

## **ERFSA Zoom Presentations for Spring 2021**

**11 February 2021: *Intercollegiate Athletics at HSU and Nationally* – a presentation and discussion with Jane Teixeira, Director of Intercollegiate Athletics and Recreational Sports**

*Director Teixeira will discuss the transition of Center Activities to the Recreational Sport and Wellness Department. She also will offer insights on the current state of Intercollegiate Athletics, both at HSU and from a national perspective.*

**11 March 2021: *The influence of aerobic exercise on the increased cost of walking among older adults* – a presentation and discussion with Dr. Justus Ortega, Professor of Kinesiology and Director of the HSU Biomechanics Lab and North Coast Fall Prevention Program**

*Impaired walking performance is a key determinant of morbidity among older adults and is often characterized by a greater energetic cost compared to young adults. Specifically, healthy older adults have a 15-20% greater metabolic cost of walking compared to young adults. However, the mechanisms and possible role of aerobic exercise to treat this higher cost remained unclear...until recently. Dr. Ortega will present a series of studies exploring the possible mechanisms for this reduced walking efficiency and how aerobic exercise can be used to improve walking efficiency and muscle function among older adults.*

**8 April 2021: *The Future of Fire in Northwestern California* – a presentation and discussion with Dr. Jeff Kane, Associate Professor in the Department of Forestry and Wildland Resources, and Lenya Quinn-Davidson, Area Fire Advisor for the University of California Cooperative Extension**

*During this presentation, Dr. Jeff Kane will discuss current and future trends for wildfire, and Lenya Quinn-Davidson will describe current management and policy progress around prescribed fire. Jeff and Lenya co-lead the Northern California Prescribed Fire Council and lead various fire-related research, policy, and management efforts throughout the region and state.*

**13 May 2021: *Toyon's Six-Decade History at HSU* – a presentation and discussion with Janelle Adsit, Assistant Professor in Department of English and 2019 ERFA award recipient, and alumni Erika Andrews, Asha Galindo, and Sarah Godlin**

*Come celebrate sixty-six years of publishing history at Humboldt State University. The presenters—two student co-authors, a student book designer, and the faculty advisor of “*Toyon Multilingual Journal of Literature and Art*”—will share stories found in the HSU archives. The sixty-six volumes of *Toyon* reveal much about our community's history, and that history is now available in a student-authored book. The recent graduates of HSU will discuss the process of composing and designing the book, with highlights from their findings. Copies of the book will be available for online order following the presentation for a suggested donation.*