

## Interview With Jennifer Johnson From Adventure's Edge

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**Sean Dougherty:** Hello everyone, my name is Sean Dougherty and I am a student at Humboldt State University. My Major is Recreation Administration, with an Emphasis in Outdoor Adventure and Education. And today is Tuesday January 19th, 2021 and I'm interviewing Jennifer from Adventure's Edge and about how COVID- 19 has impacted the Outdoor Recreation Industry through the eyes of Adventure's Edge.

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**Sean Dougherty:** So I'm going to start with some icebreaker questions. All right, are you ready for question number one?

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**Jennifer Johnson:** Yea.

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**Sean Dougherty:** Alright, so how long have you lived in Humboldt County and or worked in Humboldt County?

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**Jennifer Johnson:** I've been here my whole life for 46 years.

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**Sean Dougherty:** Alright, and I, so that answers the second question, where are you originally from? Alright.

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**Sean Dougherty:** So, then, we have the third question which is uh, okay, well, that was already answered it was if you are, if you're not originally from Humboldt County what was your first impression of this place, but if you're from here what, what is your overall impression of Humboldt County?

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**Jennifer Johnson:** I lived here my whole life and I stayed here because I really enjoy where I'm at.

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**Sean Dougherty:** Yeah I love it here, I'm from the East Coast originally and once I came out here, I decided, I want to stay out here.

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**Jennifer Johnson:** Yea.

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**Sean Dougherty:** So what is your favorite book?

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**Jennifer Johnson:** My favorite book? Well I read quit a bit, so that would be hard for me to narrow down.

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**Sean Dougherty:** Alrighty, alrighty.

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**Sean Dougherty:** What is your favorite outdoor activity?

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**Jennifer Johnson:** Bike cycling.

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**Sean Dougherty:** Nice that's my favorite too, and have you been able to pursue cycling during this pandemic?

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**Jennifer Johnson:** Yea safely with, you know the outdoor mask.

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**Sean Dougherty:** Alrighty, and if you could change one thing about Humboldt County what would it be?

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**Jennifer Johnson:** I don't know that I would really change anything. I have to think about that. Before I answer that I'll come back to it, I have to think about it for a while.

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**Sean Dougherty:** Alrighty, and now the last icebreaker question and then we'll get into the more complex questions pertaining to COVID, is what do you like most about Humboldt County?

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**Jennifer Johnson:** Being able to enjoy the outdoors right out of your front door.

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**Sean Dougherty:** I agree, definitely. Yeah I grew up in an area of 6 million people, and like, I love it out here. Alright, so they're complex questions. Question number one. How has COVID-19 changed what rural means to you in the context of Outdoor Recreation in our Community in both positive and negative terms?

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**Jennifer Johnson:** Well I think positive, COVID has changed the outdoor industry and that more people are finding out about the outdoors and they're local outdoors because they cannot travel. I'd say, the negative affect of COVID is just that not every body is being very compliant.

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**Sean Dougherty:** Yeah I agree. I've had lung surgery a few years ago and when I see people not wearing masks I can't really stand it a whole lot.

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**Jennifer Johnson:** Yea.

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**Sean Dougherty:** So um, question number two. In terms of Mental Health, Spiritual Health, and Physical Health, through the lens of outdoor recreation what wellness challenges in Humboldt County are a direct result from COVID-19?

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**Jennifer Johnson:** Say that again.

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**Sean Dougherty:** Yeah that's a complex question. I'll read it a little slower. So in terms of Mental Health, Spiritual Health and Physical Health, through the lens of Outdoor Recreation, which wellness challenges in Humboldt County are a direct result from COVID-19?

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**Jennifer Johnson:** Well I think that, you know exercise is great for any mental or physical well being. You know it releases endorphins. It makes you feel good and um, you know you get fresh air. I think that because of COVID people have started to turn a little more to outdoor activities.

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**Sean Dougherty:** I agree with that. I've kind of turn to the outdoors a little more. Alright, so question number three. Based from my research on Rural Communities in America what age group do you believe has been effected the most in terms of the Outdoor Industry from COVID-19 and Why?

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**Jennifer Johnson:** I don't know if it's much an age group as both people who do different things. Like most people crossing an age group who would normally do outdoor activities are just still doing that and finding the safe ways to do it. I think the people who are being affected are the people who maybe did not have outdoor activities on their list of things they did. And they're finding that they're the ones who are most affected in a positive way. So I don't necessary thinks it's an age category.

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**Sean Dougherty:** Okay, that kind of. Excuse me that's the Humboldt allergy season kicking in. Sorry. Yes, that time of year. So, question number four is based from the last question, what do you believe are possible solutions to help this particular age group and all age groups?, but I think you kind of answered that already with the last question.

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**Jennifer Johnson:** Yea, I think a lot of various age groups are finding out more about their local outdoor activities and participate in those; hiking, cycling, and backpacking.

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**Sean Dougherty:** I'm trying to get my parents to get out the house more they live up in Washington. I told him to get out and get some exercise.

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**Jennifer Johnson:** Yeah.

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**Sean Dougherty:** Question five, this is kind of a complex question. So I'll read it slow and maybe twice, if needed. So, as we are social beings, and we are not meant to live in isolation; in this particular field has COVID-19 social distancing regulations in a way brought people closer together in the sense of belonging, support, & purpose?

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**Jennifer Johnson:** You know I think people need to figure out, I understand the social isolation part many but people need to figure out their own kind of outdoor bubble that they could recreate in meaning, whether it's you know the people in your house that you're going outside to recreate with or some kind of Germ bubble, I think will help people I'm not you know sure. People are just doing so many different things it's hard to say what they're doing and what being effective. But obviously I promote staying within your own germ bubble and enjoying the outdoors.

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**Sean Dougherty:** Yeah that's absolutely. And this kind of correlates with the next question. So, how has this pandemic strengthened, reinforced, and alternated the interests, values, and beliefs affecting the Recreation Industry?

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**Jennifer Johnson:** Can you say that again?

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**Sean Dougherty:** How has this pandemic strengthened, reinforced, and alternated the interests, values, and beliefs affecting this industry?

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**Jennifer Johnson:** I think that the Industry as a whole is trying to figure out what's going on because lot more demand has been put on the Outdoor Industry for supplies. So I think there's people trying to figure out if people enjoying the outdoors is going to be a trend or its just an occurrence because of COVID. Is it going to last or if it not going to last? The Recreation Industry is still trying to figure that out.

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**Sean Dougherty:** Yeah that does make sense. I have gone to a lot of the recreation places up in the Walla Walla area and a lot of the fishing stuff was sold out. And I kind of figured it's because of the pandemic.

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**Jennifer Johnson:** Oh no, yea its definitely affected the outdoor industry.

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**Sean Dougherty:** Alright, so um, my last question question number eight. As Humboldt County is a vast and rural area and studies show that individuals visiting in a green space (or nature surrounding) often show lesser signs of stress, what do you believe will be the long term effects many years from now in the Outdoor Recreation Industry; that are directly linked as a result from the quarantines, shutdowns, and social distancing?

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**Jennifer Johnson:** The one thing I'd first say. Is that people who are not use to being in the outdoors or activities their not use to, are unfortunately leaving behind a bigger foot print than they should. Meaning they're leaving trash or things that shouldn't be left behind in the wilderness. That's the overlying affect seeing this summer. And theirs more people out there enjoying the outdoors, but they're not being responsible for everything they've taken.

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**Sean Dougherty:** Yea, I like the leave no trace policy a lot and I try to teach people about it. One last question, *if you had a message to say to the generation 100 years from now what would you tell them about COVID and everything?*

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**Jennifer Johnson:** I think the biggest message is you know, working together to find solutions and trying to leave places the same or better off than when you left them.

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**Sean Dougherty:** Yea, I like that. Have you heard of the Seventh Generation Philosophy?

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**Jennifer Johnson:** Yes.

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**Sean Dougherty:** Yeah if I have kids I'm going to teach them about that. I'm trying to teach my parents about it, but you know they're kind of old whatever, but whatever. Alright, so that's pretty much the interview, I do have to send you a form for you to sign, just so I can release it to the library so I'll email it to you, and then I did record this interview so then I'll send you the recording once I get it all edited. And, I want to say thank you and have a great afternoon.

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**Jennifer Johnson:** Yea, hey you to. And I'm happy to help out. If you need anything else just let me know, okay.

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**Sean Dougherty:** Absolutely, thank you.

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**Jennifer Johnson:** Thank you.