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Tuluwat returned to the Wiyot



A child stands with other tribal members as they perform traditional dances and songs at the Eureka City Council meeting to return Tuluwat Island to the Wiyot Tribe on Oct. 21 at the Adorni Center.

After more than 100 years in the hands of Eureka, Tuluwat Island returned to the Wiyot Tribe

by Collin Slavey

There was a joyful, yet solemn, attitude among the attending Wiyot tribe members and Eureka community as the Eureka City Council officially returned Tuluwat Island to the Wiyot people.

Wiyot tribal elder Cheryl A. Seidner blessed the room in a prayer of welcome. In the prayer, Seidner welcomed people from the East and from all directions as she turned in a circle, speaking in her native language. The crowd was silent and respectful, and tribal members let out emotional “ho’s.” Seidner thanked everybody in the audience and asked them to rise.

“This is something I’ve always wanted since I was a kid,” Seidner said. “I thought the island was always ours, not any-

body else’s. So we came together and said, ‘Let’s do this, let’s make it ours.’ So I decided to be bold and ask the new mayor to give us the island they owned.”

In 2004, 40 acres of Tuluwat were returned to the Wiyot Tribe. Oct. 21 marked the return of the remaining 202 acres. The tribe has been working with the City of Eureka for the last five years to make this happen, and this action marks the first step to repairing the damage caused to the tribe that began 100 years ago.

Cutchia Risling Baldy, Ph.D., the Native American Studies department chair at Humboldt State University, delivered one of many moving speeches to the hundreds of assembled community members. Baldy talked about the future of the Wiyot people and how she knew, one

day, they would come back.

“I realized that native people were always making plans for our future and that we never gave up on our land or where we came from,” Baldy said. “That is the story I want people to know. I know that the story of Tuluwat, which people often refer to as Indian Island, has been one of a massacre for most people, but for me it has only been a place for world renewal.”

Baldy once read a book about stories gathered from people about Tuluwat. One particular story was about a woman who was stuck in the mud after the violence on the island. While it may be a story of sadness, Baldy said it was a moment of strength and hope. The woman sang a mourning song because she knew she had to send her tribe off properly. Her strength showed she knew her kin would one day return to Tuluwat.

HSU anthropology professor Gordon Ulmer acknowledged the significance of the day. Ulmer said the day should be a celebration of time immemorial,

and that it displayed the vibrancy of the Wiyot tribe, despite the dark history.

“What we see here is a very vibrant thriving community that lives in the shadow of genocide,” Ulmer said. “People remember the genocide, but what is rarely acknowledged -or at least to a much lesser extent- is that people are still here, the Wiyot are thriving. There’s a lot to celebrate here.”

Eureka Mayor Susan Seaman began official proceedings by declaring the day as a moment in time that should forge strong bonds going into the future to create a long sought-after vision. Seaman prepared to take a vote from the council people while tension in the air grew as the crowd waited.

“I move to authorize the transfer of Tuluwat Island to the Wiyot Tribe and I authorize the vote,” Seaman said.

The Eureka City Council spoke on behalf of the motion, each member contributing a

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Professor ponders California’s future

Alison Holmes, Ph.D spent her sabbatical researching whether California acts as its own nation

by James Wilde

California has the means to be its own nation. It’s big, it’s wealthy and it’s been disrupting the status quo by acting internationally.

“California has been acting outside the box,” Humboldt State University Associate Professor and International Studies program leader Alison Holmes said. “They’ve been going and doing stuff with China, Mexico and Canada. It’s like, ‘Wait, you’re not supposed to do that. That’s not what international relations theory says, it’s not what the U.S. Constitution says, it’s not what all kinds of other rules suggest.’ So how are they doing that?”

Holmes spent her sabbatical last school year researching California and talking with state officials and those the state has dealt with.

In August, Holmes presented her research to the Center for California Studies at Sacramento State University in a presentation called, “California as a Nation-State: Innovative or Inevitable?”

In her research, Holmes found that cities and industries within California may act internationally, but the state itself doesn’t typically act as its own nation.

“We do things internationally but we don’t do them in a coordinated fashion,” Holmes said.

Holmes grew up in Oklahoma, but she moved to the United Kingdom after volunteering in Belfast during college. Holmes lived in the United Kingdom for 25 years, where, among other things, she worked for and advised the Liberal Democrats and worked as the Deputy Head of Corporate Communication Strategy for the BBC.

In 2005, Holmes completed her doctorate in London and then became a speechwriter for Ambassador Robert Tuttle.

“When I worked for the ambassador, I became very interested in international relations and diplomacy,” Holmes said.

When Holmes moved to California, she saw a perfect

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TULUWAT

FROM PAGE 1

“The vote to return the Tuluwat island to the Wiyot Tribe was unanimous and the motion passed.”

-Susan Seaman
Mayor of Eureka

unique perspective to the magnanimity of the event. HSU Lecturer and Eureka City Council Member Natalie Arroyo couldn't be physically present since she was on the coast of Georgia on Coast Guard duty, but she FaceTimed in while a representative shared a letter penned by her about Tuluwat.

“This is the first known transfer of land from a city to a tribe of this kind,” Arroyo said. “We are all responsible to do what we can to actively participate in healing. I will be so bold to say under current conditions Eureka owns the land, but it was never truly ours.”

Arroyo and her fellow council people have worked hard for the last five years to return the land to the Wiyot tribe. Since the early 2000s, a great effort between the City of Eureka and the Wiyot Tribe has been made to these ends.

“The vote to return the Tuluwat island to the Wiyot Tribe was unanimous and the motion passed,” Seaman said. Applause erupted from the audience. The crowd stood on their feet to clap and shout in joy.

Elder Seidner invited her family to the front of the auditorium to sing a song for everyone gathered in the room. Seidner said the day was a day where the Wiyot people could come home. She welcomed everyone in the audience and invited the audience to sing the song “Coming Home.”

“I know that our ancestors knew this day would come, and I think that we need to consider it an opportunity to think about our next steps in the future,” Baldy said. “People stand up and ask me, ‘What can I do?’ And I have one answer for them: you can start by giving all the land back. And now we know it's possible.”

The signing of the deed marked the end of the meeting. Journalists rushed the stage to get a photo while Seidner placed a quilt representing all who could not be present on the table. The council people huddled around to officially return Tuluwat to its ancient owners. Baldy concluded her address with honest praise. The return of Tuluwat would allow the Wiyot people and the local community to be able to do what's necessary to keep the world in balance, and that those in the room were there because they supported the moment. Together, people could envision a radical future.

“A future with no dams, a future with salmon that are healthy, a future with our children that are singing, a future where we are dancing all the time,” Baldy said. “I know we've seen it and I know we've felt it, and I look forward to how amazing that is going to be. And I know that we can do it, and I look forward to how everyone in this room is going to make that happen.”



Wiyot Tribal Chairman Ted Hernandez and Eureka Mayor Susan Seaman sign the papers to officially return Tuluwat Island to the Wiyot Tribe Oct. 21 at the Adorni Center.



Cheryl A. Seidner sings a coming home song at the end of the Eureka City Council meeting to return Tuluwat Island to the Wiyot Tribe Oct. 21 at the Adorni Center.



A young boy dances as members from the local tribes perform traditional dances at the Eureka City Council meeting to officially return Tuluwat Island to the Wiyot Tribe Oct. 21 at the Adorni Center.

Native American culture connects with nature and well-being

United Indian Health Services provides health and wellness services for Native Americans throughout Del Norte and Humboldt County

by Jose Herrera

When you're sick with cold sweats, a runny slimy nose and have a cough that would get you stares in public the most likely thing you would want is to be home and have someone who loves you care for you.

Those feelings of comfort, security and warmth are at the core of the United Indian Health Services in their mission of healing mind, body and spirit.

"Being able to meet the many needs of our clients is really important for overall wellness. It's not just physical wellness, but also spiritual wellness and we really try to include a strong cultural component in the services that we provide," Elizabeth Lara-O' Rourke says, community health and wellness division director for the Potawot Health Village in Arcata.

UIHS is a collaboration between various local tribes within Humboldt and Del Norte counties that provide medical services along with community and wellness outreach specifically for Native Americans, local tribe members or not.

There are seven clinics - Xaa-wan'-k'wvt Clinic in Smith River, Taa-'at-dvn in Crescent City, Elk Valley Office in Crescent City, Hop'-ew Puel in Klamath, Weitchpec Libby Nix Community Health Center, Potawot in Arcata and Tish-non in Fortuna that collectively serve 1200 active clients.

However, Tish-non will close



Photo by Skye Kimya

Parents and teachers help the visiting children pick their pumpkin on Oct. 18 at the annual United Indian Health Services Harvest Party.

down on Oct. 25 at noon and relocate to Eureka where they will open their doors on Dec. 2 said Lara-O' Rourke. But no matter what clinic a Native American might visit, they'll be entering a welcoming space.

"The environment here is about bringing people home, making people feel comfortable and offering an environment that offers a family atmosphere," Lara-O' Rourke says. "So we really try to have that not just with our clients but also with our staff."

Winona Vigil, 23, is a front office assistant, who graduated from Humboldt State in 2018 with a bachelors in psychology and a minor in kinesiology. She works out front and is "the first face and voice" that clients meet

and greet upon entrance. Vigil says she likes the work and also appreciates helping out clients that come through the doors or might call seeking aid.

"All my coworkers and everyone who works here is super supportive," Vigil says. "And working with the clients, they are all usually friendly. They've got life stories and it's interesting getting to hear them."

UIHS offers basic medical, dental, vision, behavioral health and pharmacy services. The availability of health services and programs such as Title IV Elder Nutrition, helps deliver food to American Indian elders, differs from each clinic.

Andre Cramblit, traditional resources specialist for the Potawot Health Village, says

that by including cultural components, whether it's through art, displaying traditional items or hosting cultural events, like the Harvest Party and youth summer camps, are an opportunity for Native Americans to connect with their heritage.

"We work to heal mind, body and spirit. Culture is a part of that," Cramblit says. "Art can support the healing process."

Other traditional resources includes various methods of recovery such as inviting traditional healers, sweats and supporting language classes.

Lara-O' Rourke says that another theme of UIHS is "the health of the environment equals health of the people." The organization highly values and honors the connection that na-

tive people have with the earth, water, plants and animals.

Whereas other health facilities or healthcare providers might separate mind, body and spirit, Lara-O' Rourke said that for UIHS it's interconnected and that knowledge is important for their clients to make the best decisions.

"People need to make decisions that are right for them, not necessarily what the provider thinks is right, but what that client feels is the right decision for them because in healthcare sometimes there isn't a right answer," Lara-O' Rourke says. "It is what is best for that person, and only that person can decide that."

NATION

FROM PAGE 1

opportunity for research.

"California makes an excellent case-study, because it is the fifth largest economy in the world," Holmes said. "But it is a sub-national unit of a huge, hegemonic, vast, largest-nation power.

Holmes said California's international actions are part of a larger globalization trend.

"What a lot of international relations theory will tell you is that globalization has meant a bunch of people who aren't nation-states have started to do things on the international stage," Holmes said.

With this in mind, Holmes said that while California might be innovative for the United States, it is not so elsewhere.

"California likes to think that it's an innovator," Holmes said. "We're really big and proud about how we do stuff. And actually we're not at the front of that innovation edge. A lot of other places in the world have been doing this for a long time."

During her talk, Holmes said non-state entities acting internationally brings up questions about the very nature of sovereignty.

"When does a sovereign not have sovereignty?" Holmes said. "At what point do state relations at the international level become a foreign policy? My point here is that our traditional ideas of sovereignty are ill-equipped to describe what we see in the real world."

Holmes gave three future goals for California: the establishment of an agency focused on international policy,

the honoring of tribal relations and the inclusion of tribes in international policy, and the coordination of city and county international efforts with state efforts.

Holmes ended her talk with an urge to take advantage of California's diversity across all of its communities.

"That is the only way to create a robust local-global citizenship and to turn California's state-nation vision of unity from diversity into a reality," Holmes said.

Locally, Holmes said Humboldt is more global than it might think. Holmes urged Humboldt residents to connect local actions with outside, global forces.

"I worry that Humboldt is a little too proud of being the Lost Coast or being behind the Redwood Curtain, privileging what they perceive to be the local over the global, to the point of seeking to disconnect from rather than engage with the world outside," Holmes said.

Holmes said ignoring global events has consequences.

"If you don't understand these things, you're not really paying attention to what's happening, how you can take advantage of that, how you can be a part of that and how it doesn't have to roll over you like a steamroller," Holmes said. "Because otherwise it will."

However, Holmes cautioned that connecting local issues with the rest of the globe doesn't mean people should start blaming external forces for all local problems.

"Trying to understand it is not the same as trying to find somebody else to blame," Holmes said.

Holmes suggested that freshmen coming to HSU

would likely benefit from learning intercultural communication strategies that international studies students use.

"There is culture shock," Holmes said of new HSU students. "There is intercultural communication issues between the different groups of people who turn up here."

While HSU Politics Professor and international relations teacher Noah Zerbe said Holmes' work goes beyond the scope of his expertise, he did agree with the importance of paying attention to the rest of the globe.

"Stuff that happens globally affects us everywhere," Zerbe said. "It affects us here as well."

California's prowess has led some to believe that California should secede from the United States.

Marcus Ruiz Evans, President of Yes California, the largest organization dedicated to California's secession, said he believes California would be better off on its own.

"The basic idea is that California is held back financially because it's part of America," Ruiz Evans said over the phone.

Ruiz Evans said Yes California and the #CalExit movement started back in 2011. Since then, it has seen significant growth, especially following the election of the current U.S. President.

However, Ruiz Evans said that the movement's growth led to a divide in its supporters that left the movement momentarily stagnant.

"With success came civil divorce," Ruiz Evans said.

Nevertheless, Ruiz Evans said he firmly believes California should secede. Ruiz Evans said that California, on its own,



Photo Illustration by Megan Bender

California is the fifth largest economy in the world but a sub-national unit of a huge hegemonic vast largest nation-power according to Associate Professor and International Studies Program Leader Alison Holmes.

wouldn't have to fight with the president or the rest of the country, wouldn't have to fight with federal immigration laws and would save billions of dollars.

Ruiz Evans said California is held back both politically and financially, and that he believes a split is only logical.

"We think it's inevitable," Ruiz Evans said.

Yet, when asked, Holmes put a damper on such enthu-

siasm.

"I am not sure 'going it alone' is ever a great idea," Holmes said. "I think while California is 'rich' by many standards, if they had to pay for all the things that the federal government currently does, our situation would change rapidly. California could go that route, but revolutions rarely end well or the way the instigators intended. Be careful what you wish for."

Klamath River ecosystem declines, a community at risk

Local Yurok biologist presents lecture at HSU during Indigenous Peoples’ Week

by Michael Estrada

Indigenous Peoples’ Week provided an opportunity for the community to not only recognize native culture but learn about it.

Last Thursday Yurok Tribal member Keith Parker, a Humboldt State alumnus and fisheries and molecular biologist, gave a presentation on campus about the Klamath River, his work on Lamprey eels and the local ecosystem.

As a tribal scientist, Parker gets to use his traditional knowledge from his Yurok heritage combined with his master’s degree from HSU to conduct field and lab work. The Klamath River is significant to the Yurok Tribe, as Yurok translates to “downriver people.”

“I have a spiritual and innate connection to the land,” Parker said. “It’s not just a study subject for me, it’s not just empirical data. I have skin in the game, literally.”

Parker feels that his upbringing along with his academics makes him a better and more effective scientist. It is more than just conducting research for him, as he continues to learn and then teach others about a topic he feels passion for.

“I have a cultural connection,” Parker said. “I

live off that river, my kids eat off that river, we eat the salmon, the sturgeon, the lamprey, the elk, the deer and we harvest the roots.”

The river has a rich history in native lore, being home to other tribes including the Karok and Modoc long before the earliest settlers came west. But in more recent years, the river has taken a decline in health.

Some of the causes can be attributed to the damming of the river, preventing the water from flowing properly and allowing harmful algae to grow. Specifically cyanobacteria, commonly known as blue-green algae.

The North Coast Regional Water Quality Control Board and the Humboldt County Department of Health & Human Services send out broadcast warnings, cautioning people to avoid swimming in areas that contain the algae.

In July 2018, the Humboldt County Department of Health & Human Services issued a news release stating, “The presence of cyanobacteria has been previously confirmed in some water bodies within Humboldt, Mendocino and Lake counties including the South Fork Eel River, Van Duzen River, Trinity River, Clear Lake and Lake Pillsbury. It is difficult to test



Yurok biologist Keith Parker shows examples of the Klamath River’s declining health and blue-green algae growth during his lecture at Humboldt State. Photo by Michael Estrada

“I have a spiritual and innate connection to the land. It’s not just a study subject for me, it’s not just empirical data. I have a skin in the game, literally.”

**-Keith Parker
Fisheries and Molecular Biologist**

and monitor the many lakes and miles of our local rivers. Most blooms in California contain harmless green algae, but it is important to stay safe and avoid contact.”

Another effect of the damming is that the salmon find it much harder to swim to and from the ocean, which slowly harms the surrounding wildlife.

“Those fish leave as juveniles and they go out to the ocean and they come back later on in life much larger in size,” Parker said. “They then spawn and die, all those marine-derived nutrients that are in their flesh are absorbed into those forests.”

Yurok culture is linked to the river in many ways, including using it for transportation and trade. The Yurok tribe would trade items downstream, from the ocean, as they looked to collect larger deer and elk from deeper in the mountains.

“A lot of our people, even now, they’re breaking out in rashes from putting their

hands in the water and taking the fish out,” Parker said. “The females of the tribe often weave baskets from roots they harvest from the water’s edge as well, and part of the method is sucking on the roots to soften them up so they can weave baskets and more. They are being affected as well.”

The Lamprey eels used to thrive, and were something that the natives could smoke and preserve as their food throughout the winter. They used handmade eel hooks,

which the men make by hand and include carvings that are personal to each individual.

“When the women harvest those roots from this nasty river edge, when they’re making them they keep them in their mouth and they soften them up with their saliva while they’re making their basket, and they’re getting poisoned,” Parker said. “It isn’t just a loss of biodiversity when you see a river system like that slowly dying, it’s a loss of cultural heritage as well.”

CT Bombers explode on Arcata’s music scene

Garage-band veterans rock Humboldt with their psychedelic sounds and brutally honest themes

by Jerame Saunders

The CT Bombers are a local band consisting of best friends Wyatt Brenner, Willem Kernkamp, Delphin Browne and Quonton Waull. Brenner and Kernkamp play guitar while Browne and Waull play double drum sets.

The band formed in July 2016 after finishing high school in Temecula, California, where they grew up together and played in numerous bands over a span of 10 years.

After high school, some members of the band relocated to different states, but the separation was short lived. They all eventually ended up in Humboldt and reformed the CT Bombers. Since then, the band has consisted of alternating guitars, drums and vocals to create a garage and psychedelic rock influenced sound.

“The common theme is just spending a lot of money really,” Browne said. “People want to say it’s not about the money, but it is. That’s just the blunt truth.”

The band says the Arcata music scene has been overwhelmingly supportive. Even though the band travels to many different areas, Kernkap says they have yet to find a place as unique as Arcata to display their musical talents.

“The Arcata scene is really,



Drummers Quonton Waull and Delphin Browne drinking a couple beers after working on their music video. Photo by Jerame Saunders

really good for live music,” Kernkap said. “People love to dance and people love new ideas. No one here is stuck up and everyone just wants to dance and everyone doesn’t care if you’re weird. I don’t know what it is, but you don’t get that anywhere else. At least not where I’ve been.”

Brenner is the mastermind behind orchestrating

their music and boasts his songwriting contribution.

“I learned how to lucid dream,” Brenner said. “And would go into my lucid dreams and just write songs. It sort of all comes together when I bring it to them. They’re the glue, you know? We record, we mix, we master, we send the masters to a pressing plant. Then we make designs

for album art.”

They release their music as physical copies, but also on streaming services such as BandCamp, Youtube and Soundcloud.

“I think we thrive more as a live band than as someone you find online,” Kernkamp said. “Our internet presence isn’t nearly as big as our chops on the scene.”

CT Bombers played at Richard’s Goat on Oct. 18. The band will also be releasing their second project with a music video. The name couldn’t be released, but will consist of new material and will be released on most streaming platforms. In addition, they’ll make physical copies through a label created by Brenner.

“We have a label thing that we release our stuff through, just ourselves,” Brenner said. “We call it DataRoomRecords. So we have a website and we will do cassette tapes.”

Along with the release of new material, music videos and shows, the friends have experience touring alongside other bands.

“We haven’t done CT Bombers yet, but we’ve been meaning too,” Brenner said. “I think we are going to plan something for the spring.”

Overall, the band has been more than just shows and money to the four friends.

“It’s nice to be in a real band that actually does stuff, and it’s really fun,” Waull said. “I used to think music was very straightforward and you got to get paid and instant gratification. But I’m learning with these guys, they are showing me that it’s more than that. It’s something we can all be around and do.”

CT Bombers has their EP, “Tsar Bombas” on their BandCamp.

Film screening displays Indigenous resistance and heroism

“From Wounded Knee to Standing Rock” offers insight into 71-day long rebellion

by Michael Estrada

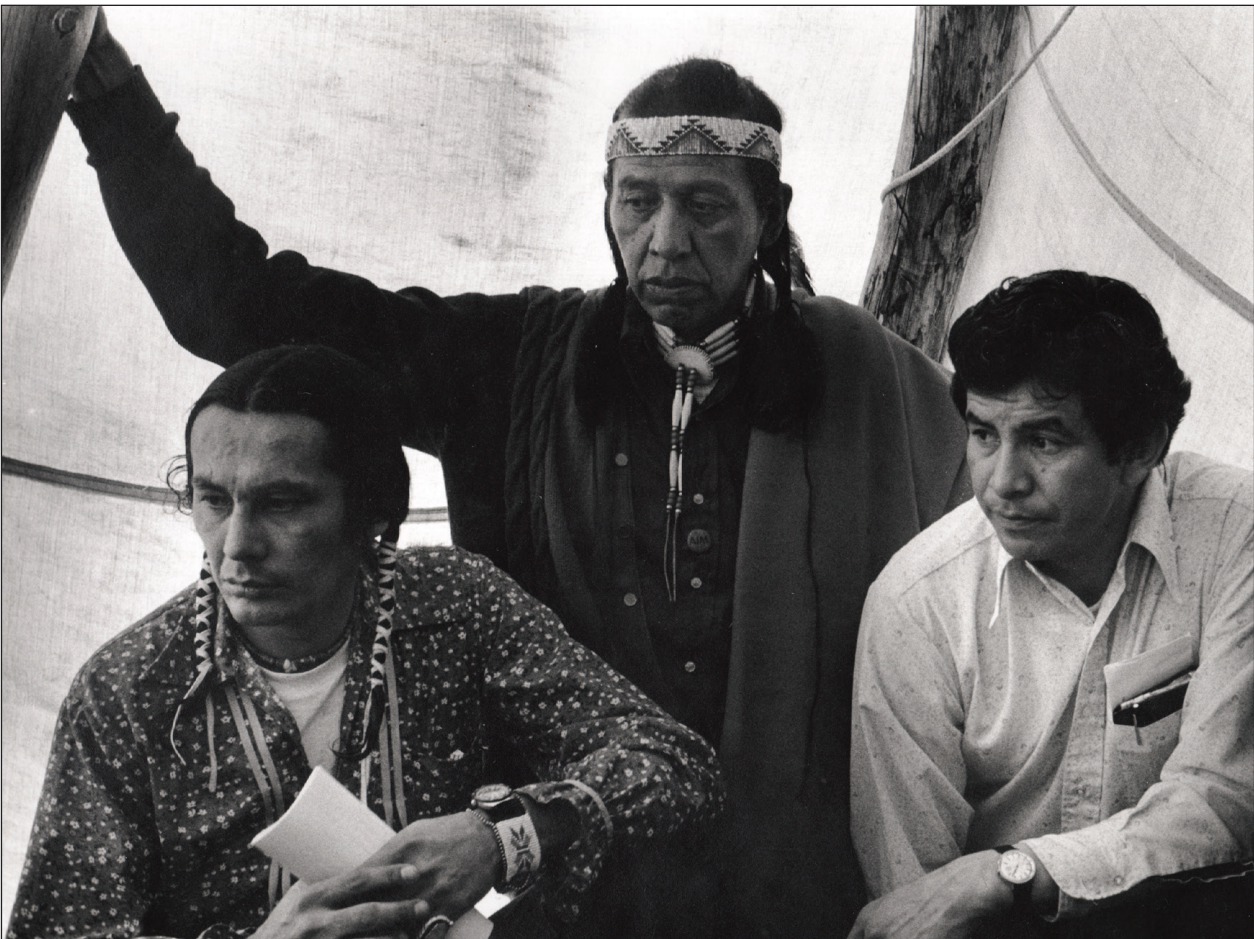
As Indigenous Peoples’ Week came to an end, one of the last events was an airing of the documentary, “From Wounded Knee To Standing Rock: A Reporter’s Journey” at the Eureka Theatre.

This story followed rookie reporter Kevin McKiernan and his experiences recording the events of the 71-day seizure and occupation of the town of Wounded Knee, South Dakota on the Pine Ridge Indian Reservation from Feb. 27 to May 8, 1973.

Richard A. “Dick” Wilson was chairman of the Oglala Lakota Sioux of the Pine Ridge Indian Reservation. Protests started in response to failures of impeachment. Wilson had accusations ranging from giving jobs to friends and family, to suppressing his political opponents with his private militia, the Guardians of the Oglala Nation.

In addition, there were protests of the United States Government’s failure to uphold treaties with Native Americans. This was concerning since there was a history of abuse and neglect from American police and government. Cases such as State v. Bad Heart Bull served as a catalyst for the occupation.

As a result of the GOON squads’ weaponized militia, the American Indian Movement was brought in to assist the protesters. Wilson also received help from the



Courtesy of Kevin McKiernan

American Government in the forms of U.S. Marshals Service and the FBI.

AIM started as a grassroots movement in Minneapolis, Minnesota, to address police brutality towards Native Americans; and grew to represent all indigenous tribes and help them with the issues they have faced since European colonialism, as well as helping people reconnect with their heritage. Many people lost their history once Americans forced native youth assimilate into Euro-American society.

Acclimation to the

colonizers’ lifestyles included forcibly removing Native people from their families, as well as preventing them from practicing their traditional customs. By accepting the different values as their own, such as Christianity, private property and material wealth, people became disconnected from their roots. AIM was a way for people to reconnect to their ancestors’ ways of life.

During the time of this occupation, the U.S. Government prevented media personal from entering the reservation or recording any

discussions between them and the rebel leaders, such as Dennis Banks and Russell Means. They also implemented roadblocks to prevent aid for the natives.

McKiernan snuck in with the help of some rebels and slept on the floors of a church. While inside he recorded conversations with multiple members of the rebellion, shootouts with the FBI and USMS, took pictures of the aftermath of the altercations and recorded meetings with U.S. officials. Conflict escalated to the point of the USMS

and FBI using helicopters, armored vehicles, snipers and automatic weapons.

U.S. Marshal Lloyd Grimm was shot in the conflict and suffered paralysis from the waist down and Cherokee activist Frank Clearwater was shot in the head April 17, within 24 hours of his arrival, during a fire fight with federal forces.

Shootings were just one reason for keeping the media in the dark, by preventing coverage of the measures that the government took against the AIM and Sioux. At one point during the winter, Department of Justice appointee Kent Frizell, to manage the government’s response, cut off water, electricity and food supplies to Wounded Knee in an attempt to starve them out. They also made attempts to stir up distrust in the local factions, which lead to some activists being killed by their own allies, for fear they were government plants.

The final blow came in late April, when Lawrence “Buddy” Lamont, a local Oglala Lakota, was shot by a government sniper and killed. Soon after, both sides would come to an agreement to disarm. This led to the eventual end of the 71-day standoff between the Wounded Knee activists and AIM, and the United States assisted tribal members, serving as but one example of the Native American’s struggles since European Colonization.

ALBUM REVIEW:

Rapper strives for greatness in unknowwhatimsayin¿

After three year hiatus Danny Brown releases new album online for fans to listen

by Jett Williams

The last time we heard a full-length project from Danny Brown, it was 2016’s spiraling ode to excess and insanity, “Atrocity Exhibition.” The album used off-the-wall production, manic vocal inflections and harrowing subject matter to paint Brown’s life as a descent into chaos.

Now with 2019’s “unknowwhatimsayin¿,” Brown leaves the coked-up, hyperactive energy of his last project behind and replaces it with motivational tracks focused around striving for your goals and never giving up. Of course, there’s still a healthy dose of bizarre punchlines, drug and sex-related content and enough eclectic beat choices to leave your head spinning after a full listen.

The introductory “Change Up,” lays out the thematic groundwork of the album. Organs, synths and a steady, understated drumbeat flesh out the track as Brown laments, “Up all night, toss and turn when I sleep; Pacing around, drowning sorrows in my drink; Can’t even think, got my mind wrapped up; But I still bite down, clench my

teeth, knuckle up.”

Resiliency is a common theme in Brown’s projects, but this album embraces self-reliance and motivation as the central theme of the work. Rather than basking in the highs and lows of overindulgence and addiction like previous works, Brown finds a nice middle ground where he acknowledges the darker moments of his life while committing to forward motion.

The best example of this is on an early single for the project, called “Best Life.” The tracks verses detail Brown’s origin as a dope dealer, but pairs an uplifting chorus about living your best life now, because it’s the only one you’ve got.

This cut is followed in the tracklist by the title song, which has Brown spitting life lessons and motivational advice, with the refrain, “Know what I’m sayin?” A chorus from Obongjayar and smooth, jazzy drums contribute to the uplifting vibe of this song.

One of the hallmarks of a Danny Brown project is wildly creative wordplay, and this album delivers that in spades. Brown sums up his writing style succinctly on the track “Savage Nomad,”



Photo courtesy of Danny Brown

Danny Brown’s cover album for unknowwhatimsayin¿. His music is downloadable, and the cd and vinyl will be released on Nov. 22.

which features looped electric guitar over a thumping beat. “It’s quite simple, I’m mental, all over instrumentals; Detrimental to health, lyrics is quintessential,” Brown spits.

Brown is no stranger to bizarre instrumentals, but the beats on this project deserve special praise. From the spacey, reverbed A\$AP Ferg adlibs on “Theme Song” to the hectic basslines of “Negro Spiritual” and the atmospheric, synthed-out breathing on “Belly of the Beast,” the album provides

a wide range of vibes and moods that have been lacking from the current rap climate with its affinity for loud, hi-hat-heavy trap production.

Features from Run The Jewels, JPEGMafia, Obongjayar and Blood Orange are sprinkled throughout the album to provide variety. Special praise must be lauded to Killer Mike of RTJ, who comes through with some of his coldest bars to date in the song, “3 Tearz.” “I sip on fine wines, fine dine with dimes and nines; I got an Einstein

mind and I still tote iron; I’m a P-I-M-P in my own rhyme; Space-age gorilla pimpin’ out the cage with mine.”

If there’s one thing missing from this new album, it’s the staggering emotional highs and lows felt on “Atrocity Exhibition.” Because this new project is more laid-back, it never reaches these heights. Regardless, “unknowwhatimsayin¿” is confirmation of Brown’s place as one of the most creative and consistent rappers working today.

Fashion forward: Halloween style

Tips for putting together a cool and affordable costume this Halloween season

by Rachel Marty

Any secondhand store can acknowledge that people don’t wear costumes for just one night, they recycle and reuse the pieces for other occasions and sometimes even the next year’s Halloween.

At the intersection of 11th and H Streets in downtown Arcata sits Vintage Avenger. This vintage boutique sells primarily secondhand items. Walking into the shop, you may be surprised to see some of the treasures hidden within.

Behind the counter sits the owner, Nancy Tobin, who says that people in Humboldt like their costumes to be more unique than the plastic packages you may get from a superstore.

“People don’t really like ready made costumes anymore,” Tobin said. “They kinda like pieces they can wear, like ethically sourced items you can wear for other occasions, not just specifically for a costume.”

Ready made costumes, the ones packaged in plastic and sold in stores, are generally designed to match and work together as a unit. This makes the individual pieces of the outfits harder to reuse and style with other items.

“We try to be as much into recycling as we can,” Tobin said. “Anything gold, silver, sparkly sells fast.”

Vintage Avenger’s racks are stuffed with up-cycled pieces, fur coats and exotic dresses, and the racks tie in to the extravagant patterns that decorate the walls of the store.

Tobin said her concept of up-cycling costumes causes her to arrange the store accordingly and make decorative pieces visible to the daily shopper.

Humboldt State student Jennyfer Bonfil said her costume this year will be mixed of up-cycled materials and new purchases.

“I am going to be a DIY version

of Mother Nature,” Bonfil said. “I shopped at Forever 21 online and SCRAP [Humboldt] for my costume.”

Another college student, Rose Meyers says she made an effort to not go shopping this year.

“I’m going to be one of the PowerPuff girls with my roommates,” Meyers said. “And we’re making [the costumes] ourselves.”

Shopping locally is great way to support the community and local economy, but online shopping is another option to look for costumes if you intend to buy. Ordering online can be perfect for simple basics such as blank t-shirts and tank tops that you may need to build your DIY costume, but you can often find entire pieces if you look for them.

When buying online, be cautious about sizing and cheaply made items. Also make sure to consider the shipping cost and time factors. In general, companies can send items within five to seven days, but if you need something expedited, expect shipping cost to increase for one to two day shipping.

While cost can be a priority, especially for college students, make sure you’re purchasing from reliable places. Sometimes you can get lucky and find something that closely resembles a more expensive version of pieces found in stores, but understand that there are drawbacks to cheap costs and cheap clothing.

With Halloween just over a week away, now is the time to get those costumes together. So shop around, check out a few local shops, make something out of clothes you already own to lessen the stress on the environment and your wallet, or buy online for a (possibly) quick fix. Whichever you choose, remember to respect people and cultures, be safe and have fun.



Photos by Rachel Marty

Top: A look inside Vintage Avenger, a vintage boutique that sells primarily second hand items. Here you can find a variety of clothing items such as wigs, stockings and pants.



Left: Vintage Avenger is located at the intersection of 11th and H St. in downtown Arcata. Store owner Nancy Tobin said that they try to recycle and up-cycle as much as materials as possible. Items and clothing material have the possibility at a second life depending on how much imagination someone might hold.

4 ways to make the most of your pumpkin

by Micheal Weber

They’re hard, wonky looking and often suffer from an acute case of the warts. Pumpkins are the fruit of October and epitomize the Halloween season. Here are four ways to get the most use out of your pumpkin.

1. Carving a Jack-O’-Lantern

Jack-o’-lanterns are the most recognizable use for pumpkins. Local stores typically have all types of pumpkins available, differing in sizes and colors. Before choosing a pumpkin, be mindful of the design you want to fit into the pumpkin.

First, prepare a large surface with a mat or towel to minimize the mess. Then, equip yourself with a knife, a large spoon and a container for pumpkin flesh. A serrated knife with teeth will work best for cutting through thick pumpkin skin, while a paring knife works best for the smaller details of your design.

Begin by cutting out a lid from the top of your pumpkin, and set it aside for later. Dig out the pumpkin flesh and seeds with a large spoon, and if you

are interested in eating the seeds, save them in a container. Now for the fun part- carve out your design: a face, an animal, a monster or anything else that catches your fancy. If cutting straight lines is challenging, printing out a design and attaching it to the pumpkin with tape can help.

2. Compostable Plant Pot

Instead of a jack-o’-lantern, turn a pumpkin into a compostable pumpkin planter. Save an extra step in the transplanting process by using a pumpkin planter as a naturally decomposing pot.

Just like carving a jack-o’-lantern, cut an opening at the top of the pumpkin with a serrated knife. Feel free to decorate the plant pot by carving your own patterns on the surface of the pumpkin pot. After hollowing out the pumpkin with a spoon, just like a regular

transplant, take a plant from its nursery pot and replant it with soil in the pumpkin.

The plant should grow beautifully if loved and cared for. As the pumpkin ages, an eventual transplant of the whole pumpkin into the ground will take place, decomposing and fertilizing the area.



3. Prepare Mashed Pumpkin Puree

It’s a fact of life that some pumpkins just aren’t made for pie. The carving of the pumpkin contains flesh that is very fibrous and may not produce the best tasting pie. You can use puree in dishes like pumpkin pie and pumpkin soup.

To prep, cut your pumpkin in half and take out stringy fibers and seeds. One and a half pounds of raw pumpkin will yield two cups of pumpkin puree. And again, if you want to eat the seeds, save them for roasting later.

Cut the cleaned pumpkin into chunks and put them into a saucepan with one inch of boiling water. Turn the heat to low and throw on a cover to simmer for half an hour. Once the pumpkin is tender, drain the water and remove the peel. Use a potato masher to smash the pumpkins into a puree. The fresh pumpkin will last three days in the refrigerator, or months frozen.

4. Roasting Seeds

By virtue of carving, cooking or smashing pumpkins, you’ll eventually be left with a bunch of little pumpkin seeds. In their final, toasted form, pumpkin seeds are a delicious, high protein and high fiber snack.

With your leftover pumpkin guts, separate the seeds from the stringy flesh. Run water over the seeds in a strainer or colander to make this process easier. Pat the seeds dry to ensure a crispy crunch.

Grab two or three tablespoons of a favorite cooking oil or butter, and add any additional spices your taste buds may desire. Classic salt and pepper works well, too. Mix and spread over a baking sheet, and make sure to line the baking sheet with aluminum foil to help with cleanup.

In a single layer, spread the clean and dried pumpkin seeds on the baking sheet. Throw it in the oven at 200°F for 45 minutes, stirring every 10 or so minutes. When the timer ends, turn up the heat to 325°F for five minutes to finish the seeds with a nice crisp.

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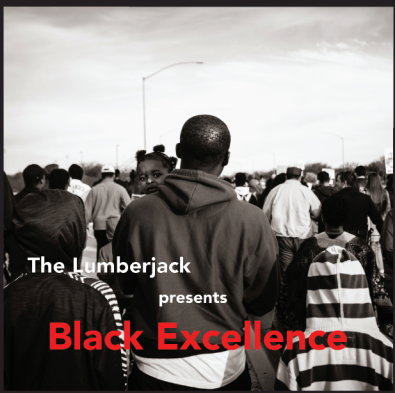


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Sustainable agriculture practices may be the answer

Students learn how agriculture and water intersect, water can be impacted from outside sources

by Collin Slavey

Agriculture is the foundation of modern society. California’s Central Valley keeps millions of people fed from its acres of cultivation, but that much land, and work, requires a lot of water. Matthew Lotakoon, the president of the Water Resources Club at Humboldt State University, worked as a youth leader with the Tulare County Farm Bureau. The program provided local students with agricultural work in Tulare County and sometimes across the state of California. Lotakoon said his big take away was that agriculture is the economic backbone of the state.

“No other industry in California matches agriculture’s economic productivity,” Lotakoon said. “There is a complex environmental solution to maintain biodiversity and economic livelihood.” Lotakoon said that the landscape of the Central Valley changed throughout its history. Most of the Central Valley has been soaked with water flowing off the Sierra Nevada mountain range. Since then, the agriculture industry has worked to serve the need for reliable food, a need that has been persistent and dominant.

“Historically, the Central Valley has been very productive,” Lotakoon said. “Most of the Central Valley was riparian areas, lots of swamps and reoccurring wetlands. Vast herds of elk and pronghorn lived on the landscape. And now, little towns like Porterville and Tulare have appeared and agriculture fields are everywhere.”

To support a growing population of people, cities and roads were built on land that had previously been underwater, or at least waterlogged. The fertile ground was ideal for the agriculture industry. A decision was made in the 19th century to develop the Central Valley into a bread basket. A thirsty bread basket.

“For the limited amount of water we have, we have to consider how to use it to preserve biodiversity while farmers are trying to maintain their livelihood,” Lotakoon said. “The farmers are good people, it is water policy in the Central Valley that is the challenge. Once partisan politics gets involved, it gets very messy.”

Sustainable agriculture practices are the North Coast’s solution for feeding people in an

appropriate way. To farm sustainably, resources including water, land and feed are used responsibly to prevent them from being depleted. The goal is to produce food forever. But farmers have to be conscious of where they get their water from, to avoid polluted crops.

Shail Pec-Crouse owns Tule Fog Farm, a sustainable animal farm in the bottoms of Arcata. Her 22-acre property is home to pigs, sheep, turkeys and cows raised in a way that won’t damage the land they live on. Her operation is not very resource-intensive, although she did say working on the farm is a full-time job.

At the moment, Pec-Crouse’s farm is hooked up to the municipal water system. It is an expensive alternative, but considering the local Sun Valley Floral Farm uses the herbicide RoundUp on nearby fields to prepare them for growing flowers, it is a safe alternative.

“The field will be green one day,” Pec-Crouse said. “And orange the next.”

It isn’t unreasonable to believe the toxic herbicides infiltrate the soil and work down into the groundwater. Infiltration is when soil absorbs water that falls on its surface. The water fills in crevices and pores between soil particles to create something of an underground lake called an aquifer. Depending on the chemical, infiltrating water can carry toxins into the aquifer.

Watershed professor Joe Seney said groundwater contamination is a big management challenge. The use of herbicides, industrial waste, poorly constructed septic systems and urban runoff often pollute groundwater. Pollution poisons drinking water, destroys local ecosystems and can cause land to be infertile.

Emma Flewell is studying environmental policy and planning at Humboldt State and worked with Ahtna Facilities Services to clean up a former Naval petroleum reserve in Bakersfield. The oil field contaminated a nearby aquifer and will take decades to clean up. The groundwater in the aquifer was used as tap water by a nearby neighborhood until people started getting sick.

“There are a lot of aquifers that have the potential to be used for municipal water, but it’s sad because some of them are polluted,” Flewell said. “Being in environmental science and management, cleanup jobs



Shail Pec-Crouse feeding her one trick pig on Tule Fog Farm.

Photo by August Davidson Onsgard

are common. There have to be people who clean up the messes we make.”

Flewell said there should have been legislation long ago to prevent aquifer pollution. She said it would be less expensive to not pollute in the first place than pay for the cleanup. Since the process to restore toxic sites takes years, the work needs to start as soon as possible.

The Tule Fog Farm is an example of how a polluted landscape can be restored to be productive again. The farm is a remediation site, which means the ground the farm is on was once polluted but has since been restored. It takes knowledge and technology to restore land, and it should be an inspiration for future remediation.

Lotakoon said consultation and collaboration with farmers is important moving forward. He stressed nobody is evil and it’s important to accommodate people and consider cultural differences and mannerisms.

“Farmers are decent people trying their best to do good,” Lotakoon said.



Two of Tule Fog’s compost pigs. This pair of Kunekune pigs eat food scraps from the farm and poop out nutrient rich manure. Shail uses the manure to fertilize the farm’s fruit trees.

Soup’s on

A close-up of a yellow bowl filled with a creamy soup, topped with fresh green herbs and a slice of bread. The background is a blue patterned cloth.

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Women's soccer prevails in overtime during second game

Jacks take second match win in double header after falling to Cal State East Bay in game 1

by Alberto Muro

Humboldt State women's soccer hosted a doubleheader over the weekend against Cal State East Bay and Cal State Monterey Bay. Game one resulted in a loss against East Bay, but the Jacks were able to secure a win against Monterey Bay in overtime.

An early set of goals by East Bay prevented the Jacks from getting on the scoreboard until the last few minutes when redshirt senior midfielder Pikake Hix scored. However, the Jacks did not find another opportunity to score throughout and lost 1-2.

During their match against Monterey Bay, the Jacks were off to a fast start and constantly found players down the field. With the absence of the ball in their zone, HSU goalkeeper Katelin Talbert, and the defense, found control and settled the flow of the game.

"They weren't pressing our backline as much as other teams so we were able to play more in the back," Talbert said. "It was a lot easier to relax and get everyone calm."

Consistency from both teams didn't let up as the first half winded down. Monterey Bay attempted a shot at goal with eleven minutes left, but Talbert slid and blocked the oncoming shot resulting in a recovery of the ball.

The horn sounded off to signal the end of the first half, and the Jacks did not show any signs of wear. Within ten



Jacks' forward #4 Kendal Spencer battles with Otters forward #23 Annie Brown. HSU played Cal State Monterey Bay at College Creek Field on Oct. 20 and beat the Otters in overtime 1-0.

Photo by Liam Warner

minutes into the second half, the Jacks set up for another shot on goal but it went over the net. Traffic in the Jack's zone accumulated and resulted in a goal, but it was ruled offsides and the game remained scoreless.

The pressure put on by the Jacks' offensive tactics were beginning to create disarray in the final minutes of the second half which resulted in Monterey Bay receiving a

yellow card.

Conclusion of the second half and a scoreless game resulted in the Jacks going into overtime. When both teams can't score in two ten minute periods, then the game ends in a tie.

As overtime began, Jacks players began maneuvering the ball down to Monterey Bay's zone. A quick play set up by midfielder Kelsey Bess resulted in Kendal Spencer

scoring the game-winning goal, and ending the match with the 1-0 Jacks win.

After the match, Spencer mentioned that she has been out with an injury for the last three weeks and returned this weekend ready to play.

"We needed this win to set the tone," Spencer said. "This is my first weekend back from being injured for 3 weeks. I was really fired up and wanted to come out."

Jacks' soccer will hit the road this weekend to face Cal Poly and Cal State San Bernardino. With the season winding down, Coach Paul Karver is focused on his players finishing the season strong.

"Right now we're focused on going down there and getting points out of the games that are left on the table," Karver said.



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Strong defense shakes Jacks' gameplay

Men's soccer struggles against Cal State Monterey Bay

by Thomas Lal

The Humboldt State men's soccer team lost to Cal State Monterey Bay on Sunday, dropping the match 1-2. Despite the loss, the Jacks outshot Monterey 16-6 and held a majority of the possession throughout the second half. Humboldt is now 2-5 in conference play, which puts them at No. 11 in the California Collegiate Athletic Association standings.

The first half snuck away from the Jacks as CSUMB scored a goal on junior goalkeeper Tab Heinz just under seven minutes into the match.

Humboldt was unable to respond as Monterey consistently pressured with a high defensive line and controlled offensive possession. Despite being able to make offensive pushes in the first 25 minutes, the Jacks were unable to establish themselves in the attacking area for a significant amount of time. It wasn't long before Monterey scored again, keeping their lead with a new score of 2-0.

On the offensive side, Isaiah Dairo provided the spark needed to the Jacks on the board. Throughout the match Dairo constantly drove the play along the right wing as well as in Monterey's goal box.

Senior defender Gus Baxter stepped up to take the kick for the Jacks and didn't hesitate,



Photo by Thomas Lal

Humboldt State forward Marco Silveira attempts to keep the ball in play inside the attacking zone while Monterey Bay's Harry Barba comes in for a tackle during their match on Oct. 20 at College Creek Field.

striking it past CSUMB's goalkeeper Daniel Lomeli to score his fifth goal of the season. With the score now 2-1, the Jacks' offense seemed reinvigorated and pushed Monterey hard until the end of the half.

In the second half, Humboldt's offense outshot CSUMB 13-2 and took four corner kicks but didn't have any luck finding the back of the net. Monterey managed the clock very well, playing a possession focused game and continuing to challenge the Jacks.

The pacing of the half was slow as both teams committed nine fouls, but neither of them were able to capitalize on the reoccurring opportunity. This was a trend throughout the match as Monterey committed 22 fouls in total and Humboldt committed 12.

Humboldt State defender Martin Calderon was confident

in the defensive side of the Jacks' game even after the loss.

"The last few games have been pretty solid on the back," Calderon said. "I think it's just been the little mistakes that have cost us the games. Last game we gave up two headers, this game it was just a deflection that we kind of messed up and the other teams don't let those goals go."

Head Coach Fred Jungemann was disappointed to not come out of the match with a win but saw positives from the Jacks' offensive opportunities that they were able to generate.

"I think even before the penalty kick our guys kind of regrouped and managed the game really well," Jungemann said. "The last 75 minutes of the game we dominated, played the game we wanted to play. We created chances, just couldn't hit the back of the net."

EDITORIAL

Perpetuating stereotypes ain't cute

The Halloween season provokes the competitive nature of costume shopping, however, costumes that display a person’s culture, religion and tradition should remain off-limits.

Costumes from the Native American, Latinx, Asian, Middle Eastern and African cultures are commonly appropriated. Feathered headdresses, beads and tassels don’t adequately reflect the entirety of the Native American culture. Similarly, Egyptian culture is more than gold jewelry and eyeliner. These costumes are tasteless especially if you aren’t from the cultures you’re dressing up as.

While these are the obvious examples of appropriation, other costumes can still be offensive even if they aren’t directly ripping off a culture.

Other costumes that take advantage of different lifestyles, religions and customs include nuns, priests, inmates and military positions.

The intentions behind a costume should be highly considered. You should remain mindful of how you choose to display an idea to ensure you aren’t being offensive to any culture.

A culture can’t be boiled down to a single costume, accessory or prop, so don’t wear anything that diminishes a significant part of someone’s life just for some laughs or



Photo Illustration by Michael Weber

notoriety.

The appropriation of cultures is so often portrayed in an ignorant and blind fashion that fails to value the importance and significance behind an item being used purely as a costume accessory. By appropriating a culture or religion with a costume you’re perpetuating ignorance and preventing the education of how to accurately respect and represent a culture.

Costumes that appropriate heritage and traditions display a small fraction of the entirety of a culture. These ultimately

cast a stereotypical image that fails to accurately reflect reality.

The transition from culture into costume, disregards past movements, practices and emotions experienced by those who’re being appropriated. Costumes often fail to reflect the original garments through the commercializing process, furthermore disrespecting the authenticity.

You should be able to decipher which outfits are appropriate and which are inappropriate. If not, you shouldn’t consider these ideas

as viable costume options.

If you’re questioning whether or not your costume choice is offensive, put yourself into the shoes of someone who genuinely practices what you’re posing in.

Be a critical thinker. Before attending a Halloween party, check the fit. Examine your decisions, if it feels unethical or immoral, don’t wear it. It’s best to stay safe and respectful then go out and advertise yourself as offensive and bigoted.

OPINION

Social media envy is real

Take a break from your screens

by Andre Hascall

The addiction to social media is real and if you haven’t heard already we millennials make up the highest percentage of active users.

Millennials make up 90.4% active users on social media apps like Twitter, Instagram and Snapchat.

Older generations are not far behind us, however, with two-thirds of U.S. adults active on Facebook. (Take that Mom and Dad)

Regardless of the platform being used, there are large amounts of people logging in everyday and interacting with society via phone instead of face to face and its negatively impacting our mental health.

The U.S. population came out to 327.2 million people as of 2018 and recent statistics show that 21% of Twitter users are Americans, which is about 70 million people. Over half of our population uses Facebook, with 190 million accounts and youtube is popular across most age groups as it accounts for 73% of Americans as users. These platforms are more popular with men than women.

Two of the quickest growing social media platforms this past decade are Snapchat and Instagram, both of which have more female users than male. About 110 million Americans make up Instagram’s user base. Snapchat is still mostly popular with younger groups, but in North

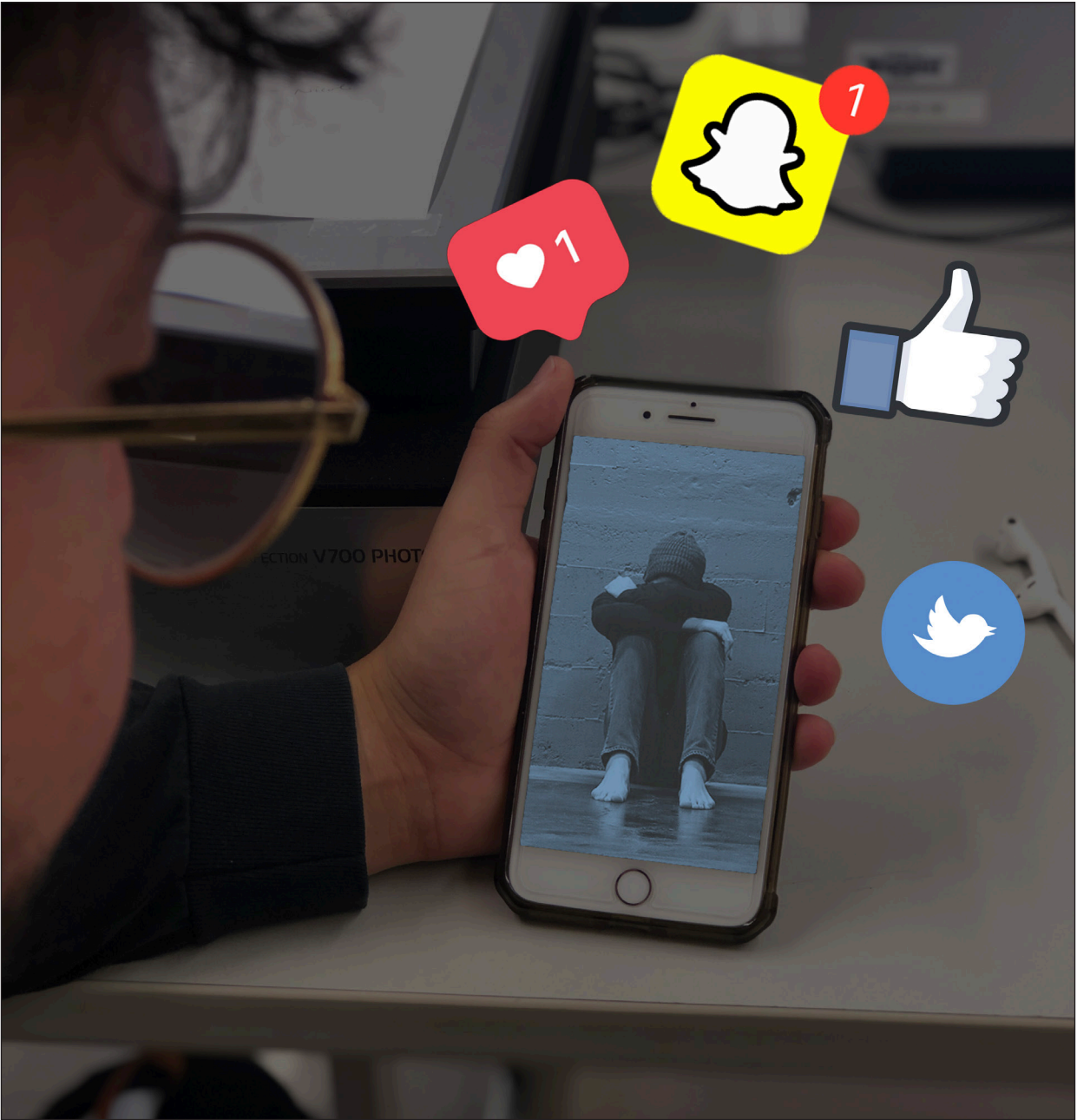


Photo Illustration by Megan Bender

America there are about 80 million daily users.

There are a lot of positives that come from social media. It gives people the ability to network and create awareness around various issues. Many people use social media as a news medium, however most popular platforms are used for entertainment.

Statistics show that the daily average user will spend 40 minutes on Youtube, 35 on Facebook, 25 on Snapchat, 15 on Instagram and one on Twitter. In a lifetime, an average user could

spend over five whole years simply looking at their phone. Other daily activities like eating, grooming or actually socializing would not take nearly as much time out of your life.

The time spent on social media is not the only way to tell that people are outright addicted. People panic as soon as they don’t have their phone, or when the internet is suddenly out. Little things such as gaining more likes or a few more followers bring a lot of joy to social media addicts.

Some users will post every-

thing that goes on in their day, rarely sparing the details. While many users start to compare their lives to those that they see on social media, leaving them with feelings of inferiority.

Social media addiction is a problem but it does not have to be. Simply changing notification settings on certain apps will lower your social media usage. A lot of us know how life was before having smartphones was the norm. Just like back then, we can still get together with friends and make memories.

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refusing to do
their part of the
project?

Dear Peeved Project Participant,

Group projects can be excruciating enough, but even more so when you have a member who is not contributing. There are a few things you can do before throwing in the towel or taking on the slacker’s work. You can reach out to this group member, ask the other group members what they think or contact your professor.

Before doing anything drastic you should ask the slacking group member if there is something confusing about the project. They might not understand their specific role in it and are too ashamed to speak up. Maybe this group member is dealing with personal issues and isn’t focused on school as much as they could be, so be cordial. Or if they’re just plain lazy, you should politely call them out in person or through an email. If you’re relying on this group member to do a piece of a project before you’re able to do your part you can’t really do much but wait or ask the other members to pitch in.

Reach out to the other project group members and mention the stalemate. Your peers might be experiencing the same frustrations as you. Ask them for advice on how to proceed with the project either with or without the help of the slacker. You all might have to take on the incomplete work to be able to submit a whole project. You all might have to bring the situation up to your professor as well. If you and your partners are in agreement with the issue, they will hopefully be able to backup the predicament when it comes to explaining everything to the professor.

If you’ve exhausted all other efforts of trying to wrangle in the straggler you should contact your professor to cue them into the lack of participation on behalf of a particular partner. This can be especially helpful to do if you won’t get an individual grade for the project. If worse comes to worst, the professor doesn’t sympathize with your group and grades everyone together.

Thankfully some professors allow for group feedback at the end of projects. Peer reviews can be a cathartic release after a stressful report. Make sure you get the positives and the negatives of all group members to not solely ridicule the lazy member. However, don’t forget to emphasize the things that were made more difficult because of their lack of participation and communication. Remember that this is a group project and you’re not alone in this temporary headache.

Teamwork makes the dream work!
Sincerely,
Evergreen

Send questions to:
contactthejack@gmail.com

WEEKLY CALENDAR

Wed. 10/23

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

Summer Jobs in NR and Outdoor Adventure

Time: 4 - 5 p.m.
Where: Library 114
Description: Learn of opportunities in the natural resources, outdoor adventure and camp counseling

Intro to Indoor Climbing

Time: Noon
Where: HSU Student Recreation Center
Description: An introduction to the sport of rock climbing

Thurs. 10/24

Teaching English Abroad

Time: Noon - 1 p.m.
Where: Library 114
Description: Are you interested in traveling and teaching English Abroad? Learn more on how to do it.

Scholar of the Year Presentation

Time: 5 - 7 p.m.
Where: University Center 225 - Kate Buchanan Room
Description: Archive and Contemporary Art Practice displays Nicole Jean Hill's images from research practice

Haunted Kinetic Lab of HORRORS!

Time: 7 - 11:59 p.m.
Where: Arcata Kinetic Lab
Description: Guided tours of the Haunted Kinetic Sculpture Lab with live music by the Dead Drops,
Tickets: \$13 per person, Two for \$25

Fri. 10/25

Diwaili - "Festival of Lights"

Time: 5 - 8 p.m.
Where: University Center 225 - Kate Buchanan Room
Description: A time where families get together, enjoy festive dances and performances

Safer Halloween

Time: 7 - 9:30 p.m.
Where: Recreation and Wellness Building
Description: Food, free stuff, dance performances, a haunted maze, and much more

Spirits and Spirits

Time: 6 p.m. - 11 a.m.
Where: The Clarke Historical Museum
Description: Tour includes sordid tales of Old Town Eureka's history; **Tickets:** \$45/\$50 Special Tour (21+)

Sat. 10/26

Arcata Marsh Bird Walk

Time: 8:30 - 11 a.m.
Where: Arcata Marsh and Wildlife Sanctuary
Description: Redwood Region Audubon Society sponsors a FREE public field trip. Meet @ South I St. (Kloop Lake) parking lot in Arcata

Surfrider 35th Birthday Bash

Time: 3 - 7 p.m.
Where: Shelter Cove / Gyppo Ale Mill
Description: Celebrate 35 years of ocean protection with a beach cleanup at Shelter Cove. Pits for nonprofits and live music by Tyger Byle and The Oyster Baes

Costume Clinic - Using Upcycled & Repurposed Materials

Time: 1 - 3 p.m.
Where: SCRAP Humboldt
Description: Includes materials, access to a large assortment of tools and expert assistance from the crafty staff.

Sun. 10/27

Boo at the Zoo

Time: noon - 4 p.m.
Where: Sequoia Park Zoo
Description: \$10, Come to a spooktacular fun event

Pulling Together to Save Our Coast: Invasive Species Removal

Time: 9 a.m. - 2 p.m.
Where: Sanctuary Forest
Description: Remove French broom, eucalyptus and black acacia at Sinkyone Wilderness State Park. Bring a lunch, water and gloves. Dress in layers and sturdy shoes. **FREE.**

Heather the Musical

Time: 2 p.m.
Where: HSU - Van Duzer Theater
Description: Based on the classic 1988 film, \$10 HSU students, seniors \$15 everyone else

Mon. 10/28

String Studio Recital

Time: 8 - 9 p.m.
Where: Music B 132 - Fulkerson Recital Hall
Description: String Studio students perform

Mentor Mondays

Time: 4 p.m.
Where: Humboldt Bay Provisions
Description: Each week spotlights a local non-profit. \$1 of each drink goes to the program

Tai Chi Class starting in McKinleyville

Time: 1 - 2:30 p.m.
Where: Spirals of Life
Description: Learn to lower stress and improve balance. No experience is necessary. **\$15**





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WITH A LETTER TO THE EDITOR:
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