

3-2016

## International Students Newsletter

International Studies  
*Humboldt State University*

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### Recommended Citation

Studies, International, "International Students Newsletter" (2016). *Campus Publications*. 16.  
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It's that time of the year again and Spring is in the air. The birds are beginning to return to snowbound northern cities, the first buds of spring are sprouting on trees and many college students are preparing for that well-deserved Spring Break. The arrival of spring, also known as the season of awakening, was historically celebrated in tandem with the veneration of Dionysus or Bacchus — the Greek and Roman gods of wine. Some other events happening during the month of March would be St. Patrick's Day and Easter.

From all of us at the Center for International Programs, we wish you safe adventures during the break. We look forward to hearing about your time away when you return!

**Featuring**



# St Patrick's Day

Every year on **March 17**, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

**Why Green?** According to some accounts, blue was the first color associated with St. Patrick's Day, but that started to change in the 17th century. Green is one of the colors in Ireland's tri-color flag, and it has been used in the flags of several Irish revolutionary groups throughout history. Ireland is the "Emerald Isle," so named for its lush green landscape. Green is also the color of spring, the shamrock, and the Chicago River, which the Midwestern city has dyed green on St. Patrick's Day for the past 40-odd years.

**Got Pinched?** Forgot to wear green on St. Patty's Day? Don't be surprised if you get pinched. No surprise, it's an entirely American tradition that probably started in the early 1700s. St. Patrick's revelers thought wearing green made one invisible to leprechauns, fairy creatures who would pinch anyone they could see (anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.

# Happy Easter

**Sunday, March 27**

**Easter Sunday 2016**

On Easter Sunday, Christians celebrate the resurrection of the Lord, Jesus Christ. It is typically the most well-attended Sunday service of the year for Christian churches.

Christians believe, according to Scripture, that Jesus came back to life, or was raised from the dead, three days after his death on the cross. As part of the Easter season, the death of Jesus Christ by crucifixion is commemorated on Good Friday, always the Friday just before Easter. Through his death, burial, and resurrection, Jesus paid the penalty for sin, thus purchasing for all who believe in him, eternal life in Christ Jesus.

Lent is a 40-day period of fasting, repentance, moderation and spiritual discipline in preparation for Easter. In Western Christianity, Ash Wednesday marks the start of Lent and the Easter season. Easter Sunday marks the end of Lent and the Easter season. Eastern Orthodox churches observe Lent or Great Lent, during the 6 weeks or 40 days preceding Palm Sunday with fasting continuing during the Holy Week of Easter. Lent for Eastern Orthodox churches begins on Monday and Ash Wednesday is not observed. Because of Easter's pagan origins, and also because of the commercialization of Easter, many Christian churches choose to refer to the Easter holiday as Resurrection Day.





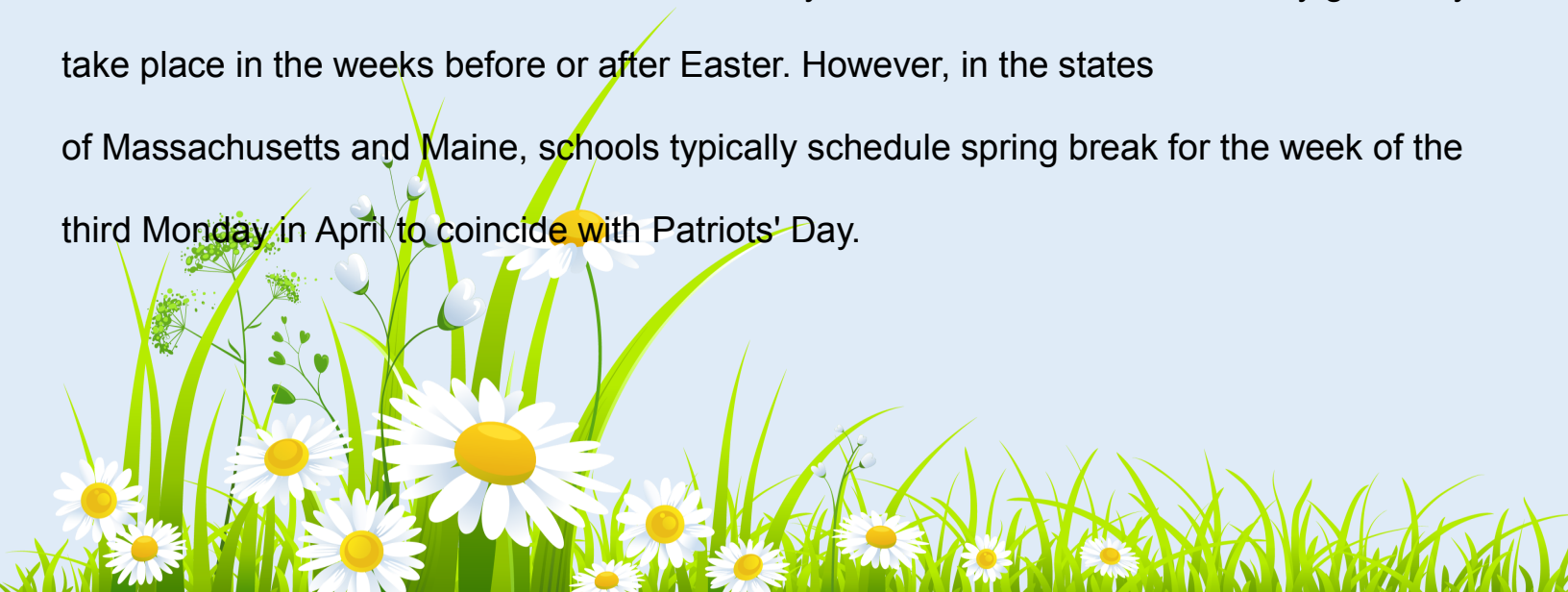
# SPRING BREAK!

**Campus remains open, but classes are out of session.**

**Spring Break M - F March 14-18, 2016**

Spring break is a U.S. phenomenon and an academic tradition which started in the United States and is observed in some other western countries. Spring break is also a vacation period in early spring at universities and schools in various countries in the world, where it is known by names such as Easter vacation, Easter Holiday, March break, spring vacation, Mid-Term Break, study week, reading week, reading period, or Easter week, depending on regional conventions. However, these vacations differ from Spring Break in the United States, both in intent and intensity.

In the United States, spring break at the college and university level can occur from March to April, depending on term dates the Easter holiday. Usually spring break is about one week long, but many K–12 institutions in the United States schedule a two-week-long break known as "Easter Break," "Easter Holidays", or "Easter Vacation" as they generally take place in the weeks before or after Easter. However, in the states of Massachusetts and Maine, schools typically schedule spring break for the week of the third Monday in April to coincide with Patriots' Day.



## Dining Operational Hours for Spring Break 2016



**Closes** at 6:00 PM on Friday,  
March 11<sup>th</sup>

**Closed** from Saturday, March 12<sup>th</sup>  
through Sunday, March 20<sup>th</sup>, 2016

**Opens** on Sunday, March  
20<sup>th</sup> at 5:00 PM

**J Grill Closed** - Friday, March 11 thru Sunday,  
March 20<sup>th</sup>, 2016  
**Opens on Monday, March 21, 2016 4:30 PM to 9:00 PM**

Located on the Top floor of the Jolly Giant Commons



**HILLTOP  
MARKETPLACE**

**Closes** on Thursday, March 10<sup>th</sup> at 4:30 PM

**Opens** on Monday, March 21<sup>st</sup> at 7:45 AM  
Next to the  
Behavioral Social Science Building

**COLLEGE CREEK  
Marketplace**

**Closes** Friday, 3-11-2016 at 5:00 PM  
Limited hot food on Friday, 3-11-2016

**Closed** Saturday / Sunday 3-12 & 13

**Monday - Friday 7:45 AM to 3:30 PM**

**Closed** Sat. 3-19; **Open** Sunday, 3-20, Noon to midnight.

Located across from the Student Business Services Building



**Muddy Waters**

**Coffee Bar**

**Closes** at 2:30 PM on  
Friday 3-11-2016

**Opens** at 7:30 AM  
Monday, 3-21-2016

**Closes** at 2:30 PM on Friday  
March 11, 2016

**Opens** on  
Monday, March 21, 2016 at 7:30 AM

Located on the 1<sup>st</sup> floor of the University Center Building by the Clock  
Tower

**The Giant's Cupboard**

**Friday, March 11<sup>th</sup> thru Saturday, March 19<sup>th</sup>  
5:00 PM to 9:00 PM**

**Sunday, March 20<sup>th</sup> 1:00 PM to Midnight**

Located in 1<sup>st</sup> floor of the Jolly Giant Commons by the pool tables



**Closes** - Friday, 3-11-2016  
at 2:00 PM

**Opens** - Monday, 3-21-2016  
11:00 AM - 2:00 PM

Top floor of the University Center



**Library  
Café**

**Closes** - Friday, 3-11-2016  
at 12:30 PM

**Open** Mon - Fri 8:15 - 12:30,  
Regular hours resume on 3-21

## Dining Areas **OPEN** over Spring Break 2016

Saturday, March 12, 2016  
Giant's Cupboard **5:00 PM to 9:00 PM**

Monday, March 14, 2016  
College Creek Marketplace **7:45 AM to 3:30 PM**  
Library Café **8:15 AM to 12:30 PM**  
Giant's Cupboard **5:00 PM to 9:00 PM**

Wednesday, March 16, 2016  
College Creek Marketplace **7:45 AM to 3:30 PM**  
Library Café **8:15 AM to 12:30 PM**  
Giant's Cupboard **5:00 PM to 9:00 PM**

Friday, March 18, 2016  
College Creek Marketplace **7:45 AM to 3:30 PM**  
Library Café **8:15 AM to 12:30 PM**  
Giant's Cupboard **5:00 PM to 9:00 PM**

Saturday, March 19, 2016  
Giant's Cupboard **5:00 PM to 9:00 PM**

Sunday, March 20, 2016  
College Creek Marketplace **12:00 Noon to 12:00 Midnight**  
Giant's Cupboard **1:00 PM to 12:00 Midnight**

The J Dinner **5:00 PM - 7:30 PM**

Sunday, March 13, 2016  
Giant's Cupboard **5:00 PM to 9:00 PM**

Tuesday, March 15, 2016  
College Creek Marketplace **7:45 AM to 3:30 PM**  
Library Café **8:15 AM to 12:30 PM**  
Giant's Cupboard **5:00 PM to 9:00 PM**

Thursday, March 17, 2016  
College Creek Marketplace **7:45 AM to 3:30 PM**  
Library Café **8:15 AM to 12:30 PM**  
Giant's Cupboard **5:00 PM to 9:00 PM**



**By: Willie Bence**

**Hello everyone,**

Last month, we talked a little bit about what you can do to start getting prepared for a disaster in Humboldt County, specifically, building an emergency kit. I hope everyone's kit is coming along well! In case you missed it or still need help, here is some info from the Red Cross I shared last month: <http://www.redcross.org/prepare/location/home-family/get-kit>.

This month, we will be talking about a specific disaster that you may experience in your time at Humboldt State – earthquakes. Earthquakes are caused by tectonic plates in the earth's crust rubbing together, causing the ground to rattle and shake, which can break windows, cause things to fall from the ceiling, and can throw you off balance.

Humboldt County is close by to a particularly large section where three of the earth's plates rub together, an area called the Cascadia Subduction Zone. The Cascadia zone runs all the way from Vancouver, British Columbia in Canada hundreds of miles down the coast, before ending off the coast of Mendocino County, just south of Humboldt. The three plates have the potential to release a lot of energy and an earthquake that can be pretty strong.

Earthquakes can and will strike with very little warning. So what do you do when you feel the earth start to shake? Like I said earlier, earthquakes can cause things to fall down from the walls and ceiling, and they can throw you off balance, so it's important that you don't panic and try to run out of the building. You might only end up hurting yourself!

When you feel an earthquake, the best thing to do is: Drop under a desk, chair, table, or other sturdy surface; Cover your head and neck with a free hand; and Hold On to what your ducking underneath to keep it from moving above you. Drop, Cover, Hold On is a tested, proven method to protecting yourself during an earthquake, and is by far the best way to keep you safe!

You may not be inside when an earthquake strikes. If you are outside, make sure there isn't anything dangerous above you, like power lines, for example, before dropping down and covering up. If you are driving or riding in a car, pull over to a safe place and stay inside, until the shaking stops.

If you have more questions about earthquakes, or about Drop, Cover, Hold On, check out this website: <http://www.shakeout.org/california/dropcoverholdon/>

Earthquakes can be scary, but if you do the right thing, you can keep yourself safe. Next month, we will talk about another disaster that can actually be caused by earthquakes: Tsunamis. Until then, keep working on your emergency kits, and do some research on earthquakes. Maybe even practice Drop, Cover and Hold On!

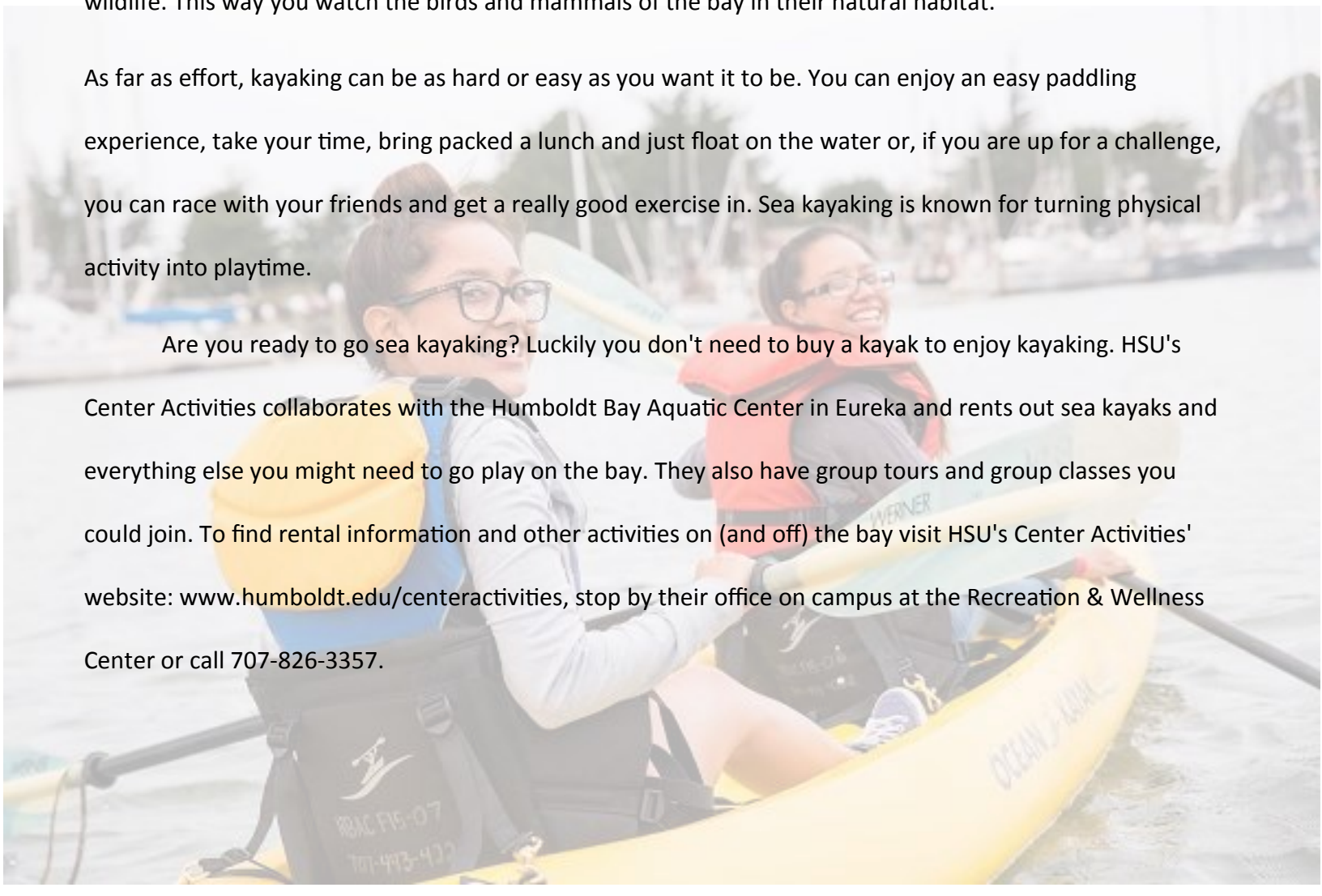
# E xplore Humboldt Bay on a Kayak

Did you know that most of Humboldt Bay is very shallow? When tides are low, about 7000 acres of mudflats are exposed, allowing many species of water birds to feed on small critters living in the mud. Humboldt Bay is considered an internationally significant area for migratory birds. It is a home for about 260 species of birds, amongst which are godwits, geese, egrets, swallows, eagles, herons, and kestrels. When you look out on the bay you could also spot mammals like seals, otters, sea lions and if you are very lucky even dolphins and whales. The wildlife richness of Humboldt Bay makes this area an outdoor recreational heaven.

How can you enjoy this nature paradise? Sitting on a bench overlooking the bay is one idea. But a much better one is exploring the bay on a sea kayak. Sea kayaking allows you to glide on the calm water of the bay and get closer to some of the mudflats and shores without making a lot of noise and disturbing the wildlife. This way you watch the birds and mammals of the bay in their natural habitat.

As far as effort, kayaking can be as hard or easy as you want it to be. You can enjoy an easy paddling experience, take your time, bring packed a lunch and just float on the water or, if you are up for a challenge, you can race with your friends and get a really good exercise in. Sea kayaking is known for turning physical activity into playtime.

Are you ready to go sea kayaking? Luckily you don't need to buy a kayak to enjoy kayaking. HSU's Center Activities collaborates with the Humboldt Bay Aquatic Center in Eureka and rents out sea kayaks and everything else you might need to go play on the bay. They also have group tours and group classes you could join. To find rental information and other activities on (and off) the bay visit HSU's Center Activities' website: [www.humboldt.edu/centeractivities](http://www.humboldt.edu/centeractivities), stop by their office on campus at the Recreation & Wellness Center or call 707-826-3357.





# OUTDOOR Rental Gear

## Aquatic Equipment

Rental Location	Item(s)	Day	Weekend	Weekly
		Student Price/ All Others		
HBAC/CA	Canoe Package (includes canoe, 2 paddles and 2 PFDs)	\$40/\$45	\$50/\$55	\$110/\$120
HBAC/CA	River Kayak Package (includes river kayak, paddle, spray skirt, helmet and PFD)	\$30/\$35	\$40/\$45	\$110/\$120
HBAC/CA	Single Sea Kayak Package (includes sit-in* or sit-on-top kayak, paddle, paddle float, PFD)	\$30/\$35	\$40/\$45	\$110/\$120
HBAC/CA	Double Sea Kayak Package (includes sit-in* or sit-on-top kayak, 2 paddles, 2 paddle floats, 2 PFDs)	\$40/\$45	\$50/\$55	\$110/\$120
HBAC	Stand Up Paddle Board Package (includes Stand Up Paddle Board, paddle, PFD)	\$30/\$35	\$40/\$45	\$110/\$120
HBAC	Windsurf Board Package (includes board, sail, PFD)	\$30/\$35	\$40/\$45	\$110/\$120
HBAC	Sailboat Package (includes Laser or Pico boat, helmet(s), PFD(s)) Special conditions apply.	\$50/\$55	\$65/\$70	\$120/\$135
CA	Surfboard (includes board and leash)	\$20/\$25	\$25/\$30	\$50/\$55
CA	Boogie Board	\$10/\$15	\$15/\$20	\$25/\$30

## Miscellaneous Aquatic Equipment

HBAC/CA	Paddle (canoe, kayak, Stand Up Paddle)	\$10/\$15	\$15/\$20	\$20/\$25
CA	Foam Vehicle Roof Rack (canoe or kayak)	\$5/\$10	\$10/\$15	\$15/\$20
HBAC	Sailboat Trailer (need to have 1 7/8" trailer ball, flat four wiring)	\$15/\$20	\$20/\$25	\$30/\$35

## Personal Aquatic Equipment

HBAC/CA	Helmet	\$5/\$10	\$10/\$15	\$20/\$25
HBAC/CA	PFD	\$10/\$15	\$15/\$20	\$25/\$30
HBAC/CA	Spray Skirt	\$5/\$10	\$10/\$15	\$20/\$25
HBAC/CA	Farmer John Style Wetsuit	\$10/\$15	\$15/\$20	\$25/\$30
CA	5mm Hotline Wetsuit w/hood	\$15/\$20	\$20/\$25	\$30/\$35
CA	4/3 Youth Wetsuit	\$10/\$15	\$15/\$20	\$25/\$30
HBAC/CA	Booties	\$5/\$8	\$10/\$12	\$15/\$20

\*Sit-in kayak rentals include spray skirt(s) and bilge pump(s)

## Snow Gear

Rental Location	Item(s)	Day	Weekend	Weekly
		Student Price/ All Others		
CA	Variety of Burton, JD and Rossignol	\$20/\$25	\$25/\$30	\$35/\$40
CA	Cross Country Ski Package (includes skis, boots and poles)	\$15/\$20	\$20/\$25	\$30/\$35
CA	Cross Country Skis (NNN-BC Binding, choose from telemark, metal edge or a beginner-friendly model)	\$10/\$15	\$15/\$20	\$25/\$30
CA	Boots (NNN-BC, with a backcountry option)	\$10/\$15	\$15/\$20	\$25/\$30
CA	Poles	\$5/\$10	\$10/\$15	\$20/\$25
CA	Gloves & Mitts	\$5/\$10	\$10/\$15	\$20/\$25
CA	Waterproof Shell Pants	\$5/\$10	\$10/\$15	\$20/\$25
CA	Waterproof Jacket	\$10/\$15	\$15/\$20	\$25/\$30
CA	Gaiters	\$5/\$10	\$10/\$15	\$20/\$25
CA	Snow Shoes	\$15/\$20	\$20/\$25	\$30/\$40
CA	Ice Axe	\$10/\$15	\$15/\$20	\$25/\$30
CA	Crampons	\$10/\$15	\$15/\$20	\$25/\$30

## HBAC ON-SITE RENTALS

The Humboldt Bay Aquatic Center rental program offers kayaks, stand up paddle boards, canoes, windsurf gear, sailboats and much more! All aquatic rentals include a brief paddling and safety orientation if you are launching from the bay, as well as a personal flotation device (PFD), wetsuit, splash jacket, paddle and watercraft.

Our flat rate allows you to come paddle for short trip or a day long adventure. For those who want to take the gear off-site must be equipped with functional rack system for transport of watercrafts.

	HSU Student	Community Member
<b>Kayak Or Stand Up Paddle Board</b>	<b>\$20</b>	<b>\$25</b>
<b>Tandem Kayak Or Canoe</b>	<b>\$30</b>	<b>\$35</b>

**Disclosures & Policies:** Launch of on-site rentals conclude one hour before closing. Rental limits are based on forecasted weather conditions and paddler abilities.

## Camping & Backpacking Equipment

Rental Location	Item(s)	Day	Weekend	Weekly
		Student Price/ All Others		
CA	Hammock	N/A	\$5/\$10	\$10/\$15
CA	One Person Tent - MSR Hubba, Sierra Design Lightening XT	\$10/\$15	\$20/\$25	\$30/\$35
CA	Three Person Tent - MARMOT	\$10/\$15	\$20/\$25	\$30/\$35
CA	Four Person Tent - Eureka	\$10/\$15	\$20/\$25	\$30/\$35
CA	Eight Person Dome Tent - Eureka	\$10/\$15	\$30/\$35	\$65/\$70
CA	Tarp	\$5/\$8	\$10/\$12	\$15/\$20
CA	0 - 10 Degree Sleeping Bag	\$10/\$15	\$20/\$25	\$30/\$35
CA	15 - 25 Degree Sleeping Bag	\$10/\$15	\$15/\$20	\$25/\$30
CA	Sleeping Pad	\$5/\$10	\$10/\$15	\$20/\$25
CA	External Frame Backpack	\$10/\$15	\$15/\$20	\$25/\$30
CA	Internal Frame Backpack	\$15/\$20	\$20/\$25	\$30/\$40
CA	Backpacking Stove	\$5/\$10	\$10/\$15	\$20/\$25
CA	Two-Burner Stove	\$10/\$15	\$15/\$20	\$25/\$30
CA	Coleman Lantern	\$5/\$10	\$10/\$15	\$20/\$25
CA	Extra Fuel Cartridge	\$6/\$8 per cartridge		
CA	Backcountry Water Filter	\$5/\$10	\$10/\$15	\$20/\$25
CA	Bear Canister	N/A	\$5/\$10	\$10/\$15
HBAC/CA	Ice Chest/Cooler	\$5/\$10	\$10/\$15	\$20/\$25
HBAC/CA	Drink Cooler	\$5/\$8	\$10/\$12	\$15/\$20

## Sporting Gear

Rental Location	Item(s)	Day	Weekend	Weekly
		Student Price/ All Others		
CA	Rock Climbing Shoes	\$5/\$10	\$10/\$15	\$20/\$25
CA	Volleyball Court and Ball	\$15/\$20	\$20/\$25	\$30/\$35

## RENTAL HOURS

- Please call in advance for more information
- Please note that aquatic rentals are subject to approval and the associated approval time availability may vary.

## RENTAL POLICIES

- All rentals require a deposit.
- Advance reservations require full payment at the time a reservation is made.
- All surfboard, boogie board and boat rentals require special approval. Please call Center Activities for more information.
- Renters are responsible for loading, tying down, and transporting equipment.

## RENTAL LOCATIONS

- Center Activities Office  
Recreation & Wellness Center Room 101  
Humboldt State University  
1 Harpst Street, Arcata
- Humboldt Bay Aquatic Center  
921 Waterfront Drive, Eureka

**All prices listed do not include sales tax  
Please note that standard sales tax rates apply**



# Backpacking Behind the Redwood Curtain

by Chelsea Pulliam

Humboldt County is home to some of the most beautiful scenery in the world. All you have to do is step outside your door to discover this nature-lover's paradise. Here you can find the last stand of a noble species: the legendary coastal redwoods. These tall trees grow over 300 feet, provide habitat to dozens of species, and characterize the unique temperate rainforest of our region. In addition to our historical forests, you can bask in the beauty of pristine beaches, still untouched and unchanged by humanity's influence. Come and witness roaring rivers, majestic mountains, deep valleys, unique wildlife, and so much more. No matter your interests, there is something to discover for everyone in the wild lands of Humboldt County.

One of the best ways to see these natural havens is by backpacking. Backpacking allows you to visit places still inaccessible by other means. Allow your own two feet and the gear in your pack to help you explore regions of the world that so many others will just drive on by.

Backpacking can be easier than you might think. It may seem like finding and purchasing all the right gear would be a hassle. But organizations like HSU Center Activities allow you to rent everything you need to get out in the backcountry without breaking your budget. Center Activities also offers free classes on the basics of backpacking and basic outdoor skills to give you the confidence you need to get out on your own. But if you'd still prefer to go with a group of like-minded adventurers who can provide you with the support and knowledge to get out in nature, Center Activities has some great group backpacking trips.

Check out upcoming trips here: <http://www2.humboldt.edu/centeractivities/activity/outdoor-adventures/backpacking> and call [707-826-3357](tel:707-826-3357) to sign up.



# Immigration Information

Do you need Verification of Enrollment from HSU? The Office of the Registrar is able to help you! You may download the form from their website (<http://pine.humboldt.edu/registrar/forms/VerifiEnroll.lc.pdf>), or you may also complete their online form (<http://www2.humboldt.edu/registrarforms/node/69>). For more information, please contact the Center for International Programs.



## U.S. Immigration and Customs Enforcement



**Counseling and Psychological Services**

**Support for Success**

ASIAN &  
PACIFIC ISLANDER  
SUPPORT GROUP



**Fun, Learning, Connection, and Support!**

**Every Friday 3: 00 PM  
at Multicultural Center**



# Professional Pathways: Opportunities for Hands-On Career & Research Experience

**March 9, 3:00 - 5:00 PM**  
**HSU Library Fishbowl**

Join us for two excellent panels and a poster session to learn about gaining experience on campus through research and internship opportunities. Refreshments will be provided.

## Undergraduates in Faculty Research

**Moderator:**

**Sarah Fay Philips,**  
University Library

**Faculty Representation:**

**Jen Maguire,** Department of Social Work  
**Justus Ortega,** Department of  
Kinesiology & Recreation Administration  
**Rosemary Sherriff,** Department of Geography  
**Tim Bean,** Department of Wildlife

## Campus Internships, Peer Advising, and Part-time Jobs

**Moderator:**

**Loren Collins,**  
Academic and Career Advising Center

**Panel features programs such as:**

**The University Library**  
**Student Disability Resource Center (SDRC)**  
**RAMP: Retention through Academic**  
**Mentoring Program**  
**The Academic and Career Advising Center**  
**HSU Fish Hatchery**

**Sponsored By:** Academic and Career Advising Center, HSU Library, and  
Office of Research, Economic, & Community Development

**Register online through Library Workshop and Events**



# HSU WRITING STUDIO

free & friendly  
writing assistance  
for all HSU students

**Main Location:**  
**Lower Library 32**

**Mon:** 11 am - 5 pm  
**Tues:** 11 am - 5 pm  
**Wed:** 11 am - 5 pm  
**Thurs:** 11 am - 5 pm  
          & 6 pm - 8 pm  
**Fri:** 10 am - 2 pm

**Appointments a must!**  
**Call 707.826.5217**



**Drop-in**  
**Satellite Locations:**

*First-come, first-served*

**Library, 1st Floor**

**Sundays: 7 pm – 9 pm**

**Latin@ Center for**  
**Academic Excellence**

*Nelson Hall East, Rm 205*

**Thursdays: 12 pm – 1:30 pm**

**Learning Center**  
LOWER LIBRARY 55 • LEARNING COMMONS

[humboldt.edu/learning/writing-studio](http://humboldt.edu/learning/writing-studio)