THE LUMBERJACK

Serving the Humboldt State campus and community since 1929

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The pride at the end of the rainbow

22nd annual celebration

Community
by Rebekah Staub

Celebrants at Eureka Pride in 2013. | Manuel Orbegozo

Twenty-two years ago the Humboldt Pride parade and festival was a few people carrying a banner around the Arcata plaza. The event, now attended by hundreds of people who look forward to it all year, continues to grow in popularity.

On Saturday, Sept. 13, the streets of Old Town Eureka will host Humboldt Pride's annual parade and festival. The theme is Rainbow Revolution and chairman of the board Nawdy Little said it will be their largest celebration yet.

"We've been working really hard to make it bigger and better every year, that's for sure," Little said. "More and more people are wanting to get involved and wanting to come out because they realize it's a lot of exposure to a big part of the Humboldt community."

Rainbow Revolution begins with a loud parade at 11:30 a.m. at First and C Street. The Kinetic Sculptures will walk in their pride regalia alongside the Marching Lumberjacks, GMO protesters, floats, cars and anyone who wants to honor and celebrate Humboldt's LGBTQIA community.

"It's a great opportunity to meet and hang out with other people who live in your neighborhood," Little said. "It's great entertainment and I think all parades are just fun to go."

Following the parade is a free, all-ages festival in Halvorsen Park. Festival goers can take part in bringing awareness to the LGBTQIA community by eating Humboldt Hot Dogs, Alma's Mexican Food, and Dashi, a local ramen restaurant. Pride cocktails, beer and wine will be sold and performers will be on the main stage all afternoon.

"Fortunately this year we were approached by all of our entertainment to play at the festival," Stephanie Allen, secretary of Humboldt Pride said. "We didn't have to seek anybody out, they all contacted us, so it's great."

The performers include Sherae O'Shaughnessy, who was voted Best Comedian for the 2014 Best of Humboldt; Caravan of Glam, Tribal Oasis Bellydance, musician Sarah Torres and DJ Dance Zone.

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Asbestos in the Health Center

The problem no one bothered to tell you...

Campus
by Guthrie L'Herogan

On Aug. 7, asbestos was found during a remodel of the Humboldt State University Student Health Center by facilities staff while inspecting a pile of disposed construction materials.

Within the pile were flooring tiles that the staff identified as material that were not supposed to be removed, but were attached to flooring material that was replaced during a remodel.

The health center was immediately closed and the materials were sampled for the presence of asbestos. Students were not informed about the discovery.

"I did not know about it," sophomore Archer Harmony said. "Generally asbestos is bad news."

The last time asbestos was found on campus was at Science Building A, and it was temporarily cordoned off. In the summer of 2010, concerns were raised about the material content of desks when they were sanded to install new computer ports. The closure of Science Building A delayed summer classes while the building was investigated.

Continue on page 4

Killing competition on the hardwood

Jacks senior preps for big season

Ashley Owen leaps for a kill during the Fall 2013 volleyball season. | Photo provided by HSU Athletics

Sports
by Annamarie Rodriguez

Six-foot-three and ready to kill the competition. Senior Ashley Owen, 23, kinesiology major is an athlete not many can measure up to, literally.

With her long body and strong hits, she is a competitor that is definitely going to stand out on the court.

What started out as "just an extracurricular activity" in middle school soon turned out to be a game that she has continued to play throughout her high school and college years. Now with 14 years of experience playing, Owen knows what it takes to be successful at this level of competition.

Owen left her home in Del Norte County to attend American River College in Northern Sacramento. She then transferred to Indiana State University and last year she transferred to Humboldt State University where she can be closer to home.

Owen started playing for HSU last year and after a redshirt season she was ready for her first conference game. In a matchup against Cal State, Dominguez Hills Owen made quite an impressive debut. In just that one game she pounded down 28 kills. However that was not her only good game, in fact she had plenty of them. According to HSU athletics, Owen earned 416 kills during the 2013 season.

Ashley currently serves as an outside hitter, or in other terms a front row specialist.

"Ashley is a powerful outside hitter, she is someone the opponent is always concerned on how to stop," head volleyball coach, Kelly Wood said.

Team players recognize the advantage of Owen's height and her ability to

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WEATHER

THURSDAY	67°
FRIDAY	70°
SATURDAY	65°
SUNDAY	66°

Source: National Weather Servivce

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Beginning with Herbs
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That might sound like a funny question, but in many objects that you buy or services you require, you do have favorites. Perhaps it's your local service station attendant, or your hair dresser, or your grocer . . . in each of these and more, you could name your favorite.

And I'll wager they are your favorites because they take a real, sincere, personal interest in you.

While it's true you won't need a mechanic as often as the folks I've mentioned above, there may be a day when you'll need a mechanic quickly. That's why I'm writing to you. Just to let you know that there is a mechanic in your neighborhood who will take a real interest in serving you . . . pleasantly, efficiently, and with reasonable rates.

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Compiled and written by Israel IeFrak
Sources: Al-Jazeera, CNN, FOX News, BBC, Reuters

Bosnia

Five miners died and 29 survivors were rescued from a mine collapse near Zenica, Bosnia on Friday. An 3.5 magnitude earthquake caused the tunnels to collapse. The miners were trapped underground for 20 hours before rescue personnel drilled 600-metres to reach them.

Somalia

It was confirmed on Friday that Ahmed Godane, leader of the militant group al-Shabaab, was killed in an airstrike in Somalia. Godane was suspected to have led the seizure and hostage taking of a shopping mall in Kenya in 2013. Al-Shabaab members, who are associated with al Qaeda, have been given a 45 day amnesty period by the government of Somalia to abandon their group and "embrace peace."

El Salvador

Former president of El Salvador, Francisco Flores has turned himself into authorities after he was charged with corruption charges in May. He is accused of embezzling $15 million given to El Salvador from Taiwan for earthquake relief funds in 2001. He will remain on house arrest until the completion of his trial.

Malaysia

Azmi Sharom, an University of Malaysia law lecturer was arrested for sedition, speaking in opposition to the government. Sharom wrote a newspaper article criticizing the government's handling of a political event that happened in the state of Perak in 2009. He is the ninth person this year that has been arrested for sedition.

UPD BYTES

Compiled by Israel IeFrak

Aug. 22 8:48 Suspicious message left on the president's voicemail.
Hey Rossbacher, is your fridge running?!?

Aug. 29 13:35 UC staff reported a banner at Plaza Mall in Arcata with derogatory comments about a UPD officer.
Words hurt too.

Aug. 31 14:35 Agency assist for Arcata Police Department at Dollar store.
Prices so low, it's like robbery!

Sep. 2 13:34 Housing staff reported a male and female loitering outside College Creek Apartments for an extended period of time.
They just aren't ready to take the next step in the relationship.

Sep. 5 00:27 A disagreement between neighbors at Cypress Hall regarding music volume was mediated.
What gets turnt up, must get turnt down.

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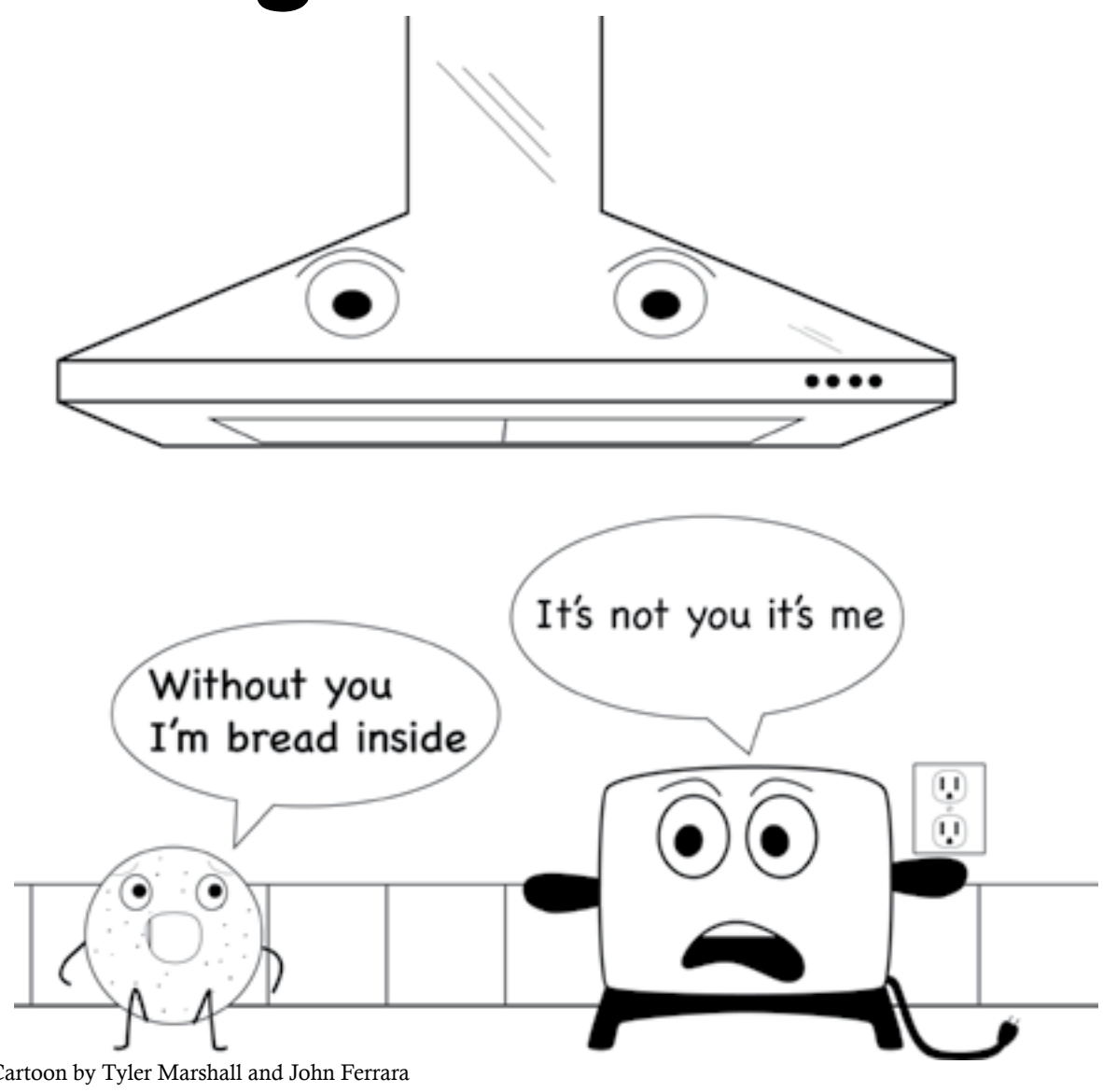
Los Bagels frios



| Cartoon by Tyler Marshall and John Ferrara

Campus
by Miranda Hutchison

The Los Bagels on campus removed its toaster this semester, due to an ongoing problem with heat build-up that created an unpleasant work environment for employees.

Communications major Shay Smith, now prefers to get her Los Bagels fix elsewhere.

"I started going to the J now because they have a bucket of Los Bagels' bagels there and you can have them toasted," Smith said.

For the last two years, employees like Daniel McMahon expressed discomfort due to ventilation problems caused by the simultaneous use of two different types of toasters.

"I got tired of customers asking to have their bagels toasted so I started telling them that our toaster had caught fire and ended up burning a hole in our ceiling so we had to get rid of it," McMahon said. "We don't have to waste any time toasting now so it really is much more efficient."

McMahon accounts that most customers ask for toasted bagels and so he decided to get some fun out of the repeating frustration.

Although toasting has become a popular option, Los Bagels Manager Travis May said the depot vendor did not toast bagels for the first eight years of business.

"The toasters were making our employees extremely uncomfortable," May said. "Sales have actually gone up because we are able to serve people quicker."

The Depot is currently being remodeled, and May said he anticipates a better ventilation system will be installed.

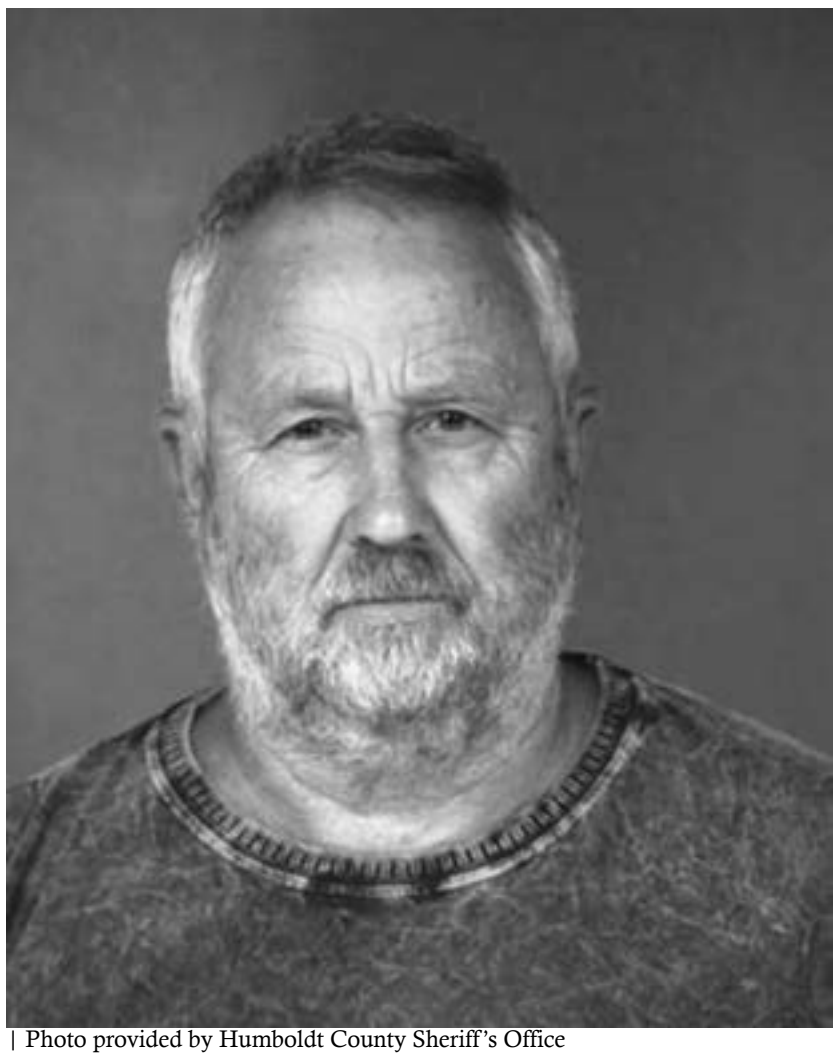
In the meantime, loyal Los Bagels customers like James Wooley, who always orders a salty sweet combo with jelly, lox, slug slime, jam and cream cheese, is eating elsewhere.

"I've stopped going there," Wooley said. "It's just not the same without the crispness."

Miranda Hutchison may be contacted at thejack@humboldt.edu

Former HSU professor charged with four felonies

Campus/Community
by Israel LeFrak



| Photo provided by Humboldt County Sheriff's Office

Christopher Haynes, a former Humboldt State geography instructor was arrested on Aug. 29 on felony charges for possession and distribution of child pornography according to a press release from the Humboldt County Sheriff's Office.

The United States Department of Homeland Security, FBI, Humboldt County Sheriff's Office, Arcata Police and Humboldt State University Police all assisted in the investigation and arrest of the 64-year-old Arcata resident.

On June 5, 2014, the Humboldt County Sheriff's Office was contacted by the Department of Homeland Security's Cybercrimes unit. Detective Sam Williams was assigned to investigate the case. The server company that had discovered the materials being sent forwarded information and I.P. addresses of people distributing contraband. Haynes' name was on the list.

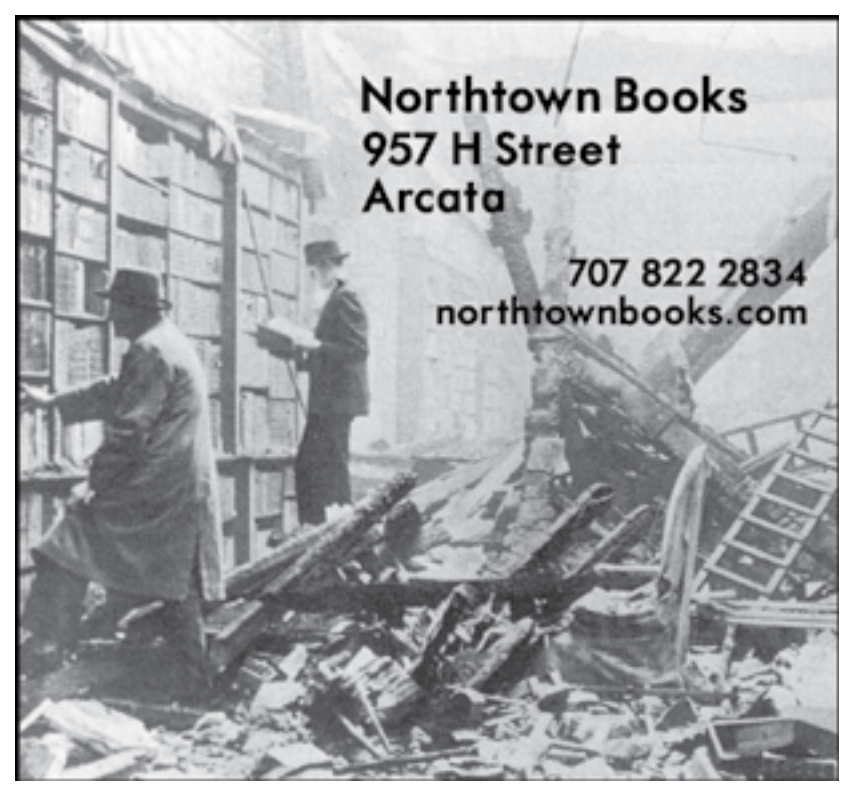
Det. Williams served a search warrant on July 10 for Haynes' residence. He obtained a computer and hard drives that were given to him by Haynes. Upon examination of the computer and hard drives, authorities discovered thousands of videos and pictures of child pornography. Haynes did not try to flee the area after authorities confronted him about the situation.

Haynes has been charged with two felony counts of possession of materials depicting a person under the age of 18 engaging in or simulating sexual conduct, one felony count of distributing obscene materials and one felony count of distributing obscene materials of a person under the age of 18 engaging in or personally simulating sexual acts.

Haynes' bail was set at $100,000, and he bailed out the same day of the arrest.

Haynes last taught at HSU in Spring 2014, but was not brought back for undisclosed reasons. The HSU Police Department was contacted by the Humboldt County Sheriff's Office to see if any school property was used by Haynes in the distribution of his pornographic materials. After searching, there was no evidence that school property was used.

Israel LefFrak may be contacted at thejack@humboldt.edu



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Campus uninformed

Continued from 1

The integrity and content of the asbestos within the tiles in the health center were tested by local scientific consulting agency, SHN Consulting Engineers & Geologists, who have state certified site surveillance technicians for asbestos testing.

Engineers found that the floor tiles were attached with a mastic glue which contained 2 percent asbestos content.

Since no fiber was found in the air, Risk Management and Safety Services deemed that no further remediation was required and the building was safe for re-entry.

The HSU staff was later notified through email from Risk Management and Safety Services.

Asbestos is a mineral fiber that until the 1980's was commonly used in construction, manufacturing and shipbuilding. While relatively harmless in a solid state, loose or airborne asbestos fiber can enter into the lungs and cause a number of respiratory related diseases and cancers including mesothelioma.

Federal asbestos exposure limits were not in place until 1972. It is still used in some products such as automatic transmission components and disc brakes. It was so prevalent in construction materials the various regulatory agencies classify buildings with "thermal system insulation and surfacing material constructed no later than 1980" as presumed asbestos containing material sites.

According to Asbestos.com, a subset website of the Mesothelioma Center, California is the number one state in terms of asbestos related illness (asbestosis and mesothelioma.)

Cases of asbestos in colleges and universities are regulated by the Occupational Safety Health Administration and the Environmental Protection Agency's Federal Asbestos National Emissions Standards for Hazardous Air Pollutants, along with state agencies.

Joe Chiou, Associate Safety Engineer for Cal/OSHA Consultation said "Cal/OSHA regulation only has jurisdiction over places with an employer and employee relationship."

Chiou said that the other school regulations, specifically the Asbestos Hazard Emergency Response Act, require schools to notify parents of asbestos-related activity taking place within the school, but AHERA regulation only cover K-12 facilities.

Because universities and colleges do not fit within the K-12 range and students are not school employees, they fall into a grey area that are not required to be notified.

Guthrie L'Herogan may be contacted at thejack@humboldt.edu

Pop lock and drop it

Reports of fleeing gunman mislead campus community

A view inside the Campus Emergency Response Team's storage trailer on the HSU campus. | N. Hunter Cresswell

Campus
by N. Hunter Cresswell

When Arcata Police Department reported gunfire near 15th and H street on the morning of Aug. 7, Humboldt State students were mislead to believe a gunman was on school grounds, spreading fear and uncertainty throughout campus.

Rayna Chrisco, senior botany major and groundskeeper at HSU, was weeding at the Creekview dorms that morning when she got a call from co-worker Lisa Smith. Smith was warned by police that people were evacuating College Creek.

Chrisco was told the suspect's whereabouts were unknown but police thought the male suspect was on LK Wood Boulevard.

Susan Buckley, the lead grounds worker for housing, called all eight of the working grounds members into the grounds shop on Granite Avenue for lockdown.

"I was sitting there freaking out," Chrisco said.

However, the half hour spent on lockdown was unnecessary because the Arcata police never issued an emergency warning.

"Rumors can be disruptive and concerning," Ruth Sturtevant, Program Manager for the HSU Campus Emergency Response Team, said.

The HSU University Police Department and CERT are working to address the problem of misleading information being spread during an emergency with simple text alerts.

"The recent event that occurred in Arcata did generate a text message to stop the rumors that had started," UPD Chief Lynne Soderberg said in reference to the shooting.

The system, HSU Alert, sends text alerts and updates during times of crisis to all who have opted in.

Emails with information on the crisis are sent out to everyone, but they take more time to draft and send than texts.

"Three other important channels are available to access information during a campus emergency if you have not signed up for HSU Alert," Frank Whitlatch, associate vice president of marketing and communication said.

The university website will be kept up to date with a colored box that will appear on the homepage with the latest news.

The KHSU radio station will also broadcast news and updates.

The HSU information line can be reached at 826-INFO (4636) for on campus information.

However, the quickest avenue to receive information in the event of a disaster is HSU Alert.

Although many alert mediums are available, Sturtevant recommends planning ahead just in case.

"Make a communication plan, know your exit and sign up for the text system," Sturtevant said.

Last year HSU went through a selection process for a new text alert system.

"The choice between the two emergency text systems was made with weighing factors including offered features, reviews from other campuses, tech support, compatibility and cost," Soderberg said.

Originally the new system would have been opt-out, meaning all student cell numbers would come pre-programmed into the system and students could remove their number if they wished.

"Yes, we would have preferred it to be opt-out, but there would be issues with having correct phone numbers," said Soderberg.

Students may register for text alerts on the myHumboldt homepage. Once there, click the "Personal Information" box and click the "Emergency Contact(s)" tab and click the link "Add emergency text message number."

N. Hunter Cresswell may be contacted at thejack@humboldt.edu

Easy flapjacks for Lumberjacks

An unconventional pancake

| Ryan Nakano

Campus
by Lauren Voigtlander

It is your first week at Humboldt State; or maybe just your first week back. Quite a few of you are so busy figuring out your new schedule you may find yourself lacking groceries. More than likely you have not had a real breakfast. Pastries and granola bars with your morning coffee are often less than satisfying, so why not have some pancakes?

Normal pancakes take time and a stocked kitchen, but all you need for these delicious breakfast cakes are two eggs and a banana.

Yes, that does sound strange and gross, but somehow when you mix up two eggs and a banana you get the closest thing to an actual pancake. And hey, it is gluten free for all of you who are sensitive to that sort of thing.

Now for these pancakes you will want to smash up a medium size banana (the more ripe the better) in a bowl until you have squashed most of the big chunks. Then, crack in two eggs and mix with a fork or whisk until they are fully combined. It should look quite a bit like pancake batter.

Have a frying pan heated up to medium high heat. You will want to use butter or vegetable oil so your cakes will not stick.

Pour the batter onto the pan in about three inch circles. The batter will spread a bit thin, so try not to make them too big.

Cook about three to five minutes then flip and cook the other side the same. You can lift the corners to check and see when they are done on each side.

Once finished you can decide on toppings! Maple syrup and butter is very classic, but nutella and strawberries also works well. An unconventional, but delicious mix is powdered sugar and a squeeze of lemon. Whatever your topping preference, eat lots and enjoy the day.

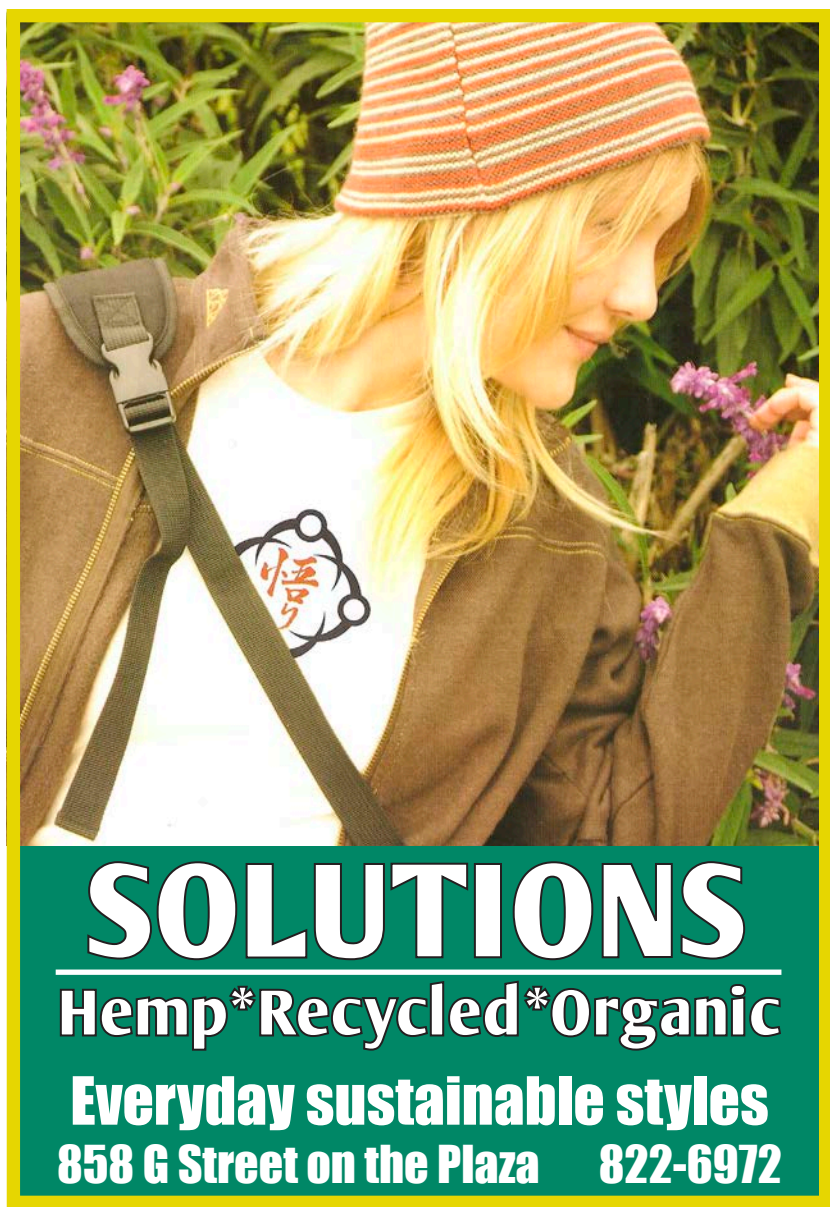
Note: These pancakes are not especially sweet on their own like standard pancakes, so sometimes mixing a little powdered sugar in the batter can be nice. If you would like to get a little daring, then brown sugar and cinnamon can do the trick.

Lauren Voigtlander may be contacted at thejack@humboldt.edu

PICTURE OF THE WEEK

Cyclists fight for breath as they climb a hill during Critical Mass Friday Sept. 5 | Henry Faust

To Submit your photo of the week submit them to thethejack@humboldt.edu



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Rainbow Revolution Extravaganza

Continued from page 1

"People are like banging down our doors wanting to be onstage with us," Little said.

Torisha Stone, sociology major at Humboldt State University, was not aware Humboldt had Pride until this year. As a new member of Humboldt Pride, she will attend the parade and festival for her first time.

"We're getting so many volunteers," Stone said. "They've never had a turnout like this and they've been doing it for 22 years, so I think that is the revolution they are talking about."

Humboldt Pride is dedicated to providing members of the LGBTQIA community with support. Pride educates and strengthens the community, and over the years the amount of members and allies has increased. The parade and festival create a welcoming, safe environment for individuals to celebrate their community.

"It's great to see that people who want to participate are not just targeting the queer community, but [they are] targeting Humboldt county as a whole," Little said. "They are starting to recognize that the queer community is a big part of the Humboldt community."

Rainbow Revolution starts earlier than the parade and festival. The week leading up to the parade has numerous events like a flash mob in the plaza and a drag show at Humbrews.

"The kids seem to love it, it's colorful and fun, it's a great family event to go and do regardless of your identity or your label or whatever," Little said. "It's just a great, fun community event to come out to."

Humboldt Pride occurs much later than other pride events in the nation so students can attend. Humboldt Pride is also more family orientated than other pride events. There will be a monitored kid's area with a bouncy castle, face painting and many other activities.

"It's my son's favorite holiday," Little said. "He likes pride more than he likes Christmas."

Rebekah Staub may be contacted at thejack@humboldt.edu

Muse Protection, 21, gets elevated to Novice Guard by the Sisters of Perpetual Indulgence during Eureka Pride in 2013. | Manuel Orbegozo

EVENTS SCHEDULE

Wednesday, Sept. 10:
Flash Mob, Arcata Plaza @ 5 p.m.

Thursday, Sept. 11:
Applebee's Dinner, Eureka @ 5 p.m. - 9 p.m.

Friday, Sept. 12:
Where's Queer Bill Presents Comedy Night/Dance Party, Humbrews in Arcata @ 9:30 p.m.

Saturday, Sept. 13:
Humboldt Pride, Halvorsen Park Eureka @ 12 p.m. - 5 p.m.
Where's Queer Bill Presents All Ages Drag Show and Dance Party, The Siren's Song Tavern in Eureka @ 9:30 p.m.
Glamorous After Party featuring Pressure/Anya DJ Duo, Palm Lounge in The Eureka Inn @ 9 p.m.

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Poetry

We are a broken people
Yelling our names into clouds,
hoping that with each note laid
down a chain is formed,
every in and out a code for left
over right.
callused hands means you're
meant to fight, keep going.

Lungs forced empty,
over-stretched red balloons holding a heart on a string, pumping blood with feeble oxygen
in-between heavy rasps, but little
breathing.

"lets pretend we're under water" interjections, forced us into
a wake of our own deep end
decisions,
ocean so heavy it causes more
than backs to break.

I figured if our bodies are nothing but hollow messes composed
of boney knees and tired eyes,
than our purpose shouldn't expect anything more than empty
pleas, interjected with, "how do
I stop the bleeding?"

I'm thankful we got this far at
all.

Strength is subjective,
not counting misconceptions or
mistakes, but making room for
give and take,
the chance to feel like you're not
the only coward in the place.
Tracing scars till our thumbs
turn blue
Making sense of cold metal
messes reading, "you aren't
alone anymore"

We can throw stones into the
past and train our shoulders how
to be leant on,
saturated by the aftermath of everyone that has done us wrong.
And building bridges over memories we can make futures on.

I've never known how to be
anything but alone,
taking on burdens and letting
them into my own home,
for company, not closure.

I've found what keeps me
breathing, what settles between
oxygen and blood,
giving my lungs another day to
run,
Locking hand to hand,
Holding onto the age old statement "you're not alone."

- Chelle Meyers

The Lumberjack would like to encourage submissions of poetry, creative writing, art, comics or anything created by students. Submissions can be sent by email to thejack@humboldt.edu or dropped by the office at 227 Gist Hall

Youth art is out of this World

Non-profit guides young artists to success

Community

by Vivienne St. John

Haili Asbury hones her keyboard chops at the Marz Project. | Louis RamirezHedberg

For the youth of Humboldt, the high school and young college students, there is a program in Old Town Eureka that provides support and guidance for developing artists.

The Marz (Media & Art Resource Zone) Project directs its attention towards youth, 13-22, who do not have direct access to the expensive equipment required for some art fields. Marz offers tutorials and supplies that are used daily with no cover charge. The space is equipped with over 10 computers, an array of instruments and enough software to make a short film, making the Marz Project a sanctuary for any young struggling artist.

The project is a part of the non-profit, drug and alcohol free organization, The Ink People. The local art community focuses on creative and cultural development through a series of non-profit organizations aimed toward every art form practiced in northern Humboldt County.

Lead graphics coordinator Kati Texas talked about how unique the Marz Project is.

"We are all about community art, and because of that we don't have to make [the youth artists] meet requirements," Texas said. "We are firm about free speech; we do not censor our students."

Students may come in for personal purposes such as a school assignment or even just to learn how to play the guitar. From keyboards and congas, to light tables and video cameras, the Marz Project provides vital accessibility to artists' provisions. Marz is unlike any other community art space in Humboldt County because it gains supplies and materials solely through grants and donations.

The Marz Project consists of three lead mentors for the young artists: Kati Texas who specializes in graphic illustrations, Cory Goldman, who instructs music and theory as well as production and Eileen McGee, who focuses on film. They emphasize the aspect of community through advising, participation in activities, mentoring and invigorating the students with their own artistic knowledge and abilities.

"Students come in with a goal in mind, wanting to learn something," Goldman said. "I get to work with all sorts of kids I would otherwise never get to meet. It's super inspiring to be able to show someone how to do something they don't know."

The Project's current and updated computer programs and professional machines allow young artists to experiment and learn how to manipulate music with software. Knowing that the Marz Project will support any creative endeavor, students often come in with the intent to make beats and produce.

Marz is a local hotspot for young musicians who want to expand their classical training to the computer where theory, production and sampling work together to create a professional musical piece.

Jamaicka Norrise, 22, found out about the Marz Project through a flyer on the street advertising music production. Thanks to some college classes, Norrise was already familiar with the MIDI keyboard and Ableton Live, which are some of the professional music production software that Marz offers. Because Marz has adept equipment, they have experienced guides in many fields, making prior experience not a necessity.

"I just started teaching myself chords on the keyboard," Norrise said. "It's cool to have this because doing it myself can get expensive."

Not only is the Marz Project a place for creative freedom, but it is also a place for creative guidance. Like Norrise, many college students do not have the resources to explore the art forms of their choosing making the Marz Project an ideal place for Humboldt State students seeking out a free off-campus workplace.

"I come in here for hours and just practice on my craft," Norrise said. "I found this place and thought maybe I'd go back to school after all."

The Marz Project is located above the Discovery Museum on Third Street in Eureka and offers open studio hours 3-6 p.m., Monday through Friday with lessons and chances to collaborate with other artists every Wednesday.

Vivienne St. John may be contacted at thejack@humboldt.edu

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Do It Yourself

Campus

by Zirui Dang

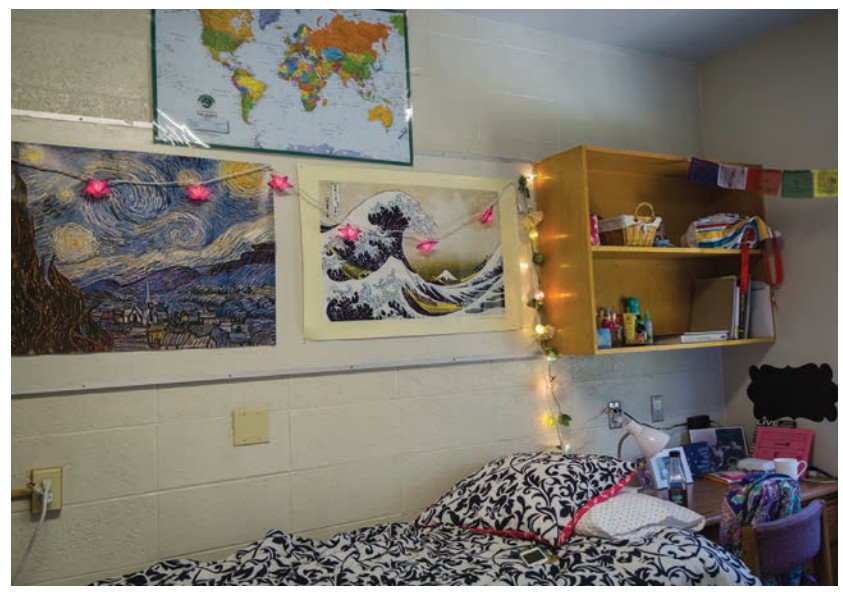
At the beginning of every semester, Humboldt State University welcomes new students, both freshmen and transfer alike. Some of these students live on campus and take pride in decorating their own rooms. Many kinds of DIY (do it yourself) projects can transform dorms into more creative and interesting living environments. Special decorations dress up the small and drab spaces, making students feel more comfortable in their new homes.

"We have a lot of different types of decors in our room, from a Hokusai tapestry to a 'Caddyshack' poster, giving our dorm room eclectic but calming feel. It is a great room to just chill out in after classes."

Katie Buesch 18, Freshman, Anthropology, Alex Blacker, 18, Freshman, Biology, Canyon

"I decorate my dorm with posters that I picked out on a website. And all the pictures are of some of my friends from back home. My comforter on my bed is of Paris, because one of my best friends lives in France. I hope one day I will travel there with her."

Erika Barnett, 18, Freshman, Communication, The Hill-Redwood



"I decorated my dorm with lots of posters, and Van Gogh's 'The Starry Night', that reminds me of my room back home. I think the most interesting thing in my dorm is my comforter and bed set. It's because my roommate unknowingly brought up a lamp, a pillow, and some other decorations that match it perfectly. We had no idea it was going to match! It makes our room look more 'put together' so I think that's pretty cool."

Nicole Bravo, 17, Freshman, Journalism, The Hill-Sunset,

"I did create my own DIY. I spray painted my Buddha doll a pretty turquoise color. I think my dorm area is homey and comfortable. I decorated my room with pictures, lights, lots of pillows and books. I love the picture in the far right corner that I put together of festivals and music artists that I went to and have seen. Also; the blue lights that dangle over my bed make my room warm."

Annais Alvarado, 22, Transfer Student, International Relations, Creekview-Juniper Hall

HSU CHIEF OF POLICE SEARCH

Open Forum Meetings

September
17th (Wednesday)
&
18th (Thursday)

1:30 p.m. - 2:30 pm

Goodwin Hall

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Police Department

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Humboldt State University Chief of Police search

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Not able to attend? Send your comments to: chiefsearch@humboldt.edu

Dorm Decocration

"I have colorful lights, flag, tools and two little birds in my window. Although the view from, my window is pretty cool with the trees, I decorated it with stuff that remind me of my friends. The most different thing in my dorm is the poster on my wall of a river, because people usually have posters from movies or artists, but I decided to have something more interesting. I think it expands my view, and besides the view from my window of the forest I also have an aquatic ecosystem which I love."

Cecilia Ledesma, 19, Freshman, Zoology, Creekview-Lauren Hall

"This is my first time to DIY. Originally, the room was very plain and boring. So my roommate and I rearranged the desks and dressers and I lifted my bed. I also had a world map on the ceiling. For a finishing touch, we decorated the windowsill with pillows and a fern."

Jessica Coming, 18, Freshman, Environmental Science, Cypress

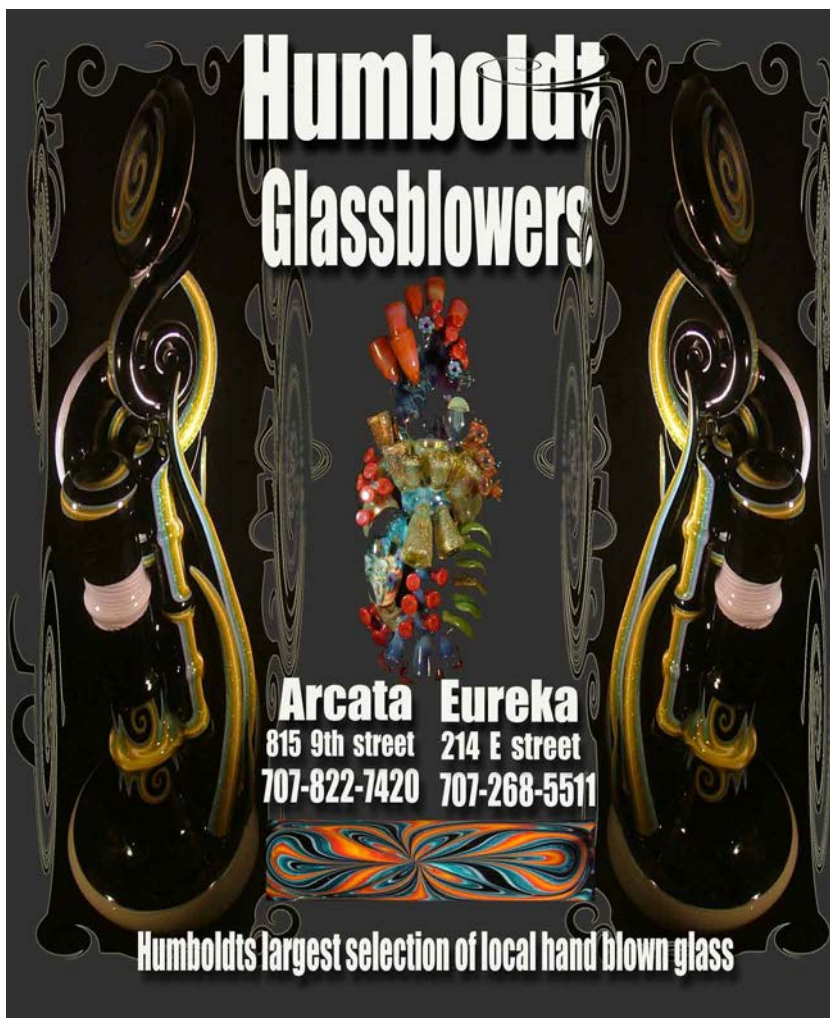
"The way I set up my dorm was the most practical for me. I used my window as a coat hanger and saved space in my dresser. I love the painting which I have hung up on my wall a lot, because my siblings painted them. They have lots of sentimental value to me. Also, I posted a lot of photos up to remind me of my family and friends back home."

Orecia Alfaro, 18, Freshman, Environmental Resources Engineering, Cypress

"I decorated my room with lots of photos from my travels and home. This is the most interesting part in my dorm. I like being able to look over and see my friends and family whenever I miss them. I also hung up prayer flags that one of my best friends gave me and put up art from places I have visited. The whole theme is just comforting to me."

Myranda Dominguez, Freshman 19, Undeclared, Cypress

Ziuri Dang may be contacted at thejack@humboldt.edu



The leaked truth

How the NFL made all the wrong moves

Sports
by Javier Rojas

The eerie and disturbing images of Janay Palmer laying unconscious on a hotel floor were spread all over the internet for the world to see. It was another blow to the issue of domestic violence against women. As Ray Rice sickeningly dragged the unconscious Palmer out the elevator the world got to the see the truth, or at least part of it.

While many brought up the topic of domestic violence against women, the National Football League decided to look the other way.

Rice, a running back for the Baltimore Ravens, was arrested and charged with assault but avoided jail time by entering a pre-trial diversion program, which meant because he had no prior criminal record, he would simply be put under probation.

The NFL did not help the cause when commissioner Roger Goodell only gave Rice a slap on the wrist by suspending him for just two games. Many criticized Goodell for his light punishment on Rice, yet no action was taken by the commissioner to change his joke of a domestic violence policy.

It was not until a leaked video from TMZ surfaced this week that showed what actually took place inside the elevator before Rice was seen dragging Palmer out. The video showed Rice punching Palmer twice in the face, causing her to bang her head against the wall.

It took two separate videos, eight months, a flawed policy and an assaulted woman for the NFL to finally make a move.

After the second video was leaked, the Baltimore Ravens released Rice and terminated his contract. The NFL followed suit by suspending Rice indefinitely and bringing us back to the thought that this should have happened from the start.

The matter here is not about football and it is not about Rice either. It is about having the humanity to do the right thing and the NFL found itself doing anything but.

On Aug. 28 Goodell tried to do right by changing the league's personal conduct policy to a six game suspension. (Cue the applause)

It is a joke and a bad one to say the least.

While Rice may be out of a job for now, that may be the least of his worries. He has become the poster boy for domestic violence in sports and has caused quite the public relations problem for the NFL.

The first action should be the removal of Goodell as commissioner for sending the wrong messages to players and fans, for patronizing Palmer throughout this eight month ordeal and essentially giving Rice a slap on the wrist.

The NFL does not need a new policy, what it needs is a new commissioner that can clearly see when something is wrong and take action.

There is no needed apology or news conference here, I think we have seen enough. Or at least until another video is released reminding us what the NFL did wrong.

Javier Rojas may be contacted at thejack@humboldt.edu

TIMELINE OF EVENTS

•Feb. 15, 2014
Ray Rice and Janay Palmer are arrested and charged with simple assault at an Atlantic City casino. The police report states both parties "struck each other with their hands," but neither suffered any injuries.

•Feb. 19
TMZ releases video that showed Rice dragging Palmer's unconscious body out of the Atlantic City casino elevator.

•May 20
Rice is accepted into a pre-trial program and will avoid prosecution. If he successfully completes the yearlong program, his charge will be dismissed.

•July 27
The NFL announces a two-game suspension for Rice, starting Aug. 30. NFL commissioner Roger Goodell is immediately hit with criticism for the light suspension.

•Aug. 28
After receiving criticism for Rice's light suspension, the NFL announces a more severe punishment for domestic violence incidents. The new policy will charge players with a six game suspension and lifetime ban for second violation.

•Sept. 8
TMZ releases footage from the Atlantic City elevator incident that shows Rice striking Palmer in the face and knocking her unconscious. Hours later Rice is cut by the Baltimore Ravens and suspended indefinitely by the NFL.

	HOME		AWAY
FOOTBALL	**14**	Sept. 6, 2014	**27**
	Texas A&M University Kingsville		Humboldt State
	HOME		AWAY
MENS SOCCER	**0**	Sept. 6, 2014	**4**
	William Jessup University (Calif.)		Humboldt State
	HOME		AWAY
WOMENS SOCCER	**1**	Sept. 6, 2014	**2**
	Western Oregon University		Humboldt State
	HOME		AWAY
VOLLEYBALL	**3**	Sept. 6, 2014	**2**
At Belmont, Calif.	Carson Newman		Humboldt State
	HOME		AWAY
	0	Sept. 6, 2014	**3**
	Notre Dame de Namur University		Humboldt State

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Jacks volleyball star embarks on a big season

Continued from page 1

earn points when needed.

Owen's teammate Symone Hayden, 20, communication major talked about the impact Owen makes when she's on the court.

"She is tall and can put the ball away," Hayden said.

"We look to her when we are down because she can get a kill."

Volleyball carries out further than on the court for Owen.

"I have to think about getting enough sleep, getting the right kinds of food and getting in the right frame of mind before every practice," Owen said.

Owen prepares herself for every practice and game by stretching to calm her mind and focus on what is happening in the moment.

"You have to let go of school and just think about volleyball for three hours," Owen said.

If a game is not going so well it may be easy to slip into a frustrated mindset, however Owen knows how to focus and keep a collective mentality.

"I can take each play at a time," Owen said. "Not dwelling on what happened before and not over thinking the future, just working with what you have."

In order to be successful on and off the court it all starts from how one perceives every situation.

"I focus on things that are going right," Owen said. "I reframe my mind and get more excited about the little things that are successful."

Volleyball is a sport that Owen hopes to pursue further than college. After this semester Owen will contact an agency that is connected to playing overseas. If volleyball overseas does not work out she will go to grad school to pursue physical therapy.

Owen is currently setting goals for this upcoming season. For her, the team's progress is what pushes her to become a greater athlete.

With the strong group of returning athletes Woods is hopeful heading into the season.

"I expect to win a lot more of the close matches," Wood said.

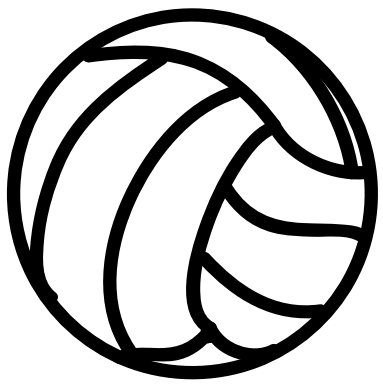
Owen has already established herself as one of the premier players for the Jacks offense and seeing how far the HSU's Volleyball program has gone only gives her more drive.

"I want us to be top in conference, at least top four in conference," Owen said. "I am really excited for this season and people should come out and watch us.

Being the underdogs, seeing where the program was and how far we are now and how far we can continue to go."

Annamarie Rodriguez may be contacted at thejack@humboldt.edu

2014 Humboldt State Jacks Volleyball



SEPTEMBER

9/12/2014 - 7:00 pm - California State University Monterey Bay - Seaside, Calif.

9/13/2014 - 7:00 pm - California State University East Bay - Hayward, Calif.

9/19/2014 - 7:00 pm - Sonoma State University - Rohnert Park, Calif.

9/20/2014 - 7:00 pm - San Francisco State University - San Francisco, Calif.

9/25/2014 - 7:00 pm - California State University, Stanislaus - Arcata, Calif. - Lumberjack Arena

9/27/2014 - 7:00 pm - California State University, Chico - Arcata, Calif. - Lumberjack Arena

OCTOBER

10/1/2014 - 7:00 pm - California State University, San Bernardino - Arcata, Calif. - Lumberjack Arena

10/2/2014 - 7:00 pm - University of California, San Diego - Arcata, Calif. - Lumberjack Arena

10/4/2014 - 7:00 pm - Cal Poly Pomona - Arcata, Calif. - Lumberjack Arena

10/10/2014 - 7:00 pm - California State University, Los Angeles - Los Angeles, Calif.

10/11/2014 - 7:00 pm - California State University, Dominguez Hills - Carson, Calif.

10/16/2014 - 7:00 pm - California State University East Bay - Arcata, Calif. - Lumberjack Arena

10/18/2014 - 7:00 pm - California State University Monterey Bay - Arcata, Calif. - Lumberjack Arena

10/23/2014 - 7:00 pm - San Francisco State University - Arcata, Calif. - Lumberjack Arena

10/25/2014 - 7:00 pm - Sonoma State University - Arcata, Calif. - Lumberjack Arena

10/31/2014 - 7:00 pm - California State University, Chico - Chico, Calif.

NOVEMBER

11/1/2014 - 7:00 pm - California State University,Stanislaus - Turlock, Calif.

11/6/2014 - 7:00 pm - California State University, San Bernardino - San Bernardino, Calif.

11/7/2014 - 7:00 pm - Cal Poly Pomona - Pomona, Calif.

11/8/2014 - 7:00 pm - University of California, San Diego - La Jolla, Calif.

11/13/2014 - 7:00 pm - California State University, Dominguez Hills - Arcata, Calif. - Lumberjack Arena

11/15/2014 - 7:00 pm - California State University, Los Angeles - Arcata, Calif. - Lumberjack Arena

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Survey Closes September 22, 2014.

Soccer: family style

Men's team balances upperclassmen experience and young talent

The HSU men's soccer team rests after practice. | Sarah Bradbury

Sports
by Sarah Bradbury

As the dog days of preseason are winding down, Humboldt States men's soccer team is feeling optimistic about this upcoming season.

Coach Fred Jungemann is executing a new system during his second season with the team, which is not always easy.

"We have solid core returners and strong incoming freshman. Our goal is to be cohesive and have togetherness," Jungemann said. "They have exceeded our expectations and have been a strong contribution to our team."

Senior captain Javier Torres said how the coach is helping to bring the team together.

"He wants the seniors to get in touch with the freshman, making it feel like a family," Torres said. "A lot of places the seniors don't even talk to the freshman because they think they are below them. He wants us to all be friends and make everyone feel comfortable."

The other team captains Kenji Murao and Austin Swartz have both set goals and are confident about sticking to the system Jungemann has set up.

"I want to make it to post season and conference tournament," Murao said.

Swartz says the team's early games will tell a lot about the team in the new season.

"It will dictate where our season will go if we get a big win right away and that would set up momentum for the rest of the season," Swartz said.

The first conference home game will be Oct. 5 against San Francisco State University. Coming off the recent victory over William Jessup University (Calif.), the Jacks will continue their development.

"The goal of the team would be learning the system and playing the style that we've been coached. Every game we are developing our own game," Torres said.

Sarah Bradbury may be contacted at thejack@humboldt.edu

EDITORIAL

If there is an active shooter, earthquake, or fire the students, staff and faculty know what to do.

When there is a health risk on campus, only faculty and staff are notified. Be it asbestos in the health center and class rooms, mold or bed bugs in the dorms, health concerns affect the entire community.

There is a strange relationship with health in the U.S. If the most immediate well being of people is not at stake the government — university — will not tell citizens — students — about the problem. People usually find out about health problems from the media. Which indeed has a legacy of exaggerating danger.

Proper communication could be the issue, maybe administrators could take a course in public speaking. They could probably get a discount on tuition.

Exaggeration by the media is made possible by the lack of institutional transparency, a healthy democracy requires institutional transparency.

Administrators may not want to 'cause a panic.' Health problems are ongoing and could threaten HSU's chances of enticing new freshman to the campus, a great source of income. Administrators may believe that students do not spend enough time on campus for health issues to be a concern.

Panic is not necessary, the asbestos in the health center is removed as far as we know, and eventually the rest of the campus will have it removed as well. Students have a right to know in the interim where there are environmental health risks on campus so they can be adequately prepared, just like the faculty and staff.

Considering a campus 'green' is troubling — beyond marketing — if basic health issues are kept exclusively from students.

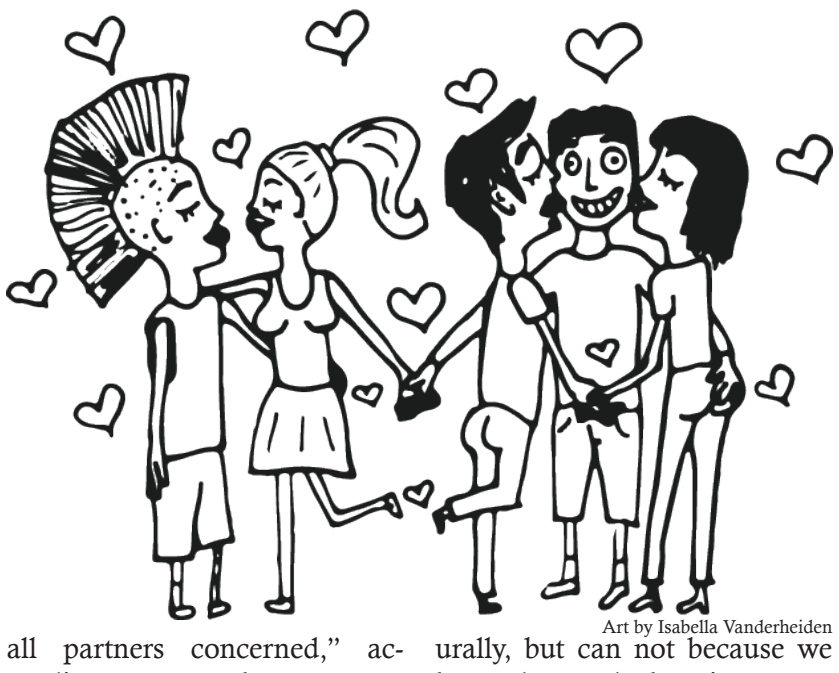
Money is tight, and the health of the community is paramount. The health center is running out of money, unable to provide free condoms. Students must schedule an appointment to receive contraceptives. Raising tuition to cover the gregarious cost of notifying and protecting students is the likely solution to poor funding. Costs could be covered alternatively by small cuts in top tier administrators housing allowances.

Enrolling the largest freshman class in university history and as a 'Hispanic Serving Institution,' HSU has two great new sources of income. Combine this with the 'consolidation' of cultural programs, there should be plenty of funding available to notify students about public health risks on campus.

Learning from the heart

Alternative love

by Jake Wetzstein



Art by Isabella Vanderheiden

It is one thing to say you believe in free-love, it is another to experience it. We are told by all the dominant social forces to seek monogamy. Yet half of all marriages end in divorce according to divorcepad.com, apa.org, divorcestatistics.org and many others.

Successful marriages have at least two happy people who are together because they want to be, not because they own a house or have kids together and "can make it work."

For other social mammals, such as chimpanzees, sex and intimate physical affection are common greetings and causal interactions between individuals. This is likely the natural state for humans too.

If this natural state were more closely emulated by humans it could allow for guilt free affection and love of many people, not just one. Sex is free to become something that is about fun and happiness. Less about procreation, creating a family, or a tool to make more workers and taxpayers.

Polyamory is "having simultaneous close emotional relationships with two or more other individuals; the custom or practice of engaging in multiple sexual relationships with the knowledge and consent of all partners concerned," according to morethantwo.com.

Polyamory is an attractive idea for me intellectually. Doing this and not being hurt is a challenge because of how we are brought up to be monogamous. To a large degree because of religion, even if you are not religious. Tradition can be idiotic and unthinking, blindly following a very old course of thought that could be impractical, or even destructive in modern times.

People are afraid to be honest with each other and legitimately fall in love. The media tends to give a lot more attention to cheaters and affairs than necessary, this propagates insecurity in people's lives. Love became an arduous task in modern times. Love wants to flow naturally, but can not because we have dammed the river to a creek with all this unnecessary fear. We deviated from natural love. We are coerced into serial-monogamy, instead of admitting that one person probably can not satisfy all of our needs. The facts show that we are happiest when our basic needs are met. Real love makes people feel safe. If we could feel the same love from more than one person we would feel safer.

We do not trust our partners from the outset, everyone gets a little suspicious. You do not completely trust someone just because you are intimate with them. In the back of our minds we ask ourselves, "is this person 'the one' ?" We don't know that, we can never factually know that. If we were not invested in just one person the stress would go down. Diversification is nearly always better than uniformity in the long run. As long as there is consent from all sexual partners, the pressure is off as far as cheating goes. No sane investor would tell you to put all your money in one place. Why put all your love in one place?

Monogamy forces compromise where compromise is not necessary. According to monogamy we need to put up with people's perceived imperfections so we can be with them forever. For many older couples, when one partner dies, the other often dies soon after. Love sick, killed by a broken heart. Maybe we could live out our golden years just a little longer if we had other lovers.

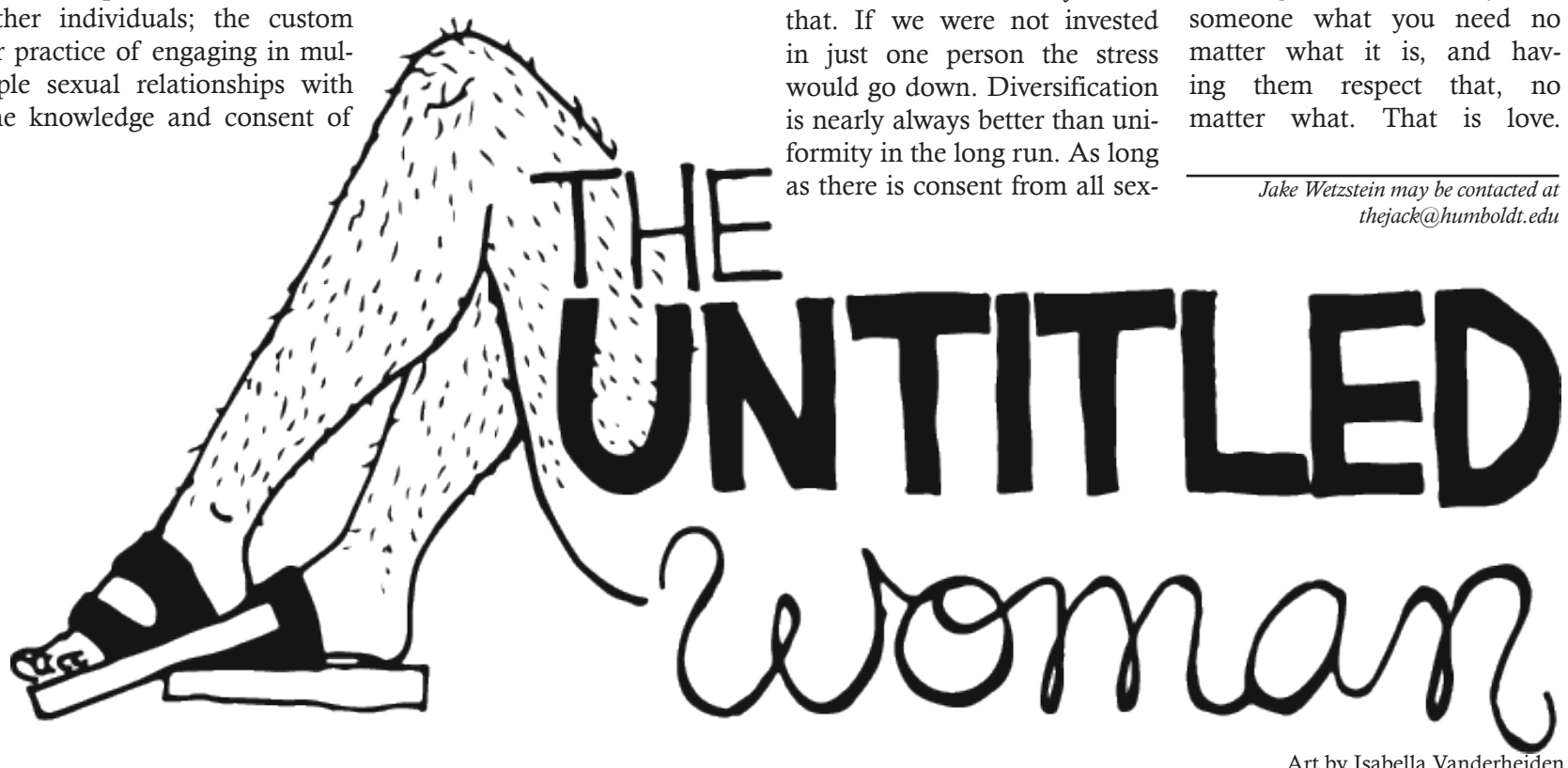
Recently I have been learning about loving a person and not becoming attached. Attachment is ultimately suffering and fear. Attachment enables sadness. A simple show of affection to another besides myself can become a divisive issue because of the monogamy paradigm. I think we have all been trained to be jealous of supposed competitors, competing for love rather than cooperating with love from more than just one person.

Can your ego handle the fact that you can not be everything somebody needs?

There are a lot of people on this planet, we need to find new and creative ways to get along, real soon. Rethinking something as inherent and necessary as sexual relationships could go a long way. Not that polyamory is any better than monogamy, but it is an alternative, if it works for you. The point is to be aware of all your options.

Being able to really tell someone what you need no matter what it is, and having them respect that, no matter what. That is love.

Jake Wetzstein may be contacted at thejack@humboldt.edu



Art by Isabella Vanderheiden

Why we are so hairless

by Lauren Voigtlander

This summer I decided to just go for it. I decided to stop shaving. Or at least I tried.

The removal of body hair is a norm so ingrained in American society that it is more so a right of passage than a conscious decision.

Marissa Lopez, a 19-year-old critical race, gender and sexuality studies major talked about how she was ushered into this coming of age practice.

"I was told by my mom that at a certain age you just have to start shaving," Lopez said.

It was a similar situation for Ellie Blake a 20-year-old CRGS major.

"Basically that's what I grew up seeing, that's what girls do," Blake said.

When I first started shaving in middle school, it was a saving grace from teasing by my two older sisters who had been shaving for years.

Now, a senior in college, I find myself wondering why any of us bothered shaving in the first place.

Towards the end of the previous semester I developed a rash under my left arm and I could not find the cause of it. I tried everything and nothing was helping. So I stopped shaving. Everything.

Not shaving seemed to cure the rash. I felt good about my decision, but I did not necessarily flaunt it. Then my friend's wedding started to approach. I was to be a bridesmaid with a sleeveless dress and between hairy pits or scary rash, I immediately chose rash.

I have always prided myself as a sort of progressive woman, but my hasty decision to abandon liberation to fit in with the social norm begged to differ. As I looked for a reason for my falter I realized that my actions made sense. America does not like hairy women.

Earlier this year Professor Breanne Fahs from Arizona State University published a study in *Psychology of Women Quarterly* discussing women's relationships with body hair.

"[Women] think they have so much more freedom about their bodies than they really do," Fahs said.

In her study she told participants to go ten weeks without shaving, all the while keeping a journal of their experiences.

Fahs expressed how, "there is a cultural prescription for femininity and masculinity."

When we step outside of of those prescriptions we often step outside of comfort zones.

The biggest challenge for these women was not shaving their armpits. Most would attempt to barter. They would ask if they could stop shaving everything but the armpit hair.

No one has a solid reason for being made uncomfortable by female armpit hair and the history of female pit grooming is solely cosmetic. It is important to realize that all women do not have to shave.

Underarm shaving was not a fad until 1915. Up until then women usually did not show much arm, especially not pits. Then *Harper's Bazaar* ran an ad for a new sleeveless style of dress which showed a lady's clean-shaven armpit. Shortly after, female razors became all the rage. Then around World War II, a popular pin up portrait of Betty Grable started the craze of shaved legs.

In Fahs' study many women found trouble in their relationships while not shaving. Some found that not shaving was useful in weeding out incompatible mates. Some of the more conventionally attractive women found that it helped ward off guys merely interested in appearance. Shaving is a cosmetic choice, just like make up, hair cuts and outfits. It is true that many men do not like it when women do not shave, but it is also not a man's choice whether or not a woman shaves.

At the end of Fahs' study, many women went back to their normal shaving routines, but some decided they did not mind keeping it around a while. Regardless, they were all able to experience the hair on their bodies. It became their choice to keep it or not.

Since I started writing this piece I made the official decision to stop shaving. Not to make a statement and not to prove a point, but because it has always been my own choice to make.

Lauren Voigtlander may be contacted at thejack@humboldt.edu

THE LUMBERJACK

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Be a part of it.

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Puzzles Page

Weekly Sudoku

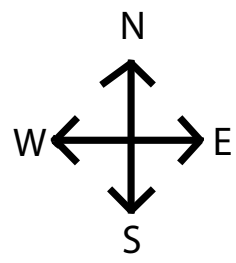
Difficulty: hard

3		8	7	6				
2			3					
	7	6		4	2			
	2	3		7		6		
8								9
		7		8		2	5	
			4	3		8	2	
					9			4
				2	7	3		6

Stumping Lumberjacks

Weekly Brain Teaser

By Ian Bradley



CCCCC

Use the image to guess the word or phrase. Pay attention to the size and position of the clues (top/bottom/left/right), repetition, direction (up/down/backwards/forwards), and the style.
Examples: "P walk Ark" would be "walk in the park" or "DEAL" would be "big deal"
Email your answer to thejack@humboldt.edu with the subject "ATTN: Stumping Lumberjacks"

HUMBOLDTJUMBOLDT

by Melissa Coleman

Rearrange the letters to form a word. Set aside the double underlined letters on the line below. Rearrange those letters when all words are solved to find this week's answer! Plurals allowed, no proper nouns though final answer may be a proper noun. *Last Week's answer: "Welcome Back"*

RPAOV

EIDDR

RYISTHT

EKECR

NANHCEL

"

"

Compiled by Ian Bradley

Where is this?

The following photo was taken somewhere on the Humboldt State campus. Do you know where? Email your answer to thejack@humboldt.edu with the subject "ATTN: Where is this?"
Last week's photo was taken behind the Forestry Building.

Trivia Questions

1. How did Jamaicka Norrise find out about the Marz Project?

2. When were federal limits to asbestos exposure put in place?

3. How many kills did Ashley Owen get in the 2013 season?

Last week's winner

Where Is This?
Elektra Mathews-Novelli

Winners get a $5 gift certificate from Arcata Scoop. Winners can pick up their prize in our office located in Gist Hall 227.

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TIN CAN MAILMAN BUYS BOOKS, including TEXTBOOKS for cash or trade credit. Huge selection, open daily. Corner of 10th & H Arcata .Buyer on duty 11-4 Mon-Fri

WORKSHOP
The (Re)Workshop at SCRAP Humboldt offers creative reuse classes, teaching opportunities and more! visit :scraphumboldt.org/reworkshop

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(PHOTO OF CAR IS IN CLASSIFIED FOLDER)

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Northcoast Cal-SOAP is hiring now! Earn $10.33 an hour up to 20 hours a week to tutor students in local Middle and High Schools. For more information contact calsoap@humboldt.k12.ca.us

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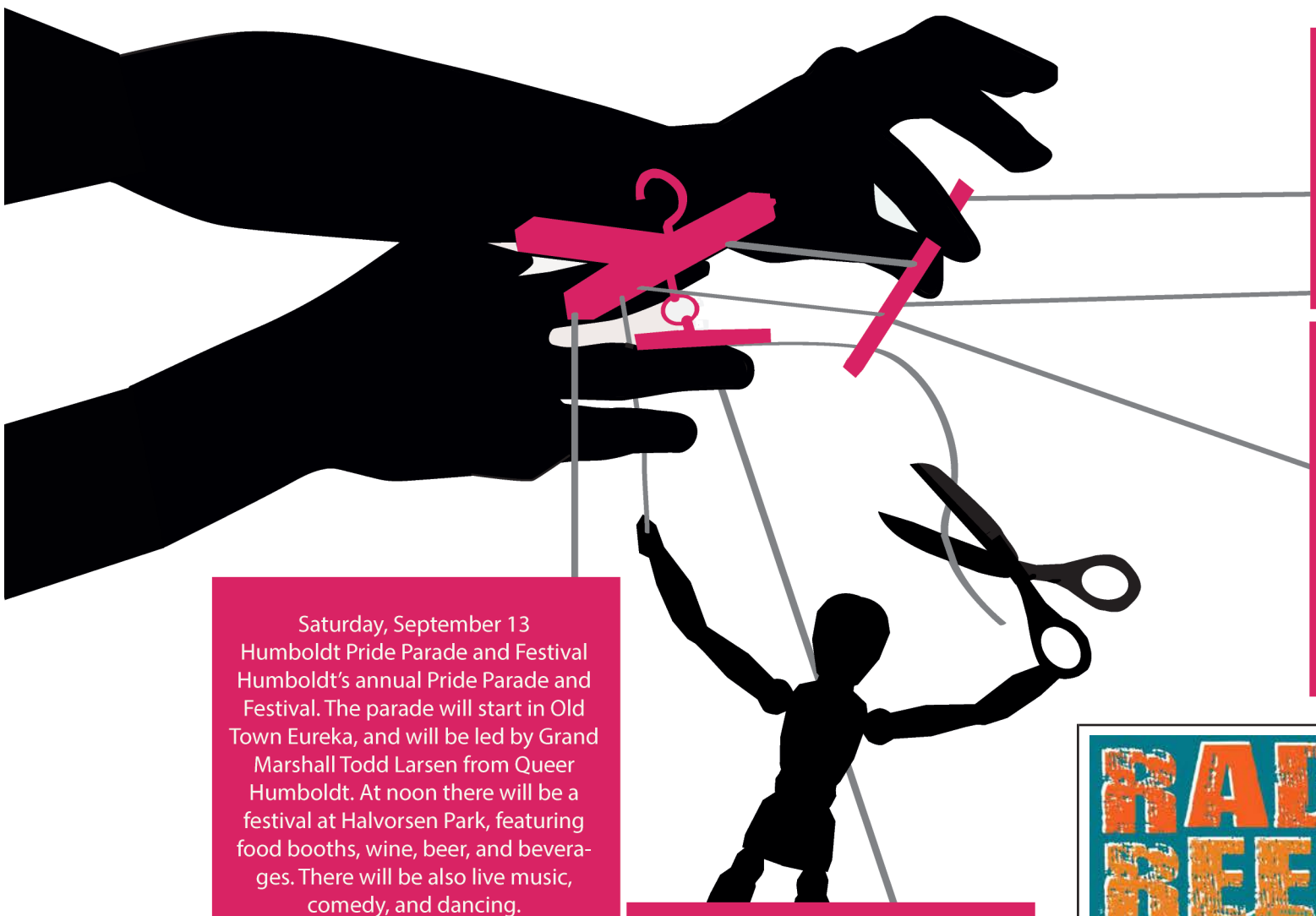

Calendar

Friday September 12 – Wednesday, September 17

Friday, September 12 — Saturday September 13
Professor Willikers' Grand Puppet Slam
An adult puppet show featuring local and national puppeteers. Featuring live music by Tim Gray and Marla Joy.
Arcata Theatre Lounge
$10

Wednesday, September 17 — Friday, September 19
Meet the Candidates for Chief of Police
Meet the final candidates for the position of Chief of Police. Open forum being held for three 3 days, students, faculty, and staff encouraged to attend.
Goodwin Forum
1:30 p.m. - 2:30 p.m.
Free

Saturday, September 13
Humboldt Pride Parade and Festival
Humboldt's annual Pride Parade and Festival. The parade will start in Old Town Eureka, and will be led by Grand Marshall Todd Larsen from Queer Humboldt. At noon there will be a festival at Halvorsen Park, featuring food booths, wine, beer, and beverages. There will be also live music, comedy, and dancing.
Parade begins at 11:45
1st St. and C, Eureka
Festival begins at 12:00
Halverson Park, 1003 Waterfront Drive, Eureka

Sunday, September 14
Humboldt County Mud Run
A benefit for the Pregnancy Care Center of the North Coast, with choices of a 10K, 5K, or 1K. Kids will run through a muddy obstacle course. 5K, 10K, and a 1K kids run.
Humboldt County Fairground
1250 5th St. Ferndale
12:00 p.m. - 5:00 p.m.
Registration price varies by race

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