

Humboldt State University

## Digital Commons @ Humboldt State University

---

2019

---

9-25-2019

### The Lumberjack Newspaper, September 25, 2019

The Lumberjack Staff

Follow this and additional works at: <https://digitalcommons.humboldt.edu/studentnewspaper2019>

---



# There is no planet B

*Students strike to advocate for climate action*

by Collin Slavey

**A**nxious and irritated with the lack of governmental action against climate change, masses of young people and students from Arcata High School and Humboldt State University took to the streets surrounding the Arcata Plaza on Friday as part of the Global Climate Strike.

Inspired by the International Youth for Climate Action, the Humboldt Sunrise Movement in association with the Extinction Rebellion and students of AHS organized and executed the local school strike protesting climate change.

“We dance, yell, sing and chant to show our energy,” Marriott said. “This shows we

SEE PLANET PG. 5



## Arcata committee hears parking complaints in annual meeting

*Humboldt State not the only one with parking problems*

by James Wilde

Arcata’s Transportation Safety Committee held its monthly meeting on Tuesday, in which they opened up

for public comment on city parking restrictions.

Netra Khatri, staff liaison of the committee and Arcata assistant city engineer, thanked the small crowd of about ten locals gathered in the City Council Chamber of Arcata City Hall.

“We decided to make this meeting annual three years ago, where we can take public comments and hopefully make changes from input,” Khatri said.

After discussing minutes

from a previous meeting, the committee of eleven opened the meeting for public comment.

The comments varied in severity and scale, but revolved around one central theme: the city of Arcata lacks sufficient parking.

Arcata resident Vernon Price proposed a plan to allow some Arcata citizens to park their cars freely from dusk til dawn. Price said he was unhoused for 15 years, and wanted the committee to keep

the homeless in their hearts and minds.

“There are people who have lost their homes, and their only tangible property is their homes—and they live in those,” Price said.

The committee noted Price’s suggestion and promised to look into designating overnight parking spaces.

Arcata resident Collin Wingfield brought to attention a parking overflow resulting from the recent construction of the 142-apartment Sunset

Terrace complex located between Sunset and Foster Avenues.

Wingfield, who said he lives on Wilson St., just off of Sunset, has noticed an influx of Sunset Terrace residents parking their vehicles along Sunset Ave. and even on his street.

Even though Sunset Terrace residents are allotted one parking space in their complex, Wingfield said residents often park their cars along Sunset

SEE PARKING PG. 3

### Index

- News.....3
- Life & Arts.....4
- Science.....5
- Sports.....6
- Opinion.....7
- Calendar.....8



PG. 3 PREPARE FOR TAKE OFF



PG. 4 PEEP PATRICK’S POINT



PG. 6 JACKS WIN BIG



THE  
LUMBERJACK

**EDITOR-IN-CHIEF:**  
DEIJA ZAYALA

**MANAGING EDITOR:**  
SKYE KIMYA

**NEWS EDITOR:**  
JAMES WILDE

**SPORTS EDITOR:**  
LIAM WARNER

**LIFE & ARTS EDITOR:**  
GRACE CASWELL

**SCIENCE EDITOR:**  
COLLIN SLAVEY

**OPINIONS EDITOR:**  
DELANEY DUARTE

**PHOTO EDITOR:**  
MICHAEL WEBER

**VIDEO EDITOR:**  
CHELSEA WOOD

**PRODUCTION MANAGER:**  
MEGAN BENDER

**LAYOUT EDITORS:**  
MEGAN BENDER  
JOSE HERRERA

**COPY EDITORS:**  
JETT WILLIAMS  
ANDROMEDA MCNELIS

**DELIVERY DRIVERS:**  
CHELSEA WOOD

**FACULTY ADVISER:**  
DEIDRE PIKE

**SALES MANAGERS:**  
WEST MODAFFERI  
NONIE WALLACE

**CONTRIBUTORS:**  
ALBERTO MURO  
THOMAS LAL  
MICHAEL ESTRADA  
JERAME SAUNDERS  
MATTHEW BARTLESON  
ANDRE HASCALL  
RACHEL MARTY

MISSION STATEMENT

THE LUMBERJACK IS A STUDENT-RUN NEWSPAPER THAT REPORTS ON THE CAMPUS AND COMMUNITY. WE STRIVE TO REPORT WITH ACCURACY, HONESTY AND ORIGINALITY. WE HOLD OURSELVES ACCOUNTABLE FOR ERRORS IN OUR REPORTING. WE INVITE ALL READERS TO PARTICIPATE. VIEWS AND CONTENTS OF THE LUMBERJACK ARE THOSE OF THE AUTHOR AND NOT THOSE OF HUMBOLDT STATE UNIVERSITY. UNSIGNED EDITORIALS APPEARING IN THE OPINION SECTION REFLECT A TWO-THIRD MAJORITY OPINION OF THE EDITORIAL STAFF. ADVERTISING MATERIAL IS PUBLISHED FOR INFORMATIONAL PURPOSES AND IS NOT AN EXPRESSED OR IMPLIED ENDORSEMENT OR VERIFICATION OF SUCH COMMERCIAL VENTURES OF THE LUMBERJACK, ASSOCIATED STUDENTS OR HUMBOLDT STATE UNIVERSITY.

CONTACT US:  
THEJACK@HUMBOLDT.EDU  
707-826-3271  
GIST 215



# WEEKLY FORECAST

<b>THURS</b>  71°	<b>FRI</b>  65°	<b>SAT</b>  62°
<b>SUN</b>  61°	<b>MON</b>  60°	<b>TUES</b>  61°

## FOLLOW US ON SOCIAL MEDIA:

**@TheLumberjack**

**@hsulumberjack**

**@HSULumberjack**



## VISIT OUR **YOUTUBE** PAGE FOR WEEKLY VIDEOS

**@THE LUMBERJACK HSU**

- COMMUNITY ARTIST FEATURE:  
TAYLOR BRUZZA
- HUMBOLDT CLIMATE STRIKE
- STUDENTS' MASCOT SUGGESTIONS

## ~NOW LEASING~ SUNSET TERRACE APARTMENTS

**1200-1310 FOSTER AVENUE ARCATA, CA**

**NEW 1 bedroom/1 bath**  
Walk to HSU / Parking / Laundry  
Efficiency units / Upgraded features

**707-444-2919**  
**www.kkramer.com**



## Dandelion Herbal Center

Presents

### CLASSES & EVENTS with Jane Bothwell

- Herbal Clinic Class:** Sept. 9 - Nov. 25
- Beginning with Herbs:** Oct. 2 - Nov. 20
- 10-Month Herbal Studies:** Feb. - Nov. 2020
- Shamanic Herbalism:** Feb. - June 2020
- Herbal Medicine & Traditional Healing in the Greek Isles:** May 22 - June 2, 2020



707-442-8157 • [www.dandelionherb.com](http://www.dandelionherb.com)

# Signature Choices

Seven new signature sandwiches now at the Co-op.

Our signature sandwiches are made-to-order using local and organic ingredients with vegan and vegetarian options.



Your organic, member-owned grocery store since 1973.

**NORTH COAST CO-OP**  
[www.northcoast.coop](http://www.northcoast.coop)  
811 I St. Arcata • 25 4th St. Eureka



# HSU's budgetary future

*Humboldt State's Budget Committee seeks best path forward*

by James Wilde

Humboldt State University's University Resources and Planning Committee met on Sept. 12 to begin planning a three-year university budget.

Art Education Assistant Professor and Co-Chair of URPC James Woglom said URPC hopes for a budget that will allow HSU to be its best.

"My hope is to have the best university we can be in the context of what we have," Woglom said. "I think that is the hope of everybody involved."

URPC exists as part of the University Senate, with 14 members, including administration, faculty and students.

URPC released an update on Sept. 16 in which it estimated a \$5.4 million budget gap by the fiscal year of 2021 to 2022. HSU Budget Director Amber Blakeslee said HSU has



Humboldt State University Budget Director Amber Blakeslee in the HSU library on Sept. 20. Blakeslee hopes budget cuts will have no significant impact on students.

already made over \$10 million of budget reductions in the last few years. The \$5.4 million projected gap comes from the continuing decline in student enrollment.

"If there are less students on campus there's less tuition coming in the door," Blakeslee said. "So it's not that all-of-the-sudden we're spending more. It's that there's less revenue coming in to support the

spending that we have."

Blakeslee said that while HSU has plans in place to recover enrollment numbers, the plans will take time. Until then, the budget gap must be reconciled.

Blakeslee hoped the budget cuts won't have an impact on students. However, Blakeslee acknowledged that any cuts will be difficult.

"There's not a single thing

we do on this campus that doesn't have strong, passionate people behind it," Blakeslee said. "If you're talking about cutting things, you're talking about the difference between multiple good things." At this early stage, neither Blakeslee nor Woglom could rule out any specific cuts.

"We do need to have everything on the table in terms of our discussion so that

we can make the best decision," Woglom said.

Woglom emphasized multiple times that URPC will have to use its imagination to maintain HSU's educational mission while cutting back financially.

"We do need to be creative within the context of the resources that we do have," Woglom said. "If a course is not offered, how do we make sure that the curricular needs of the students is met with what we do have?"

Blakeslee said that while HSU is currently reducing expenditures, it is still trying to improve the student experience.

"There is simultaneous new investment happening, so it's not like we're just in a reduction mindset purely" Blakeslee said.

URPC expects to complete a plan by Dec. 6. Before then, both Blakeslee and Woglom emphasized the importance of seeking input from the HSU community.

"As much stakeholder input as we can get, the better our decisions are going to be, and the more interpersonally-invested we're going to be," Woglom said.

Blakeslee and Woglom said URPC will be holding public forums to discuss the budget, but no dates have been set.

Once URPC finalizes its plan in December, the plan will go to University President Tom Jackson, Jr., who will have the final say over the plan.

# PC gaming club installs flight simulator in library

*Bing, we are now departing from the HSU library*

by Michael Weber

Flight attendants, please prepare for take-off.

Since fall 2018, Humboldt State University's PC Gaming Club planned, fundraised and constructed a flight simulator for anyone to use. Students, faculty, staff and community members can learn how to fly an airplane by practicing in the simulator on the third floor of the library.

"The amazing thing about simulations is that it's designed to simulate real life," Sarah Livingstone, president of the PC Gaming Club, said. "You are still having the same neural connections and the same wavelengths in your brain to replicate that. So then when you do step inside a real airplane, you are doing all the exact same things; you know how to do everything correctly."

The simulator features all the levers, buttons, instruments, windows and pedals that one would see in a real-life cockpit. Library pilots can choose their airplane model, airport location, flight conditions and other variables within the software, Microsoft Flight Simulator X.

Step-by-step instructions are posted nearby so that anyone may start the simulation solo. Livingstone said the club wants to hire a trained student to teach the public to operate the simulator and hire a flight instructor to allow anyone to obtain a real pilot license.

"We're looking into working with extended education to bring forward this flat ground school program that would help students get their pilot's license at HSU," Livingstone said.

Just like getting a license to drive a car, the two requirements for a pilot's license—as defined by the Federal Aviation Administration—are to pass a written test and record 40 hours of flight practice with a professional.

David Marshall, the advisor to the PC Gaming Club, said a pilot-in-training may save a significant amount of money for the 40 hours of practice by using a simulator rather than a real, gasoline-consuming airplane.

"The cheapest airplane is right around \$100 an hour. On top of that, you get another \$30 an hour for your instructor," Marshall said. "So every hour, an airplane costs \$130. In the simulator, if somebody else builds it for you, it's just an instructor and it's \$30 an hour to put book time."

The club is searching for more funding to provide



Sarah Livingstone, President of the PC Gaming Club, flies over Trinidad Head in a flight simulator on Sept. 12. The simulator software is customizable to most airports.

a classroom to study the written test and a professional instructor for the simulator.

Livingstone said they are looking into purchasing the final flight instruments, headphones, a new cover for the chair and a pillow for younger pilots-in-training to access the simulator.

The project started one year ago when Marshall said he required the club to create a project with a positive,

meaningful and educational experience.

"I suggested gently that gaming is really simulation," Marshall said. "And there's a lot of stuff we can do in simulation."

The club then raised \$10,000 for the furniture, chairs, equipment, computer and software by writing grants, fundraising and working with community members that provided some equipment and

furniture.

Livingstone said the simulator caught the attention of HSU President Tom Jackson, Jr. and Provost Alex Enyedi, who are both aviators. Livingstone encountered unexpected enthusiasm when she met with Jackson.

"It was supposed to only be a 40-minute meeting, but it ended up being an hour and a half," Livingstone said. "He was having so much fun."

# PARKING

FROM PAGE 1

Ave., leaving other homes with insufficient parking.

"They will leave their cars parked for weeks at a time," Wingfield said.

The committee sympathized with Wingfield and discussed possibly issuing

parking permits for Sunset Ave. residents.

Arcata Library Branch Manager Susan Parsons brought to attention a lack of parking for library visitors. Parsons said parents with children often have to walk through a lot marked by uneven terrain and frequent drug users.

"Parking for visitors of the

library is an issue of safety," Parsons said.

In response, the committee suggested designating specific parking spots for the library or enforcing time limits on the spaces outside of the library to prevent them from filling with non-library visitors.

Tisha Farrer, an employee of the North Coast Co-Op, urged the committee to get

rid of parking meters and two-hour spaces. The Co-Op, Farrer said, reserves its lot for customers only and employees often have to park far away.

"I just want them to feel safe and have parking where they work," Farrer said.

The committee noted Farrer's concerns while making clear that Arcata's parking shortage comes at a

tricky time as the city tries to encourage the reduction of personal vehicular use to reduce greenhouse gas emissions.

TSC will now take the public comments and bring their recommendations to the Arcata City Council on Oct. 16. TSC meets the third Tuesday of every month at the City Council Chamber.





Photo by Jett Williams  
Agate Beach is littered with semi-precious stones, and seems to stretch beyond the limits of our vision. This table makes a fine rest spot after the steep climb up from the beach.

# #ExploreHumboldt: Patrick's Point

*Patrick's Point offers multiple options for beach-lovers at an affordable price*

by Jett Williams

This week's #ExploreHumboldt column covers a fan favorite, the majestic and expansive Patrick's Point. This one-square-mile State Park features some of the best beach spots around and is a perfect destination for a daytime picnic, sunset beach run or weekend camping trip.

As a state park, Patrick's Point includes amenities that we have not seen in previous #ExploreHumboldt entries. These include bathrooms with running water, clearly marked trailheads with accurate mileage, picnic tables with BBQ grills and over 120 overnight camping spots.

However, these benefits come at a cost. There is a \$8 vehicle fee, with no student discount. The litany of areas to explore and the overall quality of the experience make it worth the price of admission. You should leave a couple hours of time minimum to to fully experience the park and get your money's worth. Patrick's Point also features several "Hike n' Bike" campsites. Those who bike or hike into the park benefit from free admission as well as their own area with campsites reserved for non-car users. These sites include all the features of a car site, with a location closer to the best points of interest. To get to Patrick's Point, take Hwy 101 north past Trinidad, and take the 'Patrick's Point' exit. Turn left, and continue until you see signs for the park. Alternatively, you can drive to Trinidad and bike along Stagecoach Road, turning left onto Patrick's Point drive before arriving at the park. This way,

you get a bit of extra exploration in, while avoiding the \$8 vehicle fee.

If you want to see everything, it's worth bringing some hiking shoes and a day pack to walk the length of the park. There are a ton of different spots to visit at Patrick's Point, so I'll quickly go over some of my favorites.

A network of trails connects the different points of interest spread throughout the park. Plan to hike at least a couple of miles if you want to see everything. Most of the main rim trail is fairly flat and some sections are wheelchair-accessible. However, the access trails that take you to most of the prominent locations are very steep, as they often run straight up and down the steep coastal hills. The Agate Beach is another location worth your time. This expansive stretch of coastline seems to span as far as the eye can see, with a pristine beach of light sand and naturally-occurring agate stones.

When visiting Patrick's Point, remember that swimming in the frigid North Coast waters is highly discouraged. The undertow is strong, and sweeper waves can catch unattentive visitors off-guard. Dogs are allowed, on-leash only, but are not permitted on trails or beaches. Also, refrain from picking the local mushrooms and wildflowers. They have a hard enough time surviving without being plucked by the unaware.

After a long school week, we all need a bit of calm reflection and relaxation. Carve out at least an afternoon later this week or this weekend to visit our closest state park, and don't forget to keep exploring!

# Monsieur Renegade

*A key player in Humboldt's underground electronic scene*

by Jerame Saunders

Twenty-two-year-old Preston Thibo is a Humboldt State studio art major who mixes his own electronic music and throws underground parties, but that's only a piece of what he envisions for the future of electronic music in Humboldt.

Thibo's music career sprouted from his passion for throwing "renegades," a term used to describe underground electronic concerts showcasing lesser-known artists at secret locations. He began throwing renegades a year ago, and soon found himself mixing music for his own shows.

"I wanted to give people a place to dance to electronic music instead of punk, which isn't for everyone," Thibo said. "And I didn't see a scene up here so I created one."

Throwing renegades was spear-headed because electronic music shows in Humboldt aren't exactly accessible for people under the legal drinking age of 21 because electronic music shows are often held at venues that serve alcohol. This drove Thibo to begin working on full-fledged concerts stationed in landmark Humboldt locations. Eventually, he was sucked into becoming one of the showcased artists.

"I think I was on the forefront of making it happen," Thibo said. "There are a lot of people up here who mix and who create, but there wasn't really anywhere for them to perform."

After the first renegade in 2018, the support from the community and fellow artists was substantial enough for him to throw more, all while performing at shows on and off-campus.

"The success in terms of money is not at all," Thibo said. "Success in the terms of making people happy and giving people a good time, it's been amazing."

Thibo was led to Humboldt to escape the urban trappings of Los Angeles and he quickly fell in love with the



Photo by Jerame Saunders  
Preston Thibo, 22, relaxes right before going on stage for his set. Thibo performed Sept. 20 at The Jam.

**"(Music) is everything to me. If I didn't have a platform for me to share my music, I probably wouldn't be as outgoing as I am today..."**

**-Preston Thibo**  
**Studio Art Major and DJ**

environment. However, there are still drawbacks to being an artist in such a unique area like Humboldt County.

"Pros are that it's such a small community that you get to know everyone in it," Thibo said. "But that can lead to a con as well."

Thibo doesn't necessarily consider his mixes as representative of the Humboldt electronic scene, which he describes as trippy, ambient and with deep bass.

"For me, I like to play disco and house music, and what gets people moving on an upper level and not so much on a downer level," Thibo said.

According to Thibo, he is constantly striving to improve at making music, by accumulating better equipment and furthering his renegade brand called Esoteric Method with the name Kabbalah, his personal label as an artist. His other passions include stage design, making art installations and

transporting people into the worlds he creates.

"I guess my goal is to unite people with similar interests who have awesome nights where they don't have to worry about work tomorrow, school or class," Thibo said. "They come and are in the moment and in the now, having fun with people they might not know."

Thibo uses his creative outlets for social connection and to have a place where his music and art may impact the lives of others.

"[Music] is everything to me. If I didn't have a platform for me to share my music, I probably wouldn't be as outgoing as I am today," Thibo said. "I grew up very shy and to myself. But now being able to play music and express myself through what I listen to with other people, it just makes me content with my every day life."

To check out Thibo's mixes, go to SoundCloud or MixCloud under the name "Monsieur."

NEELY AUTOMOTIVE

980 5th Street, Arcata • 707-826-0687

Looks like you haven't had an oil change since freshman year!

... Is that bad?

ASE

Service you can trust

Locally owned by HSU Alumnus Scott Patrick

Exam coming up?  
There's a playlist  
for that . . .





Follow the  
Lumberjack  
on Spotify.



# Get ahead of the Humboldt Hack

*Vitamin D and zinc may help immune system battle the common cold and flu*

by Abigail Stevens

In addition to getting your annual flu shot, there are other things to do to protect yourself from the flu virus.

The flu spreads most commonly through the air, which is why sneezing and coughing, in a hygienic way, help to prevent the sickness from spreading. A study published in the journal of Clinical Microbiology and Infection has concluded that the flu virus can stay on unwashed human hands for up to 30 minutes.

“It was possible to recover infectious influenza A (H3N2) and A (H1N1) 2009 viruses for a period of time extending up to 30 min,” Yves Thomas, the lead researcher, wrote.

The likelihood of contracting the flu virus rises significantly with hand-to-face contact, allowing the virus access to mucous membranes.

As always, eating fruits



Photo Illustration by Deija Zavala

and vegetables and moderate exercise will give you the best odds to beat sickness, but once you start feeling the symptoms, what can you do?

Vitamin C, in conjunction with other vitamins and minerals such as zinc and vitamin D, can be used to strengthen the immune system for a small period of time, but over long stretches proved no more effective than placebo.

Harri Hemilä, Ph.D. tested 1-2 grams/day of vitamin C and found that the likelihood of catching a cold dropped.

“The duration of colds was reduced by 8% (3% to 12%),” Hemilä wrote. “The severity of colds was also reduced by regular vitamin C administration.”

Athletes can especially benefit from regular vitamin C supplementation. The vitamin C acts as an antioxidant for athletes as it works to potentially reverse oxidative damage that occurs with exercising. The article states that vitamin C may be useful for those exposed to brief periods of severe physical exercise.

Mariangelea Rondanelli and other researchers investigated the effects three compounds have on colds. Vitamin C, zinc and vitamin D seem to be the holy trinity of risk reduction for cold and flu. Once symptoms occur, these have been shown to lessen the severity and length of sickness.

“Considering zinc, the supplementation may shorten the duration of colds by approximately 33%,” Rondanelli wrote. “Common cold patients may be instructed to try zinc within 24

hours of onset of symptoms. As for vitamin D, the supplementation protected against the common cold overall, considering baseline levels and age.”

Of course, not everyone has the same reaction to dosages, and it’s possible these might not help everyone fight sickness. A change in diet can increase zinc levels easily. Eating an extra serving of nuts or seeds at breakfast is more inviting and customizable compared to buying zinc lozenges, packets or pills.

Vitamin D can be obtained through the sun, but here in Arcata that option leaves just as the worst of the flu season hits. A small supplement of vitamin D may help with more than just immune issues, and many Americans are vitamin D deficient without even realizing it.

Beyond that, one would have to eat a lot of oranges to match the one to two grams of daily vitamin C that was tested in the study, but an increased intake of any amount wouldn’t be wasted. EmergenC, Airborne and other supplements will deliver a dense dose of the vitamin. Hemilä said patients should try out an increase in vitamin C.

“Nevertheless, given the consistent effect of vitamin C on the duration and severity of colds in the regular supplementation studies, and the low cost and safety,” Hemilä wrote. “It may be worthwhile for common cold patients to test on an individual basis whether therapeutic vitamin C is beneficial for them.”

## PLANET

FROM PAGE 1

are cheerful and hopeful and happy in the face of this threat. It is rejuvenating and these friends are empowering. Now we have to wait and see if our voice is being heard.”

Marriott ended up agreeing to hold a sign that said “Protect Rainbow Ridge, our forests and our climate.” Ecological protection is one of the main goals of the movement, but Extinction Rebellion as a national organization demands governments tell the truth about climate change and act now to prevent species loss and lower greenhouse gas emissions.

Vanessa Argonza, a Humboldt State student and member of the Extinction Rebellion, said speaking out and advocating for action is important. Change requires people to care and be passionate about an issue, while also realizing we can come together to create change.

“In moments of injustice you must speak out because if you do not, you are part of the problem,” Argonza said. “The youth is well aware and willing to be part of the change because it affects them. We can come together and make change. You just have to be aware of your footprint and educate yourself before you speak out.”

The protest did run into some technical issues as it spilled out into the Arcata Plaza. Unfortunately, the strike organizers failed to bring a speaker system that was loud enough for all of the



Photo by Collin Slavey  
Maddie Marriot and Vanessa Argonza march down I street Sept. 20, shouting chants and slogans on their way to the Plaza.

attendees to hear, causing the message to fall flat. Joanne McGarry, a local supporter of the Environmental Advocacy and self-prescribed ‘gadfly’ suggested better planning in the future for a more impactful demonstration.

“I am more than happy to let young people lead, they just have to lead well,” McGarry said. “Having music is important when you’re walking into the plaza, during the demonstration and as you exit the plaza. Having a speaker that is loud enough for the entire crowd to hear is unbelievably important.”

The Sunrise movement was originally created as a youth advocacy group to show support for the Green New Deal, a stimulus package proposed by politician and activist Alexandria Ocasio-Cortez in February of this year. The Sunrise Movement intends to work within

‘the system’ while actively changing the system, in pursuit of environmental and social justice through nonviolent and direct action. They are building an army of young people to stop climate change and create millions of good jobs in the process.

Tribal elder Jene L. McCovey began the rally in the plaza with a song called “Feeling Sorry for My Womenfolk,” a somber tune that spoke of hate and woe. She went on to tell stories and sing more songs to give purpose to the actions of the demonstrators.

“The stumps are really big- that is all we have left of the old forest,” McCovey said. “Clear cutters, defilers, denude the land down to the earth and they burn it. Wherever you find your trials, be that healer. Be that person that walks with people in that good way. Be the water protectors.”

# Café Mokka

## COFFEEHOUSE

### PRIVATE OUTDOOR HOT TUBS

### TRADITIONAL SAUNA CABINS

# FINNISH COUNTRY SAUNA

# AND TUBS

Sun-Thurs: 11 am - 11pm

Fri-Sat: 11 am - midnight

OPEN EVERY DAY

INCLUDING SUNDAYS & HOLIDAYS

CORNER 5TH & J. ARCATA

822-2228 FOR RESERVATIONS



# Jacks fall to conference leaders CSUSB

*Volleyball team left wanting more after big loss*

by Thomas Lal

The Humboldt State volleyball team saw their current homestand end Saturday night with a loss to the number-one-ranked team in the nation, Cal State San Bernardino.

The Jacks lost all three sets and were out-killed 40-19 by the Coyotes on a night where they struggled to find a way to crack CSUSB's tall front line. Humboldt's scoring leader for the night was sophomore Lenox Loving, who managed to put up eight kills. Loving was followed by Lexi Riggs and Summer Hansen who had four kills apiece.

The Coyotes established the tempo of the match early on in the first set, scoring quickly and often. The Jacks were outworked on several occasions and were only able to score 10 points to CSUSB's 25. Another contributing factor was a handful of unforced errors when it came to passing the ball, which resulted in giving up several scoring opportunities for the Jacks.

Coach Kelly Wood made some rotation adjustments throughout the second set. She hoped to help the team find a way past the Coyote's tough defense. The changes had some success as the Jacks improved to 13 points but CSUSB still took the set with 25 points.

In the final set of the evening, Humboldt State slightly improved as they moved up to 15 points, but CSUSB still took it with 25 points. The Jacks seemed determined to put up a fight, capitalizing on more scoring opportunities and maintaining a roughly five-point gap through the middle



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

stages of the set before falling back.

Redshirt sophomore Carla Crespo recorded five digs for the Jacks. Crespo was disappointed that the Jacks didn't perform better but made it clear that the team was strong enough to rebound from the loss.

"I think our team is a really resilient team," Crespo said. "We do whatever we can to try to support each other, we're pretty close-knit. It can be hard when there's a really good team, but I think we do a good job at playing together. We win together and we lose together."

After the match Head Coach Kelly Wood felt that her team had been somewhat worn down by the Coyotes defense and she was slightly disappointed at the lack of change to effectively adapt to the pace of the game.

"We were getting blocked a lot," Wood said. "They were

“It tends to wear on you a little bit when you’re getting blocked over and over, but I just want to see them stay aggressive, keep swinging high and mixing up shots here and there.”

- Kelly Wood  
Head Coach of Womens Volleyball

big, and they were a presence at the net. Our girls were kind of scratching their heads a little bit trying to figure out how to put balls away against them. It tends to wear on you a little bit when you're getting blocked over and over, but I just want to see them stay aggressive, keep

swinging high and mixing up shots here and there."

After a lengthy stint of games that saw the Jacks compete in four matches over seven days, Coach Wood hopes to use the week in between their next game to allow athletes to recover.

"We haven't had an opportunity to heal or just get through soreness because we've been on such a marathon of matches," Wood said. "I'm excited for the girls to get some rest and come back strong next week."

# Womens soccer triumphs over Jessup Warriors

*Jacks take control early in game, carry momentum against William Jessup*

by Alberto Muro

It was a moment of glory for Humboldt State women's soccer Sept. 22 as they shut out the William Jessup Warriors and collected their first win with a final score of 4-0. After a rough start to the season, the Jacks found a way to turn their errors around and create game winning plays.

Three minutes into the first half was all it took for midfielder Lindsay Stoner to score the opening goal. This scoring opportunity gave midfielder Sabine Postma a chance to capitalize on a second goal minutes later. Jacks held a 2-0 lead just five minutes into the game.

Since the start of the season, the Jacks have outshot every opponent but have come up short on finishing for a goal. Midfielder Pikake Hix produced six shots on goal and scored during the second half, putting the Jacks at a 3-0 lead.

"I think we've always been

able to build well as a team," Hix said. "We just haven't been able to finish."

Warriors' goalkeeper Camile Cavey put forth a valiant effort of 13 saves, but it was not enough to sway her team's morale to overcome the onslaught of the Jacks' offensive line.

"We knew we had to come out hard," Hix said. "Especially for our first home-opener, we were excited. We wanted to keep the momentum up."

It was all quiet on the western front for Jacks' goalkeeper Katelin Talbert. The effectiveness of their offense ensured that the Warriors would struggle to keep the ball out of their zone.

With the second half winding down, the final goal came from Jacks' midfielder Rose Harman. The Jacks now held a 4-0 lead over the Warriors. Harman pointed out that an important strategy of the game was to capitalize on the momentum.

"We had more of an



HSU forward Erin Siegel #2 gets a shot off as she is draped by Jessup defenders Sept. 22 at College Creek. Photo by Liam Warner

attacking mentality especially coming into the second half," Harman said. "We knew we needed more goals and wanted more goals. So playing positive instead of negatively and just finding the pockets to play the ball was definitely our strategy."

After the game, head coach Paul Karver spoke with his players about their performance against William Jessup. He was satisfied with overcoming a scoring deficit that the team has experienced in their last games, but most

importantly he enjoyed letting all his players get play time. However, Coach Karver didn't ignore the fact that too many opportunities for goals were overlooked.

"When you have as much goal creating production as we have I think we need to do a better job at finishing the opportunities," Karver said. "We spent the last year and a half really reworking the system to create these opportunities for the players, and it's something that's difficult."

Women's soccer will play their next game at College Creek Field against San Francisco State. This recent win has created momentum for the team to capitalize on, and for players like Rose Harman, they look forward to competing against San Francisco.

"We need to keep the attacking mentality like I said in this game during the second half," Harman said. "They're a good team and it's gonna be a challenge, but we're up for it."



OPINIONS



Graphic by Megan Bender

# Humboldt County lacks flexible dental resources

*When dentists don’t take Medi-Cal, it forces individuals to travel to seek treatment*

by Rachel Marty

For any students dealing with dental issues while attending Humboldt State, I suggest you plan out time to take off from your courses and work to go home and have it dealt with. The sad truth is that the proper resources don’t exist in Humboldt County, and traveling great distances to receive medical attention isn’t actually that uncommon.

When I was 11, I ran face-first into a pole and broke my front tooth in half. Followed by days of crying and constant mirror checks, I would switch between laughing at how stupid I felt I looked to uncontrollable sobbing. I couldn’t eat anything cold or my whole face would be met with a violent sensitive reaction. The only option I had as a self-conscious 11-year-old was to replace the broken tooth with a filling and hope it looked as normal as possible, so that’s what I did.

While the sensitivity

eventually subsided, a year later the filling fell out. Again, I was hit with overwhelming sensitivity and due to my being a pre-teen, I was also terribly embarrassed. Every time the filling fell out after, it would be remade. I figured it was time to find a permanent fix and my dentist told me I would eventually need a veneer.

Veneers are what Instagram models and celebrities have on their teeth to make them look like perfect pearls. Basically, it’s a thin layer of material that’s placed directly over the tooth and protects the natural tooth’s surface, making your smile flawless.

I was scheduled to receive a single veneer. This is because I only needed one tooth fixed, but in large part because they are terribly expensive. I was told that getting just one was risky, as it has to be perfectly engineered to match the rest of my teeth. I was willing to take the risk.

This past semester I was hit with that same violent sensitive feeling in my tooth but the filling hadn’t fallen

out. It seemed that the filling was slowly deteriorating and I began to feel it everyday. The tooth slowly turned a different shade and began to chip away. I knew that I was going to need an even better permanent fix. This meant looking at getting a full set of veneers.

My normal dentist and physician are five hours away. Not a horrible distance, but not next door. I knew for this procedure I would have to leave and miss some days of school, but I wanted to explore my options first.

I went to the campus health center to see if they could help me with my sensitivity or lead me in the right direction to begin services with a local dentist. I was met with two nurses that seemed disappointed to tell me that the center couldn’t help much with dental issues. They prescribed me a numbing cream and gave me a list of local dentists.

Of the local dentists, only one took Medi-Cal, California’s Medicaid program. This was disheartening as it was my only insurance but I made

an appointment anyway. The facility was called the Open Door Clinic Dental and was located in Eureka.

The appointment was short and they told me I needed a root canal. Unfortunately, the clinic doesn’t provide the procedure and they gave me another list of dentists, more specifically endodontists, that could help me. As I called around, I realized that none of the dentists listed accepted Medi-Cal either and I was faced with the reality that I was going to have to travel back home to seek treatment.

While I understand that Eureka, Arcata and McKinleyville are small, I think there should be more medical professionals that accept Medi-Cal in Humboldt County.

Medi-Cal is a free state program. It’s what you sign up for if you can’t afford other insurances. Because it’s a state program you’d think it’d be more widely accepted, but it seems to be the other way around. Kind of defeats the purpose, doesn’t it?

# JPEGMAFIA: All My Heroes Are Cornballs

Review by Jerame Saunders

JPEGMAFIA’s third studio album, “All My Heroes are Cornballs,” was released Sept. 14 and it perfectly embodies the production characteristics that define his music.

JPEGMAFIA is the brain-child of music producer and rapper Barrington Hendricks. Hendricks gained interest in music by learning to sample while he was stationed in Japan with the United States Air Force.

After being honorably discharged in 2016, Hendricks moved to Baltimore, Maryland and began working on producing his first studio album, “Black Ben Carson.” In 2018, he released his critically acclaimed album, “Veteran,” which was a healthy introduction into Hendricks’ twisted, gritty version of postmodern, experimental hip hop. The entirety of the “All My Heroes are Cornballs” album, from production to rapping, was done by Hendricks. Hendricks has yet to stray away from the things that define his music production. The choppy, industrial sounds that seem to harass your senses in the best possible way.

The usual hi-hats, claps and kick sounds found in a generic rap beat are replaced with clicks, static and pre-2000s computer sounds which seem to invade your privacy. The framework for the bass and ASMR-like drum patterns are still prevalent, but this is what sets Hendricks apart from other producers in the genre.

While applying his signature drum patterns, Hendricks adds sounds that have never been used in his beats before. There are softer, inviting motifs connected to every melody behind the drums. They usually consist of a few soft piano keys with audio effects added, a lightly strummed guitar or synths that are reminiscent of ’80s and ’90s video games. The sounds radiate nostalgia, spirituality and a sense of peace which largely contrast the rough, nail-biting sounds of “Veteran.”

These sounds give a more introspective look into what makes Hendricks who he is rather than the persona he gives off in his music. The downside to the project has to do with the lyrics. He changes the flow of his raps on a regular basis but each



Photo by Alec Marchant

Music producer and rapper Barrington Hendrick (JPEGMAFIA).

time they still fall into a generic pattern. The lyrical content rarely strays away from the subjects of fighting internet haters with guns and being better than other artists. Most of the bars consist of Hendricks yelling one of his coined ad-libs. It’s hard to expect any different from a person who is labeled as an internet warrior with a track record of pissing off the alt-right. The lyrics become redundant and feel recycled from past albums.

Hendricks ventures into singing on this project and surprisingly, it is one of the best things about the album. Some of the stand out tracks on this al-

bum are “Jesus Forgive Me I Am A Thot,” “Free The Frail,” “Thot Tactics” and “BasicBitchTear-Gas.” He harnesses the energies of 90s R&B and it perfectly ties together the crunchy, psychedelic beats to produce one of his most personal projects.

The production on this album is perfect. The chord progressions, song transitions and signature drum beats are completely on par with the JPEGMAFIA sound. The only thing lacking is lyrical variance, but the singing and melodies make up for it entirely. This can easily be one of the best experimental rap albums of the year.

## ASK EVERGREEN

### HOW TO NAVIGATE MEANINGFUL FRIENDSHIPS

Dear Evergreen,

How do we navigate meaningful friendships in a college setting where friendships are based on talking about bullshit?

Dear Friendship Keeper,

Friendships come in all different forms, some healthy and others not. Genuine friendships usually aren’t based from a bond of bullshit talking, but to each their own. You can do a couple different things to avoid befriending bombastic people who blather.

First, find people that you might have common interests with. This is the easiest place to start when searching for a meaningful connection, as you control who and what you let into your life. Join a club or frequent places that you enjoy to find others interested in similar activities. Strike up a friendly conversation with someone at your favorite bookstore or while you’re hiking in the community forest on a special trail.

Second, when you notice people itching to gossip or spew meaningless rhetoric, separate yourself from those situations. If you strive to surround yourself with positive-thinking people, chances are one of those people will vibe with you. Don’t settle if it isn’t significant and beneficial to you.

Third, get out of your comfort zone. Maybe you’ve allowed yourself to become complacent with the type of people who are around you. Change that. Voice your discomfort when it comes to people forcing their absurdities upon you. Challenge yourself to push for what you want rather than settling for what others push onto you. If you don’t want to have small talk about the weather, or a heated conversation about politics, say something to change that. Be the navigator of this ship we call life, and choose who you want on your crew.

Lastly, it’s okay if you’re a lone wolf for the time being. It’s no fun when people around you drain your energy, so don’t feel selfish for choosing not to have them in your life. Sometimes we just need to self-reflect and ask ourselves if what we have is enough. The best things come to those who wait, right? A meaningful friendship can’t be forced, so don’t rush into anything and trust your gut.

All the best!

-Evergreen



# WEEKLY CALENDAR

## Wed. 09/25

### Oh SNAP Farm Stand

**Time:** 11 a.m. - 1 p.m.  
**Where:** Outside Recreation and Wellness Building  
**Description:** Free fresh veggies and fruits. Bring your student I.D. and a bag

### Jazz Night

**Time:** 7:30 p.m.  
**Where:** Phatsy Kline’s Parlor Lounge  
**Description:** Local pianist Bill Allison and friends will perform

### Open Mikey

**Time:** 9 - 11 p.m.  
**Where:** Savage Henry Comedy Club  
**Description:** Come for a night of laughs, Free and 18+

## Thurs. 09/26

### Well-being & Stress Management with Brain Booth

**Time:** 11 a.m. - Noon  
**Where:** Library Room 201  
**Description:** Learn about mindful practices and emotional self-regulation

### Mom Jeans

**Time:** 9 p.m.  
**Where:** The Depot  
**Description:** Emo rock band performs, Free for HSU students, \$10 otherwise

### Rude Lion Sound

**Time:** 9:30 p.m.  
**Where:** Sidelines  
**Description:** “Hip hop krunkage for your butt.”

## Fri. 09/27

### Beginning Computer Skills Classes

**Time:** 10 a.m. - Noon  
**Where:** Humboldt County Library  
**Description:** Learn how to use a computer and access the web, Free & 18+

### Food and Travel Journalism

**Time:** 1 - 3 p.m.  
**Where:** Library Room 209 - Fishbowl  
**Description:** Listen to TV producer Josh Ferrell of CNN’s “Parts Unknown”

### Eureka Friday Night Market

**Time:** 5 - 8 p.m.  
**Where:** Old Town Eureka  
**Description:** “The place to meet up with friends and neighbors.”

## Sat. 09/28

### Flea Market

**Time:** 9 a.m.- 4 p.m.  
**Where:** Trinidad City Hall  
**Description:** Free, Trade and purchase new or thrifty items

### 24hr Play Fest

**Time:** 11 a.m. - 10 p.m.  
**Where:** Humboldt State University  
**Description:** Students have 24 hours to create and perform new and original short plays

### Open Lab

**Time:** Noon - 6 p.m.  
**Where:** The Sanctuary  
**Description:** “A time for community access to art-making resources, tools and facilities.”

Call about move-in specials

# Need Housing? We’ve got it!



## KIC | kramer investment corporation

707-444-2919    [www.kkramer.com](http://www.kkramer.com)



Recognizing Gift Card SCAMS

Don’t fall for IMPOSTER emails from the University President, a VP, Dean or Chair asking you to make gift card purchases!

- **VERIFY the email sender** by looking at the “real” email address when you are on your desktop computer. In Gmail, click “Show original” to view the actual email address. This information is hard to see on your mobile phone email app.
- **Don’t buy and share** iTunes, Amazon or other gift card information with anyone via text message, even if the person claims to know you. A single email request should not be enough; requests should be double-verified with a phone call or face-to-face conversation.
- **Recognize top subject line scams**  
Request • Follow up • Urgent/Important • Payment Status  
Are you available?/Are you at your desk? • Hello • Other  
Purchase • Invoice Due • Direct Deposit • Expenses
- **Don’t send your cellphone number** to anyone requesting it urgently via email.

**When in doubt, send a ticket to the Help Desk about your suspicious email.**



Information Technology Services

[hsu.link/phishing](http://hsu.link/phishing)