

# Humboldt

The Magazine of Humboldt State University | Fall 2016

## *the Food issue*

Why is There so Much  
Interest in Food?

Feeding the Campus  
& the Story of our  
Pretty Amazing Fish Taco

Tackling Student Hunger



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Matt Aldrete ('18, Business)

**ON THIS PAGE:** A rare fogbow over the Arcata Marsh. Raindrops act like little prisms, but since fog droplets are much smaller and numerous, they refract a “smear of colors,” according to NASA’s website.

**ON THE COVER:** The main residential dining area on campus, the J, serves approximately 3,000 people per day during the semester. Dining Services strives to serve fresh, local food prepared on site.

# from the President

WITH THE BEGINNING of fall semester, the time has come to put away the beach novels and break out the more serious nonfiction books. Here are a few I am reading now—and why.

My motivation is to develop a better understanding of current and historical perspectives on activism and protest movements, especially as they connect to issues of social justice, equity, power, and privilege. The underlying issue of food insecurity, which is addressed in this magazine, is a part of this equation.



One of the books I'm reading is *Between the World and Me* by Ta-Nehisi Coates. In it, the author shares advice with his young son about growing up black, and he offers strategies not just for survival, but also for how his son can truly find himself and his own path in the world. Coates offers valuable perspective on an experience that we can all benefit from understanding.

I am also reading *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz. This book explores colonialism and genocide at the founding of this country, which stand in such stark contrast to the romanticized histories that many of us learned in elementary school. I realize now that my elementary school education was a mash-up of Plains, Navajo, Cherokee, and Pueblo cultures—with a particular focus on Pocahontas, who was from the region of Tidewater Virginia where I grew up. This book provides a different and important narrative.

And I am reading Clara Bingham's new book, *Witness to the Revolution*, whose lengthy subtitle is *Radicals, Resisters, Vets, Hippies, and the Year America Lost Its Mind and Found Its Soul*. The timeline runs from August 1969 to September of 1970, and it weaves together first-person recollections of an incredibly eventful year, which included the civil rights movement, anti-war protests, the first Earth Day, the shootings at Kent State, and bombings at the University of Wisconsin. Many of the issues of that time, 45 years ago, played out on college campuses, and many of these issues continue to engage us today.

I am sure that topics in these books will be subjects of discussion on our campus this fall, and an overarching theme will likely be social justice and environmental responsibility in the context of free speech, respectful discourse, and our educational mission. These are important and timely conversations on our campus and across our nation, and I hope you are finding ways to engage in your communities and workplaces.

*Lisa A. Rossbacher*

Lisa A. Rossbacher, Ph.D.  
President



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Thursday, October 6  
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Friday, October 7  
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HSU Lumberjacks vs. Central Washington

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is the perfect time for a Humboldt trip,  
*so mark your calendar!*

Registration and Schedule at:  
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LEFT TO RIGHT: The CHECK IT team in front of the White House: Peer educators Marco Gonzalez (Environmental Resources Engineering) and Celene Lopez ('17, Psychology); Prevention Coordinator Mary Sue Savage ('12, Critical Race, Gender, & Sexuality Studies); and former Peer Educator Emily Goldstein ('16, Critical Race, Gender & Sexuality Studies).

*“CHECK IT is a big team effort. There’s no way to do a movement like this without the help of students across campus. I get to represent the work that so many students have done. This award is really for everybody.” —Celene Lopez*

## A Champion of Change

### Working to Prevent Sexual Violence

PSYCHOLOGY MAJOR CELENE LOPEZ’S dedication to preventing sexual violence began at a Take Back the Night campus event two years ago. Her work has since led to an invitation to the White House and a national award.

“Learning about the prevalence of sexual violence hugely impacted me, and I knew that if I could do something about this, I had to,” Lopez says.

Moved by her experience at Take Back the Night, she attended a launch party for CHECK IT, a grassroots campus organization dedicated to preventing sexual assault, dating violence, and stalking at colleges. “I put the time and effort into CHECK IT because people deserve to live in communities that are safe,” Lopez says.

In April, she was recognized as one of 10 recipients of the It’s On Us White House Champion of Change award, which honors outstanding student leaders in the movement to end sexual violence at colleges.

At a White House event, Vice President Joe Biden lauded the award recipients. He said of Lopez, “She had the courage to ask some really tough questions to change the conversation on her campus about what constitutes consent.”

Lopez credits her peers for the program’s success. “CHECK IT is a big team effort. There’s no way to do a movement like this without the help of students across campus. I get to represent the work that so many students have done. This award is really for everybody,” Lopez says.

CHECK IT is a student-led movement that encourages students to challenge and disrupt harm happening in communities when they witness potential moments of sexual assault, dating violence, and stalking. It provides the campus community with ways of helping that are realistic and match people’s personalities, identities, and communication styles.

As a CHECK IT peer educator, Lopez has done everything from conducting bystander intervention workshops and outreach, to designing CHECK IT materials, to supporting the work of volunteers.

“Celene’s incredible compassion, creativity, and energy working towards creating more consent-centered and accountable communities is an inspiration to many,” says CHECK IT Prevention Coordinator Mary Sue Savage ('12, Critical Race, Gender & Sexuality Studies). “This award is definitely the embodiment of everyone’s amazing work on campus and it’s exciting to have the opportunity to share about CHECK IT.”



On Sedanka Island, emeritus Geology Professor Gary Carver kneels next to a log likely carried inland by a tsunami.

## On Remote Aleutian Island, Surprise Evidence of Tsunamis

IN 1998, ON A TRIP to the remote Sedanka Island in Alaska, then-Humboldt State Geology Professor Gary Carver came across driftwood in an unlikely place.

About 15 years later, Carver’s seemingly insignificant find has led to evidence of prehistoric tsunamis on the island. It also raises the possibility that this section of the Aleutian subduction zone could generate a large earthquake and a powerful tsunami that could inundate Hawaii and the west coast in the United States.

U.S. Geological Survey researchers—Rob Witter, Richard Briggs, SeanPaul La Selle, and Guy Gelfenbaum—in addition to Carver, HSU alumnus Rich Koehler, and HSU Geology scholar Eileen Hemphill-Haley published their findings in a January issue of *Geophysical Research Letters*.

The 1,200-mile-long chain of Aleutian Islands extends along the Aleutian Trench, a subduction zone where the Pacific Plate pushes below the North American Plate.

Sedanka is part of the Aleutian archipelago’s eastern zone, which scientists previously believed wouldn’t generate quakes large enough to create tsunamis because the plates are “creeping.” Unlike locked plates, which build pressure that leads to a quake, creeping plates should, in theory, relieve tectonic stress.

What Carver found on Sedanka decades ago suggests otherwise.

While exploring the island, he spotted something unusual. “I stumbled across an old moss-covered log on an island that doesn’t have and never has had trees,” he says.

He started digging and found sand sheets nearly 50 feet above sea level. “The only source for the beach sand was the beach, which is a half-mile away,” he says. “It’s just mind bending to be so far from the ocean and standing on a driftwood log that was carried by a tsunami.”

In 2012, he and other researchers returned to the same spot on Sedanka and dug deeper into the hole. They found six to seven layers of sand between layers of peat. Witter sent a core sample to longtime colleague Hemphill-Haley back at HSU.

She found distinctive ocean diatoms, a type of algal microfossil found in freshwater and marine environments, leading her to believe some of the sand was likely from the shallow marine shelf offshore.

The team concluded tsunamis pushed up and over the beach, flooded the lowland and surrounding hillside, leaving a swath of sand in their wakes. The oldest sand layer dates back 1,700 years, and it appears tsunamis have occurred approximately every 300-400 years. The team estimates the most recent sand sheet is from a tsunami generated by the 8.6-magnitude earthquake in 1957.

Wildlife Professor Emeritus T. Luke George demonstrates bird banding techniques to students at the Wright Wildlife Refuge in Eureka.



## West Nile’s Impact on Birds Worse than Thought

IN THE FIRST IN-DEPTH STUDY of the West Nile virus’ impacts on bird populations, Wildlife Professor Emeritus T. Luke George, Washington University researcher Joe LaManna ('10, Natural Resources), and researchers from UCLA and the Institute for Bird Populations discovered the disease actually killed millions of birds—many more than previously thought. And it had a major, and sometimes lasting, impact on bird populations.

The virus affected nearly half of 49 bird species they examined at 500 sites across North America from 1992 to 2007. Some of the species rebounded, but others didn’t. For instance, an estimated 30 million of 130 million red-eyed vireos may have died from the virus, but their population recovered.

That wasn’t the case for warbling vireos. Their survival rate didn’t just drop with the arrival of the West Nile virus, but it stayed low. Over a five-year period, an estimated 15 million of the 49 million warbling vireos in North America died from the virus.

The study also revealed a long-term decline in survival for the Swainson’s thrush, a songbird commonly found in Humboldt County, a surprise given the virus wasn’t prevalent locally.

“Survival that is reduced and remains low for many years potentially has a long-term effect on bird populations locally, regionally, and across their range,” George says.

# War Vet Paints a Vivid Picture

OUTSIDE KANDAHAR, Afghanistan, bomb squad technician Marie Martinson saw a child’s skull. It lay in grass, in plain view, just off a dirt road where she and her team had stopped to check for explosives. Martinson (now Campfield, she married in 2012), an Art major, recalls that day in 2011 when her team leader found the remains. “We couldn’t do anything about it. We were there to look for hidden bombs and we couldn’t pick it up. Can you imagine that happening here and not being able to call anyone?” The skull is now the focus of Campfield’s recent painting called “Child’s Skull, Kandahar Province.” It was accepted into the prestigious Society of Illustrators Student Scholarship Exhibition and was featured with other entries at the Museum of American Illustration in New York City in May. Campfield is the first Humboldt State student to have work accepted in the competition.

She is also the recipient of the Albert and Mildred Van Duzer Scholarship, Glen Berry Painting Award, Ingrid Nickelsen Trust Award for Outstanding Woman Artist, and Reese Bullen Award.

Originally from Vancouver, Wash., Campfield had been studying at Brigham Young University-Idaho, when she realized she craved adventure. She joined the Air Force in 2007 and was deployed twice to Afghanistan between 2009 and 2011. She came to HSU as a Wildlife major in 2014.

But what she really wanted to do was paint. Campfield had been drawing with pencil and pen for years and decided she needed to learn a new medium. So she switched majors. And under the guidance of Art Professors Brandice Guerra, Gina Tuzzi, and Teresa Stanley, she thrived.

“As in the military, everything was a team effort. The Art faculty guided me in the creation of really meaningful pieces, helped me apply for scholarships, wrote letters of recommendation, and gave fantastic advice and insight about becoming a professional artist,” Campfield says.

The result is a body of work that captures moments that are disturbing, quiet, and serene. “Child’s Skull, Kandahar Province,” is 4 feet by 3 feet and employs a variety of media, including acrylic, grass, tissue, and mod podge on canvas.

“I wanted the focus to be just the skull,” says Campfield, who created the piece for a fall 2015 Intermediate Painting class. “It’s very macabre and dark so the background needed to be black. I still don’t know how to feel about the skull or how to express it with words, which is why I paint.”



“Child’s Skull, Kandahar Province”; Size: 48” x 36”; Medium: Acrylic, grass, tissue, mod podge on canvas.

*“As in the military, everything was a team effort. The Art faculty guided me in the creation of really meaningful pieces, helped me apply for scholarships, wrote letters of recommendation, and gave fantastic advice and insight about becoming a professional artist.”*  
 —Marie Campfield

Tracking Eureka's inflation rate gives students hands-on experience and gives the community an understanding of the local economy.



# The Price is Right: Student Researchers Measure Humboldt's Economy

INFLATION—IT BECOMES A POPULAR EPITHET during economic downturns or election years. But in remote areas like Humboldt County, economic microclimates can develop, making it hard for locals to have an accurate assessment of the cost of living.

HSU economics students have stepped in to help. A recent report developed by the students identified Eureka’s inflation rate for the first time. It joins other ongoing HSU projects, including an economic index and business confidence report that allow students, professors, and local residents to understand the state of the local economy and Humboldt County’s business climate.

Humboldt State students Luis Ceballos, Eric Diaz, and Connor Hoffman produced this year’s local Consumer Price Index (CPI) as part of the Department of Economics’ required “capstone”—the project that acts as a student’s culminating undergraduate experience. Students have produced the index each year since 2013, using the same weights and methodologies as the U.S. Bureau of Labor Statistics, providing enough data for this year’s team to calculate Eureka’s inflation rate.

Department of Economics Professor Steve Hackett says the goal is to continue the CPI each year, allowing students, faculty, and the community to identify trends over time.

The index tracks the prices of commodities in the area and this year Hackett asked the students to do an in-depth analysis of several sectors of the economy, including food and beverages, housing, and some consumer goods.

The takeaways? Some fluctuations occur—eggs have doubled in price since HSU’s first CPI report (due to national disease problems in egg-laying hens, Hackett says), but the local costs of recreation have gone down. Eureka’s inflation rate is low and it roughly matches the national CPI. “Overall the message is that consumer price inflation is very moderate—at the national level and in our local area,” Hackett says.

Hackett hopes the CPI project will join the department’s Humboldt Economic Index as an institutionalized program. The Economic Index is a monthly report generated since 1994 that tracks retail sales, building permit issuances, unemployment claims, and other details across a variety of local economic sectors.

The Humboldt Business Confidence Report is another recent contribution to understanding the local economy. A partnership with the Humboldt County Workforce Development Board, the August 2015 survey showed 78 percent of local business owners expressed moderately high confidence in the overall health and performance of their businesses.

“We felt there was a need to provide a resource of hard data and survey data so business leaders can make better decisions about different kinds of issues given the context of how things are changing,” says School of Business Chair Hari Singh, who co-authored the study with Jacqueline Debets of the Workforce Development Board and Denise VandenBos, Director of Project Development for HSU’s College of Professional Studies.

Making the CPI as successful as the Economic Index will require dedication on the part of capstone students as well as financial support. The CPI project was funded by the Dr. Ted Ruprecht Research Assistantship. Established with a \$25,000 gift commitment from HSU alumnus Don Lewis, the assistantship provides capstone project students a stipend during the school year.

The projects are valuable for the community, and an important part of the students’ educations. “We’re looking for more and more hands-on training, rather than having students squirrel away knowledge they get from a textbook or online,” Hackett says.

# Overcoming Trauma Gives Local Mom New Direction



MORGAN BURRIS was a young mother of two, working as a waitress, and not highly motivated to go to college. Then a devastating car crash changed her outlook on education and inspired her to help others.

She’s now a Humboldt State senior studying Social Work and thriving—in June she was given a California State University Trustees’ Award for Outstanding Achievement.

HSU President Lisa Rossbacher recommended Burris for the award, which is given every year to one remarkable student from each of the 23 CSU campuses. It comes with a \$6,000 scholarship.

“It is very appreciated to be noticed for my academic and personal triumphs,” Burris says.

Those triumphs didn’t come easily. On April 14, 2010, in a terrible car accident, she slammed into a light pole at 75 miles per hour and

sustained a severe head injury. Many of her personal memories were erased, including much of her childhood and the birth of her children.

Since the accident, Burris has focused on rehabilitating herself and, through this process, has been inspired to get an education and to make a positive impact in the community.

Throughout a long recovery process, she and her mother received critical help from social workers and Making Headway, a local agency providing services for survivors of brain injuries. The people at that program helped her reintegrate into society and inspired her to help others.

She is now pursuing a bachelor’s degree in Social Work, earning a 3.4 GPA as a full-time student while coping with memory loss, ongoing rehabilitation, and raising two children. She’s also volunteering at Making Headway, where she will also be doing her senior internship.

“I really want to work with people with brain injuries—I can relate to them in a way that many others can’t,” she says. After completing her bachelor’s degree, Burris plans on enrolling in the Social Work graduate program at HSU.

# New Press Puts Library Resources Within Reach

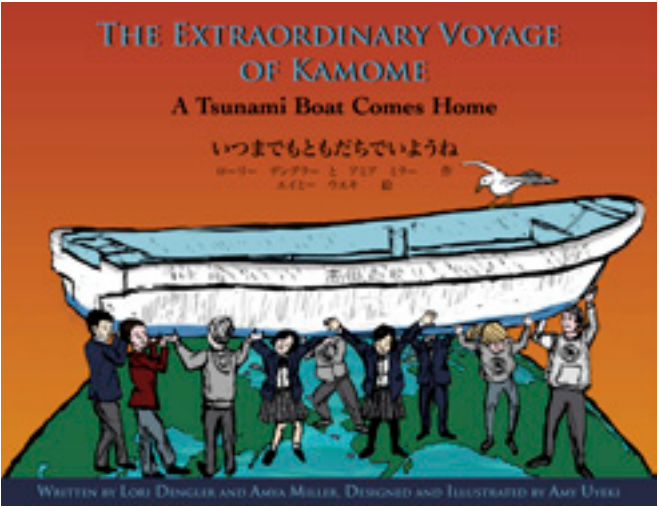
HUMBOLDT STATE’S LIBRARY is making good on its commitment to expand access to education with the launch of the Humboldt State University Press and the Sustainable Learning Program.

The library’s new academic press showcases HSU research and scholarship, including books, journals, conference proceedings, data sets, and open textbooks, in both print and electronic formats. “Launching Humboldt State University Press offers authors an open access publishing platform to reach their readers and to showcase the high-quality work of our authors, researchers, and scholars,” says Cyril Oberlander, HSU Library Dean.

The press’ first publication was *The Extraordinary Voyage of Kamome*, Geology Professor Lori Dengler’s story of a Japanese fishing boat that washed up on the shores of Del Norte County two years after the devastating March 2011 Japanese earthquake and tsunami. Dengler worked with co-author Amya Miller and illustrator Amy Uyeki on the book.

Other publications include a Maasai dictionary by former HSU President Rollin Richmond’s father, Charles Richmond, and the forthcoming titles *American Prometheus* (a memoir); *Pinetum Britanicum* (reprint); *Survey of Communication Study* (open textbook by Department of Communication Professors Laura Hahn and Scott Paynton), and HSU’s student literary journal, *Toyon*.

In order to help educators identify low-cost but high-quality course materials, the library hosted a series of workshops focused on free or inexpensive educational resources. The workshops are part of the Sustainable Learning Program, which looks to reduce the need for pricey textbooks.



***The Extraordinary Voyage of Kamome*, co-authored by Geology Professor Lori Dengler, was one of the first books published by the new Humboldt State University Press.**

As part of the program, the Library is partnering with the campus bookstore and other departments at HSU. Research shows there is a demand for affordable educational materials. More than 65 percent of surveyed students said they have skipped purchasing textbooks because of costs, and nearly three in four students said they’ve shared textbooks with classmates. One in five students has dropped a class due to textbook costs.

# Researching Dams’ Effect on Eel River Salmon

SLAKING ALONG CALIFORNIA’S NORTH COAST is the Eel River, the state’s third-largest watershed, which, along with its tributaries, covers 3,684 square miles and crosses five counties.

Along the upper part of the river sits the controversial Potter Valley Project, a massive power-generating facility that consists of two dams and a tunnel that divert water to the Potter Valley in the Russian River watershed.

The impetus for their research, conducted through the HSU’s River Institute, was the plight of fish that lingered between the two dams. Under natural conditions, rising water temperatures and lower flows are Mother Nature’s signals for juvenile salmon to begin migrating out to the ocean.

However, fish rearing in the artificially cool and consistently flowing waters between the dams lingered into the summer

Advocacy groups and others say the dams have had a serious impact on the river’s salmon populations and have called for the dams to be removed.

Now, as the government prepares to consider relicensing the project, Environmental Science & Management Professors Alison O’Dowd and William Trush, along with several HSU students, are working to get a better understanding of how the dams affect the salmon.



“SALMON ARE NOT ONLY a charismatic species but they’re indicative of watershed health. So if the salmon aren’t doing well then the amphibians, invertebrates, and other aquatic organisms probably aren’t doing well either,” says O’Dowd.

The plummeting population of Eel River salmonids paints a grim picture. Before 1900, there were an estimated 500,000 salmonids (70,000 coho and 175,000 Chinook salmon, and 255,000 steelhead), according to the National Marine Fisheries Service.

Today, there are an average of 15,000 salmonids returning each year—a 97 percent drop in population that environmentalists have partially attributed to the PG&E-owned Potter Valley Project. The project began in 1908 with the completion of the Cape Horn Dam. Scott Dam was completed in 1922 and that year, the Federal Energy Regulatory Commission granted the project a 50-year license.

Over the next decade, the Commission will review licenses for about 150 dams, including Scott Dam, which is set to expire in 2022.

months so that by the time the fish left and made their way downstream to the lower dam, they swam in water that was much warmer and potentially lethal, and with lower flow conditions.

O’Dowd and Trush hope to explore pre-dam flow conditions in the main stem of the river to help guide management of blockwater releases and inform the dam relicensing process. “That’s why we’re doing the science,” says O’Dowd, “to see how we can best help the recovery of these threatened fish species.”

To flush the fish downstream and help their outmigration, blockwater dam releases were conducted in 2012, 2014, 2015, and 2016. The most recent water release in May was based on recommendations from O’Dowd and Trush, along with input from various agencies and nongovernmental organizations.



Image courtesy of the European Southern Observatory

## 'Category 77 Hurricane' Winds Near Black Hole

FASCINATED BY EXTREME ultraviolet winds found near supermassive black holes, Humboldt State Physics & Astronomy Professor Paola Rodriguez Hidalgo and Canadian researchers set out to find faster ones.

The quasar winds they discovered weren't just fast, but the fastest in the ultraviolet range: about 20 percent the speed of light—the equivalent of 200 million kilometers per hour, or a Category 77 hurricane—and near a supermassive black hole more than 10 billion light-years away. The discovery represents another piece of a galactic puzzle, and also opened new hands-on learning opportunities for HSU students.

"Quasar outflows, and those at extreme speeds, have always fascinated me," Rodriguez Hidalgo says. "Quasars might be a phase that some, if not all, massive galaxies go through, like adolescence. And we know quasars are there, but we are not sure how they interact with the galaxies around them. That's why these extreme winds are so interesting."

Through a \$23,000 award from NASA and observing time with the Chandra satellite and Gemini North telescope, Rodriguez Hidalgo and her students will now use the data to study how X-ray and UV quasar winds might be related.

## \$3M Grant for Student Stem Cell Work

HUMBOLDT STATE'S cutting-edge program to prepare stem cell and regenerative medicine professionals received a major boost in January.

HSU Biological Sciences Professors Jacob Varkey and Amy Sprowles are among educators at 12 universities to secure funding from the California Institute for Regenerative Medicine's Bridges 2.0 Training Program. The \$3,044,950 award will fund stem cell training for HSU students and support up to 10 paid research internships annually for the next five years. Interns are placed in universities with major stem cell research programs.

Varkey and Sprowles received their first CIRM Bridges award in 2009. The award funded 70 HSU students who received extensive training in stem cell research at UC Davis, UC San Francisco, and Stanford.

"The goal of the Bridges program is to prepare undergraduate and master's level students in California for a successful career in stem cell research," says Randy Mills, CIRM president and CEO. "That's not just a matter of giving them money, but also of giving them good mentors who can help train and guide them, of giving them meaningful engagement with patients and patient advocates, so they have a clear vision of the impact the work they are doing can have on people's lives."



**Professor Amy Sprowles, right, provides hands-on instruction in lab techniques to Biology students in HSU's Biotechnology Laboratory.**

HSU has a reputation for preparing students for the CIRM program due, in part, to a rigorous selection process that includes a complete stem cell training program. "Students enrolled in the courses that make up the training program are prepared to design and conduct experiments that address research questions in the field. This requires instruction in laboratory methods, fundamental scientific principles, and interpretation of the primary literature so students are current in the field of stem cell biology and regenerative medicine," says Sprowles, who, along with Varkey, directs HSU's CIRM Scholars program.

Once students complete the stem cell training program, they are qualified to apply for HSU's CIRM 12-month paid internship and to seek a position at one of the host institutions. "We've had students work on everything from brain cancer to spinal cord repair. After their internships, our students have gone on to pursue careers at the top research institutions in the world," says Sprowles.

In total, 48 students have completed the internship and represent a wide cross section of majors and backgrounds. Chemistry and Biology students study alongside Psychology students, and 35 percent of them are first-generation students. Nearly 1 in 4 are part of a demographic that is underrepresented in science.

One common trait is success after graduation.

"We are very proud of the fact that more than 90 percent of our trainees have found work in the field or have been accepted to highly competitive biomedical graduate or medical professional programs," says Varkey.

## Lighter Footprints on the Path to Carbon Neutrality

HUMBOLDT STATE UNIVERSITY continues to push ahead with efforts to protect the environment. At the top of the list is an ambitious goal to become carbon neutral by 2030—much sooner than the timeline set by the California State University system.

In President Lisa Rossbacher's Fall Welcome address to faculty and staff in August, she outlined the importance of this goal. "Many of our current efforts like energy reduction and waste reduction will be part of this. We will accomplish this goal through adaptation and resiliency, not just on campus but in partnership with local communities," Rossbacher said.

She also said the University would pursue two other "big goals": eliminating the achievement gap in the next decade, and making environmental sustainability and social justice the core of HSU's education.

### Here are some of the environmental efforts launched in the last year:

#### Committed to Be Green



HSU HAS PLEDGED support for the White House American Campuses Act on Climate, demonstrating a commitment to carry out sustainability goals and support strong action on climate change by world leaders. Rossbacher also signed Second Nature's new Climate Commitment, a pact focused on achieving carbon neutrality and increasing resilience.

#### Lightened Loads



NEW DATA SHOWS the campus community produced only 1.06 pounds of trash per employee per day and 0.27 pounds per student per day in 2015. That comes in well under the campus goals of 10.7 pounds per employee and 1.9 pounds per student set by the state. The CSU system as a whole is aiming to be zero waste.

#### Powered Down



HUMBOLDT STATE held a series of "power down" events in Spring 2016 to save energy and reduce emissions by powering down ventilation systems, switching off office equipment, and other steps. According to Green Campus, in 2013, electricity contributed 23 percent of HSU's greenhouse gas emissions.

#### Charged Up



THE REDWOOD COAST Energy Authority and Schatz Energy Research Center teamed up to build nine new public electric vehicle charging locations on the North Coast, bringing the total network to 14 charging stations.

#### Killed the Cup



HSU PLACED THIRD in the 2015 "Kill the Cup" challenge, a national contest that promoted the use of reusable coffee cups.

In other muggy news, HSU launched a new program to cut down on the use of disposable coffee cups. Campus cafés now sell coffee in Mason jars for \$2.25, saving 25 cents over the cost of a single-use cup.

#### Expanded Composting



STAFF IN HSU'S Office of Sustainability now collects food waste and food-soiled paper from all campus eateries and residence halls. The expanded program is expected to handle as much as 280,000 pounds of food waste per year.

# Teaching Social Justice to Fourth-Graders

IT'S A BASIC COMING-OF-AGE STORY about a Mexican-American girl whose family lives in a small one-bedroom house. But when read to a group of fourth-graders in a Del Norte County classroom, *The House on Mango Street* by Sandra Cisneros became a catalyst for cultural mindfulness.

"The book sparked an interest in different lifestyles and what was happening to their peers," recalls Gabriel Aquino, a Liberal Studies Elementary Education major. "There was no judgment. They were giddy talking about their backgrounds and hearing about how other people live."

Exposure to diverse perspectives, discussion of cultural differences—that's the point of multicultural education, which students like Aquino have learned to apply in the classroom through an innovative course created last year.

The undergraduate class, Critical Multicultural Children's Literature, was developed and taught by School of Education Professor Marisol Ruiz. Education students often teach traditional subjects (math, art, science, etc.) in local elementary schools to gain experience. However, Ruiz's class—a first at HSU—gave students the chance to teach multicultural education to children.

The way she sees it, the class is her response to racial incidents and a need in schools.

"I created this class because I heard some students in local community schools were attacked and being called the 'N' word," says Ruiz. "Young kids need to see themselves represented in literature, history, science, and math; to see that the norm is diversity; and to learn to not only respect each other but to learn from each other."

The key to this awareness and understanding, she says, is multicultural education. The goal is to create a path toward a more socially just society.

Born out of the civil rights movement in the 1960s and 1970s, multicultural education incorporates the perspectives of diverse cultures across all disciplines by what's taught, how it's taught, and who teaches it.

For students, multicultural education could mean, for example, exposure to children's literature that tackles topics such as race, class, gender, religion, and abilities. For educators, that could mean including multicultural and social justice



**Gabriel Aquino brings multicultural education to students of Smith River Elementary School in Del Norte County.**

instructional materials, and also making schools more open and welcoming to the community.

At its heart, multicultural education's goal is to create a more just world for all students, especially historically underrepresented youth, and to arm them with critical thinking skills so they can help make the changes they want to see in society.

For Ruiz, change begins with HSU students. Skeptical at first, some were concerned kids wouldn't be interested in discussing weighty social issues.

Not so, says Smith River Elementary School teacher Luis Pelayo. He took Ruiz's class through HSU's teaching credential program and worked closely with her on his master's thesis. Cultural issues come up, he says, and at the most unexpected moments.

"I presented a word problem in which a girl made more money than a boy," he recalls of his fourth-graders. Some boys didn't believe he could make less. I told them that in the real world, women make less than men doing the same job. They were shocked and realized it wasn't fair.

"All of a sudden, a math lesson turned into a discussion on salaries. So no matter what's taught, it's important to address social issues right then and there."

# A Passion for Plants, Planes, Social Justice, and (Naturally) Student Success



AS A KID GROWING UP in Canada, he conducted scientific experiments (think mixing household cleansers to create chlorine gas). He organized neighborhood fundraising events for charity. At 16, he piloted an airplane solo for the first time. Since then, he has studied the effects of air pollution on plants, continues to give back to his community, and still enjoys flying.

Meet Alex Enyedi: biologist, social justice advocate, pilot, and HSU's new provost.

Enyedi's scholarly and academic career spans three countries and four universities. He earned his bachelor's and master's degrees at the University of Guelph in Canada, and a Ph.D. at Penn State. He conducted plant research as a post-doctoral scientist at Rutgers University, a Biology professor at Western Michigan University (WMU), and a scholar at the Hungarian Academy of Sciences.

During 15 years at WMU, he served as Biological Sciences Department chair, and eventually the College of Arts and Sciences dean. He also fought for gender equity, and along with his wife, Andrea, actively supported the LGBTQ community. Together, they started a "Gender Equity and Social Justice Fund" which supports student activism and social justice research.

His natural science background and strong social advocacy efforts, in addition to his deep respect for the environment, made him a natural fit for Humboldt State.

"It's exciting to be part of an institution that is not only committed to diversity and inclusion, but also to social and environmental responsibility," he says.

Now a few months into his tenure, he has a clear vision for his first year: focus on improving student success and the four-year graduation rate. He hopes to accomplish these goals, in part, through the Re-Imagining the First Year (RFY) program. RFY, which involves 43 other U.S. colleges, is designed to improve academic learning and campus experiences in the first year of student life.

RFY also addresses the complexities of being the new kid on the campus block, particularly for students who are historically underrepresented or the first in their family to go to college.

"First-generation students often have to rely on themselves to find answers others can get from their families," says Enyedi, also a first generation student. "College can be a really daunting environment. RFY is trying to tackle those issues to help students feel more connected and be successful in college."

Enyedi has forged connections with students throughout his career, not just in the classroom, but also in the air. As a volunteer pilot for the Young Eagles program, he takes young people on airplane rides to introduce them to the world of aviation.

"It's a great way to give back. It's also a wonderful way to connect aviation with my passion for education and helping students."

# Re-imagining the First Year of College

FRESHMAN YEAR can be fraught with challenges like moving away from home for the first time, settling into residences halls, and learning to live with a roommate—not to mention juggling a full load of college courses. That stress can add up. Freshman year is also when universities lose the most students.

Can educators make that first year a more welcoming and inclusive experience? That's what the 44 colleges involved in the Re-Imagining the First Year (RFY) program, including HSU, are hoping to find out. The effort is coordinated by the Association of American State Colleges and Universities and supported by the Bill & Melinda Gates Foundation and USA Funds.

The three-year effort is aimed at helping colleges enhance the first-year experience in order to increase retention and improve graduation rates, particularly among historically underserved populations. A key component to the program is making sure universities are sharing with each other what works best.

"Through our association with the RFY, we will work to coalesce evidence-based activities and interventions into a package that will

better serve all of our first-year students. This will enhance academic success by ensuring students are well prepared and motivated for their second year of college and that they remain on-track to graduate with their degree," says HSU Provost Alex Enyedi.

HSU has already brought innovative changes to students' first-year experiences with initiatives like the Retention through Academic Mentoring Program (RAMP) and the Klamath Connection. Both strive to deepen a student's connection to the campus community.

RAMP utilizes peer-mentoring from upperclassmen to help freshmen adjust to college life. The Klamath Connection program brings a small group of freshmen from six of the largest HSU science majors together for an intensive introduction to science by focusing on the Klamath River. Over the academic year, the students take science and general education courses and participate in activities to understand the relationships between science, the natural environment, and local Native tribes.

► For more about the Klamath Connection program, see page 16.

# At the Top of Their Games

HUMBOLDT STATE ATHLETES capped an impressive year with several visits to national championships. A wide range of talented players—both new and experienced—took to their respective fields, water, courts and diamonds to propel Lumberjacks teams to historic seasons.

In the spotlight was the football team, which charged into the postseason for the first time since 1968, winning its first NCAA Division II playoff game against Augustana in Redwood Bowl before being defeated at Northwestern Missouri.

Running Back Ja'Quan Gardner hopes to recreate a winning and record-breaking season this fall.



"WE HAVE TO BE LUCKY as well as good," says Coach Rob Smith. But with much of an outstanding offense coming back to the field this fall, there's hope for another solid season. "Our players know how to prepare and they have high expectations," he says.

HSU football can't be mentioned without acknowledging Ja'Quan Gardner, the sophomore running back who set a number of Great Northwest Athletic Conference records and led the NCAA Division II in total rushing yards, rushing yards per game, and rushing touchdowns.

Gardner was selected as an All-American by several organizations and was a runner up for the Harlon Hill Trophy, which is awarded to the NCAA Division II's most outstanding player.

Gardner was back at his Ceres, Calif., home for a summer training regimen, and he wasn't dwelling on his success—or the team's post-season loss—from last year. "I'm not worried about having to do better," he says. "I just want to go out and play the game."

That being said, he's looking forward to another go at a trophy. "That's the only goal I have for myself: just help the team win championships."

HSU SOFTBALL PLAYERS are feeling similarly. The team made it to the championships for the second time in four years, getting within one win of the national title before being defeated by the University of North Alabama in May.

The championship run capped a remarkable season for pitcher Katie Obbema, who helped the team to the California Collegiate Athletic Association tournament all four years of her career. Obbema, who graduated in spring, was named the CCAA Female Athlete of the Year. She played 22 complete games, earned 24 victories, and pitched 160 strikeouts with a season ERA of 1.84.

Softball head coach Shelli Sarchett—who earned a regional coaching staff of the year award for this season at Humboldt State—says her team played a long, difficult season in pursuit of a championship. "We're disappointed that we didn't win it all," Sarchett says, "but we left on the biggest stage."


From her place on the pitcher's mound, Obbema says, she always thought about the team. "I've always been a big supporter of the people who stand behind me and back me up throughout the game," she says. "It was important to remember and remind each other that we're all there for one reason: to support each other."

Despite some roster changes that saw some seasoned players graduate, Sarchett says this year's team is eager for another chance at the championship.

GREAT SEASONS for longtime underdogs like the football team and winning programs like softball "will long be remembered," says Associate Director of Athletics Tom Trepiak.

"Success in the field and the classroom brings the community and alumni out," he says. "Football games last year brought crowds of 6,000 to 7,000 to Redwood Bowl. People want to become more involved when there's more success."

Student athletes have multifaceted connections: they connect with their coaches, with their teachers, and with their community, Trepiak says. "It's a secondary support system."

What should fans expect this year? A successful football team, for one, with a strong group of returning players who've built camaraderie in the last year. Softball and basketball should be exciting programs to watch, Trepiak says, and "there's always a surprise team with breakout success." 



## More 2015-16 Highlights

**ROWING:** Women's rowing made it to the National Championships for the third straight year, taking fourth place in the Varsity Eights boat race. The season earned two of the crew national honors for seniors: Mariah Smither (named to the Division II Pocock All-America First Team) and Samantha Morford (named to the Second Team). Smither, a 4.0 Biology student, earned her second consecutive Elite 90, an award given by the NCAA for carrying the highest cumulative grade-point average to the rowing finals.

**BASKETBALL:** The men's basketball team beat nationally ranked UC San Diego in March for the CCAA tournament title, marking the Lumberjacks' first championship win since the 2011-2012 season. The team lost its first game in the NCAA West Regional conference to No. 1-seeded Western Oregon, but the season earned senior forward Rakim Brown All-West Region honors. Brown averaged 19.1 points and 7.1 rebounds per game this season and was named the CCAA tournament MVP.

For schedules, rosters, and more updates, go to [hsulumberjacks.com](http://hsulumberjacks.com)

# Klamath River as Teacher, Mentor, Community Advocate

## New Science Program Goes Beyond the Lab

By Aileen Yoo

**NATIVE AMERICAN STORIES** are said to be non-linear narratives that weave, turn with tangents, and follow lines that may not seem to connect—lines of interrelated reason that create vast and varied connections.

This way of conceptualizing the world is mirrored in a new science program at HSU, which helps students understand relationships between science and traditional ecological knowledge, the environment and communities—all through the lens of California’s second largest river, the Klamath.

CREATED BY Wildlife Professor Matt Johnson and Biological Sciences Professor Amy Sprowles and launched in fall 2015, the Klamath Connection program is an ambitious effort designed to boost the success of science, technology, engineering, and math (STEM) majors.

The first cohort was made up of 63 freshmen from four of the largest HSU science majors (Biology, Wildlife, Environmental Science, and Zoology). The program weaves the theme of the nearby river into science and humanities courses, plus extracurricular activities, many in collaboration with local Native tribes. A support system is built into the program, as well. Each student is paired with an HSU student mentor through the Retention through Academic Mentoring Program (RAMP), and provided an overview of resources available on campus.

It’s an interdisciplinary and holistic approach that takes into account the emotional, as well as academic, needs of first-year students.

“By creating a learning community, there was a much stronger integration of classes and student support than I’ve ever experienced,” says Johnson. “It was refreshing to see how the curriculum, faculty, staff, and peer mentors all worked to help students.”

The program couldn’t come at a better time. In the last few years, there’s been a nationwide push to support STEM students to improve their retention and graduation rates, and ultimately increase the number of science professionals in the United States.

Part of the national push is the CSU STEM Collaboratives project. With a \$4.6 million grant from The Leona M. and Harry B. Helmsley Charitable Trust, the project provided funds to HSU and seven other CSU campuses (Channel Islands, Dominguez Hills, East Bay, Fresno, Fullerton, Los Angeles, and Pomona) to develop programs aimed at helping STEM students. The grant, along with HSU funding, will help support the Klamath Connection for the next two years.

To prepare HSU students for the rigors of STEM courses, keep them inspired, and help them navigate their first year of college, Johnson and Sprowles looked to the Klamath.

THE KLAMATH is a breathtaking system. It stretches 263 miles across Oregon and Northern California and is the

ancestral homeland for four federally recognized Native tribes. And, over the last several years, the Klamath has been at the center of debate among its indigenous peoples, environmentalists, scientists, politicians, and farmers.

One of the main issues at stake is the hydroelectric industry. Many believe that the Klamath’s four dams have damaged its water quality, blocked fish runs, and decimated the salmon population.

For these reasons, Johnson and Sprowles saw the river as the perfect case study. “We chose the Klamath for its complexity, and wanted to create a program that shows the way science can directly relate to environmental, political, cultural, and economic issues,” says Sprowles.

Aaron Tacub, a Zoology major from Southern California, began drawing these connections last summer. A few days before the start of the fall semester, he and other students camped near the Klamath at Orleans, where they met scientists, cultural experts, and policy advocates from the Karuk Tribe such as Chook-Chook Hillman.

A member of the Karuk Tribe and scientist with the Karuk Tribe’s Water Resources Department, Hillman explained the importance of water quality monitoring to the Tribe and demonstrated water sample collection for water quality analysis. HSU students and faculty then took samples from multiple sites

and brought them back to HSU to test them for the presence of *Microcystis aeruginosa*, toxic blue-green algae that can be harmful to fish, humans, plants and animals, and grow rapidly under specific conditions.

The resulting bloom can be devastating and dramatic. In Florida, for example, miles of green sludge choking beaches and waterways has killed fish and hurt the state’s fishing and tourism industries. Blooms have been found in bodies of water around the nation, including the Klamath in 2004. Every summer since that year, the blue-green algae detected in some Klamath reservoirs have exceeded World Health Organization standards.

But to truly understand the algae and its impact, students had a chance to analyze and discuss results of their summer experiments in courses throughout the year. They identified the organisms by morphology in Botany. To show the effect of the nutrient changes on growth rate, they graphed numerical



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LEFT: Will Harling ('99, Biology), executive director of the Mid Klamath Watershed Council, talks with Klamath Connection students about the role of prescribed burning in forest restoration and recovery. ABOVE: Algae is prominent in this sample drawn from the Salmon River, a tributary of the Klamath.

data in Math courses, and in Chemistry tested water samples for phosphorous and nitrogen, which can cause algal blooms.

“It was cool to have a chance to do hands-on learning as soon as I got to HSU,” says Tacub. “I’m lucky to go to a school where you can go into the field and make all these connections as a freshman. I feel like this program gave me that boost of confidence.”

Klamath Connection may be about science. But at its heart, the program is about connections, which the program illustrated through the Klamath River fish kill. In 2002, a gill parasite known as “ich” killed tens of thousands of adult Chinook salmon in the lower Klamath.

The play *Salmon is Everything* (developed by tribal members and former HSU Theatre Professor Theresa May) chronicles the fish die-off. Students saw a performance of the play and then explored the topic in a Native American Studies course, taught by Kerri Malloy, which provided a more in-depth overview of Klamath issues and Native American culture, politics, and law.

“As a Zoology major, I never thought about taking Native American Studies,” says Tacub. “But then I learned about the spiritual connections tribes have with the river and salmon, and the issues of tribal representation in U.S. government. This class really opened my eyes.”

In fact, some of the most valuable lessons came from members of Yurok, Karuk, Hoopa Valley, and Wiyot tribes. Lisa Hillman, the Karuk Tribe’s Food Security Project Coordinator, met students and explained the relationship between the river and its people.

“Since time immemorial, the Klamath River and its many tributaries and surrounding landscapes have shaped and defined the cultural units of its First Peoples,” explained Hillman.

She described this bond between the people and land, and how it gives them a sense of who they are—connections that have been negatively affected by the dams and regulations. She says the students were respectful and asked thoughtful questions. Overall, she was moved by their interactions, which she describes as a small yet profound accomplishment.

“You put on an event like this and see young people with an expression on their faces that makes it clear we had connected on a very personal level. It’s moments like these that help me move forward, notwithstanding our difficult historical background and current Western-centric policies.”

And therein lies the beautiful and fascinating design of the Klamath Connection, says Hillman: “The true beauty of this program is HSU’s recognition and respect for traditional biological and human ecology, and its eagerness to integrate those aspects into science programs.”



“The true beauty of this program is HSU’s recognition and respect for traditional biological and human ecology, and its eagerness to integrate those aspects into science programs.”

—Lisa Hillman, Food Security Project Coordinator for the Karuk Tribe

STUDENTS NOT ONLY LEARNED about connections, they created their own with other students, faculty, and staff to form a community.

“Making all these friends and being with people who have similar interests made me feel like I belong here,” says Tacub.

Students weren’t the only ones who learned from the Klamath Connection. Johnson and Sprowles found that by working closely with students and with different campus departments, they saw a side of freshman life they had never seen before.

“One thing that surprised me was the extent and range of challenges faced by students in their first year—from academic and roommate issues to crises in health, family, and finances,” says Johnson. “I think by creating such a strong sense of community, the faculty and staff involved got a better view of the struggles faced by first-year students.”

JOHNSON SAYS THE program showed strong signs of success in its first year. Compared to STEM students not in the program, Klamath Connection students scored higher in foundational gateway courses like

Botany and Math. They reported feeling more connected to HSU and each other, more committed to completing a degree at HSU, and less test anxiety.

This year’s program has expanded to include new majors (Environmental Resources Engineering and Fisheries Biology) and the cohort has nearly doubled. There will be more help with math, more support resources, and a bigger focus on mentoring. And, in the hopes of forming an even stronger learning community, students will be living together in Klamath Connection-themed campus housing.

Tacub has a big year ahead of him as well. He’s the co-founder of HSU’s new zoology club and is a RAMP mentor for the new cohort of Klamath Connection students. 📍

For details on Klamath Connection, go to [HUMBOLDT.EDU/KLAMATHCONNECTION](http://HUMBOLDT.EDU/KLAMATHCONNECTION)



“Making all these friends and being with people who have similar interests made me feel like I belong here.”

—Klamath Connection student, Aaron Tacub  
(BOTTOM RIGHT)

From campground to classroom, students explore the Klamath River through the Klamath Connection, a place-based program founded by Biological Sciences Professor Amy Sprowles (TOP LEFT) and Wildlife Professor Matt Johnson.



Essay

# Why is There so Much Interest in Food?

By Laura Hahn and Michael Bruner



It might seem odd to begin our article celebrating the food movement with reference to a January column by Tamar Haspel in the *The Washington Post* that claims the food movement is not a big deal.

Haspel has a point. Consumers are more concerned with what is in their food (additives, chemicals, pesticides) than the details, and even the injustices, of the food systems that produce, process, market, and transport the food that we consume. Food Justice has come late to the table in the U.S.

In addition, a single, unified food movement does not exist. We instead can identify many recent food movements around the globe.

Food justice is only the most recent of this multitude of social movements. Some are highly organized and institutionalized, such as the Organic Consumers Association. Many are informal and fluid, such as the local food movement in the United States, Vandana Shiva’s ongoing seed-saving campaign in India, and efforts in Mexico to protect the thousands of varieties of corn that are threatened by major corporations.



OTHERS WORK OUTSIDE the establishment and mainstream values, such as People for the Ethical Treatment of Animals’ (PETA) vegetarian and vegan campaigns. Nevertheless, when one views the totality of these widespread and diverse movements, it is clear that millions of people are involved with food issues and food advocacy today.

In addition to the advocacy focus, food seems to be on center stage in our homes, in commerce, in government, in health care, in popular culture, and in academia. So why all of the “buzz”? While we do not believe there is a single answer, there are some factors and events that have influenced this current obsession with food.

### The Stuff of Life

FOOD IS AT the very foundation of our existence. We need food to live. As people are living longer, there has been increased attention to the factors that increase health and thus, lifespan. As diet is a significant factor in human health, food has received increased attention to its role in health and wellbeing.

Plus food has an important place in our relationships and cultural identities. We sit down to meals as a family, use the symbolic meanings of food items to celebrate holidays and religious traditions, and cultivate a garden to connect us to the earth and ancient growing practices.

### Influential Voices

THANKS TO significant thinkers and writers, the culture has experienced a paradigm shift regarding how we conceptualize the human relationship to food and the food industry. One of the early contributors was J.I. Rodale, who founded *Organic Farming and Gardening* magazine in 1942. Another early opinion leader was Rachel Carson, who published *Silent Spring* in 1962. Carson’s is more than a book on environmental science. It raised awareness about the impact of pesticides, and left only a small step for the public to wonder about the safety and purity of food. Michelle Obama’s White House garden raised the profile and the stakes of locally grown and healthy food like no other effort in recent history.

In the last two decades, significant food studies scholars and writers—Peter Singer (*Animal Liberation*), Michael Pollan (*The Omnivore’s Dilemma*), Marion Nestle (*Food Politics*), for example—have transcended academic discourse and brought the social, political, economic, and cultural consequences of our food systems into the mainstream. And they have captured the public’s imagination through accessible books and articles on food issues. There has also been a proliferation

By sharing what we are eating and drinking and where we are dining, we can communicate our social, economic, cultural, religious, and political status across the globe.

of food studies programs, degrees and certificates at universities, as well as increased attention to food insecurity among college students.

### The Millennial Effect

THE PEW RESEARCH CENTER, in its report, “Millennials: A Portrait of Generation Next,” paints a picture of young adults who are driven by freedom of choice and lifestyle. They explore options and communicate about options via social media. Millennials are health-conscious and food-conscious.

Mixed with these values are the matters of economic privilege and opportunities. The “hip” side of the food movement has been criticized for privileging those who can shop at health foods stores, buy gourmet food products, drink craft beer, and eat at niche restaurants. On the other hand, Millennials reportedly are confident and connected. They can, and do, critique food practices associated both with the “establishment” and with “alternative” cultures. Today, for example, there is more awareness of privilege and food choices, and food justice issues are becoming more mainstream.

### Popular Culture and Media

FOOD IS increasingly the topic in books, television shows, websites, blogs, and documentary films. Moreover, social media sites have become a predominant means for communicating class and cultural identity. While there is a long history of using consumer goods to convey one’s social standing—such as cars, luxury vacations, and designer clothes—food and eating have become the latest status commodities. By sharing what we are eating and drinking and where we are dining, we can communicate our social, economic, cultural, religious, and political status across the globe. As such, food is no longer stylized just for the plate, but is something to be posted, tweeted, pinned, and shared.

Taken together, these four factors have contributed to our current obsession with food, and you can definitely see it here at Humboldt State University. HSU staff, including Director of Dining Services Ron Rudebock, and Health Educator Mira Friedman, are changing the face of food at the University. Faculty members Joshua Frye, Jen Maguire, and Noah Zerbe have national profiles in food-related matters. And .... even as we write .... the Oh SNAP! Food Pantry is helping to feed our at-risk students, while students are breaking ground on two campus gardens. 🍌

Communication Professors Michael Bruner and Laura Hahn have each written extensively on food-related issues.



# TASTES LIKE HUMBOLDT

THE KOMBUCHA? LOCAL.  
SALMON? LOCAL TOO.

A SAMPLING OF  
HUMBOLDT COUNTY  
VENDORS THAT SUPPLY  
PRODUCTS TO HSU.

Arcata Scoop  
Beck's Bakery  
Bien Padre  
Blackberry Bramble BBQ  
Brio Breadworks  
Casa Lindra  
Cypress Grove Chevre  
Diane's Sweet Heat  
Dick Taylor  
Donut Mill  
Drake Glen Creations  
Fieldbrook Winery  
Fish Brothers  
Franz Bakery  
Henry's Olives  
Humboldt Bay Coffee Company  
Humboldt Chocolate  
Humboldt Cider Company  
Humboldt Creamery  
Humboldt Hotsauce  
It's Alive Kombucha  
Larrupin  
Little River Farm  
Loleta Cheese Factory  
Los Bagels  
Lost Coast Brewery  
Luna Farm  
Mad River Brewing Co.  
Mad River Farm  
Moonstone Crossing Winery  
Muddy Waters Coffee Company  
Natural Decadence  
Nonna Lena's Organic  
North Coast Co-op  
North Coast Mercantile  
Organic Matters Ranch  
Pacific Seafood  
Pasta Luego  
Planet Teas  
Rita's  
Robert Goodman Winery  
Stargazer Barn  
Sun Valley Floral Farms  
Tofu Shop  
Tomaso's  
Varsity Ice Cream Company  
Vellutini Baking Co.  
Wild Planet  
Willow Creek Farms





the Food  
issue



# Feeding the Campus

and the Story of our Pretty *Amazing* Fish Taco

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By Aileen Yoo

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The fish taco at HSU isn't just a fish taco. It's the most popular dish served at the Jolly Giant Commons. And it reflects a culinary conscientiousness among today's students of what's good to the palate, for the body, and for the environment.

**THAT MINDFULNESS SHOWS** in the kitchen of the campus's main residential dining spot, the J. It's everything you expect a commercial kitchen to sound and look like: there's clanking, scraping, and running water; ladles and tongs hanging from racks; and at every turn, stainless steel (industrial stoves, ovens, and freezers).

At a chopping station is lunch cook Adam Timek. He's head down, preparing vegetables for next day's onslaught of fish taco-making and eating. "Students come out of the woods on fish taco day," Timek says, taking a brief break. "We're making taco after taco after taco. People have tried to order four to eight tacos at a time."

With serrated knife in hand, Timek gives

a halved tomato a "nice chop," which (for us inexperienced cooks) means cutting tomatoes into little cubes until he ends up with 24 cups. He'll move on to hand-chopping cabbage for the coleslaw and radishes, and then making from scratch the adobo sauce and tempura fish-frying batter.

With the exception of the canned jalapeños, all veggies are fresh. But that's the story of most food served on campus.

"People think that all our food comes off a commercial truck, is frozen, and pre-made. Out of necessity, some things have to be but a lot of what we serve is fresh, local, and made from scratch," says Dining Services Assistant Director Mary Ann Brown.

Eaters of Today

FRESH. LOCAL. HOMEMADE. Not exactly the words some would use to describe college cuisine of yesteryear. Back in the day, campus food was—to put it kindly—as delicious and exciting as a No. 2 pencil. Some remember flaccid broccoli and rubbery roasted turkey, while Dawn Aubrey recalls limited choices. “It was a different time in mid-’80s, at least for me. There wasn’t much variety,” says Aubrey, board president of the National Association of College & University Food Services, and associate director of Housing and Dining Services for the University of Illinois at Urbana-Champaign. “We were excited to have two choices. The day they started making chicken patty sandwiches was heavenly.” Aubrey estimates college cuisine started to change in the late ’90s, when universities began hiring trained chefs who brought with them culinary skills. Another driving force of change is students. They’re more aware of food issues than previous generations and, as a result, demand choices that are healthy, eco- and socially-conscious, and tasty.

Colleges like HSU and the restaurant industry have responded. About 94 percent of college and university operators in the United States purchase local produce. And according to the National Restaurant Association, the top culinary trends of the last decade have been local sourcing, gluten free cuisine, and environmental sustainability. “Students are sensitive to the impact of food choices, which is refreshing to see. This generation is going to delve more deeply into wellness beyond physiology, but also the planet, paying attention to what they’re eating and how it’s being produced,” says Aubrey.

Cooking with a Conscience

AT THIS POINT, healthy and sustainable eating is no longer new to HSU. Dining Services has served burgers made from grass-fed beef (J Grill) for the last 15 years and more plant-based options the last 20 years, and has been buying locally (within a 250-mile radius) for at least the last decade. Today, those products include bagels, tofu burgers, bread, salsa, and produce. Brown says that HSU’s location affects the ability to buy local. Schools in or near bigger cities can purchase produce all year round. What HSU can buy locally depends on the season and whether the item can be supplied in the quantity that’s necessary to feed diners at the campus’ main eateries daily: 3,000 at the J and 2,500 at the Depot. If Brown can’t find what she needs, she turns to a commercial distributor. There are practical considerations, too. For the fish taco, Brown needed a mild fish that could be prepped and cooked quickly and in large batches. Sysco’s frozen cod fit the bill. The fish came de-boned and was available in bulk. However, most fish at the J is locally-sourced, including sustainability-focused Pacific Seafood.



“This is a hectic business. There’s a lot of pressure to feed students, and the calls for catering never stop. I couldn’t do this without the dedicated army of staff and students behind me.”

-Mary Ann Brown, Dining Services Assistant Director



In one week HSU serves ...

200 pounds Broccoli  
180 pounds Romaine Lettuce  
105 pounds Mushrooms  
124 pounds Spinach  
418 pounds Tomatoes  
56 pounds Sprouts

288 pounds Green Leaf Lettuce  
342 pounds Red Grapes  
250 pounds Yellow Onions  
432 pounds Strawberries  
864 Avocados  
300 pounds Tofu





“We’re not perfect—no one is,” says Brown. “We do use some frozen and canned ingredients just like people do at home when they make their meals. But we always remember that students live here. This is their home and this is their kitchen. So we cook as sustainably as possible, and use fresh ingredients whenever we can.”

Attempts to be green go beyond comestibles. Brown says her cooks try to prepare just the right amount of food and use leftover ingredients for other dishes. Dining Services offers reusable to-go containers, mason jars for discounts on coffee, and compostable utensils. Just last semester it started encouraging the use of the Earth Tub composting tub in the University’s corporation yard, which is managed by the Compost Squad, part of the HSU Waste-Reduction & Resource Awareness Program.

Initiatives and changes like these, says Aubrey, can have lasting impacts now and in the future.

“Colleges and universities are the birthplace of trends, and it’s with us that students start developing lifelong habits, molding experience of what is wellness and sustainability,” says Aubrey. “We get to serve the future every day.”

## What’s on the Menu?

THE FUTURE COMES around each summer when Brown and her crew have to update and create the menu for the rest of the year. For a dish to make the cut, it obviously has to be appetizing, hence the insistence things are made from scratch. From the Depot’s pupusas and tabbouleh at the campus convenience store, College Creek Marketplace, to the coconut curry at HSU’s sit-down restaurant, Windows Café, many dishes are homemade.

Taste isn’t the only criteria. Cooks need a recipe, such as jambalaya, that can be replicated and created in mass batches.

Being on the menu is one thing. Staying on it is another. For this reason, Brown is persnickety about presentation.

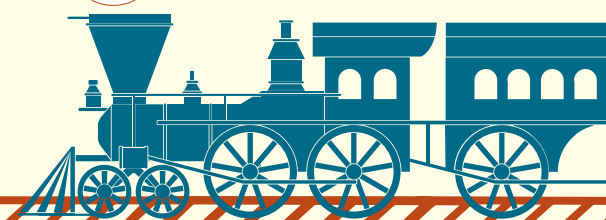
“Everybody eats with their eyes. If it doesn’t look good they’re not going to eat it,” says Brown.

# FAST FACT SNACKS

Some trivia about campus eateries

## THE DEPOT

Its name references its train-themed forebear, the Rathskeller, which featured a ticket counter.



## LIBRARY CAFÉ

Décor has a “local” flair. Light fixtures are from Fire & Light in Arcata. Embedded in the floor tile are agate rocks—common to Humboldt County beaches.



## WINDOWS CAFÉ

The only location with sit-down service.



## COLLEGE CREEK MARKETPLACE

A full-service market that sells groceries, hot foods, and cookware.

## THE J

The single best salad bar in the county.



## THE GIANT’S CUPBOARD

It sells the most Ben & Jerry’s ice cream in Humboldt County.



## CATERING

Served  
1,358  
events  
in  
2016.

## HILLTOP MARKETPLACE

One of the best views on campus, rivaling the view from the fourth floor of the Behavioral & Social Sciences building.

There's science to back up her claim. According to a study by a Cornell University scientist, sight affects our perception of flavor. Similarly, an Oxford University experiment found that diners thought a salad that resembled an abstract painting by Wassily Kandinsky tasted better than salads that were tossed or neatly arranged.

With that in mind, Timek cuts vegetables for the fish tacos by hand.

"We have a machine that dices, but Mary Ann likes tomatoes hand-cut. They look and taste better," Timek says.

Yes, appearances do matter—especially around one's mouth and in one's teeth.

"We know that students won't eat corn on the cob because it's messy," says Brown. "They don't want to do that in front of their friends, so we don't order it anymore."

And sometimes, students help implement major dining changes such as Meatless Mondays. It's the local version of a global movement that raises awareness of the environmental and health benefits of a plant-based diet.

No matter the menu, however, Brown says it's the staff and students who make Dining Services shine.

"This is a hectic business. There's a lot of pressure to feed students, and the calls for catering never stop. I couldn't do this without the dedicated army of staff and students behind me."

## Fry. Construct. Eat. Repeat.

THE CULINARY PROCESS from planning to the plate appears to boil down to pride, care, and teamwork.

It's 10 a.m., the morning the fish tacos are served, and Jose Zapata works the deep fryer. Zapata ('15, Business Administration)—hired as a student and now a full-time staffer—turns his attention to the cod planks. He dunks each in homemade tempura batter where they sit for a few minutes to absorb the flavors. He cooks 10 to 12 pieces of fish at a time—any more and they overcrowd and won't cook evenly, he says.

He's also in charge of the grill, where marinated skirt steaks are cooking for the fajitas that will also be served today. One thing you notice as he's jumping between stations: no timers like a home cook might use to know when a dish is done.

"You gotta feel it. If you're cooking and you're happy, the food comes out good," says Zapata. He often makes tacos with staff cook Tina Medeiros, who is part of what Zapata sees as a kitchen community. "Our teamwork doesn't end there. Day to day we work hard, like the rest of our dining family."


Nearby, tortillas topped with cheese are being grilled on the flat stovetop, and a few minutes later they're placed in a pan and moved to the assembly station. There, Timek begins constructing tacos one by one: a strip of fried fish, flanked by coleslaw, followed by veggies and drizzled with the ranch-chipotle sauce. He packs them neatly onto a large baking tray. Timing, he says, is important. Tacos are created no earlier than 10:20 a.m. so the tacos are fresh for lunch at 10:30.

Timek takes the tray and slides it through a small window. On the other side is a student who takes it to the serving counter, where Business major and first-year HSU student Brisa Bassett waits. She's one of the first people in line to order the tacos.

"I'm from Southern California, and the Mexican food is better there, but the J's fish tacos are still pretty decent," she says. "I like the sauce. It has a good flavor and texture. I highly recommend the fish tacos."

Her score on a scale from 1 to 10? "I'd give them a 7."

Like Bassett, Kim Encio, also from Southern California, is a fan of fish tacos and the sauce. And she's slightly more generous with her appraisal.

"Obviously, the tacos don't taste the way they do at home, but these are really good," she says. "I'd give them a solid 8." 



The number of Dining Services transactions each week: 33,250





# Food for All

## Tackling Student Hunger Through Assistance, Research, and Advocacy

By Jarad Petroske



Jen Maguire, Professor,  
Department of Social Work

HAVING SO MUCH good food, grown locally, is one thing. Affording it can be another.

According to Humboldt State's official estimated costs of living, food and housing take up the biggest portion of a student's budget after tuition. So it makes sense that students often look at these expenses to carve out savings. Sadly, some students reach a point where there are no good choices, and their health and ability to learn can suffer.

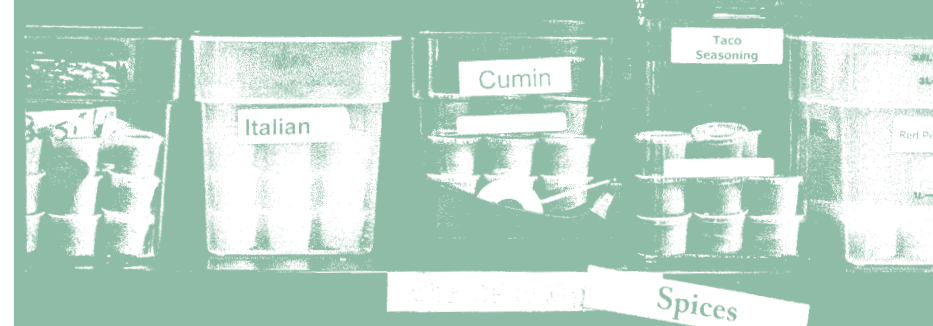
"The food budget is the most flexible part of the budget. You can save money there and it's not going to change whether you can go to class," says Mira Friedman, a health educator at HSU who says she's noticed a growing trend among students and a lack of food.

Being a poor, starving college student subsisting on a diet of instant noodles has often been thought of as a right of passage, says Friedman. It's an image that's endured for decades. "But that wasn't right then, and it's not right for our students," she says.

HSU is addressing the issue of hunger among students with the Oh SNAP! project—a service for students that connects them to food resources like the local farmers' markets and state food assistance, and even operates a food pantry on campus where students can grab free healthy food. It's an effort that complements the research and policy advocacy work being done by many faculty and students.

RIGHT TOP: Social Work major and HSU Oh SNAP! student assistant, Navor Resurreccion, hands out lettuce at the HSU Farm Stand. The stand is open every Thursday during the school year and offers students free local produce. RIGHT BOTTOM: Social Work major and HSU Oh SNAP! student assistant, Analysisia Limon, stocks the food pantry. The pantry lets students sign in and walk out with food, spices, recipes, and additional resources for nutritional assistance.

You can help. Through HSU's "Food For Thought" Campaign, alumni and others have contributed about \$56,000 to fight student hunger. Click "support" at [humboldt.edu/FoodForThought](http://humboldt.edu/FoodForThought)



THE U.S. DEPARTMENT of Agriculture classifies people who are struggling to afford their next meal as "food insecure" (see sidebar for the full definition of food security). Food security exists on a spectrum, so someone with full cupboards would be "food secure."

In 2015, Social Work Professors Jennifer Maguire and Marissa O'Neill and Psychology Professor Chris Aberson surveyed 1,504 HSU students to determine their state of food and housing security. The results were surprising.

More than half of the students said they had experienced low food security (30 percent) or very low food security (23 percent). Forty percent of the students were cutting the size of meals or skip-

*"When you see how many people we've helped it really clicks. Day to day it can feel like you're not doing much, but we are helping more than 1,000 people a semester."*

—Oh SNAP! student assistant Analysisia Limon

ping them entirely because they didn't have enough money for food. Most of the same students reported skipping meals between five and 20 days a month.

Having access to adequate nutrition is very important to students' well-being, according to Maguire. "Emerging evidence points to direct links between our students' ability to access nutritious foods and to successfully navigate stresses of studying, home life, and working to afford school," she says.

The situation is similarly concerning at the national level. In December, researchers at the University of Wisconsin and the University of Michigan released findings from a survey of more than 4,000 undergraduates at 10 community colleges across the nation. They found that half of all respondents were struggling to

# Defining Food Security

## High

No reported indications of food-access problems or limitations.

## Marginal

One or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.

## Low

Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.

## Very Low

Reports of multiple indications of disrupted eating patterns and reduced food intake.

Source: U.S. Department of Agriculture

get enough food. Twenty-eight percent cut the size of their meals or skipped meals at least once, and 22 percent did so on at least three out of the last 30 days.

AT HUMBOLDT STATE, multiple efforts to make sure students are fed are bundled together as the Oh SNAP! Campus Food Programs. Oh SNAP! takes its name from SNAP benefits, or the Supplemental Nutrition Assistance Program, which is run by the USDA and was formerly called food stamps. It was a 2013 project to connect students to food assistance programs that served as the basis for Oh SNAP!

That year, HSU's Department of Social Work was awarded funding by the Humboldt County Department of Health and Human Services to raise the awareness of CalFresh, California's version of SNAP benefits.

The next year HSU opened the student-driven Oh SNAP! Food Pantry. In opening the pantry, Humboldt State became one of the 339 members of the College and University Food Bank Alliance, which tracks student food assistance programs across the country. Oh SNAP! is supported by funds from HSU alumni, private donors, and various campus groups and departments.

Located in the Recreation & Wellness Center, the pantry is a welcoming place where there's always a fresh pot of coffee or hot chocolate. The food—stocked and organized by student assistants—is purchased locally and often includes nutritious bulk foods like lentils, canned fruits and vegetables, beans, pasta, and more.

The Oh SNAP! program also works with a local professional chef to teach students to prepare meals using items gathered at the food pantry. "We can provide an educational component. So it's not just that you're getting some zucchini, but you're learning how to use it in a meal," says Friedman.

The food pantry sees plenty of use. Student assistants Navor Resurreccion and Analysis Limon say the pantry's large cupboards are usually empty within a week of restocking. "When you see how many people we've helped it really clicks. Day to day it can feel like you're not doing much, but we are helping more than 1,000 people a semester," says Limon.

IN ITS FIRST year, more than 1,200 students used the pantry for a total of over 2,500 visits. In the 2015-16 academic year, more than 1,500 students used the pantry with over 4,000 visits.

The pantry is also a social hub. "A lot of students come to hang out and talk. Students need to create a family away from theirs. The food pantry goes a long way toward creating community and reducing the stigma of using services like the pantry," says Resurreccion, who has long been interested in food issues and worked with a food resource program in junior college that redistributed leftover food from farmers markets to students.

The Oh SNAP! program also runs a free farm stand with produce from Earthly Edibles, a local organic farm.

In February, Humboldt State became one of the country's first universities to begin accepting Electronic Benefit Transfer cards from the USDA. The card, which operates just like a debit or credit card, issues monthly SNAP benefits that can be used to buy groceries like vegetables, fruits, canned food, and freezer items from the College Creek Marketplace.


Having the option to use CalFresh on campus is a step in the right direction, but as it stands there are still significant hurdles for students to jump before qualifying for those benefits, according to Maguire.

COLLEGE STUDENTS IN California are unlikely to qualify for food assistance programs because of conflicting state and federal requirements about the amount of work students must do each week.

According to federal guidelines set by the USDA, qualified student applicants must take part in a work-study financial aid program, maintaining a 20-hour per week workload. Meanwhile, California only requires that students qualify for a work-study financial aid program—not actually take part—to qualify for CalFresh.

Maguire and Heather King ('15, Social Work), M.S.W., are working to address the difference in requirements.

In a recent white paper based on King's community project, she and Maguire recommend a revision of federal SNAP rules to align with CalFresh requirements and that college financial aid counselors become one of the first stops where potentially eligible students learn about food assistance programs. The paper also suggests that colleges work with social services providers to streamline the application process for applying to food programs. Together, making these changes would go a long way toward helping more students get the food they need.

It's all part of the effort to make sure Humboldt State can meet the needs of its students, says Friedman. "We're nurturing students' minds and bodies so they can be academically successful. We want our students to be well in a holistic way, which goes beyond just getting good grades." 



All students are eligible to use the food pantry once per week. The students who run Oh SNAP! strive to make the space welcoming; visitors can always find hot coffee or hot chocolate on standby.

# HSU Oh SNAP! Food Programs at a Glance

[HSUOHSNAP.ORG](http://HSUOHSNAP.ORG)

## FOOD PANTRY

Open daily. Students can stop by once a week and pick up essential groceries.

## CALFRESH OUTREACH

Assistance applying for CalFresh benefits at the food pantry.

## FARM STAND

Free seasonal produce from a local farm delivered weekly.

## COOKING DEMOS & RECIPES

Weekly cooking demonstrations feature a local chef sharing simple, nutritious recipes.

## OH SNAP! APP

Text alerts (starting Fall 2016) for new or limited-availability pantry products.

## RESEARCH AND ADVOCACY

Surveys and reports are available for download at [hsuohsnap.org](http://hsuohsnap.org).

# HUMBOLDT STATE *Honors*

At Humboldt State's annual Honors Dinner in the spring, awards were given for the year's top alumni, students, faculty, and staff.

Recognizing the achievements and contributions of the HSU community

## Distinguished Alumni

**Greg Beck** ('94, Environmental Systems)



After volunteering for the Peace Corps in Nepal, Greg Beck continued his education in the International Development track of the Environmental Resources Engineering graduate program. Currently, Beck is director of Integrated Development for the nonprofit human development organization FHI 360.

Beck has years of experience from the International Rescue Committee, Community Housing Foundation, the United States Agency for International Development's Office of Transitional Initiatives, and the Peace Corps. He has worked in Burma (Myanmar), the Philippines, Africa, the Caucasus, Asia and the Balkans and led large emergency responses around the globe.

Beck has a bachelor's degree in Foreign Service and International Politics from Penn State University.

**Piet deVries** ('93, Environmental Systems)



Piet deVries recently led a response effort to the Ebola crisis in Liberia, where he oversaw operations across the country. Establishing trust and connections with the affected communities is what made the program a success, he says.

DeVries calls the project the greatest challenge he's faced—and that's after a career that's taken him to Thailand, Pakistan, Kosovo, and a host of other countries.

Currently, deVries is the senior technical advisor for Global Communities, an international nonprofit that works to improve the lives of vulnerable people worldwide. DeVries is originally from Aptos, Calif.

**Heather Hostler** ('12, Native American Studies)



As the Chief Deputy Tribal Advisor to Calif. Gov. Jerry Brown, Heather Hostler is motivated to improve Native American communities throughout the state. Her work includes reviewing legislation, consulting on policy development, coordinating drought responses on tribal lands, and much more.

Hostler has long been involved in leadership, serving as the president of the Indian Tribal & Educational Personnel Program Club at HSU and working with the Humboldt Area Foundation as a program director developing scholarship funds to send Native students to college. She is also a member of the Hoopa Valley Tribe.

**Phillip C. Humphreys** ('91, Social Work & '93, Social Sciences)



Phillip Humphreys' mission is to expand access to education among minority groups. Since his time at HSU, he has been uplifting his peers and fellow students through his work with the Educational Opportunity Program and by serving as president of the Black Student Union. He was also instrumental in helping establish HSU's

MultiCultural Center.

Humphreys earned an Ed.D. in Organizational Leadership from the University of La Verne and today he is the Dean of Student Services at the El Camino College Compton Center.

**Burt Nordstrom** ('75, Physical Education)



HSU has been a part of Burt Nordstrom's life since he was a kid and more than 40 years later, he's been able to give back in a big way.

Nordstrom thrived as a student, getting involved in campus life and student government. After playing both football and baseball at HSU, he went on to play

two years of minor league baseball, and in 1998 was inducted into the University's Athletics Hall of Fame.

After graduating, he went to work with University Center, eventually becoming Executive Director. In 2004, he served as HSU's Vice President for Advancement, and helped create HSU's Advancement Foundation. After "retiring" he returned to serve as Vice President for Administrative Affairs.

Always a fan of Lumberjack athletics, Nordstrom continues to volunteer as a radio commentator during broadcasts of Lumberjack football games, a role he has relished for more than 25 years.

## Distinguished Faculty

### Outstanding Professor Award



**Professor Alexandru M.F. Tomescu**, Biological Sciences

Professor Alexandru Tomescu combines his teaching and scholarly activities to benefit the university community, which he joined in 2005.

As the instructor of several Botany courses, Tomescu is praised for his ability to present clear, engaging lectures, while successfully integrating his research into his teaching. Students praise his dynamic and thought-provoking approach.

Tomescu conducts research on a broad range of topics addressing the fossil record, morphology, and evolution of plants. As the author of more than 40 peer-reviewed publications, Tomescu has included many of his undergraduate and graduate students as lead authors.

### Outstanding Service Award



**Professor Noah Zerbe**, Politics

Professor Noah Zerbe has had a meaningful impact on the University community.

Known as a thoughtful and conscientious leader by colleagues, Zerbe was instrumental in the creation of the Strategic Plan. As co-chair of the planning process, he led planning groups and later compiled recommendations from disparate groups into one coherent and consistent document. He was also involved in the 2011 transition of the Academic Senate to a University Senate and was later elected Senate Chair.

### Excellence in Teaching Award



**Lecturer Loren Cannon**, Philosophy

Loren Cannon excels as a teacher, scholar, and advocate. Each semester, he teaches five courses. They include Philosophy program classes and his specialty—Environmental Ethics.

Additionally, he has collaborated with numerous other departments on campus. For the Department of Critical Race, Gender, & Sexuality Studies he is teaching Trans\* Lives and Theory. It's a course he created and is one of the few of its kind in the CSU.

Cannon is seen as an enthusiastic, engaging, and inclusive educator, and as a tireless advocate for transgender inclusion. His efforts in this area include conducting trainings in local hospitals, homeless shelters, schools, area churches, and on campus. His passion for students and dedication to social justice make him a valued lecturer.

## Outstanding Students

**Cristina Bauss**, Geography Undergraduate Student



Cristina Bauss is recognized for her award-winning accomplishments and her commitment to the discipline of Geography. In 2015, Bauss was one of only a handful of undergraduates across the country to participate in the National Geographic Geography Intern Program. She's also the only HSU student to be inducted as a member of the prestigious Gamma Theta Upsilon, the International Honor Society in Geography.

The recipient of numerous HSU scholarships, Bauss is researching the environmental impacts of illegal cannabis cultivation in Humboldt County.

Academics aside, she mentors other students, assisting them with their research, and is gracious in her feedback. Popular, respected among peers and colleagues, Bauss embodies the community spirit of the Geography Department.

**Dylan McClure**, Social Work Graduate Student



Dylan McClure is being recognized for his dedication to causes that are significant to the campus community's health and well-being.

An advocate for transgender rights and inclusivity, he created a comprehensive resource guide for trans and gender non-conforming students and worked with Information Technology Services to make institutional changes, which allow students to use a preferred name in HSU's student registration software. He created and led a weekly group for transgender students who have experienced discrimination as an HSU student. Plus, he has been working with faculty on the use of appropriate language about gender.

## Staff Recognition

**Shannon Childs**, Athletic Trainer, Athletics

**Jennifer Dyke**, Director, Upward Bound

**Kacie Flynn**, Office Manager, Sponsored Programs Foundation

**Jim Harding**, Budget Analyst, College of Natural Resources & Sciences

**Michael Le**, Research Analyst, Institutional Research & Planning

**Amy Martin**, Development Coordinator, Academic & Career Advising Center

**Kelly Mathson**, Administrative Support Coordinator, Music

**Gina Pierce**, Budget Analyst, College of Arts, Humanities & Social Sciences

**Sylvia Shively**, Assistant Controller, Accounting

**Jackie Wiedemann**, Nurse Practitioner, Health Center

## 1940s

**Kenneth L. Liscom, 1949**

**Wildlife**, was born and raised in Arcata. Liscom has retired after 40 years of working with the U.S. Fish & Wildlife Service. He studied salmon and steelhead in the Sacramento, Alaska, Columbia, and Snake rivers by radio tracking. Liscom also studied fish scale analysis and the effect of electrical guiding on salmon.

## 1950s

**Beverly Dahlen, 1956**

**Language Arts**, retired from City College of San Francisco. Dahlen is also a practicing poet and received an award for her writing in 2013 from the Foundation for Contemporary Arts in New York.

## 1960s

**Rick M. Gardner, 1965**

**Psychology**, received his M.A. (1967) and Ph.D. (1969) from University of Nevada, Reno in Experimental Psychology. He served as professor and department chair at the University of Southern Colorado from 1969 to 1991, and later as professor and department chair at the University of Colorado, Denver, from 1991 to 2000. Gardner has published extensively in several areas of psychology with particular emphasis on the topic of body image. He retired in 2003 and has traveled extensively in 90 countries.

**Harry Bartley, 1966**

**Social Science**, earned his Secondary Teaching Credential in 1967. Bartley taught Industrial

## Gifts from the Heart

Every year, more than 6,000 alumni and supporters give back to Humboldt State. Want to support HSU students and programs?

Visit [loyalty.humboldt.edu](http://loyalty.humboldt.edu)

or contact us at (707) 826-5200 or [giving@humboldt.edu](mailto:giving@humboldt.edu).

Arts Drafting classes at Marysville High School in California until he was drafted and joined the Army in 1968. The majority of his two years in the infantry were spent at Ford Ord, Calif., as a drill sergeant in a basic combat training company. After active duty, Bartley went back to teaching in 1970. He earned a Secondary Administrative Credential, served as president of the High School Teachers Association, and served on the contract negotiating team. He finished teaching in 1977. Bartley moved with his wife and three daughters to Denver, Colo., where he worked as a computer aided instructor. Over the next 40 years, Bartley worked in a variety of computer-aided design and computer-aided engineering positions. Bartley worked with Auto Trol, Bausch + Lomb, and Tektronix. During his last 28 years, Bartley worked with Tektronix as a CAE trainer and supporter for international training. Bartley retired in 2014.

**Timothy E. Blewett, 1966**

**Fisheries Biology**, recently published nine novels on Amazon.com in a series titled *A California Saga*. The first five novels take place in Northern and Central California and two of the main characters are professors at Humboldt State.

**Fred Koegler, 1966**

**Physical Education**, celebrated 50 seasons as a park ranger in Yosemite National Park in 2015. He is currently head of the horse patrol in Tuolumne Meadows, a high alpine section of the park. Koegler lives in the Glendale-La Crescenta area with his wife, who is an HSU alumna. In addition to his work with the Forest Service, Koegler is a retired teacher with the Los Angeles Unified School District's Verdugo Hills High School, and is an active L.A. County Reserve Sheriff Deputy, with more than 40 years of service in the Volunteer Montrose Mountain Search and Rescue team based out of the Glendale area.

**James Ronald Good, 1966**

**Wildlife**, spent the summer of 1964 as range aide and range tech with the Bureau of Land Management (BLM) on the Sheldon Refuge and Range in Nevada. He spent the summer of 1965 conducting project inventories in Nevada. Good was hired by BLM in 1966 as a range conservationist in Montana. He transferred to the U.S. Fish & Wildlife Service in 1967 as assistant refuge manager at the Kern-Pixley National Wildlife Refuges in California. Good transferred to the Stillwater Wildlife Management Area in

Nevada, and the Hart Mountain National Antelope Refuge in Oregon before leaving to attend Oregon State University, where he earned a master's degree in Wildland Sciences with a minor in Rangeland Restoration. Afterward, he worked at the Columbia National Wildlife Refuge in Washington, then in the Pierre Area Office in South Dakota as the staff refuge manager and biologist. In 1982, Good was selected as refuge manager for the Fish Springs National Wildlife Refuge in Utah. In 1984, he became the project leader for the Havasu National Wildlife Refuge in California before transferring to Galena, Alaska. After 33 years as a law enforcement officer, Good retired in 2000.

**William Roberts, 1967**

**Theatre Arts**, followed his undergraduate education earning degrees from UC Riverside and the University of Manchester,



where he took his diploma in Drama in 1969. Roberts spent five years as an actor and director with the Oregon Shakespeare Festival. He has been a resident of Britain and a member of the British Actor's Equity since the late 1960s. An experienced actor and voice artist, he is a frequent reader of American works on BBC Radio and for various audio publishers. He is often heard voicing "heavy" characters in major video games. His

## Corey Gray: Helping Discover the Nature of the Universe

MORE THAN A BILLION YEARS AGO, two black holes began twirling around each other at speeds near 50 percent the speed of light. When they merged into one, the cataclysmic finale sent shockwaves through the universe. After a 1.3 billion light-year journey, that shock reached Earth where it provided the first direct proof of the existence of gravitational waves.

These signals were measured by researchers at the Louisiana and Washington sites of the Laser Interferometer Gravitational-Wave Observatory (LIGO) and mark a major discovery for the fields of physics and astronomy.

For HSU Alumnus Corey Gray ('97, Physics & Applied Mathematics), the discovery was a reward for years on a job spent searching the sky for signs of gravitational waves. "The direct detection of gravitational waves is eye opening and paradigm shifting, much in the same way humanity discovered the Earth was not flat, but spherical. These monumental jumps in discovery are part of human evolution," says Gray, who is a supervisor of the operator team at the Washington-state LIGO site where he's worked since 1998.

Albert Einstein first suggested the existence of gravitational waves in his General Theory of Relativity in 1915. A century later, the LIGO Scientific Collaboration documented the existence of these waves and sent the scientific community reeling at this monumental discovery.

The findings are described in "Observation of Gravitational Waves from a Binary Black Hole Merger," published in *Physical Review Letters*. *The New York Times* described the discovery as a "great triumph," while the U.K.'s *Independent* called it "the scientific discovery of the century," that opens up a whole new realm of astronomy.

A member of the Siksika (Northern Blackfoot), Gray traces his interest in science back to watching his dad work in electrical engineering and the quick-thinking television character MacGyver. "I had always thought studying physics would be really cool, but it was hard to make the leap because growing up there aren't many role models for Native youth in the sciences," says Gray. "I wanted to be a Native MacGyver."

While studying at HSU, Gray found what he calls his "second family" among classmates in the Indian Natural Resources, Science & Engineering Program (INRSEP) and other Native organizations at HSU. Gray had come to HSU as a transfer student from Cal State San Bernardino and found himself homesick in the Cypress Residence Hall. Through INRSEP, he was able to make deep connections and connect with his heritage in ways he hadn't explored as a youth. "I really appreciated the opportunity to learn about my Native background," Gray says. He was also a member of the campus's American Indian Alliance and HSU Student Drum.

Shortly after the gravitational waves were measured, Gray returned to HSU as the keynote speaker for American Indian College Motivation Day, where he emphasized the roles his internships played in getting established as a young scientist. He completed internships with the Department of Energy, the Stanford Linear Accelerator Center, and UC San Francisco.

LIGO is continuously undergoing upgrades to expand the scope of its observations and soon sites in Italy, Japan, and India will come online to add to the collection of data. For Gray, who is part of the LIGO Education & Public Outreach Team, now is the time to spread the message of scientific exploration. "In addition to continuing the hunt for gravitational waves, another important aspect of our job is to share these discoveries with the world. Gravitational wave astronomy is completely new, and we need more future scientists to continue this work."



*"I wanted to be a Native MacGyver."*

—Corey Gray

Po Chung: Lessons in Life and Business Found in Fish

LEADING PEOPLE AND CARING FOR FISH have a lot in common. Designing an office is like creating a fishpond; taking care of an office is like nurturing a habitat; and running a business is like fostering an ecosystem.

This is the business world according to Po Chung ('69, Fisheries Management), who founded and led DHL International and is now leading an effort to reform education in Hong Kong.



Receiving an honorary fellowship from The Education University of Hong Kong, Po Chung (center), is leading an effort to promote more liberal arts education at Hong Kong universities.

"I was the supreme pond keeper," he says. "And if I can stay one step ahead of what my managers and couriers want, I have fulfilled my responsibility."

But Chung's story is less about becoming a big fish in a big pond, his awards, and his accomplishments as a philanthropist and artist. It's more about his humanistic approach to managing people—a perspective shaped by his liberal arts education and life lessons learned at HSU.

Chung grew up poor in Macau during the 1949 Chinese Civil War. He left grammar school briefly because his parents could no longer afford it, and began fishing with his family for a living.

Throughout college in Hong Kong and, later, at Whittier College in Calif., he was exposed to classic literature so that by the time he came to HSU in 1965, he was well-read and well-rounded. But it was HSU Professor Frank Watson's business law class that struck a chord.

"Mr. Watson was a very competent lawyer of high moral integrity and a very caring person," he says. "We could easily see his competence and character by the way he took apart cases and tell his caring disposition by his effort in marking students' papers."

Caring, competence, and character. The attributes Chung saw in Watson are ones he believes leaders need to manage a healthy business ecosystem.

Leaders who inspire and engage their teams are necessary for a business to thrive, especially now. Today's economy is dominated by service, not manufacturing, industries that require a workforce to think critically and creatively.

"A manufacturing mindset is one-dimensional. Factory workers, for instance, have to leave their emotions at the door and come in with two hands and two feet and may feel like zombies. A service-based industry is unpredictable, and you need people who care and can improvise if there's a problem."

Chung is now at the forefront of cultivating future and current pond keepers. He founded the Hong Kong Institute of Service Leadership and Management, which promotes, advocates, and offers service leadership training. He is also leading the push to integrate more humanities and social sciences into the curriculum at eight Hong Kong universities.

Chung continues to have an impact at Humboldt State as well. In 2006, Chung and his wife, Helen, made a charitable gift to establish the Chung-Watson Lecture Series in Business Ethics in tribute to Watson, while ensuring current and future students have a forum for leadership discussions. And this fall, his new books *Service Reborn* and *25 Principles of Service Leadership* will be part of a reading series for HSU Business Professor Michelle Lane's class.

film and television appearances include "Behind Closed Doors," "Infinite Justice," "Cold Mountain," and "Mission Impossible—Rogue Nation." Roberts recently published two novellas set on the North Coast, where he was raised: *The Humanist*, a mystery novel, is set in Shelter Cove in Mendocino County. His second book, *An Ill Wind*, takes place in Del Norte County, with scenes set in San Francisco, L.A., and Puerto Vallarta, Mexico. He is also a private pilot based in London.

1970s

**Steve Flannes, 1972 & 1974 Psychology**, is a licensed psychologist and organizational consultant practicing in Oakland, Calif. He specializes in working with organization leaders on the acquisition of interpersonal leadership skills. Flannes published his third book on leadership, *Skills 3.0: Next-Generation Leadership Skills for Project Success*. He has presented seminars throughout the United States, Canada, U.K., Poland, and Ukraine. While at Humboldt, he was very active on the tennis team and with fishing—activities he's trying to pursue more and more.

**Richard Morris, 1972 History**, after working 38 years with the Monterey County Assessor, has been a caddy at the Pebble Beach Golf Links since 2011.

**Mary Wicksten, 1972 Biological Sciences**, is a Biology professor at Texas A&M University, College Station, and just published her book *Vertical Reefs: Life on Oil and Gas Platforms in the Gulf of Mexico* (Texas A&M University Press), which is the only non-technical book on the subject. The illustrated book discusses the biota of these structures, its origins, and what happens to these organisms over the lifespan of a platform. A copy is on its way to the HSU Library.

Gifts from the Heart

Family of Jeff Navarro

Recent alum Jeff Navarro passed away not long after achieving his goal of graduating from HSU's challenging Environmental Resources Engineering program. With a \$3,000 annual gift in his memory, his family established the Jeffrey S. Navarro Mentorship program. It offers a stipend to engineering students who mentor other students.



**Gene Blankenbaker, 1977 Forestry & Wildland Resources**, became deputy director of human resources for the U.S. Forest Service last spring.

**Raymond J. Bogiatto, 1977 Wildlife**, received his M.S. in Biology from Chico State in 1986. Raymond then worked at Eagle Lake Station as a station manager from 1989 to 2009. He has been serving as a faculty member teaching Biology at Chico State since 1987.

1980s

**Lawson Snyder, 1980 Fisheries Biology**, was the recip-



ient of the Louise Ireland Humphrey Achievement Award for outstanding career achievement by the Florida Fish and Wildlife Conservation Commission. Snyder spent 34 years with the FWC, recently retiring as deputy division director of Habitat and Species Conservation.

**Jay T. Watson, 1980 Wildlife Management**, spent several years as lead wilderness ranger in the Trinity Alps Wilderness. He then served for three years as the executive director of the Camp Unalaye Association, a Calif.-based nonprofit that owns and operates a backpacking summer camp in the Trinity Alps Wilderness for youth. Watson then spent almost 20 years with the Wilderness Society, both in Washington, D.C., where he lobbied Congress on wilderness legislation and the annual Interior and Related Agencies Appropriations Bill, and in Calif. where he was regional director for over a decade. For the last 11 years, Watson has worked for the Student Conservation Association, an organization dedicated to youth development, building character, and promoting careers in conservation. Watson is vice president of the Western United States region and works out of Oakland. Watson and his wife, Kathleen, have been married for 30 years and have two sons. Thomas is a First Lieutenant in the US Marine Corps and leads a 36-man infantry platoon. Charles works in government affairs in Sacramento.

**Jeff C. Stevenson, 1981 Journalism**, was recently accepted into the Horror Writers Association. Stevenson has several articles, flash fiction, short stories and novelettes being published this year. Film rights for Stevenson's first book, *Fortney Road: Life, Death, and*

Dear Humboldt,

There is a group of 20-30 HSU alumni from the 1974-1975 era that have met every year for an extended campout/HSU reunion. We originally met as students in Madrone and (mainly) Maple Halls. This is a passionate group with ties that have strengthened over the years. They meet up each year, coming from all over the U.S. Last year, I joined them from Mississippi, where I've worked for 40 years with Mississippi State University and the U.S. Dept. of Agriculture. It was a deeply moving experience to see how these people have grown in their love for each other and for HSU. Their embracing me after all these years quickly made it feel like I never left the group. I'm sure all of them would be glad to share thoughts and images of this example of HSU community spirit.

Regards,

Craig Tucker ('74, Zoology)

*Deception in a Christian Cult*, are now being represented by Steve Fisher of APA. Dean Koontz calls Stevenson's book, "A unique and compelling true story."

**Wade Eakle, 1982 Wildlife**, spent 1982 and 1983 working at the Institute for Wildlife Studies in Arcata, before serving at the U.S. Forest Service's Rocky Mountain Research Station at Arizona State University, in Tempe. He then completed a master's in Wildlife and Fisheries Science at the University of Arizona at Tuscon. In 1987, he worked for the engineering firm Dames & Moore in Phoenix, and then the Luke Air Force Base in Arizona. Since 1990, Eakle has been with the U.S. Army Corps of Engineers in the San Francisco District of the South Pacific Division.

**Jared Haynes, 1982 M.A. Biology and 1986 M.A. English**, married alumna Gail Newton in 1986 under the redwoods in Eureka. Haynes and Newton have one child, Blythe Newton-Haynes,

who is currently attending Hampshire College in Massachusetts. Haynes started his career at College of the Redwoods, teaching



Math and English. After the couple moved to Sacramento, Haynes spent 25 years teaching writing in the University Writing Program at UC Davis, including an advanced writing course for biology students and an advanced writing course for pre-law students. Haynes also taught the university's English grammar course and a Science in the Renaissance course. Haynes retired in 2014.

**Roger J. Haro, 1984 Fisheries Biology**, was recently awarded the Wisconsin Professor of the Year award by Council Advancement and Support of Education and the Carnegie Foundation.

## Dear Humboldt,

Attached is a picture of three HSU graduates that are working at the Idaho Department of Parks and Recreation.

The good-looking guy on the left is Bryce Bealba ('00, Forestry; '08 Certificate in Interpretation). He is a ranger at Heyburn State Park in Plummer.

The hunchback in the middle with the tie is Surat Nicol ('92, Biology, Zoology). I am an assistant manager at Lucky Peak State Park just outside Boise.

The man on the right rocking the beard is Travis Taylor ('02, Wildlife). He is a ranger at Lake Walcott State Park in Rupert.

All three of us were California boys who received a great education at Humboldt State. We also fell in love with the college and brought hard work, responsibility and dedication to the environment to Idaho. We are building on the work HSU alumni Del Williams and Rick Brown accomplished at Idaho State Parks years earlier. We are also looking forward to future Humboldt graduates coming to Idaho.

Thank you,  
Humboldt State!

Surat Nicol ('92, Biology)



### Darryl Womack, 1987

**English**, has written his first book, *Tales of Westerford: Dragons, Knights and Kings*, to be released in June.

### Bruce M. Baker, 1988

**Fisheries Biology**, has been working as a Fisheries Biologist for the Washington Department of Fish and Wildlife since 1991.

### Gail Newton, 1989

**M.A. Biology**, married alumnus, Jared Haynes, in 1986 under the redwoods in Eureka. Newton began her career in Humboldt County as a self-employed botanist. During her 10 years as a professional botanist, she provided 1,400 specimens to the HSU herbarium (many of which are rare species from remote areas of the North Coast) and restored coastal dune, riparian, and wetland systems. After the couple moved to Sacramento, she spent 27 years employed by the state of California as a restoration ecologist and manager in the departments

of Conservation, Fish and Game, Water Resources, and the State Lands Commission. Newton retired in 2015. She and Haynes plan to split their retirement time between Connecticut, California, and traveling.

## 1990s

### Steven Olsen-Smith, 1990

**English**, recently published *Melville in His Own Time: A Biographical Chronicle of His Life, Drawn from Recollections, Interviews, and Memoirs by Family, Friends, and Associates*. The book is available from the University of Iowa Press.

### Lou Richards, 1990

**Theatre**, moved to Arizona after graduating HSU, where he lived for 10 years. Richards pursued his long-held goal of joining the Peace Corps. He volunteered in Ukraine from 2005 to 2008 and Kazakhstan from 2009 to 2010. Richards calls his time in the Peace

Corps the "experience of a lifetime" and recommends anyone join, regardless of age.

### Mary Brown, 1993

**Journalism**, moved to San Francisco after graduating. Brown started working for the San Francisco Bicycle Coalition in 1997, where she became the membership director. Brown is best known for leading the Valencia Street bike lanes campaign. Brown left the San Francisco Bicycle Coalition in 2005 and then earned a master's degree in Geography from San Francisco State University. Afterward, she worked for the San Francisco Planning Department. Brown passed away in December of lung cancer.

### Andrew Michler, 1993

**Art**, just released the book, *[ours] Hyperlocalization of Architecture*, on eVolo Press, which explores sustainable building design. Michler explored and documented the work first hand, and investigates how these buildings function in the context of their culture, environment, and utility.

### Peggy Molloy, 1993

**Art**, has performed with the Joffrey Ballet, the Oregon Shakespeare Festival, the Opera Company of Boston, and the Dell'Arte Christmas Players. She is the current chair of the Humboldt County Advisory Board for the Salvation Army.



### Carol Taylor, 1993

**Business and Teaching Credential**, is currently vice president of the Sonoma Valley Democrats, vice chair of the Senior Caucus of the California Democratic Party, a member of the Sonoma County Public Authority Advisory Board, and a former ethics officer for the

## Gifts from the Heart

### Emeritus Professor Charles Moon

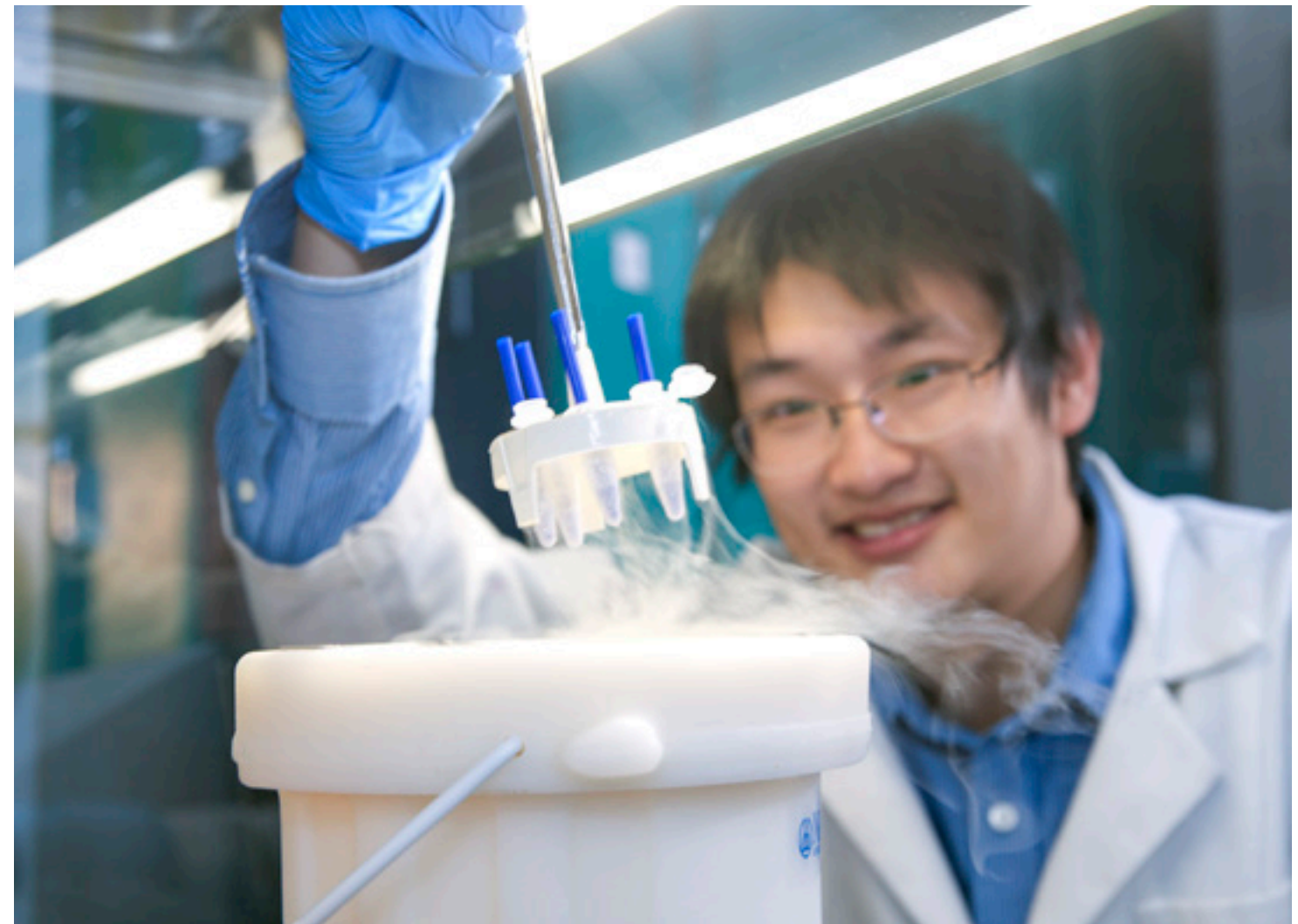
Having taught Piano and Music Theory for 30 years at Humboldt State, he established a \$52,000 permanent endowment. The Charles L. Moon Scholarship will provide two \$1,000 scholarships each year to students studying Piano and Music Theory.



Homecare Division of the Service Employees International Union for United Health Care Workers. Taylor was able to use her experience in accounting to help bargaining teams in Sonoma and Marin counties raise the wages of thousands of in-home support service providers.

### William Bernt, 1995

**Physics and Astronomy**, found work immediately doing chemical analysis at Pacific Coast Laboratory. Bernt then moved to New York and found his new profession at Brookhaven Instruments Corp., where he ran the research and development lab for five years, sold equipment for 10 years, and moved to technical sales for other instrumentation companies. He then started his own contract research lab, PCL, Inc. Bernt writes, "HSU Physics gave me such good education and training. Thank you, Bill Alexander, Professor Thompson, Professor Chin, Professor Tam, and all the other great people at HSU Physics. I owe you and the department everything!"



## Du Cheng: 'Black Sheep' Turned Accomplished Scholar

AS A HIGH SCHOOL STUDENT in China, Du Cheng ('11, Biology) excelled at being curious and mischievous.

He rewired his school's elevator. Interested in tanning, he skinned his friend's dead pet in the school bathroom. He talked in class when he wasn't supposed to. He nearly got kicked out high school. Then, he didn't pass the country's national college entrance exam, which is known for its rigor and which determines a student's academic future.

"Sometimes in life, you don't fit into a mold that's created for you. Sometimes, you just have to go with what you're good at. I was a black sheep trying to paint myself white," says Cheng.

Turns out, Cheng was good at science.

He retook the national exam and after a year in college, he came to Humboldt State in 2008 as an exchange student. Under Biological Sciences Professors Jianmin Zhong and Amy Sprowles, he did everything from extracting DNA from ticks to working with tissue culture technology.

"I could address practical problems and learn skills that were deeply rooted in molecular biology so that later, I could work on stem cells," says Cheng. "It was amazing. Not many schools could give experiences like these to undergrads."

He's come a long way since his high school days. Cheng, 28, is now a medical student and Ph.D. candidate in the Weill Cornell/Rockefeller U/SloanKettering Tri-Institutional M.D.-Ph.D. program. Earlier this year, he was one of only 30 recipients of the prestigious Paul & Daisy Soros Fellowships for New Americans, the nation's premier graduate school fellowship for immigrants and children of immigrants. The award comes with up to \$90,000 to help with educational expenses.

Cheng has also discovered he has a knack for inventions. He created a microscope adapter that lets users take high-quality photos with an iPhone—a tool he made at HSU. He also created a 3D-printed model for neurosurgery planning, and a cell phone retinal imaging device. These creations have in some way helped make improvements for doctors, scientists, students, and patients in the community.

Ultimately, Cheng hopes to use his research and inventions to help others, and he wants to apply what he's learned in molecular and stem cell biology to advance the field of neurosurgery.

"When I see people suffering or struggling, I feel compassion and want to help them live better lives and do the things they want to do."



Laurie Shaw ('03, Fisheries Biology), used her experiences at Humboldt State to launch a career in marine sciences.

# Laurie Shaw: From Reading Jaws to Running Renowned Aquarium's Lab

NOT MANY KIDS find their lifelong calling in the third grade—even fewer find it by reading *Jaws*.

Growing up in Southern California, eight-year-old Laurie Shaw ('03, Fisheries Biology) picked up a copy of the book that inspired the blockbuster film. It was the first time she'd heard the term ichthyology (the study of fish), and she was immediately hooked.

It was the beginning of what would become her lifelong passion for marine biology. She began writing down the scientific names of fish on Post-it notes and affixing them to her bicycle so she could memorize them on the way to school and to friends' houses. By college, she had a singular vision to work with fish at Steinhart Aquarium, the California Academy of Sciences' world-renowned aquarium in San Francisco.

It was no surprise that Shaw chose to major in Fisheries Biology at Humboldt State. During her time at HSU, she worked both in the marine lab and on the research vessel, soaking up as much information as possible. Her drive did not go unnoticed; she had three aquarium job offers during her senior year.

Soon after graduation, Shaw landed her dream job at the California Academy of Sciences in 2005 as the aquarium's sole lab manager. Today she is the head of the museum's animal health department, where she and her team of seven—the aquarium "pit crew" as they like to call themselves—are in charge of the museum's 48,000 living creatures that include fish, birds, penguins, frogs, butterflies, alligators, and, of course, sharks.

Every living creature that enters, lives in, and leaves the museum goes through Shaw's department, where it is registered, quarantined, fed, treated and protected during its stay.

"My time at Humboldt State was key in preparing me to achieve my goal of working in marine biology, and especially at Steinhart Aquarium," Shaw says. "It really is achieving the dream I've had since I was a young child."

**Stephanie Foster, 1995**  
**Wildlife**, is currently working at the Wildlife Center of Silicon Valley, which provides care and rehabilitation for injured, sick, and orphaned wildlife.

**Maren Bradley Anderson, 1998**  
**English**, recently published *Fuzzy Logic*, a romance novel set on an alpaca farm. Anderson lives in Monmouth, Ore., and teaches at Western Oregon University. Anderson's other recent work includes poetry in *The Timberline Review* and a production of her adaptation for kids of *A Midsummer Night's Dream* in July 2015.

**Jeremy Bisson, 1999**  
**Wildlife**, spent six years working as a biologist in the National Oceanic and Atmospheric Administration's Fisheries Pacific Islands Regional Office Observer Program after graduating from HSU. In 2006, Bisson moved to Idaho, where he has been working as a wildlife biologist in the Bureau of Land Management's Burley field office for the last nine years. His focus in Idaho has been sage-grouse habitat restoration where he's had success in developing a landscape-scale habitat restoration plan and collaboration.

**Kieron J. Slaughter, 1999**  
**Geography**, was a member of the Jacks basketball team from 1997 to 1999 and has returned to coach at the Lumberjacks Boys Basketball Camp six times over the years. Slaughter has been selected as one of 10 Urban Fellows with the National Park Service implementing the Urban Agenda, which seeks to make all national parks accessible, relevant, and meaningful to urban audiences.

**2000s**  
**Erin Carlson-Jones, 2001**  
**Communication**, is a licensed clinical social worker and trainer.

Carlson-Jones has worked in children's mental health for many years and is now the director of a 65-bed residential treatment program in San Jose, Calif. Carlson-Jones has been married for 10 years and owns a home in Boulder Creek, Calif.

**Ali R. Chaudhary, 2002**  
**Sociology and 2009 Sociology**, earned his Ph.D. in Sociology from UC Davis in 2015. He is currently a Marie Curie Postdoctoral Fellow at the University of Oxford and enjoying life in the U.K. with his wife, Rebecca Kellawan, and their newborn son, Miles Ali Chaudhary. In January 2017, they will move to New York City, where Ali will take up his position as an assistant professor of sociology at Rutgers University in New Brunswick, N. J.

**H.A. Nethery IV, 2003**  
**Philosophy**, received an M.A. in philosophy from the University of Memphis, and a Ph.D. in philosophy from Duquesne University. Nethery is currently an assistant professor of Philosophy in the Department of Religion and Philosophy at Florida Southern College.

**Rhiannon Klingonsmith, 2004**  
**Wildlife**, has worked as a wildlife biologist in both state and private sectors since graduating from HSU. Klingonsmith has remained active in the Wildlife Society and is currently the Sacramento-Shasta chapter president.

**Crystal Schalmo, 2004**  
**Biological Sciences**, participated in Miami University's Earth Expeditions global field course in Costa Rica during summer 2015. In Costa Rica, Schalmo studied biotic, physical, and cultural forces that affect tropical biodiversity at the Monteverde Cloud Forest Reserve and La Selva Biological Station. Schalmo, a senior keeper at the San Diego Zoo Global in



San Diego, Calif., took the graduate course in pursuit of her master's degree from Miami University's Global Field Program.

**Trevor Keiber, 2006**  
**Physics & Astronomy, Chemistry, Math**, is graduating in December 2015 with a Ph.D. in physics from UC Santa Cruz, studying the structure of complex materials using X-ray spectroscopy. Keiber is currently seeking post-doctoral or assistant professor positions.

**Robert Deane, 2007**  
**Journalism and History**, is currently the library technician paraprofessional aide for the Butte Valley Unified School District. Deane also completed his second year of coaching the school's junior varsity boy's basketball team, winning the Evergreen League title with a 6-0 league record. Deane will begin his teaching credential program at Simpson University this summer.

**Joel Heng Hartse, 2007**  
**English**, taught at universities in China for two years after finishing his M.A. in English at HSU. Hartse completed his Ph.D. in TESL in the Department of Language and Literacy at the University of British Columbia, and as of September 2015, has a teaching-focused, continuing-faculty appointment as a

## Gifts from the Heart

**Jay Schock ('81, Art) & Kumi Watanabe-Schock ('87, Spanish)**

They went to school here, fell in love here, and work here. Now, they also give back financially, supporting many programs including the Humboldt Loyalty Fund, Arts, KHSU, and HSU Athletics.



lecturer in the Faculty of Education at Simon Fraser University in British Columbia. Hartse lives in Vancouver, British Columbia, with his wife and their two sons.

**Benjamin J. Wocken, 2007**  
**Politics**, is currently serving with the U.S. Air Force as a broadcast journalist with the American Forces Network (AFN) Europe in Sembach, Germany. His duties include traveling throughout the European military theater, writing, filming, editing, and producing military news and command information media pieces for the AFN television and internet audiences. Wocken was recently named to the Dean's List during his studies in the Master of Public Affairs program, through the Harry S. Truman School of Public Affairs at the University of Missouri, Columbia.

# Josh Mohland: How to 'Throw Change at People on the Internet'

WHEN JOSH MOHLAND ('06, Religious Studies) graduated, he knew exactly what he wanted to do with his degree: nothing. Luckily, his lifelong computer obsession and a network of like-minded people provided plenty of job opportunities. "Religious Studies wasn't a career-based pursuit, it was just really interesting—a few introductory classes and I was hooked," recalls Mohland. "It's a great framework for discussing the human experience, and the faculty and students were some of the most passionate, interesting folks I've worked with."

In 2013, Mohland founded the Arcata-based tech company Wow Such Business and created dogetipbot, a service that allows users to "tip" with the digital currency Dogecoin. It's the online equivalent of dropping a few coins into a street performer's hat on the Arcata Plaza. Popular entertainment and social networking sites like Reddit and Twitch soon integrated dogetipbot. Suddenly users had a new way to show appreciation and support for the content they enjoyed. "People really liked the idea of being able to throw change at people on the Internet," says Mohland.



Josh Mohland ('06, Religious Studies) developed technology that enables users to "tip" content creators, such as bloggers and video producers, on the internet.

In addition to tossing tips around, dogetipbot has enabled the Dogecoin community to do some eclectic fundraising. The list includes sending the Jamaican bobsled team to the Sochi Olympics (yes...really), subsidizing water wells in Kenya, working with 4 Paws for Ability to provide service animals, and funding an unsponsored NASCAR driver. "We like to be generous, we like to have fun. If we can do something good, that's awesome," Mohland says.

Mohland also led an online drive through Reddit and Dogecoin that helped raise over \$7,000 for victims' families and survivors of the 2014 bus crash involving high school students traveling to HSU's Spring Preview.

Wow Such Business has moved into real money transfers with its latest startup, HoneyLedger. This new payment platform is designed specifically for digital content creators (online artists, musicians, performers, and personalities) and their fans. "Paypal is great if you're just trying to sell goods," says Mohland, "but HoneyLedger specializes in voluntary payments like tips and donations. We want to make it easier for fans to get money into the hands of the content creators."

**Nathan Schofield, 2008**  
**Journalism**, served two years as an AmeriCorps VISTA volunteer at two nonprofit organizations providing education and family services in the Philadelphia area. There he provided marketing and development support, helping these organizations achieve better visibility and funding of their service operations. After leaving AmeriCorps, he went on to work in property and casualty insurance claims, where he has remained to the present. While working in claims, he has acquired the CPCU (Chartered Property Casualty Underwriter) and AIC (Associate in Claims) designations. Currently, he is working as a claims support associate at State Farms' Charlottesville, Va., claims office.

**Tyson Wilofsky, 2008**  
**Geology**, has been doing environmental remediation work as a government contractor.

**Gema Ortiz Lombardo, 2009**  
**Spanish**, earned her M.A in Curriculum and Instruction with a specialization in Bilingual Education from New Mexico State University in 2011. While pursuing her M.A., Lombardo worked with NMSU as a school garden curriculum coordinator. Lombardo also served as a managing editor for the resource book, *Implementing a School and Community Garden*. In 2013, she provided college and career guidance to special-needs students at the high school level. She is happily married and is currently an admissions counselor for Humboldt State and a recruiter for HSU's College of Natural Resources & Sciences, focusing on promoting opportunities for Hispanic students.

## 2010s

**Kathryn Hedges, 2010**  
**Biological Sciences**, started a handcrafting business in Silicon Valley at TechShop in 2011. She

creates jewelry, holiday decor, and souvenirs and sells locally and online.

**Dylan Chalfant, 2010**  
**Kinesiology & Recreation Administration**, finished his degree by moving to Austin, Texas, for an internship with the City of Austin Aquatics Department. Afterward, Chalfant became a seasonal district supervisor for the city, where he supervised a staff of 40 lifeguards. In 2012, he took a full-time year-round position as the aquatics director for a private company called Lifeguard4Hire. Chalfant currently directs a staff of 250 lifeguards, swim instructors, and district supervisors.

**Robert P. Parker, 2011**  
**Fisheries Biology**, began working for the Nebraska Department of Environmental Quality as a Clean Water Act Section 401 coordinator in March.

**Kaci Poor, 2012**  
**Journalism**, was selected last spring to be part of the 2015-16 class of Capital Fellows. The Capital Fellows Programs are administered by the Center for California Studies at Sacramento State. Fellows work 10-11 months as full-time staff members in the California State Assembly, California State Senate, California executive branch, or the California judiciary. They participate in policymaking, program development, and program implementation.

**Justin Tretten, 2012**  
**English**, moved back to Colorado to earn his teaching credential after graduating from HSU. Tretten now teaches sixth-grade language arts at a middle school.

**Annathea Cook, 2013**  
**International Studies**, is pursuing her master's degree in International Policy Studies,

## Gifts from the Heart

### Richard and Sandy Lambie

Wanting to show their appreciation for the education their daughter received as a Psychology major, the Lambies gave \$2,000 so the Department of Psychology could purchase the Wechsler Intelligence Scale for Children Edition 5, which HSU students will use to help identify learning disabilities in local children.



with a focus on U.S.-Chinese Trade Policy, at the Middlebury Institute of International Studies (MIIS) at Monterey, Calif. After an internship this summer with the Department of Commerce's International Trade Administration, Cook is looking forward to her last year at MIIS, her upcoming internship in China next summer, and jumping into the job market next August.

**Dani Burkhart, 2013**  
**Environmental Science & Management**, led California Lt. Gov. Gavin Newsom, Rep. Jared Huffman, Board of Equalization members Fiona Ma and George Runner, Assemblyman Jim Wood, and a blue ribbon commission on a fact-finding tour of Humboldt County's medical cannabis farms and industry. Following that, Burkhart helped launch Emerald Heritage Farms as a consulting firm to help the area's heritage cannabis farmers come into compliance with changing laws and regulations. Recently, Burkhart helped launch

the first Humboldt County Cannabis Chamber of Commerce to build bridges between cannabis and non-cannabis based businesses in Humboldt County.

**Cherrish Robinson, 2014**  
**Critical Race, Gender & Sexuality Studies**, is graduating this May from Michigan State University with an M.A. in Student Affairs Administration. Robinson wishes to pursue a career in education, specifically in an administrative or policy-related capacity.

**Hadasa Villalobos, 2014**  
**Chemistry**, worked for E.&J. Gallo Winery for a harvest season after graduating HSU. Villalobos went on to work for an agricultural chemical company doing plant, water, and soil analysis. At the same time, Villalobos was helping out a local brewery set up a quality control program. She was then recruited by The Dudes' Brewing Company to run their quality control program, where Villalobos is currently working. Villalobos is content with her choice of attending HSU and is very appreciative of the knowledge she gained from the Department of Chemistry.

**Ashley Wormington, 2014**  
**Child Development**, started working full-time with JLF Construction, Inc., and part-time with McKinleyville Parks & Recreation. Wormington is happily married to her husband, Todd.

**Tamara Iraheta, 2015**  
**Critical Race, Gender & Sexuality Studies**, currently works as an AmeriCorps member in the Louisiana Delta Service Corps based in New Orleans. Iraheta is also a community engagement coordinator at Sexual Trauma Awareness & Response (STAR), a nonprofit organization. Iraheta's position focuses on social change on issues that surround sexualized violence.

## IMPORTANT PRIVACY CHOICE

You have the right to control whether we share your name and address with our affinity partners (companies that we partner with to offer products or services to our alumni). Please read this information carefully before you make your choice:

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**YOUR CHOICE**—Restrict information-sharing with affinity partners: Unless you say "NO," we may share your name, address, and email address with our affinity partners. They may send you offers to purchase products or services that we may have agreed they can offer in partnership with us.

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1. Print, complete and fax this form to 707-826-5148
2. Submit this form online: [alumni.humboldt.edu/privacy](http://alumni.humboldt.edu/privacy)
3. Fill out, sign, and send this form to us (consider making a copy for your records):

Humboldt State University  
Alumni & Engagement  
1 Harpst Street, Nelson Hall East, Room 112  
Arcata, CA 95521-8299

Name (w/Middle Initial)

Address/Zip

Phone

Email

Signature

# humboldt.edu/events

Things to do.  
People to see.  
Places to go.

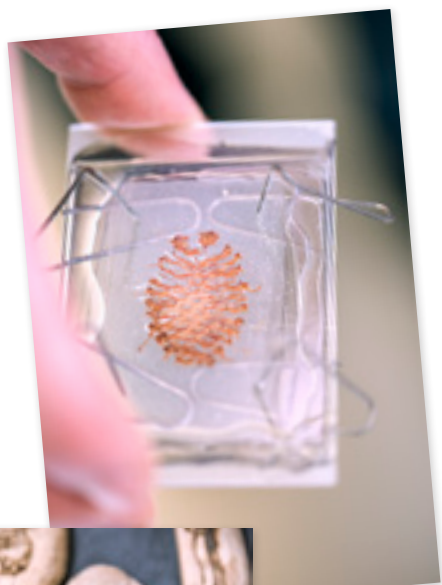




things



Celebrating the Small



Left, top to bottom  
Bookmaking with  
Extended Education

Baby steps for  
a baby octopus

Tube snout research  
at the HSU Telonicher  
Marine Laboratory

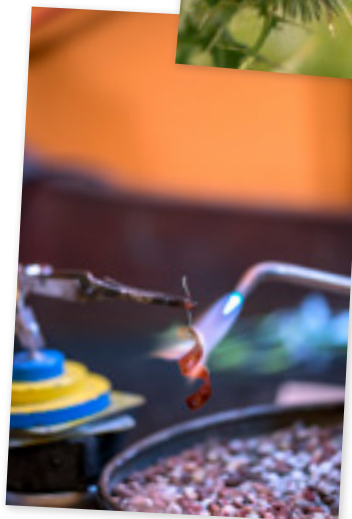
Examining the  
neurons of zebrafish

Right, top to bottom  
Conifer seeds  
up close

Burned art on  
found driftwood

Bee and thistle at  
the Arcata Marsh

A jewelry lab  
student project



## Meet Humboldt

### Matt Aldrete ('18, Business)

Not long ago, U.S. Army combat veteran Matt Aldrete found himself reintegrating into civilian life. Drawing on his experiences, the co-founder and president of HSU's Student Veterans Association (SVA) is now helping other vets at HSU make that same adjustment and, in the meantime, raising the visibility of veterans and military-affiliated students on campus.

### From Afghanistan to Arcata

When I returned from Afghanistan, I was constantly on guard and things like loud noises made me jumpy. During my first week at HSU, I heard the test emergency siren on campus. My heart rate skyrocketed and I had a flashback of the siren that would go off on my base when we were under attack.

Talking to combat veterans at the Veterans Resource Center (VRC) in Eureka, working with HSU's Veterans Enrollment & Transition Services (VETS), and getting support from family, friends, and mentors Kim Hall, who runs VETS, and VRC Counselor Andy McLaughlin also helped me handle these obstacles. After counseling and finding a place where I fit in, I began to make my transition to civilian life and started to excel in school and life.

### Lasting Effects

Trauma shatters basic assumptions about yourself and your world. Feelings like "I'm safe," "people understand," "I can trust others," or "the future is likely to be good" are replaced with feelings like "the world is dangerous," "no one understands," "I can't trust other people," or "there's no hope."

### Voice for Veterans

I realized many veterans were having the same personal and academic struggles. So I helped establish the SVA, and began advocating for veterans on campus and creating a community for military-affiliated students.

### 'I'm on a Mission'

Every morning, I wake up and feel like I'm on a mission. I intend to make veterans transition and academic success my highest priority as a campus leader, earn my bachelor's degree and MBA, and use my experience to help those around me succeed.

### Favorite Quote

*"I am thankful for my struggle because without it, I wouldn't have stumbled upon my strength."*

—Writer Alexandra Elle



# Support Students with a Charitable IRA Rollover



*Botany Professor Dennis Walker challenged his students to be curious about the natural world.*

*Retired now, he's using his IRA assets to grow new opportunities for HSU students.*

## Touch a Student's Life & Save Taxes with IRA Assets

If you're 70½ or older, you can make a tax-free contribution from your IRA account to benefit Humboldt State University students and programs through a Charitable IRA Rollover.

Simply ask your IRA administrator to **transfer funds directly** from your IRA account to HSU's Advancement Foundation. While you won't receive an income tax deduction, the great news is that you won't pay income tax on the IRA distribution to us. **We can show you how this special—and easy—giving strategy can work for you.**

**HUMBOLDT  
STATE UNIVERSITY**

**Office of Philanthropy**  
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**Note:** Before making a Charitable IRA Rollover contribution, talk to your financial or tax advisor to make sure it's right for you.