there is no incentive to go

above and beyond.

Don't get me wrong, many of my instructors are going above and beyond to adapt and bring a learning environment online. Other professors offer the same two repetitive assignments every week, “summarize the chapter” type of low interaction work.

One of the unique attractions to HSU's culture is the engaging class sizes. Professors have time to discuss and put effort into their students. I know that my professors know my name and how I am doing in the class. In online learning I am not seeing that same support, making it hard for students to adjust to pandemic learning.

KRFH SHOW CALENDAR

- Wednesday:**
1:00pm - DJ Sophia
3:00pm-4:00pm - DJ Amigo
5:00pm - DJ Shay
7:00pm- DJ Simply Rick
10:00pm - DJ Rhi Marie
11:00pm - DJ Rhi Marie
- Thursday:**
6:00am-9:00am - DJ SoySauce
1:00pm - DJ Rhi Marie
2:00pm-3:00pm - DJ Andrea Corona
6:00pm - DJ Andrea Corona
7:00pm - DJ A.B
8:00pm - DJ Cash R
9:00pm-10:00pm - DJ Dirty Mike
- Friday:**
12:00pm - DJ MushHead
1:00pm-3:00pm - DJ M K Ultra
5:00pm - DJ Jerrbear
6:00pm-7:00pm - DJ Andrea Corona
8:00pm - DJ Tucker C
9:00pm - DJ Kraken
10:00pm - DJ A.B
11:00pm- DJ Moon
- Saturday:**
10:00am - DJ Jerrbear
11:00am - Charles P
12:00pm - TALX
6:00pm - MTTM
7:00pm - DJ Andrea Corona
8:00pm - DJ Ravey
9:00pm - DJ Andrea Corona
10:00pm - DJ Eddie Spaghetti
11:00pm - Rachel M
12:00pm-1:00pm - Radio Rubes



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