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GROWING  
UP FAST

BY JAMES WILDE

Coastal redwoods are growing faster than expected, scientists aren't completely certain why

SEE GROWING PAGE 3

Photo by Deija Zavala

8.6 million grant funds Children's Center upgrades

*Humboldt State University to turn Trinity Annex building into larger Children's Center with funding*

by Michael Weber

Starting this semester, Humboldt State University will begin to redesign the Trinity Annex building at the corner of 14th and B streets into an updated facility to house a new Children's Center. The current Children's Center facility will continue child services until it moves in 2021.

"We want folks that are going to be in the building to give feedback as to what it should look like," HSU Associate Vice

President of Student Success Steven St. Onge said.

St. Onge, who oversees the Children's Center, said the design phase of the new building will explore increased space, updated playgrounds, manipulative toys, dynamic crawling textures and additional infant care. The education program will not change, but the physical space will be improved.

The staff responsible for the design held a recent meeting to develop ideas for the ideal facility. Staff will meet again lat-

er this semester to draft blueprints.

"I think we're switching from the facility impacting the program—to the program impacting the facility," St. Onge said. "Which I think is a good step forward."

The redesign is funded by an \$8.6 million allocation to HSU from a statewide grant for California State Universities. Betty Wilson, Children's Center Program Director said the facility is limited by its budget.

"We are constantly searching out new funding streams to help create better experiences," Wilson said in an email.

The Children's Center daycare and education programs are regularly funded by Associated Students (both state and federal grants) and the university itself. This one-time grant will allow for a new facility.

The current buildings that house the Children's Center have reached maximum capacity for the number of children.

SEE UPGRADES ■ PAGE 3



Photo by Michael Weber

A tray holds magnetic letters on Sept. 9 at the Children's Center. The current Children's Center has reached maximum capacity for the number of students.

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Word Puzzle  
of the Week

For answers:  
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Falling out of summer

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# GROWING

FROM PAGE 1

Many redwoods in Northern California are growing at unexpected—even record-breaking—rates. While redwoods only remain in a tiny portion of the world, they appear to be in good health.

“People talk about saving the redwoods,” Humboldt State University Professor of Forest Ecology Steve Sillett said. “The redwoods, as long as we don’t cut them down, are doing just fine. The question is, can they help save us?”

The answer is complicated.

“The Redwoods and Climate Change Initiative found that one Del Norte County redwood put on 2,811 pounds in 2014, a record-breaking annual growth.”

Many coastal redwoods are growing faster today than they have in the last thousand years, according to a 2019 report from the ongoing Redwoods and Climate Change Initiative.

The RCCI, a research partnership studying redwood health since 2013, found surprising growth in redwoods located away from dry forest fringes or recent fires.

By estimating tree weight through calculations based on the tree’s measured width, height and volume, the RCCI found that one Del Norte County redwood put on 2,811 pounds in 2014, a record-breaking annual growth.

The cause of the increased growth is uncertain. Professor Sillett sat in his lab beside tree rings which he used to measure age and growth. He noted that climate change may or may not be playing a role in the



Photo by James Wilde

A redwood tree ring in HSU Professor Stephen Sillett’s lab on Aug. 28.

increased growth. Sillett said the Clean Air Act of 1970 may have cleaned the air enough to cast more sunlight light on the trees, resulting in more growth.

“What happened is, the air cleared,” Sillett said “And with clear air, you get more light, and so it could very well be that this increase in growth rate that we see very strikingly in some of these trees, starting in the late sixties and early seventies to present, is just because of increasing air quality.”

Beyond climate and air quality, Sillett said multiple factors likely contribute to increasing growth. Sillett also noted that the growth won’t necessarily last.

“I think that there’s very much a limit to what redwoods or any vegetation can achieve,” Sillett said.

A redwood tree ring in HSU Professor Stephen Sillett’s lab on Aug. 28. | Photo by James Wilde

A sudden spread of redwood forest also seems unlikely, said Lucy Kerhoulas, an assistant professor of Forest Physiology. Kerhoulas said redwoods already work hard to reproduce via seed. Climate change may make reproduction even more difficult.

“Successful seedling germination and establishment might be really challenging under a warming and drying

climate,” Kerhoulas said.

In other words, redwoods are doing well, but they’re not about to reclaim their lost forests.

Professor Sillett emphasized that many living redwoods are maintaining their normal growth despite less successful reproduction.

“It’s not the case that they’re responding uniformly,” Sillett said. “But what we do see is that in the prime parts of their range, which is, say, north of San Francisco and relatively close to the coast, the rates of wood production are higher than they were in the not-too-distant past.”

Although redwoods store

large amounts of carbon, especially in their prime ranges, Professor Sillett said redwoods won’t offset the carbon dioxide produced by humans.

“There’s not enough land in the world to plant with redwood forest that would allow them to save us from what we’re doing to the atmosphere’s chemistry,” Sillett said.

Today, when the future of humanity is ever-uncertain, the redwoods are productive as ever. The redwood forests have been resilient since the Cretaceous period but we’ll have to do more than plant trees to save ourselves.

# UPGRADES

FROM PAGE 1

“Right now, we’re limited by what the facility can give us,” St. Onge said. “The room size dictates how many children can be in a room, as well as the staff ratio.”

The sign-up process for the programs begins with a wait list that prioritizes current HSU students.

“There are 86 students in the Children’s Center, about 60% are children of HSU students,” St. Onge said. “The rest are a combination of faculty, staff and community members’ children.”

Infant care is the most demanding service the Children’s Center provides because they require more attention than toddlers. St. Onge said the ratio of care for infants compared to toddlers is three to one.

“It’s harder to find someone who will watch infants,” St. Onge said. That’s probably the largest wait list in that particular room.”

According to St. Onge, the new facility will improve operational efficiency. Currently, there are five buildings housing five different age groups. Each building has its own space, equipment and toys for its respective age group. The new facility will consolidate these spaces, improving efficiency.

St. Onge said the design phase will be tied closely to the childcare and early education programs. The Children’s Center and St. Onge did not explicitly state ways the recent grant will benefit the children and parents of



Photo by Michael Weber

The Children’s Center Administration building, located above the Children’s Center, on Sept 9.

the program. St. Onge said the academic aspect of the Children’s Center will remain the same.

“I think it’s exciting for the younger kids that will experience that new facility,” St. Onge said.

One main function of the Children’s Center is to provide a place for students, faculty, staff and community members to drop their kids off when they are busy at school or work.

According to Humboldt State Now, a recent survey

conducted by the Campus Center for Rural Policy found that childcare improves student retention rates and work environments. Wilson said that the Early Head Start Grant allows parents to spend more time on schoolwork.

“Family Service Coordinator Amy Pires-Moore helped to fulfill annual goals which the families create,” Wilson said. “By doing this, she is able to create a secure emotional base for the families to be able to succeed academically as

some of their daily concerns can be taken care of.”

The other main function of the Children’s Center is providing care and education to the children and student workers. They are accredited by the National Association for the Education of Young Children.

The NAEYC website says, “The accreditation process provides a framework for self-study, external evaluation and improvement in the quality of teacher preparation programs.”

**I think it’s exciting for the younger kids that will experience that new facility.”**

**- Steven St. Onge  
HSU Associate Vice  
President of Student  
Success**



# Music as a lifeline

*Multi-instrumentalist learns to play 10 instruments in 19 years*  
by Jerame Saunders

Science can often disprove the idea of innate abilities found in humans at birth, but a discussion with Humboldt State botany major and multi-instrumentalist, Alex Rumbel, argues against this theory. Rumbel’s capacity for understanding instruments has brought him to play over 10 instruments during the span of his 19 years of life, and be a vital part of countless bands including Humboldt’s own, Marching Lumberjacks, Loud Neighbors Brass Band, the World-Famous Crab Grass Band and Laser Bear.

Rumbel’s first memories of music date back to when he was five years old.

“My mom has always been a vocalist, and when I was a young kid, she performed in an acapella group that sang at renaissance fairs,” Rumbel said. I’d say the introduction to the rowdy bunch of people that come with a renaissance fair was good for preparing me to go to Humboldt State.”

Rumbel’s early musical ambitions sprouted from vocals but moved to guitar when he began studying music outside of school. With the extra finger dexterity from playing at such a young age, moving to a stand-up bass starting in middle school was a logical first step in learning to play multiple instruments.

“Instead of continuing in strings which could have been dead-end at some point, I decided instead that I wanted to be a multi-instrumentalist,” Rumbel said.

Trombone was the first brass instrument he picked up before he moved up to bass drums for the high school marching band. Rumbel’s high school music career was a flurry of new instruments and new bands. He played electric guitar, electric bass, and drums for small rock bands. He also played drumline for the marching band, electric guitar for the advanced jazz band, as well as percussion for a band performing in concert and advanced wind ensemble. Then, just for fun, he learned the viola for orchestra.

Rumbel broke his foot during his senior year of high school, which pushed him into social isolation. Because of this Rumbel came into college with the mentality of not wanting to



Alex Rumbel, 19, poses with he trumpet after a show with his band, The Loud Neighbors Brass Band, at Outer Space Arcata.

Photo by Jerame Saunders



Multi-instrumentalist Alex Rumbel.

Photo by Jerame Saunders

be a part of the social aspect of music creation.

“When I came up here, I brought my guitar just to play by myself and I brought my drum pad and my sticks, but I didn’t intend to play in any bands,” Rumbel said.

After being in the dorms for a short amount of time, he found himself in the middle of what the Marching Lumberjacks call “dorm storming,” where they play around campus to recruit new musicians. He called down from his dorm and quickly found himself dragged back into band performance, learning yet

another new instrument.

“I started playing trumpet,” Rumbel said. “That was the best decision I made after deciding to come to Humboldt State. When I first started playing the trumpet, it wasn’t as expressive, and it wasn’t as in tune with how I felt, but then it started becoming perfectly in tune with how I felt.”

Not much time passed before Rumbel found himself ingrained in the local music scene, mainly playing trumpet for local bands. He found time recently to start playing bass for the Laser Bears. The local music scene is

described by him as a very tight-knit group of musicians willing to collaborate, great venues with open doors to small bands, and a Do-It-Yourself/Psychedelic thread that defines Humboldt.

“Humboldt County is a D.I.Y thing, and that’s one of the things I love about being a musician here; I feel like there is less pressure to be something you’re not.”

As for his love for his newest found instrument, Rumbel’s musical journey shows how something physical like an instrument can have an undefinable effect on the

musician, but also ripples through the audience listening to the sounds leaving a piece of each artist in the minds of each listener.

“Music has been my lifeline to everything else of meaning that I can imagine,” Rumbel said. “It has been my social connection for many years being in so many bands and interacting with so many people, but it’s also introspective in the same way, and I feel like, and I know it sounds cliché, I feel like I can actually express myself with music.”

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# Your trip around the world is only one step away

*Study abroad during college for a one of a kind lifelong memory*

by Michael Estrada

Study abroad during college to get a one of a kind lifelong memory

Italy, Germany, Greece, New Zealand, Mexico, Spain and Taiwan are among the great number of countries to study at with Humboldt State’s study abroad program. Every place has something different and something unique.

A trip over to Humboldt State’s weekly study abroad information meeting, is absolutely free! The meetings take place every Wednesday throughout this semester from 11a.m. to 11:45 a.m. The meeting locations are subject to change, so be sure to go to [humboldt.edu](http://humboldt.edu) and search for the “study abroad program”. If you are unable to attend a meeting you can visit the study abroad homepage to set up an appointment with HSU’s study abroad coordinator, Megan Mefford.

There is an answer to most any question you might have about studying abroad.

“How much will it cost?”

Program costs will vary depending on the destination and the resources included.

Most cover things such as round-trip flights, tours of the local museums and places of interest as well as housing accommodations. Of course, depending on how much you would like to travel on your own, what kind of food you are planning to eat and how many souvenirs you’re thinking of buying, the cost of your trip can easily increase.

“Does this work with my major?”

Most likely yes, but it is suggested to get information about mapping out your trip so you take the proper courses and stay on track to graduate on time.

“How do I prepare?”

To start, you should apply for a student visa. All this information and more will be provided at the meetings or at your personal appointment with Mefford.

Involved staff members couldn’t stop smiling when asked why they would recommend studying abroad.

Sarah Foote, Regional Manager of International Development for Nelson Marlborough Institute of Technology (NMIT) in New



Stock Photo

Zealand and one of many affiliates of HSU, said she’d recommend studying abroad 120 percent.

Foote said students may be forced to cope with situations that are uncomfortable but they grow through their experiences and come out with a more worldly perspective. She expressed how students that went in with an open attitude learned so much out of their time spent abroad.

Kristy Sauerbry, Assistant Director of Student Affairs for the CSU International Programs, noted that student

growth was a huge outcome of the programs.

“Here in the US we provide a lot of student services,” Sauerbry said. “Overseas universities expect students to do a little bit more on their own, so students grow quite a bit through the study abroad experience.”

She also noted that it was a great way to learn a new language, one of the things that plenty of students are nervous about. When a foreign language class is over here in the states, students leave the class and speak English again.

But when you live in another country, you are forced to use the language immediately. This means students have to pick it up quickly. Don’t be afraid of a language barrier, embrace the challenge and make some friends in the process.

You can go online and search for “Humboldt State University study abroad” to find the date and location of the next informational meeting, pick a country and make a plan. It’s the first step to living out your worldly dreams.

# Free ticket to the fun

## Arcata’s 2nd annual block party

By Alberto Muro

The Arcata Plaza was a site of fun and live entertainment over the weekend. On Sept. 6, the 2nd annual Humboldt State Downtown block party shut down the streets surrounding the Arcata Plaza.

Music from Chulita Vinyl Club, Mesizto Beat and HSU’s notoriously loud Marching Lumberjacks provided live entertainment and kept the crowd on their feet. The block party was also home to other activities including a 200-foot zip-line and a rock-climbing wall.

HSU students like seniors Mark Bernan and Adrian Haro were recipients of an e-mail attachment containing entry credentials to the block party and vouchers for free food. After conquering the zip-line I spoke with Bernan, who is a music major. His main concern was his appetite and not the adrenaline.

“I’m looking forward to the tacos, I’m not going to lie,” Bernan said.

For some, zip-lining is on their bucket list. Bernan was already acquainted with going airborne.

“I tried zip-lining in Costa Rica before, but this was fun too,” Bernan said.

With a massive line that stretched from 9th Street towards the center plaza, Bernan and Haro were happy they arrived early.

HSU students and alumni were not the only ones enjoying themselves at the block party. HSU seniors and Native American Studies



Photo by Alberto Muro

HSU Marching Lumberjacks at the Block Party on Sept. 6.

majors Gabby Encias and Christian Solorio brought their roommate Corey Jankowski along for the experience.

Encias and Solorio have lived in the area since they began their studies and were delighted to see the large crowd in attendance.

“It’s nice to see everyone turn out for the event,” Encias said.

Mass emails were not the only source of invitation distribution. HSU senior Solorio was informed by other means.

“I heard about this event through social media,” Solorio said.

Jankowski heard about the event through Encias and Solorio, but one main contribution to his attendance was the good weather.

“There’s nice weather out right now and it’s going to start raining in a month so get out there while you still can,” Jankowski said.

The weather is currently a toss-up between overcast and sunshine, and thankfully the block party experienced pleasant conditions.

HSU booths were present to distribute information about campus services. HSU students Alejandro Ochoa, Makito Takahashi and Alex Bravo represented the Multicultural Center and wasted no time welcoming people to their table.

The Multicultural Center is notable for establishing services such as Scholars Without Borders, a women’s resource center and a kitchen to cook your food. HSU Senior and Biology major Ochoa talked about a new service for students.

“This year we will be introducing a non-binary closet which is open to anyone,” Ochoa said.

The new service offered by the Multicultural Center shows that the objective of campus resources is to improve student lives.

The 2nd annual Humboldt State Downtown block party has come and gone, but don’t fret because the Arcata Plaza is home to a variety of entertainment.



# It's a look!

*Students pick rad fit for start of fall semester*

Story and photos by Delany Duarte

Students wear interesting outfits to class everyday. Their outfits are often noticed, but rarely talked about. For those that are into fashion, we often try different styles or search for new clothes that represent our personality. The Lumberjack acknowledged a variety of students around campus wearing fashionable outfits during the first two weeks of school. HSU don't disappoint when it comes to making rad fashion statements.



## robert GONZALEZ

**Standing:**  
Freshman

**Hometown:**  
Los Angeles, CA

**The Fit:**  
Gonzalez's jacket is from Forever 21. Turtleneck and backpack are from Zara, jeans were thrifted and his Doc Martins are from Urban Outfitters. He feels confident in this outfit knowing other people like what he is wearing.



## jamie COCKING

**Standing:**  
Junior

**Hometown:**  
Temecula, CA

**The Fit:**  
Cocking rocks an edgy, yet groovy look. Most of her clothing is thrifted. Her top is from Miranda's Rescue and she cropped it herself. Her pants are from a friend's dad who works at Cents, the shoes are from the Van's store and she tops off the outfit with some sunglasses from Forever 21. Cocking says she tries to style a lot of her clothes like this because it makes her feel good and confident. She thinks this outfit is 'very her' to match her personality.



## gabby GARZA

**Standing:**  
Freshman

**Hometown:**  
San Jose, CA

**The Fit:**  
Her shirt is from Brandy Melville, pants are from Avatar Imports, shoes are Fila Disruptor II's and her necklace is from Forever 21. She wanted to feel comfy at school but still have style, and according to Garza, the looser the clothes, the comfier you'll feel!



## joseph SHANAHAN

**Standing:**  
Senior

**Hometown:**  
Rocklin, CA

**The Fit:**  
His sweater is a hand-me-down from his uncle. He found his undershirt in a laundry room and cut it himself to make it more his style. Shanahan's jeans were thrifted and he bought his sandals from REI Garage. He likes to dress comfortable and is always ready for any sudden weather changes.





## ethan VILLATA

**Standing:**  
Sophomore

**Hometown:**  
Temecula, CA

**The Fit:**

He got his jacket second-hand from his dad and the hat is a hand-me-down from his grandpa. He snagged the pants from the Dickie's store and he bought the shoes at Vans. He feels this look is pretty casual and it was his first appearance in this outfit so he was pretty excited to show it off.



## sandra ZEPEDA

**Standing:**  
Junior

**Hometown:**  
Victorville,  
CA

**The Fit:**

Her top is second-hand from a friend, the jacket was thrifted, she found the skirt at a Goodwill in Southern California and she bought the shoes online from T.U.K, an online retailer specializing in punk-rock fashion shoes. She feels confident in this outfit and according to Zepeda, this is the 'Sandra Vibe'.

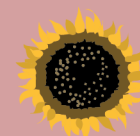
## brianna MYRICK

**Standing:**  
Freshman

**Hometown:**  
Humboldt, CA

**The Fit:**

Myrick got her top from Brandy Melville, her skirt from Urban Outfitters, her shoes from Journey's and she hand made her jewelry. She feels like this is an easy going outfit but she hates wearing tight clothing so she wouldn't consider this her favorite outfit.



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# CCAT poised to pig out

*CCAT is hoping to keep pigs on campus to reduce food waste*

by James Wilde

Humboldt State University's Campus Center for Appropriate Technology plans to house two pigs on campus as soon as next week. CCAT will loan the pigs from the Tule Fog Farm in Arcata for the duration of the fall semester. CCAT plans to feed the pigs food waste from HSU's J dining hall.

Jacob Gellatly, environmental resources engineering major and former CCAT Co-Director, helped lead the project from concept to reality.

"We want to show how animals can be raised in a residential environment, and how you can use urban byproducts such as food waste to raise animals in an urban setting," Gellatly said.

The plan to house the pigs began last fall when students in the CCAT Student Club vocalized interest in keeping animals on campus. CCAT contacted Shail Pec-Crouse from the Tule Fog Farm in Arcata. Pec-Crouse recommended pigs as the most viable animal.

"The easiest animal for us to raise would be pigs," Gellatly said. "The reasoning for that is—a big thing is predators. So it's a lot harder for something to come and get a hold of a pig as opposed to a chicken."

As part of their plan, CCAT realized they could feed the pigs food waste from the J. While CCAT couldn't feed the pigs food thrown away by customers of the J, CCAT could feed the pigs pre-consumer waste, such as food trimmings or spoiled foods not suitable for people.

"Another goal with the project was how can we divert food waste on campus," Gellatly said. "And with that we can feed almost, and in some cases, their entire diet from food waste that's at the school here."

Once CCAT decided to loan the pigs from the Tule Fog Farm it needed approval from HSU's Associated Students, Institutional Animal Care and Use Committee (IACUC), Facilities Management, Risk Management and an environmental health and safety specialist.

Humboldt State's IACUC reviews the use of animals on campus to ensure the animals are treated humanely under the requirements of federal and state law. College of Natural Resources Associate Dean Rick Zechman, who chairs IACUC, said the IACUC proactively reviews and inspects over 100 animal-involved projects on campus each year.

"There's varying kinds of emotional feelings about the use of animals, and that's respected and honored in the system of review," Zechman said. "And that's why the Animal Welfare Act was developed, to prevent mistreatment of animals. And I think, you know, in our committee, that's sort of our first principle."

While Zechman could not comment on the details of CCAT's proposal, which is still pending, CCAT has worked over the last year to assuage concerns raised by IACUC.

CCAT started by building a pig pen out of reclaimed wood from a local logging operation in Fieldbrook. CCAT has since



Photo by James Wilde

Environmental resources engineering major and former CCAT co-director Jacob Gellatly cuts a log on Sept. 6 to be used for the roof of a pig pen. CCAT is building a roof for the pen to prevent flooding during the rainy season.



Photo by James Wilde

The pig pen-in-progress on Sept. 6. CCAT plans to house two pigs in the pen for the duration of the fall semester. Photo by James Wilde.

integrated plans for a roof to prevent flooding of the pen and security to prevent people from getting harmed by the pigs.

In the long run, Gellatly hopes the project might convince the University to keep animals around for good.

"Big picture, I would like the school to see this and see, with what we're having to deal with—getting rid of all this food—we could be raising meat for the school and have locally-produced meat with a byproduct of our current dining system," Gellatly said.

CCAT's plan to house pigs has only recently become known to the wider HSU campus. Saraí Escalante, psychology graduate student and president of HSU's Vegan Club, sees the value of reducing food waste but wonders about the sustainability of the project.

"I think the underlying problem is that we see them as

“There’s varying kinds of emotional feelings about the use of animals, and that’s respected in the system of review.”

- Rick Zechman

Environmental Resources Engineering Major

a convenience, as objects, so we see them as a tool to help us fix a problem or make our problems or our lives easier," Escalante said. "And from a sustainability point of view, you still waste a lot of water in all of the slaughter process and the cleaning up of the meat. It still—I don't think—in that way, it wouldn't be sustainable."

Escalante said she's considering starting a fundraiser to purchase the pigs

and send them to a sanctuary instead of a slaughterhouse. However, Escalante said she plans to talk with CCAT to exchange thoughts, as she does like the idea of reducing food waste on campus.

Gellatly, for his part, noted that the current plan as registered with Tule Fog Farm and IACUC is for CCAT to house the pigs only for the rest of the semester.

"I think it's, in theory, possible for them to buy the

animals from the farmer if that's something they're inclined to do," Gellatly said. "But, as far as our scope goes with the IACUC, once the project's done, we're taking the animals back to the farm and that's where it ends for us."

The project's beginnings are dependent on approval from IACUC, but the pigs may arrive at CCAT as early as the week of Sept. 8 through 14.



# Strategies for students in need of sleep

*Falling asleep can be tricky, here are fellow HSU student’s strategies for catching some Zs*

by Collin Slavey

Falling asleep can be tricky. Here are fellow HSU student’s strategies for catching some Zs.

Being relaxed, refreshed and clear-minded are common themes for getting to sleep. Going to sleep and waking up at the same time each day is touted as the most effective way to ensure good sleep. Beyond that, here are seven other great strategies for passing out.

1. Sleep in a colder room (Tuck): To initiate sleep, your body has to cool down a couple of degrees. A colder room will get you there faster.
2. Take a hot shower or bath before bed (National Heart, Lung and Blood Institute): When you’re exposed to hot temperature, blood vessels on your skin’s surface swell to release heat. This will help you cool down.
3. Avoid stimulants and sugar late in the day

(National Sleep Foundation): Nicotine, caffeine and sugar can energize your body and make it tough to fall asleep.

4. Don’t nap too late in the day (Mayo Clinic): A late-day nap can make it harder to fall asleep at night, since your brain’s already had some rest and may want to stay up.

5. Relax before bed (Sleep Advisor): Relaxing before bed will prepare your brain for bedtime. Doing a relaxing activity such as reading or yoga for an hour or so before bed will prepare you for sleep.

6. Avoid bright screens at night (Sleep.org): Screens emit

blue light, a wavelength of light which tricks our brain into thinking it’s daytime. Putting the phone away an hour or two before you go to sleep will make it easier to fall asleep.

We all have our own methods for falling asleep. Personally, I like to lay on my belly and cover myself in pillows, but I’m weird like that. I asked students on campus what their methods were for falling asleep. Here is what they said:

Stephanie Rodriguez and Krystal Padilla both have pre-sleep rituals that prepare them to crash.

“I feel like de-stressing,” Rodriguez said. “Taking a shower, doing a face mask, smoking a bowl. You have to turn off your brain before actually

going to sleep. I hate going to bed actually thinking about stuff.”

“I have these Christmas lights in my bedroom and I turn those on, I smoke a blunt, I listen to music,” Padilla said. “I’m just relaxing, I feel refreshed and I just brush my hair. It helps me go to sleep.”

Gigo Derderian and Seamus Begley have straightforward methods for getting to sleep. Allowing sleep to wash over them, they lay in bed either meditating through discomfort or rolling around until maximum coziness is achieved.

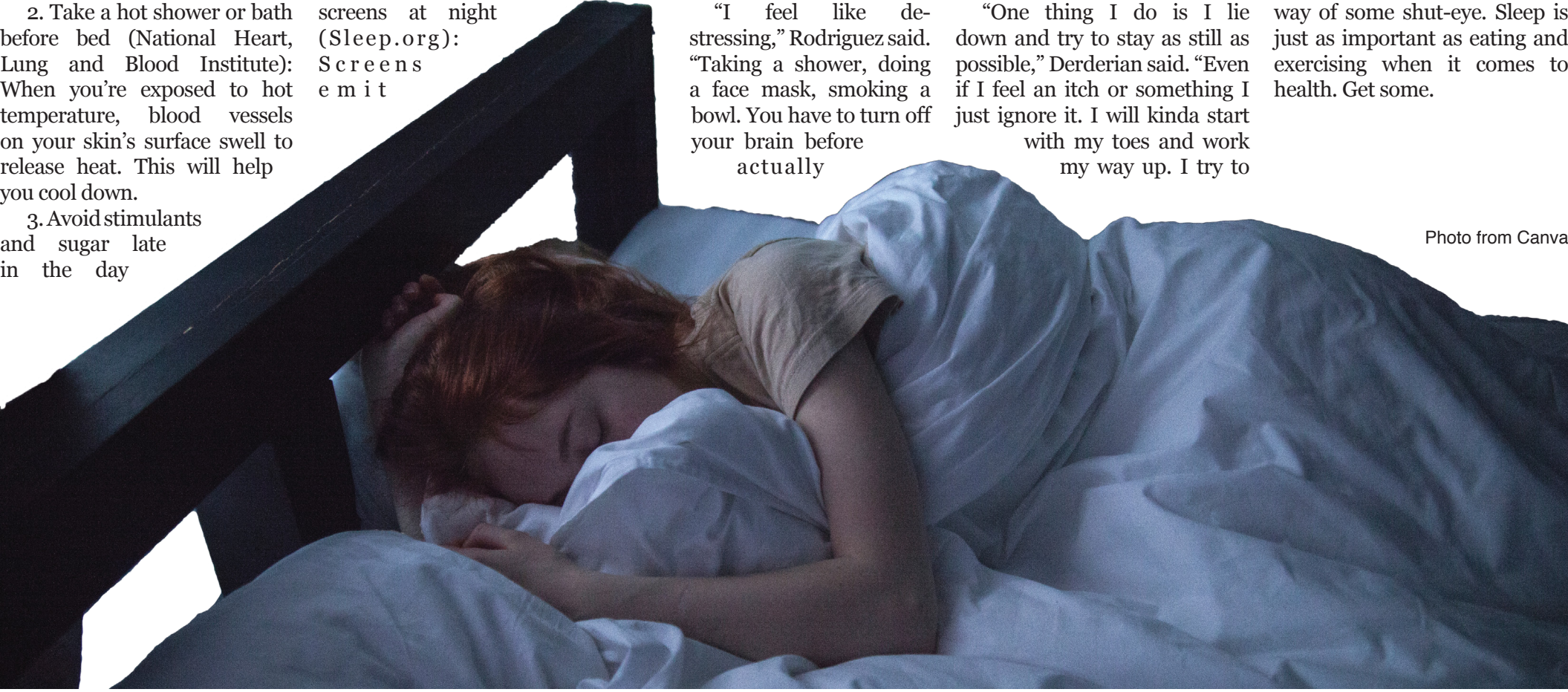
“One thing I do is I lie down and try to stay as still as possible,” Derderian said. “Even if I feel an itch or something I just ignore it. I will kinda start with my toes and work my way up. I try to

make sure I’m comfortable and relaxed in every point in my body. By the time I get to the top, I’ll already be dozing off.”

“Whenever I’m going to sleep, I’ll lay down and I just need to get really comfortable,” Begley said. “So I’m always rolling around for the first five minutes and then I find a spot where I’m like ‘yeah, that’s it,’ and then I’m just out.”

School demands a lot from students. We can be pushed to a limit as project deadlines approach. The stress we face is definitely real, but we shouldn’t let that get in the way of some shut-eye. Sleep is just as important as eating and exercising when it comes to health. Get some.

Photo from Canva



Answers for Puzzle of the Week:

Did you find them all?

### Falling out of summer

B R S K K W G N D F K O O T G Y A B A H  
V B B T C L L C W E A V E S M G G R C  
N O E B U E U P Y N S T H I T P Q S C R  
D D C F D E N I P P Y X Y A G L V F V G  
L F C D S P O O K Y H I L T W U T S B P  
H Y E L A G P K U T A T L A F W R L C A  
A P U A W H R J I H E A K X I R O F V O  
Y Z S O S N A O Z K Q V G M X D M B Q O  
Q V N A Y T F R Z H D H R E L K N R Y H  
E X M P H P G O V W X L O P W H C S H A  
Z Z P D N A U H K E S C V P K Z T X I L  
D T Z E U R Y S H U S W P U M P K I N  
L O U C Z D K S C G D T E A M H G U B K  
V S C R A H B U T A P B L A B H E N V O  
N C V B K C K Y O A R E B E T W F T Q T  
V N N N A E O N P W C E X Y F E D Y P K  
W J A S F O V R G E C K C K J U R F D X  
E Y Y V A S N I N S Q R P R J P R D R R  
R F E P W L F S S O A Y T O O N Z C B  
S D C I D E R W T P Z A Y J C W Q J C E

- |           |          |         |         |
|-----------|----------|---------|---------|
| SCARECROW | HAYSTACK | HARVEST | PUMPKIN |
| SWEATER   | TURKEY   | SPOOKY  | LEAVES  |
| FEAST     | NIPPY    | ACORN   | CIDER   |

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# Downhill dust

Photos and story by Thomas Lal

On Saturday, the hills south of Blue Lake were filled with the sound of bicycles shooting down the trails. The 2nd annual Mad River Enduro hosted 111 riders who traveled through the five stages, twisting pathways created by Redwood Coast Mountain Bike Association. Riders took to the course at 9 in the morning and rode for 7 hours before retiring to the Mad River Taproom for drinks and the podium ceremony.



1: Jared Gerstein exits a berm on during a fast section on stage four of the Mad River Enduro on the way to finishing second in the Expert 40-49 on September 7.

2: The upper tube of local artist Joel Grave's bike featuring graphics themed for each stage of the Mad River Enduro in Blue Lake on September 7. S1: Cobbler S2: Woodrat S3: Gnome of Love S4: Pits S5: Woodstock

3: Rusty Buholz of Team Roaring Mouse heads down a small incline while competing in the men't expert 40-49 catagory of the Mad River Enduro in Blue Lake on Spetember 7.

4: Nigel Hill of team Revolution Bicycles takes a series of jumps while going down stage four of the Mad River Enduro in Blue Lake while competeing in the Open/Pro Men's class on September 7.

# Womens rugby prepares for upcoming season

*HSU Womens Rugby prepares for a new division and tougher opponents*

by Alberto Muro

An evening of practice with the Humboldt State Women's Rugby team consisted of preparation for their first home game of the season on November 23 against Sacramento State. The team has recently moved to Division II which means this season they will be competing against 10 schools as opposed to five.

HSU athletics is no stranger when it comes to long distances of travel. Rugby athlete Libby True spoke on the recent division transition.

"I began playing during my freshman year," True said. "We started off playing against 10 games then to 6 games and now back to 10."

Having additional opponents gives the team an opportunity to capitalize on more wins and get an early lead in their division. They are



making modifications to their practice routines to prepare for the extensive weeks of play against opponents they have never faced.

"We've never played

against them, so we aren't sure what we're up against," player Hanna Hartman said. "But with the way we've been practicing it shouldn't be a problem."

Despite the unknown challenge that awaits, there is no denying that the team will utilize techniques that keep their players operational. Whether it's taking hits or falling, Hannah explained that playing efficiently is key to avoiding unwanted injuries.

"We learned how to hit and fall properly," Hartman said. "There's a right way to do it safely."

Rugby is physically demanding with frequent body collision and the occasional injuries, therefore players are encouraged to work on their endurance to take hits routinely.

Claire Branson has played rugby for three years at HSU and provided her input on avoiding injuries.

"Keep your core muscles strong, when you get tackled it's a lot of core strength,"

Branson said. "Make sure it's tight, so you're not pulling muscles."

During practice, players utilize precautions to ensure safety. When playing an impact sport like rugby, building endurance is essential.

Safety Officer and player Janay Aoga has high expectations with endurance training, since it lands on days that players invest their time working out.

"On our conditioning days we focus on staying strong and fast because fit rugby is fun rugby," Aoga said.

A sport can't be fun if there's no one around to play, but it's a different tone when it comes to the HSU women's rugby team. Their love for the sport shines through their resilience and determination.



# Club baseball gets ready for fall

*HSU club baseball team held their annual informational meeting, prepare for competition*

by Liam Warner

The Humboldt State Club Baseball team prepared for its upcoming fall season with an informational meeting on September 7 at the Redwood Bowl. The team went over basic information like club dues, practice times, expectations of the players and their tentative season schedule.

Even though Humboldt State does not have an intercollegiate baseball team that would have the benefit of being in the NCAA and able to recruit players on athletic scholarships, the club team offers a more tight-knit atmosphere. It also allows players of all skill levels the experience and play time that they might not receive elsewhere.

According to the club's president Martin Gordillo the important part of being on the team is the experience and having a good time.

"You get the travel experience, and you get the playing time," Gordillo said. "It's like when you were playing baseball in high school."

The club baseball team is completely student-coached. For Alejandro Carvalho, the club's vice president who transferred from the College of The Redwoods baseball team, the student-coached model allows for more flexibility and more player choice in how the team is run.

"It's more collaborative, rather than a dictatorship where the coach's word is law," Carvalho said. "I have a more informed role on the team where we discuss finances, and we get a say as opposed to a coach telling us what to do."

The club baseball team also gets the benefit of practicing and playing their home games at the Arcata Ballpark in downtown Arcata. The park is home to the Humboldt Crabs during the summer months.

During the meeting, Travel Secretary Willie Cestarollo talked about the Arcata Ballpark being one of the best baseball facilities in Northern California and mentioned how visiting club teams praise the ballpark as one of the best facilities that they visit.

The team plays in the



Photo by Liam Warner

Alejandro Carvalho (left) and Martin Gordillo address the rest of the team.

National Club Baseball Association, which is comprised of club baseball teams from schools across the country. HSU's division consists of teams such as Stanford, Sacramento State and St. Mary's and are teams that HSU will play in the

spring.

Slated for the fall season is a trip down to Chico State and two non-conference home series games at the Arcata Ballpark. The first one is September 28-29 against the Humboldt Eagles and then November 16-17 versus

Sonoma State, weather permitting.

"I like the team because it's small," Gordillo said. "It's easier for us to get closer with one another."

# Is hockey really for everyone?

*Sharks Forward Evander Kane speaks out about racism in the NHL*

by Thomas Lal

On August 28, the San Jose Sharks' forward Evander Kane shared a comment, left by a fan, on his recent Instagram post. The fan was telling the 10-year National Hockey League veteran to stick to basketball. Kane stands out on the ice not only due to his physical play and scoring prowess, but also because of his ethnicity.

Kane is the only player who openly identifies as black on the Sharks roster and is one of only a handful of active black players in the NHL.

Kane responded to the post by reaffirming his belief that racism surrounding the NHL needs to be more thoroughly addressed.

"This exact thing was shouted at me in the penalty box in Denver during game 4," Kane wrote on Instagram. "It's racially motivated. It's a problem in society and in sports. There is a focus on racism in football, basketball and baseball but in the hockey world it's easier to ignore, dismiss and forget because let's face the facts; hockey is a white sport."

Kane's remarks point to the fact that although the NHL was never officially segregated when it was founded, it wasn't until 1957 when Willie O'Ree took to the ice for the Boston Bruins that a black player played. Even after O'Ree broke through the unspoken color barrier, there was never an influx of black players in the league.

According to a 2016 survey by TD Ameritrade, parents generally spend \$100 to \$499 per month on youth sports. The San Jose Junior Sharks list on their website costs of \$1,800 to \$6,900 for a full season of hockey depending on age that typically lasts around six months. The median income for a family household in the



Graphic by Michael Weber

**There is focus on racism in football, basketball and baseball but not in the hockey world it's easier to ignore, dismiss and forget because let's face the facts; hockey is a white sport."**

**- Sharks Forward Evander Kane**

U.S. is approximately \$77,000 per the Census Bureau while for black families, the median is only around \$40,000. This adds yet another opportunity barrier for young black players to participate in youth hockey.

In addition to the upfront cost, there are constant purchases needed to maintain

sporting equipment and replace broken gear. This massive price presents an additional difficulty for families in minority groups who historically may not have the disposable income to support the financial burden of hockey for their children.

If the financial support and

skill are present to allow a player of color to make their way through the youth hockey system into the NHL, players tend to have experiences similar to that of Kane.

After scoring a game-winning playoff goal in 2012, Joel Ward was the subject of racial bigotry on social media.

Also in 2012, two-time All-Star Wayne Simmonds had a banana thrown at him during a pre-season game in London, Ontario.

In 2018, Washington Capitals forward Devante Smith-Pelly was the victim of several fans chanting 'basketball' at him while he was in the penalty box, suggesting the black winger was in the wrong sport.

These overt displays of racism within the NHL fanbase prove that there is still a long way to go to educate and diversify fans of the sport. While some fans may complain that players are speaking about their experiences, the only way to improve matters will be through players like Kane speaking out and bringing attention to the problem.





# Jacks dominate cross country home opener

*Humboldt State runners get off on the right foot with a win*

Photos and story by Thomas Lal

Humboldt runners get off on the right foot with a resounding win

The Lumberjacks kicked off their cross country season Friday, running a commanding full team effort at home for the Humboldt Invite. The race took place at the Baywood Golf Course and Country Club which offers very little flat ground for the runners. This seemed to suit the Jacks just fine as they recorded individual and team wins in the women's and men's races, respectively.

The women's team finished the afternoon with 26 points, comfortably outscoring the next best team, Oregon Tech, who earned 46 points. The strong points production came to the Jacks courtesy of five top 10 placements. The consistency of this women's team was accomplished in part by the runners working together in small groups to pull each other up the standings.

An easy standout performer from the women's race was freshman runner Hannah Hartwell, who won her first race for Humboldt State by a margin of 30-seconds from the Oregon Tech runner up Delani Dietrich.

Hartwell jumped out into the lead of the race early on, working with fellow freshman Lucy Atkinson to extend a gap on the chasing athletes. As the race progressed, Hartwell was able to pull away from her teammate and ran by herself for much of the 6K distance.

Despite not having the benefit of working with somebody for a majority of the race, Hartwell was able to close out the competition and get the first win of the season for the Jacks.

"It was cool to win," Hartwell said. "I'm stoked that I won. I think that it will be really fun to get back into competing again."

With a winning performance from the women,

the men's team hit the course and didn't miss a beat, placing six runners in the top 10 to finish with 20 points on second-place Menlo College who earned 51 points. With strong performances all around for the men, it was race-winning senior Daniel Tull who stood out.

Tull finished 39 seconds ahead of the next runner to cross the line, Benjamin Ronoh of Menlo College. Ronoh was followed to the line by four more successive Humboldt runners who solidified the overwhelming team win.

Tull was happy to have crossed the line first for the Jacks and was also quick to point out positive overall performance from the team.

"I know our whole team has had a really good summer of training," Tull said. "We're all fit, we're all strong, and we're all having fun out there doing it. If you look at these guys, they're all smiling and laughing even though they just ran five miles fairly hard, so that's what you want to see."

Head Coach Jamey Harris was also pleased with the team's performance, saying that it proved the depth of the team from new recruits and returning athletes. Along with training for racing in groups, Harris pointed to the bond between teammates as a key to their win and the future.

"We've done a lot of running together," Harris said. "But also they just come together. It's a really well-united team. The team chemistry is fantastic, and obviously, that impacts everything in a positive way."

The Jacks will have some time to recover and keep improving before heading to the Sundowner Invitational in Monmouth, Oregon on September 20. The team and its competition will also return to Humboldt on October 26 for the CCAA Championships.





3



1.The HSU mens cross country runners raise their fists in celebration after taking both the individual and team wins Sept. 6 at the Humboldt Invite.

2.Freshman Hannah Hartwell hugs mom Lisa Roop after winning her first race for the Jacks at their season opening Sept. 6 at the Humboldt Invite.

3.Michael Gengo recovers from after crossing the line 24th Sept. 9 at the Humboldt Invite.

4.HSU Cross Country Coach Jamey Harris congratulates Hannah Hartwell after winning Sept. 6 at the Humboldt Invite.

5.Maddie McGarry narrowly leads a pack of runners through the back stretch of the course on Sept. 6 at the Humboldt Invite. McGarry would go on to finish 17th.



4

5





EDITORIAL

# Put your money where your mouth is

*Companies outed on social media for funding political advocacy groups*

Companies outed on social media for funding political advocacy groups

A long list of companies that use profits to fund pro-Trump advocacy groups was recently published to several social media sites.

This scandal begs an important question, are our purchases worth it if they support a larger cause, or person, we might not necessarily support ourselves?

Companies including SoulCycle, Equinox, CVS and Taco Bell were just a few of those exposed on Twitter and Instagram.

SoulCycle and Equinox were the first two companies to feel the heat. Equinox was quickly trending on Twitter but for all the wrong reasons. With hashtags such as: “#BoycottEquinox” and “#BoycottSoulCycle,” both companies went under fire from paying subscribers.

The social media frenzy didn’t go without notice for long, as both gym facilities soon released a public disclaimer on social media. Both claimed that the day-to-day operations are in no way affected or influenced by the owner, Stephen Ross, and his

political affiliations.

The boycott continues as news of Ross hosting a fundraiser for Trump in the Hamptons surfaced with tickets costing as much as \$250,000.

SoulCycle and Equinox were not the only major players under scrutiny.

The boycott hashtag trend lives on with CVS. “#BoycottCVS” was created as the company donated \$35,000 to the Trump Victory PAC (Political Action Committee), becoming one of four biggest donors involved in the reelection campaign. Additionally, they donated \$500,000 to America First Policies in 2018.

America First Policies, is a “non-profit organization supporting key policy initiatives that will work for all citizens in our country and put America first,” however, Mike Pence’s face is the first thing you see upon opening the homepage of the website; giving a strong indication of who is involved and what political beliefs are represented.

Recently, the organization has been accused of being racist, homophobic, sexist and anti-muslim after several



Photo Illustration by Megan Bender

outbursts containing these sentiments from the advocacy director were found online.

Taco Bell, specifically the Taco PAC, is reportedly one of four companies to donate the most to the Trump election campaign in 2016. In regards to the 2020 election, however, no donations have currently been made to the Trump PAC.

There are larger consequences to the spending decisions we make. This new information should make us

challenge our mindfulness behind the actual value behind a purchase, knowing our money, in a way, is going toward supporting a larger cause. Ultimately, losing leverage and control over our money and what it is funding is an uncomfortable reality.

However, between public disapproval and social media boycotts, the power in being a consumer is important to remember. Consumers have the power to persuade

companies. All the recent public outcry towards Taco Bell has coincided with the withholding of any 2020 campaign donations from them and that is no coincidence.

Regardless, the power of being a consumer is something we often forget and take for granted. The next time you find yourself in a Taco Bell drive-thru, ask yourself: is the taco really worth the dollar?

OPINION

## The paper company Scranton needs

*NBC set to make its own streaming service, takes The Office off Netflix*

by Delaney Duarte

On June 25, Netflix announced the removal of The Office from its streaming services. The Office will officially be removed by Jan. 2021. NBC decided to pull out its shows and create its own streaming service to compete with Hulu and Netflix. Many fans were upset about the news, including myself. The Office is a popular show loved by many, so popular that it was streamed for over 52 billion minutes last year alone.

The Office is a globally popular show that many return to watching when other TV series come to an end. Personally, I have rewatched this show over 20 times from start to finish. This is a show that can be rewatched over and over. The jokes are still as funny as the first time you heard them, thanks to its balanced use of comedic tropes.

For many people, the show is background noise to fall asleep to.

On Twitter, there are millions of tweets on how people fall asleep to The



Photo Illustration by Megan Bender

**The jokes are still as funny as the first time you heard them, thanks to its balanced use of comedic tropes.”**

Office every night. Including Derek Peth who tweeted, “I need a sleep mode in Netflix so the intro and credits on The Office don’t wake me up every 24 minutes.” His tweet received about 1.2k retweets and 14.3k favorites.

Anyone who falls asleep to The Office knows that the sound of the intro and credits is loud enough to wake the

dead.

This show has had a huge impact on many people’s lives, whether it results in having a good laugh after a long day or it just plays as a favorite binge watch series on a Sunday afternoon. The Office is so impactful that there are groups online dedicated to talking about it all day, every day.

There’s a group on Facebook called “The Office Addicts,” which has 156,220 members and boasts daily posting from everyone within the group just talking about the show. This show also has fan accounts posting scenes from The Office on Instagram and Twitter. There’s even a petition, on change.org, signed by 69,011 people to

keep the show on Netflix.

It is ridiculous to have to pay for another streaming service just for the one show, but some of us just might. I think Netflix is just fine for the simple fact that it has a variety of shows and movies from multiple TV networks, but we are losing a beloved show thanks to NBC’s corporate greed. Make sure to watch The Office as much as you can before it leaves Netflix in January 2021.

As Michael Scott once said, “I don’t hate it. I just don’t like it at all and it’s terrible.”

Sign the petition at <https://www.change.org/p/nbc-for-nbc-to-allow-the-office-to-stay-on-netflix>.



#EXPLORE

HUMBOLDT

STRAWBERRY ROCK

BY JETT WILLIAMS



The view atop Strawberry Rock is one of the best in the county. On clear days, you can see past Eureka.

Photo by Jett Williams

Killer views? Rock climbing? Questionable legality? This trail has it all! Welcome back to the #ExploreHumboldt column, where I give you the low-down on the most accessible natural locations for HSU students to visit when they need a healthy way to relax.

Last time, we looked at the option closest to campus, the Arcata Community Forest. Now that we’ve settled into our new schedules, I’ll be suggesting a hike that some of you may already be familiar with: Strawberry Rock!

This three-mile out-and-back is a very popular local destination with a short but somewhat strenuous hike and gorgeous panorama views at the namesake summit.

To get to Strawberry Rock from Arcata, drive North on 101 until you reach the Trinidad exit, number 728. Go straight at the stop sign and continue until you reach the end of Trinidad Frontage Road.

Park anywhere in the cul-de-sac and look for the gate covered in stickers and graffiti. This is the trail head.

Alternatively you can take



Photo by Jett Williams

The final push of the hike is this intimidating boulder scramble. A rope is attached to make things easier, but it’s actually much less challenging then it seems.

the bus (free for HSU students) up to Trinidad, then it’s an additional mile’s walk from the bus stop to the trail head.

The hike starts close to the freeway, but you are soon enveloped in the classic green curtains that characterize many of Humboldt’s best trails. This particular line is built on Green Diamond logging land and follows an old access road for most of its length.

Soon after you start the hike the trail begins to steepen and split into several optional

lines. Most of these lead back to the main trail but use your best judgment when exploring. Luckily, you keep a good cell signal for the entirety of the hike.

The main trail is marked with a series of makeshift arrows, built out of fallen logs and rocks by considerate trail users. These ensure that first-timers don’t get confused at the multiple splits.

If you’re especially worried about getting lost, there are maps of the full hike available at [singletracks.com](#).

About a mile into the hike, look for a muddy spot with a long bent log spanning the right side of the trail. Look up to see the platforms used by activists who camped high in the trees to protest Green Diamond’s logging operations. A banner is also visible with a call to “Stop Clearcutting.”

Currently, Green Diamond is in an agreement with the Trinidad Coastal Land Trust to not log while the Trust attempts to fundraise.

If they can raise enough money to buy the land from Green Diamond, the Trust will be able to keep this gem open for future generations. If not, Green Diamond is looking at logging several tracts of land near the trail, according to the TCLT website.

In the last third of the climb, you’ll come across a wide-open quarry area. From here, the trail takes you through several rock designs laid onto the gravel before following an established road to the final climb.

The ‘crux’ of this hike comes at the end, where explorers will have to use a rope to scale an exposed rock wall. If you’ve made it this far, you can probably handle this last bit of exertion. There are views below

this point, but climbing the rope is the only way to get the full experience.

When you’ve made it to the rock, be careful! The edges are cliff faces and you have to use your best judgment while maneuvering around.

Come prepared with extra water and snacks as you’ll want to relax and soak in the views for a while when you reach the top. On clear days (the only days worth visiting!) you can see Trinidad Head to the west and far beyond Eureka to the south.

After you’ve had your fill, enjoy the downhill hike back. The trail is usually muddy and rooty, so the best shoes for the hike are both sturdy and dirty.

This trail is a perfect place to get a good walk in while experiencing some truly dank Humboldt forests. It’s also a good spot for anyone wanting to do some light bolder-scrambling and climbing without having to invest in expensive shoes or harnesses.

Early birds and latecomers will get the best experience, as this spot can get crowded during peak traffic hours. Get out there sometime between your busy schedules and don’t forget to #ExploreHumboldt!

Cannabinoid

hyperemesis

syndrome

by Chelsea Wood

The heave of a sore stomach and the splat of foamy, green sludge is how I start most of my days.

Throughout the last year, morning puking became an unwanted habit I couldn’t avoid. I dismissed nausea and vomiting as another anxiety symptom, but I soon discovered the near-daily episodes I had were caused by something unsuspecting.

Chances are if you’re a consistent consumer of cannabis, you’ve developed an intolerance to the drug that so many claim heals all.

Cannabinoid hyperemesis syndrome is a condition that entails constant vomiting brought on by long-term cannabis use. There are multiple phases of CHS in which symptoms may intensify, if preventative measures aren’t taken.



Photo courtesy of Creative Commons

The first phase is called the prodromal phase, which can last from months to years depending on the frequency of your cannabis use. In this first, neutral phase people with CHS experience nausea

and occasional vomiting.

Before discovering what CHS was I thought I could remedy my nausea by self-medicating with marijuana, but doing so undoubtedly increased my intolerance to

the drug.

“I stopped eating breakfast because I could never keep anything down and lunches disappeared as I was too busy with classes to have time to eat.”

The second phase is called the hyperemetic phase. It’s reached when users continue to treat their symptoms with more marijuana use. Some people with CHS often find relief from their symptoms by taking hot showers.

In my experience with this phase, my morning nausea trailed throughout the day which led me to alter my eating habits to avoid the chance of puking.

Due to my new eating schedule, I noticed changes in my weight. I stopped eating breakfast because I could never keep anything down and lunches disappeared as I was too busy with classes to have time to eat. However, I felt ravenous by dinnertime. Which, understandably, is not the best way to maintain a healthy body.

Within the second phase of CHS, symptoms do not dissipate if actions aren’t taken. This phase can last years if one doesn’t decrease cannabis use or completely

drop the drug. According to a report on cannabinoid hyperemesis syndrome by Ceadars-Sinai, only after a CHS sufferer ends their use of cannabis will they experience relief from all symptoms.

This isn’t a plea for those who smoke to stop, nor am I advocating for the use of marijuana. I want to warn you that a plant that seems beneficial to numerous health issues can still cause damage to your body, especially if used daily for years.

CHS and its symptoms aside, you can definitely be allergic to cannabis, and you can get sick from it depending on its quality. No matter the quality of your cannabis or if you think you aren’t allergic, CHS can still be in your near future if you aren’t mindful of your habits.

The more I reveal my situation to other cannabis consumers, the more I realize most self-labeled stoners are dealing with CHS too.

While nausea and vomiting can be symptoms of several other conditions, CHS can be diagnosed through the process of elimination of other conditions and through testings suggested by your physician.



# WEEKLY CALENDAR

Wed. 09/11	Thurs. 09/12	Fri. 09/13	Sat. 09/14	Sun. 09/15	Mon. 09/16
<b>Oh SNAP Farm Stand</b>  Time: 11 a.m. - 1 p.m.  Where: Outside Recreation and Wellness Building  "FREE fresh and local produce"  <b>Oh SNAP Cooking Demos</b>  Time: 6 - 7:30 p.m.  Where: Recreation and Wellness Center Room 122  Learn a life skill and make food  <b>Sci-Fi Night Starcrash</b>  Time: 6 p.m.  Where: Arcata Theatre Lounge  "The best in B science fiction movies, drive-in classics, psychronic weirdness and more! \$5 for ticket"	<b>Drop-In Soccer</b>  Time: 7-9 p.m.  Where: Redwood Bow Field  Free with ID; \$2 otherwise  <b>Open Mic Night</b>  Time: 7 p.m.  Where: Blondies  "Perform yer stuff. Make some chums," Free event  <b>Fortuna Community Wellness Garden Drop-In Volunteer Time</b>  Time: 2:30-4:30 p.m.  Where: Health & Weelness Garden located on the Fortuna Community Health Center  Free event and station refills available	<b>Bone Thugs-n-Harmony</b>  Time: 9-11 p.m.  Where: Bear River Recreation Center  "A thuggish and ruggish Friday the 13th"  <b>Mask Making Workshop</b>  Time: 6:30-8:30 p.m.  Where: The Sanctuary  Theme: Solidarity, come dressed as your favorite species  <b>Mid Autum Moon Festival</b>  Time: 5-7 p.m.  Where: University Center 225 - Kate Buchanan Room  Celebrate the Asian Desi Pacific Islander culture and community	<b>Forever Humboldt Morning Beach Clean Up</b>  Time: 9-10 a.m.  Where: Samoa Beach  Los Bagels breakfast provided for volunteers  <b>Twilight Paddle</b>  Time: 5-8 p.m.  Where: Humboldt Bay Aquatic Center  Paddling under the sunset  <b>Funk 'N' Reggae Festival</b>  Time:10 a.m. - 9p.m.  Where: Perigot Park  \$100/\$60 VIP Camping and Silent Disco, Kids under 6-years-old FREE	<b>GOAT Karaoke Night</b>  Time: 9 p.m.  Where: The Miniplex at Richards' Goat Tavern  "Best Karaoke Night" in Humboldt two years in a row by North Coast poll, 21+  <b>Funk 'N' Reggae Festival</b>  Time: 10 a.m. - 9p.m.  Where: Perigot Park  \$100/\$60 VIP Camping and Silent Disco, Kids under 6-years-old FREE  <b>Tropa Magica</b>  Time: 8 p.m.  Where: Arcata Playhouse  \$10/FREE HSU students, A "psychedelic cumbia sound"	<b>Drop-In Basketball</b>  Time: 7-9 p.m.  Where: Forbes Gymnasium 250 - East Gym  Bring your student ID or Staff/Faculty ID to play for free, \$2 per visit  <b>AACAE Resource Mixer</b>  Time: 4 - 5:30 p.m.  Where: Nelson Hall East 206 - African American Center for Academic Excellence  Learn about the AACAE, meet students and faculty  <b>HSU Cycling Club</b>  Time: 7-8:30 p.m.  Where: Siemens Hall 109 - Lecture Room  HSU Cycling Club Meeting, Learn about the group



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