

Humboldt State University

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Newsletters

University Archives

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9-25-2020

### OSL Newsletter

Office of Student Life

Follow this and additional works at: [https://digitalcommons.humboldt.edu/campus\\_pub](https://digitalcommons.humboldt.edu/campus_pub)

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A blue surgical mask with white ear loops is placed diagonally on a dark brown wooden surface. Three autumn leaves are scattered around the mask: a yellow one at the top, an orange one to the left, and a red one at the bottom.

# OSL Newsletter

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To find out what's going on across campus!

You can also access it here:

[https://clubs.humboldt.edu/content/weekly-  
newsletter-0](https://clubs.humboldt.edu/content/weekly-newsletter-0)



# RSO LEADER & CLUB INFO SUPPORT HOURS

**DATE/TIME:**

**MONDAY: 3-4PM**

**WEDNESDAY: 5-6PM**

**FRIDAY: 10-11AM**

*Drop into our office zoom:*

[link.humboldt.edu/  
RSO20\\_OfficeHours](https://link.humboldt.edu/RSO20_OfficeHours)

*If you are not available any of the times above and need to chat with us, email [clubs@humboldt.edu](mailto:clubs@humboldt.edu) to schedule a time*

*So you're an RSO  
officer, now  
what??*

*Get the answer to all your  
questions and MORE at RSO  
leader Office Hours!*



# Affirmations for a Virtual Semester

## affirmations AS WE MOVE INTO DISTANCE LEARNING

The best I can do is my best.

How human of me to feel nervous about trying  
something new.

I will give myself the same grace I give others.

I may not be able to control this situation, but I  
have control over my attitude.

This is only temporary.

I can do difficult things.

I don't have to have it all figured out to move  
forward.

I will make mistakes, and that is okay.



# Green & Gold HOMECOMING 2020

**This year, Homecoming is coming  
to you—wherever you are!**

This awesome lineup of (mostly) virtual events will help you learn, play, connect, and celebrate what it means to be a Lumberjack. Show your school spirit by wearing green and gold all week. And help ensure that students can continue on their path to graduation, even during the pandemic, by giving to the Student Adversity Fund—[giving.humboldt.edu/humboldt-connected](http://giving.humboldt.edu/humboldt-connected).

## **ALL WEEK LONG**

TRASH PICK-UP CHALLENGE  
PHOTO SCAVENGER HUNT

## **MONDAY 10/05**

DOOR DECORATING CONTEST  
MELANIN MONDAY  
CSU SUSTAINABILITY  
MONTH SPEAKER  
DR. MUSTAFA SANTIAGO ALI

## **TUESDAY 10/06**

DRAG QUEEN BINGO WITH  
CYNTHIA LEE FONTAINE!

## **WEDNESDAY 10/07**

DISTINGUISHED ALUMNI  
SPEAKER SERIES:  
JASON RAMOS

HUMBOLDT TO HULU:  
A CONVERSATION WITH  
DAN PHILLIPS, CEO OF HULU

## **THURSDAY 10/08**

HOMECOMING TRIVIA NIGHT  
WITH REEL GENIUS TRIVIA

## **FRIDAY 10/09**

GREEN & GOLD CAR PARADE

Celebrate this  
year's virtual  
Homecoming by  
ordering a  
commemorative  
t-shirt on the  
website.



For more details: [homecoming.humboldt.edu](http://homecoming.humboldt.edu) #HSUHOMECOMING on



All events are FREE open to anyone • Questions? Contact (707) 826-3132



# DRAG QUEEN BINGO

Oct. 6th  
@7pm



Join Cynthia Lee Fontaine, a  
former two-time "RuPaul's Drag  
Race" contestant, as she hosts  
Zoom Drag Queen Bingo!

Register at  
[homecoming.humboldt.edu](https://homecoming.humboldt.edu)  
to participate



**\*\*All are welcome but you must be a registered HSU Student to win Prizes\*\***

Email [clubs@humboldt.edu](mailto:clubs@humboldt.edu) for any questions, concerns,  
or to request any reasonable accommodations





# ZOOM HOMECOMING TRIVIA!



Play with a team, or play solo!  
Open to All!

**Oct. 8th @7pm**

To register, go to  
[Homecoming.humboldt.edu](https://Homecoming.humboldt.edu)



**\*\*All are welcome but you must be a registered HSU Student to win Prizes\*\***

Email [clubs@humboldt.edu](mailto:clubs@humboldt.edu) for any questions, concerns,  
or to request any reasonable accommodations



# Town Hall Week

*A week dedicated to town halls hosted by your Humboldt County representatives, and organized by the A.S. Lobby Corps. Town halls will be moderated by HSU Professor Aaron Donaldson!*

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**October 5th @ 4:30pm**

## CA Senator Mike McGuire

Serving California's 2nd State Senate District, spanning from Marin County up to the North Coast, Senator McGuire has represented Humboldt County in the California State Senate since 2014.



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**October 8th @ 3:00pm**



## Congressman Jared Huffman

Serving California's 2nd State Congressional District spanning the Bay and North Coasts, Congressman Huffman has represented Humboldt County in the United States House of Representatives since 2013.

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To register and submit questions, visit

[associatedstudents.humboldt.edu](http://associatedstudents.humboldt.edu)





# HUMBOLDT STATE UNIVERSITY



## YOUR VOTE MATTERS!

FOR INFO ON REGISTERING,  
VOTING, AND BALLOT  
INITIATIVES, GO TO:  
[HTTPS://LINKTR.EE/HSUVOTES](https://linktr.ee/HSUVOTES)





# Oh Snap Virtual Cooking Classes



Oh SNAP is looking for folks who are interested in hosting our cooking classes! You would provide the recipe and host a live zoom session (facilitated by Oh SNAP) of you cooking the recipe. We would provide the ingredients to you and student participants who would follow along! We can also provide some recording equipment if needed!

There are a few specifications for the recipes, so if you're interested please email me, [ravin.craig@humboldt.edu](mailto:ravin.craig@humboldt.edu). And I'll follow up! Please feel free to forward this to anyone who might be interested!!





# Cru at HSU

Come join us as we gather in  
**fellowship** to build our relationship  
with each other and with **Jesus**.

Weekly Activities:  
Women's Bible Study  
Men's Bible Study  
Friday Meetings  
(with fun After Activities!)



Our mission:  
Cru is a caring community passionate  
about connecting people to Jesus.

Connect with us for more information!

Join us on [Lumberjack Link](#)

Email: [cru@humboldt.edu](mailto:cru@humboldt.edu)

Insta: [@hsu.cru](#)

FB: [Cru at Humboldt State University](#)

WRRAP presents *The 5th Annual*

# Zero Waste Conference

Empowering a Generation of  
Equitable Waste Reducers  
Amidst Global Crisis

**October  
19 - 23, 2020**

[wrrap.humboldt.edu](http://wrrap.humboldt.edu)

Student led and funded,  
free and open to the public



Virtual Webinars, Workshops and Demonstrations

- Environmental Justice • Compost • Bicycling 101 • DIY
- Local Resources • Zero Waste Lifestyle Changes • Livestream Music

For accommodations email [wrrap@humboldt.edu](mailto:wrrap@humboldt.edu)







... SUBMIT YOUR WORKSHOP ...

## WRRAP'S ZERO WASTE CONFERENCE

SUSTAINABLE · INCLUSIVE · COMMUNITY

*Send us in your workshop/tutorial ideas on how  
to reduce waste/be a climate activist*

Submit by October 2nd at 11:59PM

Email us at [wrrap@humboldt.edu](mailto:wrrap@humboldt.edu)





**Friday, October 16 – Saturday, October 17**

For more information, visit <https://cslc.csudh.edu>

# RISE UP!

CALIFORNIA STUDENT LEADERSHIP CONFERENCE

## ALICIA GARZA

Community Organizer  
and Co-Creator of  
#BlackLivesMatter



## DELLARA GORJIAN

Student Declarant, United States  
Supreme Court Deferred Action for  
Childhood Arrivals (DACA) case,  
*Department of Homeland Security v.  
Regents of the University  
of California*



JOIN A.S.  
VIRTUALLY FOR THE  
SEPT. 25TH 2020  
MEETING AT 3PM!

ZOOM MEETING ID:  
940 8241 6006  
LINK IS IN OUR BIO!



## *Associated Students Board of Directors Meeting*

### ON THE AGENDA:

- PUBLIC COMMENT
- COMMITTEE APPOINTMENTS (ACTION)
- REPORTS
- AT 3:20PM - ACADEMIC MASTER PLAN PHASE 2 VISIONING ACTIVITY WITH LISA TREMAIN
- AMENDED 2020-21 A.S. BUDGET LANGUAGE (ACTION)
- DEACTIVATION OF THE A.S. FUNDED PROGRAMS COMMITTEE (ACTION)
- 2020-21 A.S. PRIORITY AGENDA (DISCUSSION)



# MENTAL HEALTH TOOLBOX

Only 1 hour a week for 3 weeks total!

No intake need to attend.

Multiple opportunities each week.



Liked by **hsu\_adpic** and 20 others

**hsucaps** Try a workshop that has helped students across several CSU campuses walk away with their own toolbox of thought exercises and mindfulness skills that will give you a better sense of your personal values and how you want to focus your energy. This is a three-part series done best in order: Recognition, Insight, and Openness. No need to complete an intake appointment at CAPS in order to attend, just click the zoom links on the CAPS Groups & Workshops webpage and download the MHT (RIO) Student Workbook before beginning.

This series is offered during three different time slots: Tuesdays 12-1 pm and 1-2 pm, and Fridays 10-11 am. Just choose your preference based on which times work for your schedule.



# Cecilia Caballero

## Writing Our Wellness

*is a Afro-Chicana single mother, scholar, poet, and essayist*

A Ph.D. Candidate in the Department of American Studies and Ethnicity at the University of Southern California. Her dissertation focuses on narratives of Chicana mothering, feminism, gender, sexuality, and spiritual activism in Chicana literature, cultural production, and digital storytelling.



**Zoom Link:** <https://humboldtstate.zoom.us/j/92340513218>



**Monday, October 5th @ 1 pm**



**CENTRO**  
El Centro  
Académico Cultural



CAPS PRESENTS

# HARM REDUCTION FROM ALCOHOL AND OTHER DRUGS

ABSTINENCE NOT  
REQUIRED! SHOW UP  
AS YOU ARE!

A supportive group where you can  
discuss your relationship with  
substances and discover  
strategies to make changes

**FRIDAYS 11AM-12PM**

Email [ned.peck@humboldt.edu](mailto:ned.peck@humboldt.edu) for zoom link and c

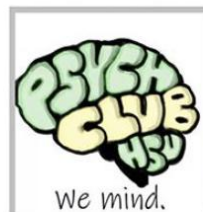


hsucaps



Scholars of Academic Research and Psychology  
Club presents...

## PSYCHOLOGY AT HSU QUESTION AND ANSWER PANEL



Have burning questions about the psychology program at HSU? Want to know about the major, classes, or professors? Just want to hear about other students' experiences with Psychology?

We got you covered with this panel OF students FOR students.

Visit us!: <http://soarhsu.wixsite.com/soar>

Instagram: [hsu\\_soar](#)

Visit Psychology Club!:

<https://hsupsyhclub.wixsite.com/hsupsyhpsychi>

Instagram: [hsupsyhpsychi](#)

ZOOM Link to Join:

<https://humboldtstate.zoom.us/j/91000559962>

910 0055 9962 (Meeting I.D.).

Persons who wish to request disability related accommodations should contact Aaron Foster ([Aaron.Foster@humboldt.edu](mailto:Aaron.Foster@humboldt.edu)) as soon as possible.

FREE  
ALL ARE WELCOME!

DATE: TUESDAY,  
SEPTEMBER 29TH

ACCESS THE  
MEETING USING THE  
LINK BELOW

TIME: 1:00PM-  
1:45PM

MUST SIGN IN USING  
AN HSU EMAIL  
ADDRESS

### QUESTIONS? COMMENTS?

SOAR Coordinator: Aaron Foster  
[aaron.foster@humboldt.edu](mailto:aaron.foster@humboldt.edu)  
SOAR Faculty Advisors:  
Dr. Amber Gaffney  
[amber.gaffney@humboldt.edu](mailto:amber.gaffney@humboldt.edu)  
Dr. Maria Iturbide  
[maria.iturbide@humboldt.edu](mailto:maria.iturbide@humboldt.edu)

Psychology Club Coordinator: Kevin "Dow" Cherry  
[kevin.cherry@humboldt.edu](mailto:kevin.cherry@humboldt.edu)  
Psychology Club Advisors:  
Dr. Amanda Hahn  
[Amanda.hahn@humboldt.edu](mailto:Amanda.hahn@humboldt.edu)  
Dr. Brandilynn Villarreal  
[brandilynn.villarreal@humboldt.edu](mailto:brandilynn.villarreal@humboldt.edu)



# Psychology @ HSU Question & Answer Panel

Brought to you by Psychology Club & Scholars of Academic Research (ISOAR).

Have burning questions about the Psychology program at HSU?  
Want to know about the major, classes, or professors? Just  
want to hear about other students' experiences with  
Psychology?

**We've got you covered!**

***When:* Tuesday, September 29<sup>th</sup> from 1:00-1:45pm**

***Zoom:* <https://humboldtstate.zoom.us/j/91000559962>**

**Meeting ID: 910 0055 9962**

Want more info? Find us online: Instagram - @hsupsyhpsichi OR <https://hsupsyhclub.wixsite.com/hsupsyhpsichi> OR  
[hsupsyhclub@humboldt.edu](mailto:hsupsyhclub@humboldt.edu) OR [psichi@humboldt.edu](mailto:psichi@humboldt.edu)



# Submit your idea for Campus Sustainability Month here!



<https://tinyurl.com/octobersustainabilitymonth2020>

Please submit by 5pm PST  
Monday



September 28, 2020



Liked by **hsu\_sjeic** and 6 others

**greencampus\_hsu** If you would like to lead a workshop, discussion, or other event for Campus Sustainability Month, please submit your idea through link in bio! Students are encouraged to collaborate with a club, department, or other campus organization. Feel free to reach out to Green Campus if you have questions or would like help curating your event! #sustainability #campussustainabilitymonth #humboldtstate

Same day sessions at CAPS!

# WEB-IN WEDNESDAYS AT CAPS

Call us on Wednesdays,  
no appointment needed,  
first come-first served!  
Call early in the day for best  
availability.

WEDNESDAY 9AM-4:30PM



Liked by [hsu\\_adpic](#) and 37 others

**hsucaps** This is a single session of therapy focused on a specific goal. You can also schedule a single session by appointment, if preferred. Our number is 707-826-3236.

If you decide you want to be assessed for ongoing therapy services, you can make an intake appointment after your session.



Scholars of Academic Research presents...

# Psych Talks:

## Psychology's Troubling Past and Promising Future



Chris Aberson Ph.D.

Psychology is emerging from a crisis which has called into question many well-known research findings. This questioning has uncovered less than ideal research practices and incentive structures that have created a deeply biased literature. Widespread recognition of these problems is leading to a renaissance in the field, producing new standards and practices. This talk will highlight the historical progression from the "replication crisis" to greater enlightenment and better research.

MEETING ID: 961 5737 2155

<https://humboldtstate.zoom.us/j/96157372155>

Persons who wish to request disability related accommodations should contact Aaron Foster ([Aaron.Foster@humboldt.edu](mailto:Aaron.Foster@humboldt.edu)) as soon as possible. Some accommodations may take up to several weeks to arrange.

FREE  
ALL ARE WELCOME!

DATE: THURSDAY,  
OCTOBER 1ST

ACCESS THE  
MEETING USING THE  
LINK BELOW

TIME: 2:30PM-  
3:30PM

MUST SIGN IN USING  
AN HSU EMAIL  
ADDRESS

### QUESTIONS? COMMENTS?

Coordinator: Aaron Foster  
[aaron.foster@humboldt.edu](mailto:aaron.foster@humboldt.edu)

Faculty Advisors:  
Dr. Amber Gaffney  
[amber.gaffney@humboldt.edu](mailto:amber.gaffney@humboldt.edu)  
Dr. Maria Iturbide  
[maria.iturbide@humboldt.edu](mailto:maria.iturbide@humboldt.edu)



**Remember to Join CDA  
This Friday!**

**SEP. 25 @  
NOON ON  
ZOOM!**

**Zoom Link in Caption**

26 views · Liked by [hsu\\_sjeic](#) and [hsucaps](#)

**hsucda** CDA's Club Meeting is happening this Friday at Noon on Zoom!

Tell your friends in different majors, feel free to join yourself, we look forward to seeing new faces, and returning friends.

The meeting is open to anybody that would like to participate, share insight, share knowledge, and for those that would like to be member of CDA.

We look forward to having you join us!

<https://humboldtstate.zoom.us/j/98335085423>



# KECK GRADUATE INSTITUTE

academic  
& career  
ADVISING CENTER

This ZOOM presentation will give HSU students a glimpse of different career paths in life and health sciences, pharmacy, genetics, engineering, and business. Current KGI students will talk about their undergraduate majors, why they chose KGI, their current program and career plans, and Industry Internship experience at KGI.

**Thursday, October 1, 6:00-6:45PM**

*Join Zoom Meeting:*

**<https://kgi.zoom.us/j/9096070583>**



For more information contact the Academic and Career Advising Center at [acac@humboldt.edu](mailto:acac@humboldt.edu)

HSU English Department Visiting  
Writer Series Presents:



**BOOK OF THE YEAR:**

**"CITIZEN: AN AMERICAN LYRIC"**

**BY CLAUDIA RANKINE**



**Claudia Rankine Talks**

**Nov 7th @ 11am & 2pm**

**Book Circles:**

[www.literaryhumboldt.org](http://www.literaryhumboldt.org)







<https://linktr.ee/HSUVotes>



@HSUVotes

Register to Vote in CA

Check your Voter Registration

Out of State Voters: How to Check your Voter Registration

California Ballot Information

Poll Worker Application

To get information on  
voting, what's on the  
ballot and how to  
volunteer, go to  
<https://linktr.ee/HSUVotes>





Wednesdays 1-2:30 pm,  
starting 9/16/20

## *Managing Anxiety and Maximizing Wellness*

Ever wonder why your anxiety  
doesn't seem to go away, and why  
those stress management  
strategies you read about don't  
seem to work?



hsucaps

# *CAPS Resource:*

## *Managing Anxiety and Maximizing Wellness*

### *Wednesdays at 2:30pm*





HSU Learning Center presents

# Creating a Productive Workspace & Dealing with Distractions SkillShop

No matter where you study, this workshop will  
show you ways to make your space work for you.

Zoom Session

**Mon, Sept 21, 4:00 - 5:00 pm**

Register:

[https://humboldt.libcal.com/calendar/  
workshops](https://humboldt.libcal.com/calendar/workshops)

Sign up at:

<https://humboldt.libcal.com/calendar/workshops?trumbaEmbed=view%3Devent%26eventid%3D460965898>



## **Check out these other SkillShops by the Learning Center:**

### **You Got This: Get Organized for Online Learning**

Learning online is more challenging than face-to-face. What knowledge, skills, and habits will you need to succeed? In this Skillshop, students will explore tools and strategies for creating a framework to get organized and manage their workload.

Join us on Zoom on Monday, September 28, 4-5 pm

Register: [https://humboldtstate.zoom.us/meeting/register/tJcsd-uvqzsoGdR2wh8XsALKot0V\\_JGUpO\\_i](https://humboldtstate.zoom.us/meeting/register/tJcsd-uvqzsoGdR2wh8XsALKot0V_JGUpO_i)

### **Get Connected: Building An Academic Community**

Getting and staying connected to other people is a critical component of being successful in an online learning environment, but how do you build a community from inside your house? In this SkillShop, students will learn strategies for building relationships with peers, advisors, faculty, and others to create a community that supports their academic goals.

Join us in Zoom on Monday, October 12, 4-5 pm

Register: <https://humboldtstate.zoom.us/meeting/register/tJllcOCvrzouGNAkZb827NkW0jt1HQA5Ms4t>



## **Stay Connected with Recreational Sports!**

Sport Clubs may not be practicing but, now is a great time to join a team, meet the players, and join in virtual activities. Clubs are hosting movie nights, cooking over zoom, game nights, and many other fun virtual activities to keep you connected and socially engaged! Check out our website to learn about the 15 different club sports. Whether you're an experienced athlete or want to learn how to play a new sport, we have a spot for you on the team! Email the club president (information found on our website) to join.

Website: <https://recsports.humboldt.edu>

Follow @hsu\_sportclubs on Instagram for the latest info and updates!



Sponsored by:

Housing & Residence Life; National Hall Residence Honorary; Residence Hall Association; Student Life; Social Justice, Equity, & Inclusion Center

# Virtual Speed Friending



Wed, September 30th

7pm-8pm

To register, go to:

<https://hsu.link/SpeedFriending2020>



Sign up at

[hsu.link/SpeedFriending](https://hsu.link/SpeedFriending2020)

[2020](https://hsu.link/SpeedFriending2020)



**HUMBOLDT STATE UNIVERSITY**

# Student Pen Pal Program

Sponsored by: Housing & Residence Life; National Hall Residence Honorary;  
Residence Hall Association; Student Life; Social Justice, Equity, & Inclusion Center

**Campus Wide  
Pen-Pal Program  
to help us stay  
close while we are  
apart**

Please complete the  
"Pen Pal Connection"  
Form to Participate:  
[hsu.link/PenPal2020](https://hsu.link/PenPal2020)

Sign up at  
[hsu.link/PenPal2020](https://hsu.link/PenPal2020)



See about guest speakers and events in this calendar provided by El Centro!



elcentrohsu  
Humboldt State University

# HAPPY HERITAGE MONTH!

September

M	T	W	T	F
<b>14</b> HERITAGE MONTH/HSU WEEK KICK-OFF W/ DR. LAURA RENDON @ 3:00 PM	<b>15</b> Grad School & CY Workshop @ 1-3:00 PM	<b>16</b> INTERSECTIONALITY SERIES: RACE, ETHNICITY, NATIONALITY @ 3:00 PM	<b>17</b>	<b>18</b> Cafe con chisme @ 3:00 pm Doctora Voices @ 4:00 pm
<b>21</b> Guest Speaker: Luis Rodriguez @ 3:00 PM	<b>22</b>	<b>23</b> Intersectionality Series: Gender and Sexuality @ 3:00 PM	<b>24</b>	<b>25</b> Cafe con Chisme @ 3:00 PM Kahoot game @ 5 PM Loteria @ 6 PM
<b>28</b> Guest Speaker: Cecilia Caballero @ 1:00 PM	<b>29</b>	<b>30</b> Intersectionality Series: Religion and Faith @ 3:00 PM	<b>1</b>	<b>2</b> CAFE CON CHISME @ 3:00 PM Kahoot Game 5- 6 PM
<b>5</b>	<b>6</b>	<b>7</b> Intersectionality Series: Intergenerational Communication @ 3:00 PM	<b>8</b>	<b>9</b> CAFE CON CHISME @ 3:00 PM Film Series: Bless Me Ultima @ 5:00 pm
<b>12</b> Hijas de la Malinche: Decolonizing "La Raza" through an Indigenous Feminist Lens @ 12:00 pm	<b>13</b>	<b>14</b>	<b>15</b> Guest speaker: Jerry Tello @ 3:00 PM	<b>16</b>

Oct





HUMBOLDT STATE UNIVERSITY

# GREEN & GOLD

## VIRTUAL FRIDAYS

**begins Friday, August 28th**

USE HASHTAG #HUMBOLDTSTATE

*Green & Gold  
Fridays  
\*\*\**

*Post your selfies with HSU  
Gear on Instagram and tag  
#humboldtState for a  
chance to win some cool  
prizes!*



PEER HEALTH EDUCATION  
PRESENTS:



**SHAMELESS**  
**SEXUAL HEALTH**

AN UPLIFTING WORKSHOP COVERING TOPICS RANGING  
FROM BIRTH CONTROL TO STI INFORMATION AND  
PREVENTATIVE PRACTICES TO HEALTHY  
COMMUNICATION TO HUMBOLDT COUNTY RESOURCES!

**WHEN:**

SEPTEMBER 17TH @ 3PM  
OCTOBER 15TH @ 3PM  
NOVEMBER 12TH @ 3PM

FOR UPDATES  
FOLLOW US ON  
INSTAGRAM  
[@HSUPHE](#)



hsuphe

*Sexual Health  
Workshop with  
PHE  
\*\*\**

*Every month  
from September  
to November*





# ARE YOU RECEIVING HUMBOLDT ALERTS?

ALERTS ARE USED TO NOTIFY  
YOU ABOUT THREATS  
TO PUBLIC SAFETY  
VIA EMAIL, PHONE CALL,  
OR TEXT MESSAGE.

SIGN UP NOW AT  
[humboldt.gov.org/alerts](http://humboldt.gov.org/alerts)



## *Q-BIPOC Talks*

# Q-BIPOC Talks

Queer, Black,  
Indigenous,  
People of Color



Every Friday 1-2pm Email:  
[ct239@humboldt.edu](mailto:ct239@humboldt.edu) for Zoom link

A space for  
community,  
education and  
**uplifting our LGBTQ+  
communities.**



# REGISTER TO VOTE

- LOGIN TO YOUR HSU STUDENT CENTER
- GO TO THE RIGHT
- SCROLL DOWN
- GO TO STUDENT RECORDS TAB
- CLICK ON "REGISTER TO VOTE"

EOP.HUMBOLDT.EDU

# IT'S YOUR FUTURE

*Register to vote  
through your HSU  
student center!*

*It's easy!*

# Streaming Pose

Every Thursday 5-6pm

EMAIL [CT239@HUMBOLDT.EDU](mailto:CT239@HUMBOLDT.EDU) FOR ZOOM  
LINK



*Streaming Pose*  
*Every Thursday*  
*5-6pm*



# The Page Turners

A SPACE TO TALK AND CREATE A  
COMMUNITY OF BOOK LOVERS.

EVERY WEDNESDAY 3-4PM

EMAIL [CT239@HUMBOLDT.EDU](mailto:CT239@HUMBOLDT.EDU) FOR ZOOM LINK



*The Page Turners:  
A Community for Book  
Lovers  
Every Wednesday  
3-4pm*



# SACNAS Talks



## SACNAS Talks

Conversations about braiding culture with science, Society for the Advancement of Chicanos, Hispanics, and Native Americans in Science (SACNAS) style.



Every Monday

12-1:30pm

email:[ct239@humboldt.edu](mailto:ct239@humboldt.edu)

for Zoom Link



Devoted to Advancing Hispanics,  
Chicanos and Native Americans  
in Science.



# Campus Oh Snap! Food Pantry



HUMBOLDT STATE UNIVERSITY  
**OhSNAP!**

Go to...



Oh SNAP will be open the following hours starting September 7th 2020:

Tuesday: Noon-2pm & 3pm-5pm

Wednesday: 10am-Noon & 1pm-3pm

Friday: 9am-1pm

# Flu Vaccine Clinic

Student Health & Wellbeing Services has partnered with Safeway Pharmacy to offer the convenience of on-campus free flu vaccinations for fully matriculated HSU students and to staff and faculty for \$34 check or credit card on-site.

## Flu Vaccine Clinics

Thursday, Sept 10th 1-5 Outside JGC

Tuesday, Sept 29th 11-3 HSU Quad

Friday, Oct 16th 11-3 HSU Quad

## Flu vaccinations are strongly encouraged!

Please remember to wear a face covering and following social distancing guidelines. Read the Health & Safety guide of the Campus Ready website for more details. And don't forget to bring your student ID.

Contact Mira Friedman for more information [mira.friedman@humboldt.edu](mailto:mira.friedman@humboldt.edu).

<https://pmc.humboldt.edu/portal/flu-vaccine-clinics-students-and-employees>







**DO YOU HAVE A PASSION FOR  
COOKING OR A FAVORITE RECIPE  
THAT YOU'D LIKE TO SHARE WITH  
OTHERS?**

OH SNAP! WILL BE HAVING VIRTUAL COOKING  
CLASSES SOON!

WE ARE LOOKING FOR "GUEST CHEFS" WHO  
ARE WILLING TO HOST A QUICK AND EASY  
COOKING TUTORIAL VIA ZOOM.



**IF INTERESTED, YOU CAN DM US ON OUR IG  
@HSUOHSNAP OR EMAIL US AT  
OHSNAP@HUMBOLDT.EDU**

**\*THIS IS NOT A PAID POSITION. VOLUNTEERS ONLY\***



hsuohsnap

*Oh SNAP is looking for folks who are  
interested in hosting our cooking  
classes! You would provide the recipe  
and host a live zoom session  
(facilitated by Oh SNAP) of you  
cooking the recipe. We would provide  
the ingredients to you and student  
participants who would follow along!  
We can also provide some recording  
equipment if needed!*



**1-3pm Mon. - Fri.**

**12-1pm Tue. & Thur.**

**Zoom with HSU Library Staff & Faculty**



<https://hsu.link/Z3w>

*Need Help from  
Library Staff &  
Faculty? Check out  
their zoom office  
hours*



**COME CHAT ABOUT  
INTERSECTIONALITY AT OUR  
HERITAGE MONTH  
INTERSECTIONALITY SERIES !!**

Cultural Identity,  
Ethnicity, Nationality  
Wednesday Sept 16  
@ 3:00 pm



Gender and  
Sexuality  
Wednesday Sept  
23  
@ 3:00 PM



Religion and Faith  
Wednesday Sept 30  
@ 3:00 PM



Intergenerational  
Communication  
Wednesday Oct 7th  
@ 3:00 PM



<https://humboldtstate.zoom.us/j/98154857015>

CREATE  
CONSENT  
CULTURE

Fall 2020

Beginning Sept. 11

Create artwork, engage in social  
media outreach, plan events,  
develop resources, and more!

# CHECK IT VOLUNTEER MEETINGS

Fridays @3-4pm

Zoom Mtg. ID:

97039761146

Link: <https://humboldtstate.zoom.us/j/97039761146>



Email [mss62@humboldt.edu](mailto:mss62@humboldt.edu) with any questions

*Check It Volunteer  
Meetings  
Fridays from  
3-4pm*



# Fire Preparedness Resources

wrrap\_hsu



**HUMBOLDT COUNTY**

**FIRE  
PREPAREDNESS  
RESOURCES**

## HUMBOLDT ALERT



**Humboldt  
ALERT**



- **Receive emergency notifications about severe weather, wildfires, flooding, evacuations, and other local incidents**
- **You will receive time-sensitive messages to whatever contact methods you specify**
- **Only need to give a name and email to sign up on the Humboldt County Office of Emergency Services website**



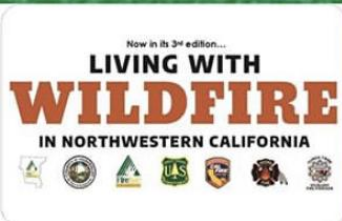


# Fire Preparedness Resources

## HUMBOLDT COUNTY FIRE SAFE COUNCIL

Exists to:

- Share fire-safety information
- Assess fire risk
- Promote community fire-safe planning and coordination
- Link fire-prevention program



## LOCAL NEWS

- Lost Coast Outpost
- Redheaded Black Belt
- Eureka Times Standard
- North Coast Journal
- Redwood News





# *Fire Preparedness Resources*

## **WHAT OTHER STEPS CAN YOU TAKE?**

- **Create a Wildfire Action Plan for your household**
- **Create a Family Communication plan to have an out of area point of contact**
- **Follow designated evacuation routes**
- **Keep an emergency supply kit**



## **A GOOD EMERGENCY SUPPLY KIT**

- **Three to five day supply of food (non perishable) and water per person/pet**
- **First aid kit (including masks)**
- **Whistle, batteries, flashlight, and wireless phone charger**
- **Toiletries (toothbrush, soap, etc)**
- **Blankets or sleeping bags**
- **Extra clothing**





**grief  
&  
loss**

**therapy group**

STARTS END OF SEPTEMBER  
TUESDAYS FROM 2PM-3PM

DM TO SIGN UP OR LEARN MORE

INFO ON THERAPY GROUPS IN THE BIO ^^^



2 likes

**hsucaps** Experiencing feelings/lack of feelings around loss in your life? Loss of a loved one? Loss of a relationship, partnership or friendship? Grief about losing your in-person classes, community, plans and activities? This is a group where we can openly connect and share about loss, grief and the tidal wave of emotions that can come with either (or the tidal wave that doesn't come, but you can tell it's in there waiting to crash). DM for more information, to sign up, or because you want to say hi.

*Grief & Loss Therapy  
Group  
Presented by CAPS*



# ON-CAMPUS FLU VACCINATIONS

## Free for students\*

Costs covered for students by your pre-paid health fees

### Staff & Faculty welcome!

\$32 on-site cash or credit payment

Wednesday, Sept 11 11am-5pm UC Quad \*\*

Wednesday, Oct 16 9am-6pm UC Quad \*\*

Tuesday, Oct 22 12pm - 6pm UC Quad \*\*

Monday, Nov 18 12pm - 6pm Library

\*Fully matriculated

\*\*Recreation & Wellness Center if rain

<https://wellbeing.humboldt.edu/>



sdrc\_hsu

*Free student  
vaccinations*

*\*\*\**

*On campus at the  
UC Quad*



*Let's Chat!*



A.S. PRESIDENT HERE TO  
TALK ABOUT CAMPUS, THE  
SENATE, A.S. FINANCES,  
STUDENT FEES & MORE!

## VIRTUAL WALK-IN HOURS

EVERY WEDNESDAY AT 5-6PM  
AND THURSDAY AT 10-11AM  
ZOOM LINK IN BIO



**JEREMIAH  
FINLEY**



hsu\_as



LET'S TALK  
ABOUT THE  
MIDDLE EAST

Film series and discussion with HSU professor  
Leena Dallasheh

# FOR SAMA

(SYRIA, 2019)

In this moving and heartbreaking documentary, Waad al-Kateab documents the reality of shattered lives amidst the conflict in Syria. Starting from the early demonstrations against the Assad regime in 2012, it follows Aleppo as it falls under siege and turns into rubble. But amidst this devastation, the film also tells a story of life, love, and glimpses of hope.



TRIGGER WARNING: VIOLENCE

SEPTEMBER 24  
AT 5PM

Please RSVP using this link  
<https://forms.gle/eniGUFubnDNUGj3A7>  
to receive Zoom link and password

*Let's Talk about the  
Middle East  
\*\*\**

*Film Series and  
discussion with  
HSU Professor  
Leena Dallasheh*

FILM SERIES

## Let's Talk about the Middle East

Dr. Leena Dallasheh

September 24, 5PM: **For Sama**

October 8, 5PM: **74: Reconstitution of a Struggle**

October 22, 5PM: **10 Days before the Wedding**

November 5, 5PM: **Advocate**

To join the screening, please

RSVP <https://forms.gle/eniGUFubnDNUGj3A7>

So you can receive Zoom link and password



hsugesasa





# Resources Available for our Student Leaders this Virtual Semester



22nd Annual Campus/Community Dialogue on Race

# GLOBAL JUSTICE FOR BLACK LIVES

## CLAUDIA RANKINE KEYNOTE SPEAKER

Sat. Nov 7, 2020  
2pm

Rankine's *Citizen: An American Lyric* helps readers wrestle with the continued realities of racism in the U.S. *Citizen* demonstrates that anti-Black racism and white supremacy remain widely unexamined and unchecked.

## LAWRENCE ROSS

Mon. Oct. 26, 2020  
2pm

Ross' *Blackballed: The Black & White Politics of Race on America's Campuses* explores the present and historical issues of racism on hundreds of American college campuses, and how that ties into today's #BlackLivesMatter.

## DR. BETTINA LOVE

Tues. Oct. 27, 2020

Dr. Love will present for the "So You Want to Teach" event. Dr. Love is one of the most esteemed educational researchers in the areas of how anti-blackness operates in schools, Hip Hop education, and urban education.

Register for ES 480 Campus and Community Dialogue on Race to earn credit for attending! Send questions about the course to [Nancy.Perez@humboldt.edu](mailto:Nancy.Perez@humboldt.edu)

All events will be virtual. Persons who wish to request disability-related accommodations, please contact us at [cdor@humboldt.edu](mailto:cdor@humboldt.edu)



SEE FULL SCHEDULE AT [DIALOGUE.HUMBOLDT.EDU](https://dialogue.humboldt.edu)

Learn more about our  
Campus & Community  
Dialogue on Race! This  
year's Topic:  
Global Justice  
for  
Black Lives

\*\* For accessible version of this flyer, go to  
<https://dialogue.humboldt.edu/flyer-information> \*\*



# Eviction Prevention Program

There are two programs providing rent and mortgage assistance. One is through the City of Eureka, and one is through the county. If you live in the city limits, you apply to the city program. If you live outside of Eureka city limits, you use the County Program.

The contact person for the City of Eureka program is Kristen @ 707-441-4209. You don't have to provide a social security number to apply. You do have to prove a decrease in hours/pay due to COVID. You also have to show proof of employment which could be a pay stub or a letter from the employer. They have applications in Spanish. To have an appointment in Spanish you need to schedule in advance to ensure interpretation services are available. This program offers up to \$2500.

The number for the County of Humboldt Program is 1-877-410-8809. It is through social services. This program provides up to \$5000.

Here is a website with more information:

<https://humboldt.gov/2824/Eviction-Prevention-Program>

Here is an article on Lost Coast Outpost:

<https://lostcoastoutpost.com/2020/aug/7/cant-pay-your-rent-or-mortgage-theres-county-fund/>



# *The Learning Center online!*

## *Learning Center Online*



The Learning Center is meeting students where they're at  
--in class, on Zoom, by email, or through chat.

The Learning Center has new resources and services to support students online. The most significant updates are below. Visit our website or contact us to learn more.  
We'd love to meet with your department or student group.



# *The Learning Center online!*

- Academic Peer Coaching  
- Peer to peer coaching is now available to help students identify and use effective academic strategies in their practice. Coaching is offered on a first-come, first-served basis.
- Connected Tutoring -  
Tutors are now paired with specific courses and sections so students can get to know and find their course's tutor easily. In addition, the ERE department is partnering with the Learning Center to offer embedded tutoring for select courses.





# *The Learning Center online!*

- [The Writing Studio](#) will continue to offer student writing support through Zoom, email, or chat. Students can make an appointment from the Writing Studio's webpage or can Zoom with our front desk staff.
- [Supplemental Instruction](#) - Supplemental Instruction (SI) will offer synchronous SI courses via Zoom two days a week. In addition, the SI program is partnering with the Philosophy Department to support Phil 100 (Logic) with an SI course, Phil 198.





# *The Learning Center online!*

- [Embedded Supplemental Instruction \(SI\) leaders in Intensive Math Courses](#) - The Learning Center's SI program is partnering with the Math Department to run SI within Math 101I, Math 103I, and Stat 108I courses.
- [Math Tutoring Lab Hours](#) - Since math and statistics classes will be supported with connected tutors and embedded SI leaders, the Math Tutoring Lab will have limited drop-in hours in the fall to support quantitative skills.





**Welcome to the  
most unique year,  
ever!**

**We're in it with you  
<3 CAPS**

# *CAPS*

*2020 is a special year. Lots of hardships- but also lots of strength building as we face our fears, and move through them. This year is different than any other. And we know how challenging change and different ways of doing things can be. If you want to talk about it, explore what this new semester is like, or see what's going on with our groups and programs- give us a call. 707-826-3236. We got you.*