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Lifting is more than just exercise: it's a lifestyle
SEE PG. 6

Photos and story by Jose Herrera

BREAKING

PG&E to shut off power for up to 5 days

Humboldt County residents prepare for power outage
by James Wilde

PG&E shut off power in Humboldt County at midnight Wednesday morning in response to high winds that could cause damage create a fire hazard. The outages may last as long as five days according to the Humboldt County Sheriff's Office of Emergency Services.

PG&E notified OES today that parts of Humboldt County may see power shutoffs as a result of transmission line shutoffs in California's Central Valley, due to high winds raising the risk of wildfires.

OES Public Information Officer Meriah Miracle said Humboldt County residents should prepare for an outage.

"Humboldt County should expect power outages as soon as midnight," Miracle said. "PG&E has not given a time frame yet, but it could be as long as five days."

Miracle added that PG&E

SEE POWER ■ PAGE 3

MENTAL HEALTH

County's attempted suicide rates at a record high

HSU CAPS works to combat mental health concerns among students
by James Wilde

Rates of attempted suicide in Humboldt County stand far above national and state averages, according to Humboldt State University Health Center Director Brian Mistler, Ph.D.

"Suicide attempt rates in Humboldt County are nearly twice the national and California averages," Mistler said in an email response facilitated by HSU Communication Specialist Grant Scott-Goforth. "And

SEE RATES ■ PAGE 3

Humboldt State University generates over a half billion in industry activity

Global consulting firm tracks institutional, student and alumni spending and calculates economic impact of HSU on community

by James Wilde

According to a recent ICF International report, Humboldt State University generates over \$567 million in annual industry activity.

ICF International, a global consulting firm based in Virginia, released a report on California State Universities in 2010. ICF uses a model that tracks HSU institutional, student and alumni spending

and then calculates the resultant impact.

The report splits HSU spending into three categories: operational, auxiliary and capital.

HSU spent \$166 million in the 2017-2018 fiscal year on operational expenses, which includes instruction, research, public service, academic support and student services.

HSU spent \$26 million

on auxiliary expenses, which includes the bookstore, campus restaurants and research institutes. \$16 million went to dining services while about \$10 million was spent on parking and housing.

HSU spent \$5.5 million on capital expenses, which includes construction and renovations. The report said HSU expects to spend \$33 million on capital projects over the next two years.

"University expenditures supported a total of 3,920 jobs in Humboldt County, as well as over \$96 million in labor income and more than \$293 million in industry activity," the report said.

To reach the final figure of \$567 million of industry activity, the report includes \$70 million of student spending and \$207 million of

regional alumni impact.

"ICF used the average "Cost of Attendance" estimates from the HSU Financial Aid Office to calculate the total student spending impact," the report said.

The report calls the alumni impact figure conservative, as it does not account for California's relatively high wages in comparison with the rest of the country.

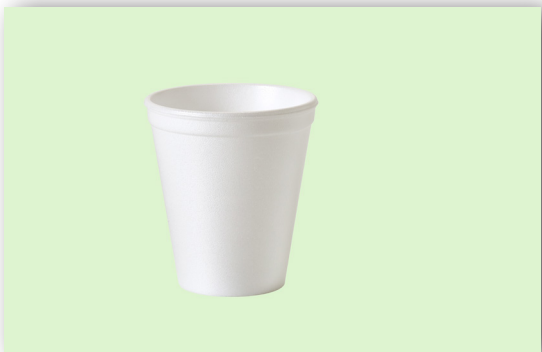
"California wages tend to be higher than the national average," the report said. "In 2017, California real per capita income was approximately \$2,650 dollars higher than the U.S. national average."

The report says 58,000 HSU alumni are still in the workforce, while 23% of alumni live in Humboldt

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THE
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2019 CLERY REPORT

Report reveals umerous sexual assault cases within the last 3 years at HSU

by Andre Hascall

Humboldt State University's 2019 Clery Act Annual Security Report reveals more than three sexual assault cases at HSU in each of the past three years. Amelia Wagoner, a victim rights advocate and kinesiology major at HSU,

said the problem goes deeper than the statistics suggest. "The amount of reported cases here and throughout the nation do not reflect campus safety," Wagoner said. "The reporting process is traumatic and most survivors don't want to deal with it." The Clery Act federally requires all higher education

institutions to disclose campus crime statistics. The newest report for HSU, released in September, covers crimes from January 2016 to December 2018. All Clery Act reports for California State Universities are available on the California State University webpage. HSU's report notes five rapes in 2016, five in 2017 and four in 2018. HSU doesn't have the most rape or sexual assault instances within the CSU system, but it did have one of the largest percentages compared to its relatively low

student population. Sexual assault victims made up .05% of HSU students. HSU requires students to go through a consent course before attending, and all members of clubs or sports teams attend a Title IX seminar once per year. Title IX is a federal law prohibiting discrimination on the basis of sex in federally-funded education institutions, and the seminar focuses on teaching consent culture and anti-hazing. Geography major Allie Jones expressed concerns

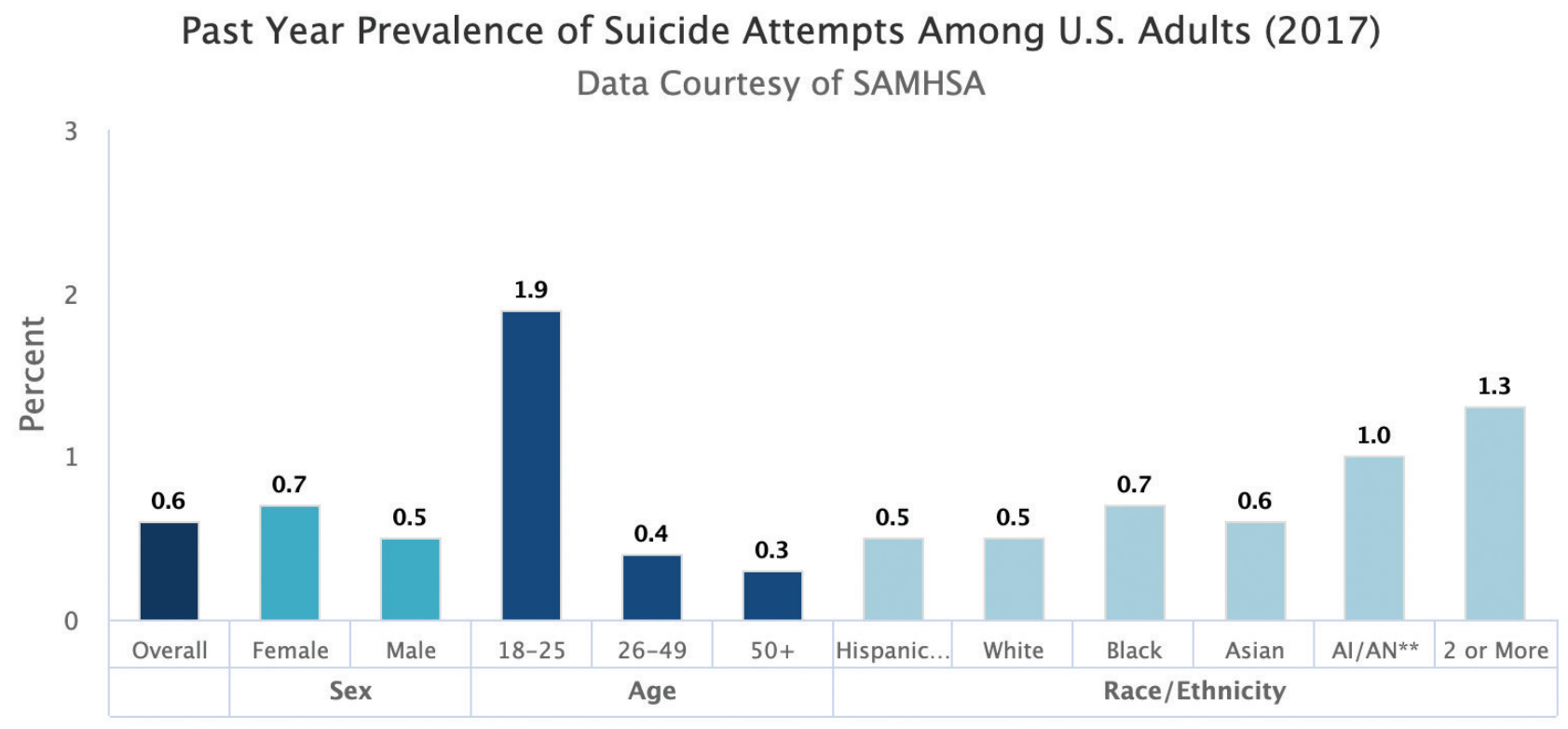
about the faculty behind HSU's Title IX seminar. "At HSU, nobody on the Title IX team is a woman," said Jones. "I'm sure the coordinator is qualified for his job, but as a woman I'd feel more comfortable having another woman to talk to." For now, Wagoner urged students to play their part in improving campus safety. "Make sure everything is okay," Wagoner said. "If you see or hear something that doesn't seem right, do your part to make a difference."

RATES

FROM PAGE 1

HSU students face greater systemic barriers to access health care than in other more affluent and less isolated parts of the country." An estimated 40% of HSU students felt elevated levels of depression according to a 2016-2017 Healthy Minds Study led by Daniel Eisenberg, Ph.D of the Healthy Minds Network, which performs web-based mental health surveys on college students.

Eisenberg has been leading an analysis of student mental health at all 23 California State Universities. In the 2016-2017 analysis of HSU, an estimated 42% of students had elevated levels of anxiety, while an estimated 4% of students attempted suicide in the last year. Mistler tied Humboldt County's lack of expert services to mental health. "Mental health is a critical basic need and it's tied to others like having enough food, shelter and physical health care and safety," Mistler said in the email. "Psychological needs become more important as chronic resource insecurity increases." Mistler clarified that HSU's relatively high rates of mental health conditions do not appear to be caused by Humboldt itself. "From what we know today, the increased needs among



Graphic courtesy of National Institute of Mental Health

students appear to be present on the first day," Mistler said in the email. "That is, it's not caused by being here." Mistler added that many HSU students may arrive with a history of limited health care access. "It's also true that many students arrive at HSU having not had access to their fair share of health and counseling services in the past," Mistler said in the email. "It's clear from all the data that HSU's team of health experts do a phenomenal job of helping those students who choose to seek help." HSU Counseling and Psychological Services Staff Psychologist and Outreach Coordinator Dr.

Elizabeth McCallion is one of the experts working to help students. McCallion hopes to mitigate the stigma around mental health. "Mental health support doesn't just have to be for when you're having severe symptoms," McCallion said. "It can be a way of just generally taking care of yourself. Kind of like preventative health care." McCallion said CAPS is working to meet students where they are, including through library SkillShops and outreach by Multicultural Specialist Cedric Aaron. McCallion praised HSU's mental health services but did acknowledge a lack of services in the surrounding community.

"I think in terms of the counseling center, the counseling center does a wonderful job with that support," McCallion said. "In terms of our community, there is a need for additional mental health care. But that's not just mental health, that's health care in general because of where we live." Both McCallion and Mistler emphasized that those students who do use HSU's services see verifiable benefits. "Dozens of studies confirm that medical and counseling services reduce the risk for students of catastrophic outcomes, help with anxiety and depression, and increase the chances of students graduating,"

Mistler said in the email. "If there's a message here, it's to encourage people to use the available resources." Mistler noted that HSU's outreach efforts have produced an increase in student visits to counseling services of about 5% each year. Mistler also pointed out that students that receive counseling show improved retention rates and a higher likelihood of graduating. Mistler and Eisenberg plan to prepare a CSU-wide analysis of mental health in spring 2020, which they hope will provide more information on the state of student mental health.

POWER

FROM PAGE 1

is currently looking into using the local King Salmon power plant to offset any shutoffs. At 4 p.m., Miracle expected an update from PG&E over the following couple hours. According to a Humboldt County press release, OES is working with response partners and has notified local health services.

Humboldt State University has posted a statement on their website promising further information when available, including whether classes will be canceled. The statement urged students to charge phones and critical electronics. Miracle said residents should follow normal emergency preparedness procedures. "OES is urging residents to prepare just like they would for any other events," Miracle said.



Students should visit the Humboldt State University website for updates. HSU is prepared to provide minimal food service during an outage. In case of emergency call 911.

For more information, including regular updates, visit pge.com or call 1-800-743-5002.

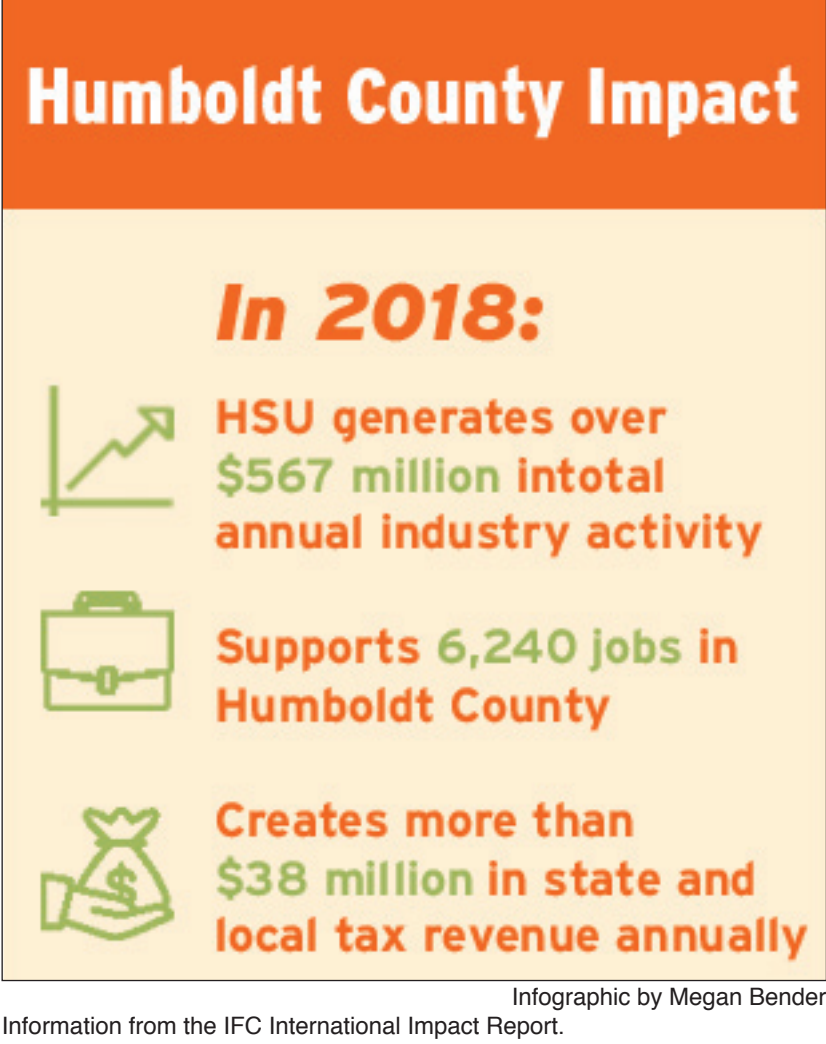
INDUSTRY

FROM PAGE 1

County. "In 2017-18, HSU degree holders living in Humboldt County earned \$973 million in wages," the report said. "HSU degree holders statewide earned more than \$3 billion." The most comparable CSUs in terms of student population are CSU Channel Islands, CSU Monterey Bay and Sonoma State University. While the locations of each of these universities makes them significantly different, HSU appears on par when compared. In terms of regional impact, HSU placed second out of the four aforementioned CSUs of comparable student population size. The CSU website lists summaries of each CSU's economic impact, as recorded in the previous 2010 ICF analysis.

In terms of regional impact, HSU placed second out of the four aforementioned CSUs of comparable student population size. In 2010, CSU Channel Islands generated \$114 million of regional impact from \$135.5 million of spending. CSU Monterey Bay generated \$133 million of regional impact from \$155 million of spending. HSU generated \$190 million of regional impact from \$232 million of spending. Sonoma State generated \$330 million of regional impact from \$213 million of spending. The new ICF report was conducted only on HSU, so it's not known whether HSU remains on pace with other CSUs. "It should be noted that the previous study's methodology is not directly comparable to the current study," the report said. The report includes benefits beyond direct economic impacts, such as research, small

business development and contributions to the community and local education. Most of the report's findings in these extra-economic areas appear to have data behind them. However, the report includes public radio station KHSU as one of HSU's contributions to the community. "Through its innovative, high quality programming, KHSU hopes to educate, enrich, enlighten, and entertain its listeners on local, national, and international issues," the report said. HSU abruptly fired all seven KHSU employees last April, citing a need for reorganization and streamlining. KHSU is run by one employee under a short-term agreement lasting until the end of October. Nevertheless, HSU's impact on the surrounding community appears significant, even in the midst of an enrollment decline.



HSU still sells plastic bottled drinks

In spite of getting rid of bottled water, customer demand keeps plastic in stock

by Megan Bender

Almost 10 years have come and gone since Humboldt State University took back the tap and did away with single-use water bottles on campus.

Overall HSU is known to lead the way in sustainability across the California State University system. In spite of being further ahead in the sustainability game than most campuses, HSU still offers a variety of beverages for sale packaged in single-use plastic.

HSU Dining Services Director Ron Rudebock said they have gotten a fair number of comments over the last couple of years regarding plastic products and on phasing out plastics completely.

“We have been working with vendors to obtain their products in a reusable or compostable or recyclable package and vendors are changing their package materials,” Rudebock said.

The California State University system passed an anti single-use plastic policy in December 2018.

Four of the five campus responsibilities listed under the policy have set deadlines.

The first is the elimination of single-use plastic water bottles by Jan. 1, 2023. HSU met this requirement in 2011. The second is the elimination of plastic straws no later than Jan. 1, 2019. HSU eliminated plastic straws during the fall 2017 semester.

The third responsibility listed, also set for January of this year, was the elimination of single-use plastic carryout bags. HSU stopped using plastic bags back in March 2014. The fourth deadline, and last with a time requirement, was the elimination of single-use polystyrene (e.g. STYROFOAM™) food service items no later than Jan. 1, 2021. HSU eliminated Styrofoam to-go containers over 10 years ago and the campus is working to eliminate it in any pre-packaged items.

The final goal of replacing single-use plastic items with materials that are reusable, locally compostable and/or recyclable doesn’t list a specific deadline.

Rudebock said this specific change is a challenge. The Depot, the College Creek Marketplace, the Cupboard and vending machines still offer plastic bottled beverages on campus.

“We would like to see a faster adaption but with this guideline having no deadline and with the current collapse in the recycling market I do not see this becoming feasible in the next year,” Rudebock said.

Dining services has made some efforts in providing more glass or aluminum options. The J, for example, has a beverage cooler that is all aluminum and glass, has eliminated single use plastic containers and has single-use packaging that is compostable or recyclable.

However, other locations haven’t been able to make the same change as effectively because of the demand for products that happen to also be in plastic bottles.

“We’ve been working with a lot of our vendors and pushing, trying to get more either glass or aluminum containers.” he said.



Photo by Megan Bender

A variety of beverages in plastic bottles line the shelves Oct. 8 at the College Creek Marketplace. The Marketplace, the Depot, the Cupboard and vending machines on campus contain plastic options for sale.

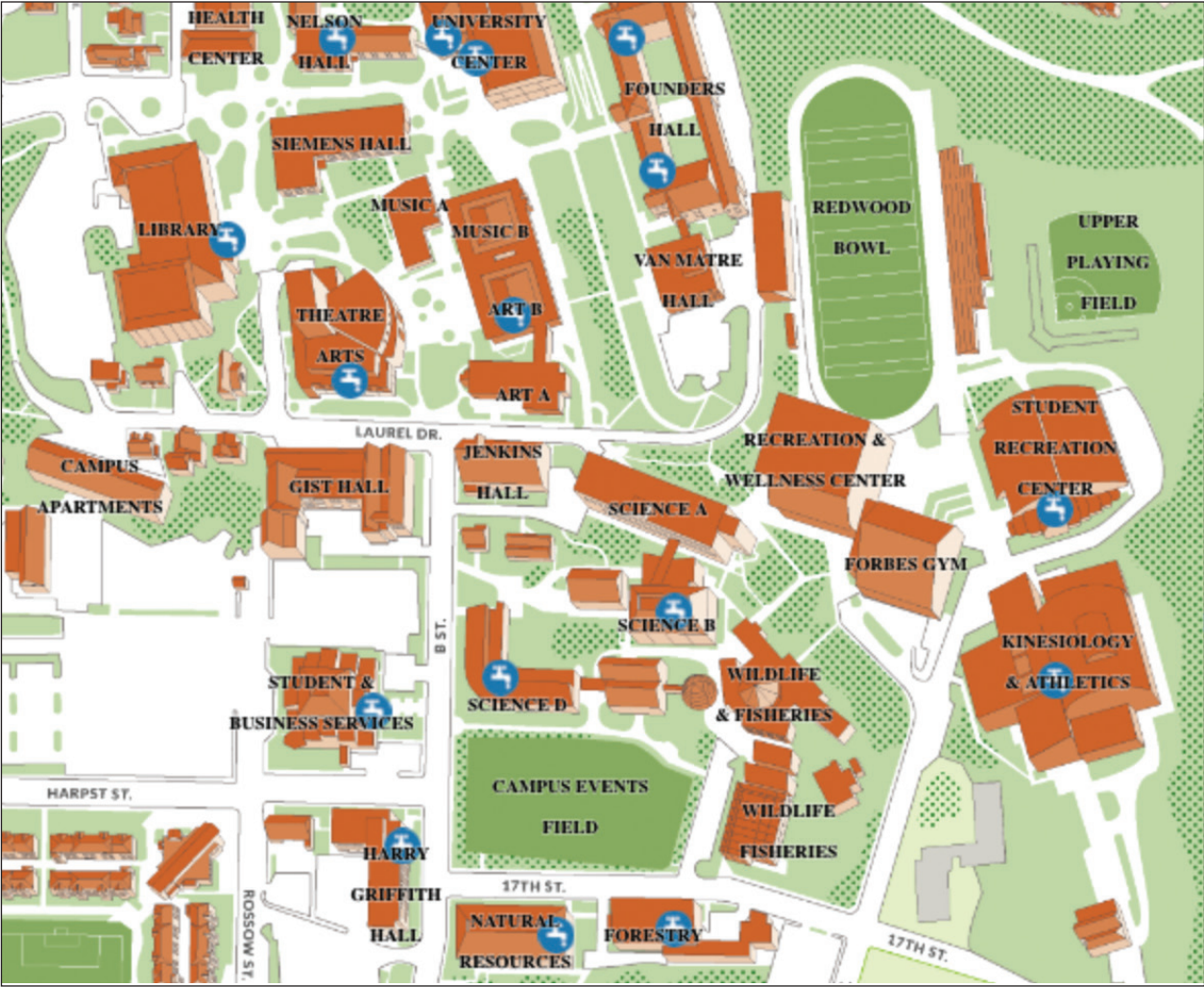


Photo courtesy of Humboldt State

A screen grab of the interactive map GSP students created for Humboldt State University. Students worked with Facilities Management to include a list of sustainability related information such as water filling stations, bike parking, parking lots, recycling bins and compost bins. Students can find the map at <http://gsp.humboldt.edu/HSUMap/CampusMap.html>

Rudebock said Dining Services also goes out of their way to order aluminum and glass alternatives whenever possible from specific companies and brands like Coke or Pepsi.

“It kind of comes down to consumer’s choice,” he said. “Consumers can help by purchasing products that are in reusable, compostable or recyclable packaging and not requesting products that are not in reusable, compostable or recyclable packaging.”

Students have pushed back against the university in the past, questioning its dedication to environmental responsibility over their business ties with PepsiCo.

As reported in the Lumberjack and the North Coast Journal, in 2017 HSU made efforts to meet student’s demands to closer align with its dedication to social, economic and environmental issues by re-evaluating a 40-year-long partnership

with PepsiCo.

Under the contract PepsiCo funded HSU with around \$58,000 worth of athletic scholarships in exchange for pouring rights. Pouring rights allowed PepsiCo to reserve 80% of HSU shelf space for their products.

Students also made the argument the set up was not fair to local businesses.

In spite of being in a budget deficit and the loss of scholarship funding, HSU did not renew the pouring rights contract and let it expire at the end of June 2017.

The University Center and Dining Services stepped into to help with some of the lost resources.

Rudebock said they managed to fund a majority of the lost scholarship money but leaves the decision of how the scholarships are dispersed up to the school. This way the UC and Dining Services are not directly funding athletics or any specific department.

The university still does business with PepsiCo but under different rebate-based agreements. Dining services also stopped carrying Aquafina water bottles, a brand owned by PepsiCo as a result of the nationally recognized Take Back the Tap campaign.

Under the Waste Reduction & Resource Awareness Program, students began efforts to Take Back the Tap at HSU starting in 2009. The student lead group and Dining Services worked to phase out the sale of single-use water bottles in 2011 as is the primary focus of the campaign.

As a result, HSU became the first California public university and third national public university to phase out water bottles. Dining Services initially explored an alternative by offering boxed water.

“At first we thought they were upset with the plastic water bottles, but they said

‘No no, just the water,’” Rudebock said. “It was more about the idea of selling packaged water.”

Before HSU removed water bottles on campus, TBTT calculated that HSU’s annual bottled water demand “required approximately 43 barrels of oil per academic year” and in turn was “releasing 35,000 pounds of carbon dioxide into the atmosphere.”

HSU owns two Hydration Stations and has a total of 16 water fill stations on campus.

Environmental Science & Management Professor James Graham and his geospatial students created an interactive map of HSU that includes where to find water fill stations on-campus as well as other resources.

Sustainability Director Morgan King said Facilities Management worked with students help create the map.

“We worked with [Graham’s] students to develop layers for sustainability attributes,” King said. “Including water filling station locations, bike parking locations, recycling and compost bin locations.”

Anyone can access the map by visiting HSU’s sustainability website. The map key is listed in a drop down menu that offers different types of resources on campus. Under the sustainability option, users can check the box of the information they’re looking for.

Rudebock said Dining Services remains attentive to the needs of the students and the possibility of selling less plastic-bottled products.

“Every journey begins with a step,” Rudebock said. “The less plastic containers that students buy helps change the need for that product.”

To find out more about HSU’s Zero-Waste Initiatives, WRRAP and TBTT visit the WRRAP homepage at <https://wrrap.humboldt.edu/content/zero-waste-and-take-back-tap>.

Reduce, reuse, repurpose

5 things to do with unwanted items, leftover containers and cluttering old electronics

by Chelsea Wood

1. COMPOST

Compost what you can. Paper materials like cardboard and newsprint are great materials for creating new flower and produce beds. These items don't have to end up in the trash or even the recycling bin. Paper is great for reducing decomposition stench from compost bins and the carbon in paper can help facilitate the breakdown of waste. Just be sure the paper you use in your compost doesn't have glossy inks like magazine paper.



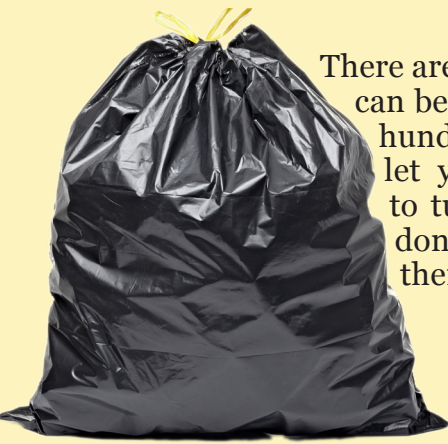
2. EARN MONEY

Many recycling plants in California offer trade-in programs where you can redeem money from the cash refund value (CRV) of plastic, glass and aluminum cans. The CRV amount for aluminum cans under 24 ounces and for glass and plastic bottles is \$0.05. Containers larger than 24 ounces are redeemable for \$0.10. Here in Humboldt you can take your bottles and cans to Humboldt Sanitation & Recycling in McKinleyville or the Eureka Recycling Center.



3. MAKING SOMETHING NEW

There are so much things that can be reused and transformed into something new. Milk cartons can become bird feeders and trash can become artwork. Locally, Scrap Humboldt offers hundreds upon thousands of recycled, slightly used and new items for sale to let your creativity soar. They host creation tutorials to show people how to turn something discarded into something useful again. You can also donate your clean recyclables to their Arcata location to add to their collection of items for repurposing.



3. CLEAN THEM

Clean your recyclables before you toss them. Be mindful of the journey your recycling has yet to take in this consumerist chain. Besides knowing what is appropriate to recycle, it's also important to properly prepare items before you recycle them. Cans should be rinsed clean, plastic caps should be discarded and wrappers should be torn off of containers.



5. THROW AWAY THE REST

You might be recycling things that aren't recyclable. Plastics numbered with 3, 4 or 7 are sometimes not accepted by curbside recycling programs. Check your local recycling plant's policies on what materials they accept and what they reject. Things like pizza boxes, aerosol cans, batteries and styrofoam are not recyclable. Throw items like these away or find a proper disposal. Here on campus there are several recycling hubs which offer bins for proper disposal of batteries, computer products and cellphones.



Images provided by Adobe Stock Images

Explore Humboldt Bay *by public transit!* Explora la Bahía *en transporte público!*

1. Arcata Marsh and Wildlife Sanctuary

From **5th x G Street** or **6th x H Street** stops, access the Marsh at the south end of South G or I Street. Friends of the Arcata Marsh leads guided walks Saturdays at 2pm from the Arcata Marsh Interpretive Center, 569 S. G Street. Call 707-826-2359 for info.

Desde la parada de autobús **5th y G Street** o **6th y H Street**, accede la marisma en el extremo sur de South G Street. Friends of the Arcata Marsh conducen paseos guiados los sábados a las 2pm desde el Arcata Marsh Interpretive Center, 569 S. G Street. Llama 707-826-2359 para información.

2. Manila Dunes Recreation Area

From the **Manila** stop, access the Dunes from the Manila Community Center. Contact Friends of the Dunes at 707-444-1397 for more information about exploring the dunes.

Desde la parada de autobús **Manila Community Center**, explora las dunas a lo largo del borde occidental de la bahía de Humboldt. Póngase en contacto con Friends of the Dunes al 707-444-1397 para obtener más información sobre cómo explorar las dunas.

3. Hikshari' Trail

From the **Broadway x McCullens** stop, access Eureka's newest Coastal Trail at Truesdale Ave. behind Shamus T. Bones. Humboldt Baykeeper offers free natural history tours in Spanish and English. Call 707-499-3678 or visit humboltdbaykeeper.org for more info.

Desde la parada de autobús **Broadway y McCullens**, visita el nuevo sender costero de Eureka desde Truesdale Ave. detrás de Shamus T. Bones. Humboldt Baykeeper ofrece tours de la historia natural gratis en español y inglés. Llama 707-499-3678 o visita humboltdbaykeeper.org para más información.



BAR

FROM PAGE 1

While many people are still sleeping or barely getting ready at 8 a.m. on a Saturday morning, powerlifter Lecsi Prince opens the doors of Arcata Health Sport and walks towards the weightlifting cage.

Prince warms up in the open-air weightlifting area and slides four 45 pound plates, two 25 pound plates and two 10 pound plates onto a bar. She pauses in front of the bar now loaded with 295 pounds. Prince clears her mind, sucks in a deep breath, bounces on her toes, quickly leans in and heaves the weight up onto her shoulders. Keeping her legs stable and her toes pointed out, Prince dips down slowly and up again. After three reps, Prince sets the bar down and exhales.

Twenty-three-year-old Humboldt State University student and kinesiology major Prince has four years of powerlifting experience. At 14, doctors diagnosed her with rheumatoid arthritis, a chronic autoimmune disease that affects the joints. It didn't stop her from playing tennis in high school, and it doesn't stop her now.

"I'll have arthritis flares that will make it hard for me to even hold the bars," Prince said. "So I've hit points where I go to the gym into a bench day and I can't even wrap my fingers around the bar."

When her joints are in too much pain and she's unsure whether to take painkillers, Prince said she decides to not train for a day. Instead, she finds other activities that benefit her health; sometimes

she hikes and other times she goes to the sauna as a means of heat therapy.

"On those days, it's all a mental game," Prince said. "My thoughts are that I'm so frustrated and I can't do anything. It's this draining helplessness. I'm not able to lift, but I can do something else healthy."

Like Prince, Olympic weightlifter Luis Ruiz and women's strength and conditioning coach Sierra Lathe are no strangers to overcoming their bodies' barriers.

The three weightlifters have conditions and injuries they constantly work through to improve their form and records. Ruiz deals with recurring pinched nerves and Lathe has pre-existing injuries she sustained while playing sports in high school. Their injuries become more prevalent if they are not as cautious.

Twenty-two-year-old Lathe works as a staff member for the Student Recreation Center at HSU. She graduated spring 2019 with a major in psychology and minor in child development. Lathe has a combined eight years of powerlifting and Olympic weightlifting experience.

As a former HSU athlete, Lathe now finds herself on the other side as the strength and conditioning coach for the men's and women's club crew teams.

"I still lift, but not as much because I don't have time," Lathe said. "Coaching is a whole other ball game. It's definitely more fun teaching people how to do it now because I've done it for so long."

She explains that Olympic lifting is more precise movements that use different



Sierra Lathe, the strength and conditioning coach for womens and mens crew teams, snatches 95 lbs while in the Student Recreation Center at Humboldt State University. Lathe graduated HSU in spring 2019 and now finds herself as a coach teaching athletes how to perform and train well.

parts of powerlifting together while powerlifting is "getting real big and strong" through three main exercises: squatting, deadlifting and benching. This is something Ruiz knows all too well.

Ruiz, 24, competes in national Olympic weightlifting competitions such as the USA Weightlifting Nationals, USA Weightlifting American Open and University Nationals. Ruiz placed second at the 2019 University National & placed fifth at the Under 25 championship in March. He can back squat 615 pounds and can do Olympic weightlifting movements like the snatch with 319 pounds and the clean and jerk with 405 pounds.



Sierra Lathe, the stength and conditioning coach for womens and mens crew teams, prepares to clean and jerk 95 lbs while in the Student Recreation Center at Humboldt State University.

it's too much. And if you're too nice, it's not enough. So, being able to be an athlete for so long feels pretty good."

Lathe said people, generally men, stare when she trains, but that she's used to it as a woman in sports.

"Especially if you're someone who knows what you are doing," Lathe said. "You're either judged or not taken very seriously even though you know what you're talking about."

There are also times where men approach Lathe about random things, sometimes assuming she needs help or to make comments that aren't appropriate for a conversation with a stranger.

But looking past those moments, Lathe says there's a lot of community and support in the gym environment, especially from women. And Ruiz says that although weightlifting is an individual act, there's a lot of teamwork behind the scenes from the coaching and competitive

aspect of training partners.

"I think it's super important to have people that you train with because it pushes you to have friendly competitions within training," Ruiz said. "To have someone who's in your same level and train with you, I feel like you benefit more because of the little competition that you guys have."

Lathe and Prince share the same sentiment as Ruiz and agree that the people you train with and spend time working with to achieve similar goals become your greatest allies.

"If anything, I'd give up free time outside of school and my job to be able to train than to have a social experience," Ruiz said. "Because the gym at this point has become where I met a lot of my friends."

HSU Athletics strength and conditioning coach and kinesiology lecturer Drew Peterson works with a variety of students with different skill levels who come through the Student Recreation Center.

Peterson said that Prince, Ruiz and Lathe achieve great feats of strength and he believes physical strength is the key to activity and fitness.

"Anybody can get stronger and change your physique and increase your physical capacity," Peterson said. "It just takes getting in here and doing a good job being consistent and staying on a structured program."

Weightlifting comes with a set of drawbacks just like any other sport, but it remains a therapeutic process for Prince, Ruiz and Lathe. And the next day the three of them do what any average weightlifter does to get better - train again.

"Thave a different perspective than most because my body does limit me," Prince says. "For me it's more of a therapy. It's more of that I can push my body to this and nothing else in the world matters other than me just in the moment doing what I love."

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Here to stay, AACAE hires permanent director

HSU alum Douglas Smith bridging the cultural gap between the campus and community



by Michael Weber

Douglas Smith drove up to Humboldt State for the first time in 2013 as a transfer student with big eyes for a small school.

Smith was seeking same the small school feeling that he got while attending College of the Canyons, away from his home in Los Angeles. At first, Smith experienced anxiety about being one the few people of color in Arcata, but he found a way to adapt and thrive in time.

Today, he’s the director for the African American Center for Academic Excellence, and is four months into his new role. Smith holds his own college experiences as reference when approaching the job.

“My big benefit to coming to Humboldt State was that I had these opportunities for cultural exchange with different kinds of people,” Smith said.

Smith believes the center should be a place that highlights the black experience and culture, a space where students and community can freely speak and learn. Smith hopes the center will strengthen the campus community and bridge the gap between the campus and locals.

Smith emphasized intercultural exchange as an important part of learning. One way the center achieves this is through Talking Drum, a safe space that gives students the agency to converse over the

issues that matter to them.

HSU sophomore Brooklyn Reed is the new facilitator for Talking Drum. She met Smith tabling in the quad and offered some of her ideas on how the center’s discussions could be run.

“I talked to him about how to facilitate it, about what I wanted it to look like, how I wanted to build community,” Reed said. “He was just very, super supportive. Just yes, like, ‘let’s do this!’”

Reed wants to run the discussions the way she learned back home in Los Angeles. She also wants the chief of police to attend some meetings so that the center can hold the police accountable if they disagree with their conduct.

Smith’s approach to working with Reed speaks to how he wants to take a step back when it comes to campus dialogue. For his first couple of months, Smith said he spent the majority of his time listening to student feedback.

“I’m trying to come in with this idea of like, ‘Okay, I have some ideas for things,’” Smith said. “But I really want to learn and listen to what students’ needs are, and identify those needs before I go in and start making decisions here and there.”

This approach allows the Dean of Students Office to be informed by what the center is doing, versus managing from the top down. Letting students take control of the

dialogue means that they will be directly influencing the Dean of Students.

“I have been wanting every [discussion] to be student-led, student-driven, and have that peer to peer connection,” Smith said.

Smith promotes the free exchange of ideas because he believes dialogue and cultural exchange is important to becoming part of the community.

One of Smith’s most profound influences on the way he approaches intercultural exchange occurred in his senior semester spent abroad in Santiago, Chile. When he landed, Smith recognized the feeling of being alone and started to familiarize himself with the local area.

“My experience in Humboldt County and at HSU as the ‘other,’ and learning how to move from a perpetual state of survival mindset to adapting and thriving prepared me in so many ways for my time abroad,” Smith said.

Smith’s directive for the center is a culmination of his experiences learning about other people.

“Having that cultural exchange and different kinds of people allowed me to have more diverse viewpoints,” Smith said. “I’m an extrovert. Inside, I might feel anxiety about me, but I’ve always kind of pushed myself to engage with people.”

Photo by Michael Weber

Pictured in his office on October 3 is Douglas Smith, Director for the African American Center for Academic Excellence. Smith has been working to connect with students, community, and the university for the three months he’s occupied the job.

Album Review: DaBaby’s big release shines bright

Highly anticipated studio album ‘KIRK’ meets expectations

by Jerame Saunders

It’s hard to talk about the current state of hip-hop in 2019 without DaBaby being part of the discussion. Formerly recognized as Baby Jesus and legally known as Jonathan Kirk, the rapper is originally from Charlotte, North Carolina.

His debut album made him a star in the hip-hop scene and in popular culture. In the past few months he has headlined at the BET Awards, gained a feature on Lil Nas X’s “Panini,” and even LeBron James gave his stamp of approval over DaBaby’s single “INTRO” from his new album, “KIRK.”

DaBaby stays relevant through social media because of the controversial nature of his music and persona that he portrays in his music. These factors, on top of his signature mechanical flow and talent at creating catchy chorus, create the perfect recipe for super stardom.

The hype for his second studio album with Interscope Records, “KIRK,” is larger than most albums this year. Music producers spared no expense with artist features, which include Migos, Nicki Minaj, Gucci Mane and Kevin Gates.

This album is especially important, as each detail is a tribute to his family. The cover artwork features DaBaby’s father who passed away earlier this year. This recent loss influenced DaBaby’s music as a troubling theme throughout the album.

The first song, “INTRO,”

“**KIRK**” shows the world that DaBaby can be more than an artist tied to a specific sound.”

is a masterpiece. The beat is gospel-like with a rhythmic bass. DaBaby spits socially conscious bars which resonate as an anthem for African American excellence. Lyrics about guns and girls are virtually undetectable. This song restores hope in the fact that he can create a story driven project and release a pop song.

The second song, “OFF THE RIP,” jumps straight into the kind of sound that initially made him popular. There’s playful bass that drives the beat as DaBaby absolutely decimates it with his overpowering flow, voice and lyrical talent.

The next two songs, “BOP” and “VIBEZ,” are generic, studio quality beats and apply DaBaby’s usual style to create a couple filler songs. They aren’t the worst songs, but they don’t contribute to the overall album theme which shows some artistic laziness or studio intervention.

The songs “POP STAR” and “GOSPEL” are great songs either, and use beats suitable for a larger audience which show DaBaby’s efforts to be more than just a rapper. The last two songs on this album, “THERE HE GO” and “XXL,” fall into that same category. The song “THERE HE GO” has one of the worst choruses I’ve

ever heard on a professional rap album.

The features in this album, including “IPHONE” with Nicki Minaj, feel forced. They don’t seem personally picked by DaBaby, rather completely funded by big studio money to bring in listeners from different fan bases.

Despite some flops, the song “TOES” is a standout, and is the only song on the album produced by KennyBeats. It’s hands down the coolest beat on the album.

DaBaby’s meteoric rise into hip-hop, due partly to his consistency in creating his sound and partly to his ability to stay relevant in media, has left a thirst in the hip-hop community to see him grow. “KIRK” shows the world that DaBaby can be more than an artist tied to a specific sound.

Most of the songs have replay value and do a great job at staying consistent with the sounds that have garnered his following. At the same time, he dives into making pop songs and his effort is valiant. While the album is so closely tied to his personal life, a strong narrative or theme wasn’t achieved. He still has plenty of time to grow, but overall, it is a pretty solid album and is accessible to many people.



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Jacks go 0-2 during weekend double header

Despite their game plans, women’s soccer falls short as they lose to Chico and Stanislaus at home

by Alberto Muro

The Jacks squared off against Chico State Friday and midfielder Kelsey Bess scored in the first five minutes. At the 20 minute mark Lindsay Stoner scored the second goal, right before CSU Chico’s Chloe King scored bringing the score to 2-1.

During the second half, Chico sank two more goals, leaving HSU trailing by a point, 3-2. The Jacks kept up with their offense, but their 2nd half performance couldn’t score an equalizer and Chico left victorious.

The Jacks played their second game, this time against Stanislaus State, on Sunday, Oct. 6.

Stanislaus kept possession of the ball throughout the first half, producing a total of 15 shots, seven of which were saved by Jacks’ goalkeeper Kaitlin Talbert. Coach Paul Karver even tried out a different strategy in the first quarter, hoping to recover from Friday’s loss, but the Jacks found themselves in a scoreless first half.

“We came out in a different formation,” Karver said. “I thought we could exploit a couple of things but flat out I got it wrong in the first half.”

HSU continued to experience set backs as Stanislaus scored in the second half taking a 1-0 lead over the Jacks. Following this were two yellow cards issued to HSU players Selena



Jacks midfielder #16 Sabine Postma gets off a shot while being draped by Warrior defenders. Humboldt State played Stanislaus State at College Creek Field in Arcata and lost 1-0 to the Warriors.

Osorio and Mary Swisher, and an additional yellow card issued to Karver for arguing with the referee.

The Jacks continued to battle for possession of the ball into the game’s final minutes. The final score of the match saw a 1-0 Stanislaus victory over the

Jacks.

After the game, Talbert discussed the issues her team had in the first half and how, despite losing the last few games, she wants to focus on her teammates’ ability to adapt and learn.

“We wanted to see if we

could have more in the midfield because we thought it would work great against their midfield,” Talbert said. “These last couple of games have pushed us to step up our game and get some goals.”

The Jacks put up a fight for both matches but fell short of

“We came out in a different formation. I thought we could exploit a couple of things but flat out I got it wrong in the first half.”

-Paul Karver
Coach for Women’s Soccer

victory. Karver applauded the teams’ efforts to stay motivated and finish strong. The focus now is getting Jacks’ players rested for their next road game against UC San Diego.

“We’ll travel this week down south,” Karver said. “So I’m giving the players some days off because training doesn’t fix fatigue.”

Both men and women’s soccer face off against UC San Diego on Oct. 11. Karver mentioned that UCSD will be moving to Division I next year so he looks forward to playing beneath the lights in San Diego one last time.

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Killing the game with confidence

Humboldt State’s volleyball star Lenox Loving establishes herself as a top player

by Thomas Lal

Watching the Humboldt State volleyball team this season, it’s impossible not to notice the Jacks’ breakout performer Lenox Loving.

Standing at 5’9”, the sophomore from Fair Oaks isn’t the tallest player on her team in a sport that is often dominated by height. Loving makes up for that with pure athleticism and an unrelenting work effort noted by her teammates and coaches. In her second season at the collegiate level, Loving has found a regular home in the Jacks’ rotation and seems poised to solidify her place as one of the team’s top scorers.

While fans of Humboldt State volleyball may find it difficult to imagine the women’s team without the offensive powerhouse of Loving, her decision to play the game in college wasn’t made easily. Her interest in the sport initially came from watching her sister play in tournaments, which made her want to try it out for herself.

“I also did soccer and track growing up,” Loving said. “So I didn’t know what sport I wanted to play in college. It wasn’t really until my sophomore year in high school that I really decided that I wanted to play in college.”

Loving began establishing herself in a hitting role during her junior and senior year with Zara Budenbender, her coach at Bella Vista High School. Budenbender coached Loving from the time that she made varsity as a freshman and knew her from coaching Loving’s sister. Budenbender believes that Loving’s ability to adapt to the game situation and be effective from all areas of the court is what put her above a highly competitive club volleyball environment.

“Her senior year we also worked more on her hitting out of the back row,” Budenbender said. “So she was an attack front row or back row. She was just someone who was consistently putting the ball in the court and putting it away. So not just hitting it in, but with force that other teams couldn’t return.”

Despite a freshman season for Loving which saw her with only 54 kills, she bounced back and worked hard over the summer and the weeks leading into the preseason. At the time of writing this article, Loving had 104 kills in just 29 sets played. Much of her work in the spring and summer revolved around playing doubles outdoors. Head Coach Kelly Wood feels that this is one area in particular that has proven to be a strength for Loving and allowed her to elevate her game.

“She’s a skilled player already,” Wood said. “But she’s making big strides because of a combination of being very coachable and having a good skill set and great athletic ability.”

Loving acknowledges that her opening season for Humboldt State was not the most successful. But she doesn’t seem overly concerned in hindsight now that she has more experience at the collegiate level.

“I think last season just being a freshman,” Loving said. “I played like a typical



Loving celebrates with her teammates after the Jacks score against number one ranked Cal State San Bernardino during their Sept. 21 match at Lumberjack Arena.

Photo by Thomas Lal

freshman. I was just really nervous and I didn’t get a lot of exposure, so I wasn’t really confident in my play.”

First-year struggles behind her, Loving has emerged this year as one of the key pieces for Jacks’ volleyball success in the early stages of the season. Even with the attention directed at her individual effort, Loving often refers to the team as a whole when it comes to finding ways to score. This has not gone unnoticed by teammates who share this sentiment and have nothing but good things to say about Loving.

Junior Lexi Riggs has played with Loving the last two seasons and sees having her on the team as a benefit both in performance and in personality.

“I think her athleticism is a huge advantage for our team,” Riggs said. “She just has a really good attitude and presence on the court. You never are down playing next to Lenox. She always is positive, good energy and she is just super athletic.”

This sentiment is echoed by Loving’s teammate and roommate Juliana Bertolucci, who points to the difficult nature of the outside hitter position and how well Loving can handle the ball in tough situations.

“She does well at bettering the ball,” Bertolucci said. “If there is someone that makes maybe not that great of a set or if there’s not that great of a pass she’s always ready to help out, and she’s always ready to make a better decision on the ball.”

For Riggs, Loving’s athletic success this season is just one more reason why she’s special to the team.

“I think she’s just such a great person,” Riggs said. “Everyone who knows Lenox knows she’s an awesome



Outside hitter Lenox Loving delivers a ball across the net during Humboldt State’s match against Cal State San Bernardino at Lumberjack Arena on Sept. 21.

Photo by Thomas Lal

“I wouldn’t have as many kills if it weren’t for our defense and our settlers...It’s really nice having a team that I can just rely on so much and that has helped me succeed.”

**-Lenox Loving
Outside Hitter**

person and I think she’s a great athlete too. I mean, I can’t say enough. I love Lenox, she’s awesome. And we all do, It makes me super proud watching Lenox out there doing as great as she is.”

For her coach and teammates, Loving’s current performance is one more step in what is possible for the sophomore with two full years of competition still ahead of her. With opponents beginning to try and lock her down more frequently, Wood remains confident that she will be able to grow even further as a player.

“I’m so optimistic and hopeful to see what she’s able to do in these next couple of years,” Wood said. “Right now just all of a sudden, her confidence has appeared because she’s having the success she’s having, early on in our season.”

With the team as such a big part of her life on and off the court, Loving attributes much of her personal achievement to the whole group showing how confidence in her teammates has allowed her to achieve such high point production on an individual level.

“I wouldn’t have as many kills if weren’t for our defense and our setters,” Loving said. “Everyone on our team is so encouraging and I know that when I’m hitting, I feel confident that my back row can cover me. I’m confident that my setter is going to set me the sets that I need. It’s really nice having a team that I can just rely on so much and that has helped me succeed.”

ASK
EVERGREEN

LONG-
LASTING
BREAK-
UPS?

Ask Evergreen is a weekly advice column by the students of the Lumberjack

Dear Evergreen,
How do I let someone down easy?

Dear break-up battler,

Some say a break-up lasts half as long as the length of the relationship. Science says it lasts roughly three months. I say it lasts however long you need.

Don't force yourself to get over a connection so quickly that you numb out feelings that can help you process. Don't wallow in your despair and let it consume you, that will just make things all the more difficult to get over.

Take time for yourself to be alone. Solitude is bliss, and it can facilitate your ability to digest what has happened. Reflect on what went well and what went wrong. Use this ending as a lesson on what to do differently when you decide you're ready to date again. Be sure to surround yourself with friends and loved ones--not to distract you, but to remind yourself of those who unconditionally care for you.

There are all different types of relationships and different kinds of break-ups as well. Relationships in which love is involved tend to have lingering feelings long after a parting. Short-term relationships might be easier to move on from. Disdainful break-ups happen, but don't leave without answers for the peace of mind of all involved. Civil break-ups leave the least amount of wreckage and may lead to strong friendships with those who weren't the best romantic partners.

Some break-ups are healthy and necessary for your personal growth, so take things slow and focus on you.

You've got this!
Sincerely,

- Evergreen

EDITORIAL

College athletes deserve payment for play

by Editorial Staff

During an online-only episode of “The Shop,” California Governor Gavin Newsom signed Senate Bill 206, or the Fair Play to Pay Act on Sept. 30.

Along with several other former college athletes, Newsom believes college athletes, especially Division I athletes, deserve compensation for their hard work and dedication to the game that makes their “boss” rich.

“Colleges reap billions from student athletes but block them from earning a single dollar,” Newsom tweeted. “That’s a bankrupt model.”

Despite Humboldt State being a NCAA Division II program, we still agree that our athletes deserve some type of compensation based on the amount of revenue our athletic program brings in.

“The Shop” is a HBO talk show owned under the digital sports media company Uninterpreted. During the episode, Newsom was accompanied by NBA star LeBron James and they both shared the news on Twitter by posting a video snippet.

In a world that is so divided, sports tends to bring people together. Whether an athlete plays for a professional team or a college team, the support and compassion they receive from fans remains loyal.

In professional sports, athletes sign a contract with a team or organization. When they sign, they are agreeing to the specific payment details they have been offered or negotiated with that organization. For collegiate sports, college athletes are offered a scholarship



File Photo

breakdown and have the decision of accepting it, or not.

However, anyone who is up to date with our budget crisis around campus knows that our athletic program probably receives close to no money to provide to our athletes. Especially considering that we still have athletes coming out of pocket to participate in an intercollegiate sport.

HSU is not a great example when pushing the idea that college athletes deserve compensation, but plenty of other colleges across California should reconsider the way they show acknowledgment and appreciation to their athletes that bring in large amounts of money.

When we consider professional athletes, endorsement deals are contracted regularly. These deals allow a company to use an athlete’s name, number

or any other marketing facet that is agreed upon, in exchange for money paid to that athlete. College athletes do not receive endorsement offers, but they still partake in similar marketing techniques that bring in revenue for their college and coaches.

The counterargument to this case states that college athletes are provided a scholarship that pays their tuition and resources that help them get through the academic portion of school.

Although this is true, many fail to realize the dedication and time commitment it takes to be a successful student-athlete. Being a student-athlete is essentially equivalent to holding two full-time jobs: studying and playing. This doesn’t leave time for a job off-campus to provide a steady source of income. The fact that colleges and head coaches

make loads of money off their players success is ludicrous, especially when the players are not receiving any portion of that revenue. It is this exact argument that Newsom has brought to light over the last few weeks.

This bill will allow college athletes to receive a portion of the revenue that their college receives and sign endorsement deals like the pro athletes they aspire to be. Although the NCAA fought against the signing of this bill, Newsom stuck with his belief. He proposed providing the NCAA with a grace period to narrow down the rules and regulations they decide on in hopes of making this transition happen effectively. Therefore, the bill will not play any effect on college sports in California until Jan. 1, 2023.

Mountain biking has a sustainability problem

by Jett Williams

For a sport that usually occurs in natural settings, and whose participants generally value the ecosystem and the world around us, mountain biking has a serious sustainability problem.

Everything has an expiration date. No matter the maintenance, nothing is ever ‘for life,’ and nowhere is this truer than in the mountain bike industry. Chains stretch, tires bald or blow out, brake pads get worn down and bearings become crunchy and rough.

Issues arise when one attempts to revive or service a bike. Many of the functions are delicate and precise, requiring fresh parts to operate smoothly. This means something as simple as a tune-up often results in cables, housing, tubes and tires being thrown away.

Improper installation or use means that these parts break before they should and get replaced prematurely. Some people replace prematurely simply because they want improved performance.

It’s hard to process this waste on an individual level, but walk into your local bike shop and look in the trash cans. Often, they’re filled with very unrecyclable items that are used, removed and replaced.

Of course, the nature of the sport is that parts get worn down or broken and must be swapped. That so many of these parts get replaced prematurely



Photo illustration by Michael Weber

or destroyed early due to user error is only part of the problem.

Other issues arise when we look at the bike industry and the way they market their high-end products. Often, these brands will swaddle their expensive parts in multiple layers of processed cardboard and plastics.

Recently, I purchased a new shifter for my bike. The shifter is a small plastic pod, about the size of a mandarin orange. It arrived in a box that I could’ve fit my shoes into.

Just because you can get away with selling drivetrain parts that cost as much as high-end electronics, doesn’t mean

you need to package them like iPhones.

If these parts were packaged in plastic bags rather than bulky cardboard, you could fit 10 times the items in a similar space, drastically cutting down on shipping material and resources.

Usually, I give corporations a bit of lee-way with the way they package expensive items. It makes sense that they’d want to provide the customer with a sense of exclusivity for choosing to spend their hard-earned dollars on these parts. But with the news about our world’s climate becoming grimmer with every passing day, the

mountain bike industry needs to step up and restructure their priorities to make the sport more sustainable.

I’ve never met a mountain biker who didn’t care about the environment and the future of our planet. Unfortunately, when something breaks usually the whole bike is unrideable until the issue is corrected. Most of us just accept the impact of our sport as there aren’t many other options.

With the way our world is headed, mountain biking is due for a rude awakening on the ways that it creates unnecessary waste.

WEEKLY CALENDAR

Wed. 10/9

Oh SNAP Farm Stand

Time: 11 a.m. - 1 p.m.
Where: Outside Recreation and Wellness Building
Description: FREE fresh produce with student I.D., Bring your own bag

Free English as a Second Language (ESL) Classes

Time: 4:30 - 7:30 p.m.
Where: Humboldt County Library - Eureka Main Branch
Description: Learn or improve your English language skills, childcare will be provided (18+)

Figure Drawing

Time: 6:30 - 8:30 p.m.
Where: The Sanctuary
Description: Short poses first, then longer sessions. Tea and snacks provided

Thurs. 10/10

HIIMR (Humboldt Institute for Interdisciplinary Marijuana Research Talk)

Time: 5:30 - 7 p.m.
Where: Nelson Hall 102 - Goodwin Forum
Description: Authors talk about the medicalization of marijuana legitimacy and patient experience

Wind Power in Humboldt County

Time: 5:30 - 7p.m.
Where: Founders Hall - Room 118
Description: Discuss possibilities for wind energy development in Humboldt County

Los Dune Bums

Time: 6 - 9 p.m.
Where: University Center 124 - Coffee House @ Depot
Description: Local bands, Los Dune Bums and Big Lagoon perform, FREE show

Fri. 10/11

Weathering the Storm

Time: 2 - 3:30 p.m.
Where: Student Health Center & Counseling 221
Description: Learn how to better manage stress, process emotions and develop adaptive coping skills

Arts! Arcata

Time: 6 - 9 p.m.
Where: Arcata Plaza
Description: More than 60 visual artists and live musicians, come and explore in the downtown area

Blue Lotus Jazz

Time: 6 p.m.
Where: Larrupin Cafe
Description: FREE, Dinner and Jazz on the patio

Sat. 10/12

Spooky Twilight Paddle

Time: 5 - 8 p.m.
Where: Off-campus Humboldt Bay Aquatic Center
Description: Bring your costume (register by 10/10)
Tickets: \$40 for students, \$50 otherwise

2019 Lost Coast Fresh Hops Festival

Time: 2 - 6 p.m.
Where: Gyppo Ale Mill
Description: \$25, Come drink some fresh hope beverages and support local community

Humboldt Council of the Blind Benefit Show #11

Time: 10:30 p.m. - 2 a.m.
Where: Alibi
Description: \$6 and 21+, Live music and comedy

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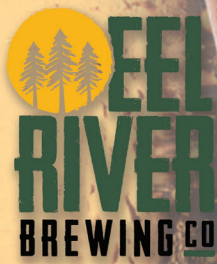
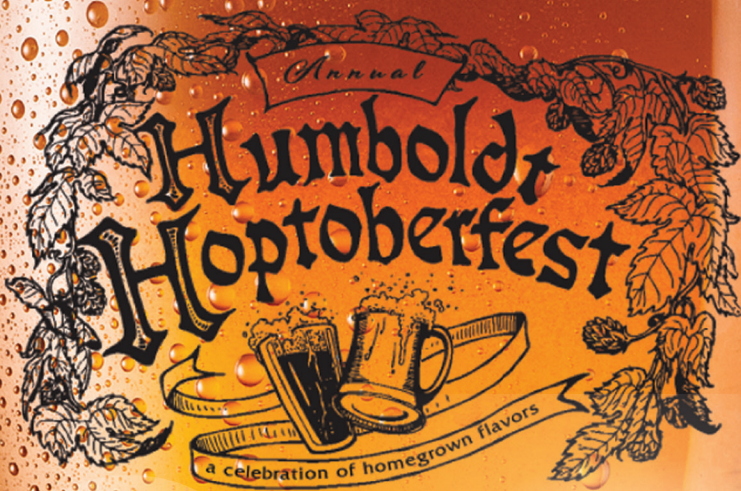
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