

THE LUMBERJACK

Nationality vs. Morality



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Runners at Patrick's Point



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Counter Culture on the skin



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Life after prison lacking

College lacks sources for incarcerated students

by Tony Wallin

The current nationwide prison strike has shed light on the inhumane conditions reflecting slave labor, prisoner mistreatment and the absence of education within prison walls.

But life after prison is still a challenge for prisoners. Specifically for those who go back to school.

Steven Ladwig, associate director of admissions at HSU, says there is definite need for some kind of program at HSU for formerly incarcerated students running Operation U-Turn, which was a club helping other incarcerated students. Since that student graduated the club ended and Ladwig hasn't seen anything like it since.

"We need a safe space for the incarcerated attending HSU. We need a center, advisors, the whole nine yards," Ladwig said.

Stigmas and stereotypes can create barriers and separations for the formerly incarcerated. These judgments follow them outside prison walls and make it difficult to adjust into the real world, especially when wanting to further their education.

The Opportunity Institute and the Stanford Criminal Justice Center, both designers of Renewing Communities, state that to address the staggering mass incarceration in the nation, over 2.2 million people, California is using higher publication education but is still falling short.

Before 2014 there was no one enrolled in face-to-face community college in CDRC. After California Senate Bill No. 1391 was passed there were 4,443 inmates enrolled in fall 2017.

According to Correction to College, there are currently 700,000 Californians in the correctional system and another 8 million residents with arrest records. 30 of the 35 prisons in California teach face-to-face community college.

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RUNNING OUT OF TIME

Part-time bus driver hourly work limits, multiple retirements and failed drug tests put stress on transit system schedules

by Michael Weber

The Arcata and Mad River Transit System, run by Arcata Public Works Department, is experiencing a shortage of bus drivers. A problem which has affected bus routes and scheduling.

The Red and Gold bus routes now merge into the Orange bus route from 6-10 p.m. on weekdays.

Director of Public Works Doby Class said a few drivers had to retire during the summer for age and health related issues. Since then, replacements have been hard to come by for Arcata Public Works. "We're actively trying to contact agencies, temp help," Class said. "We're doing much more outreach than in the past."

Finding qualified candidates has been

SEE TIME ■ PAGE 4

110 flights of stairs

Humboldt firefighters honor the fallen on 9/11

by Skye Kimya

Within 45 minutes, local firefighters and nearby volunteers walked up and down Humboldt State University's Founders Hall 18 times in memory of 9/11.

Of the 2,977 victims that were lost during the attack on the World Trade Center in New York City on Sept. 11, 2001, 343 of them were firefighters.

For several years now, fire departments nation wide walk an equivalent of 110 flights of



Photo by Skye Kyma
Local firefighters and volunteers walk up and down Founders Hall stair case on Sept. 11 a total of 18 times to match steps with those who were killed when the World Trade Center fell on this day in 2001.

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The Lumberjack

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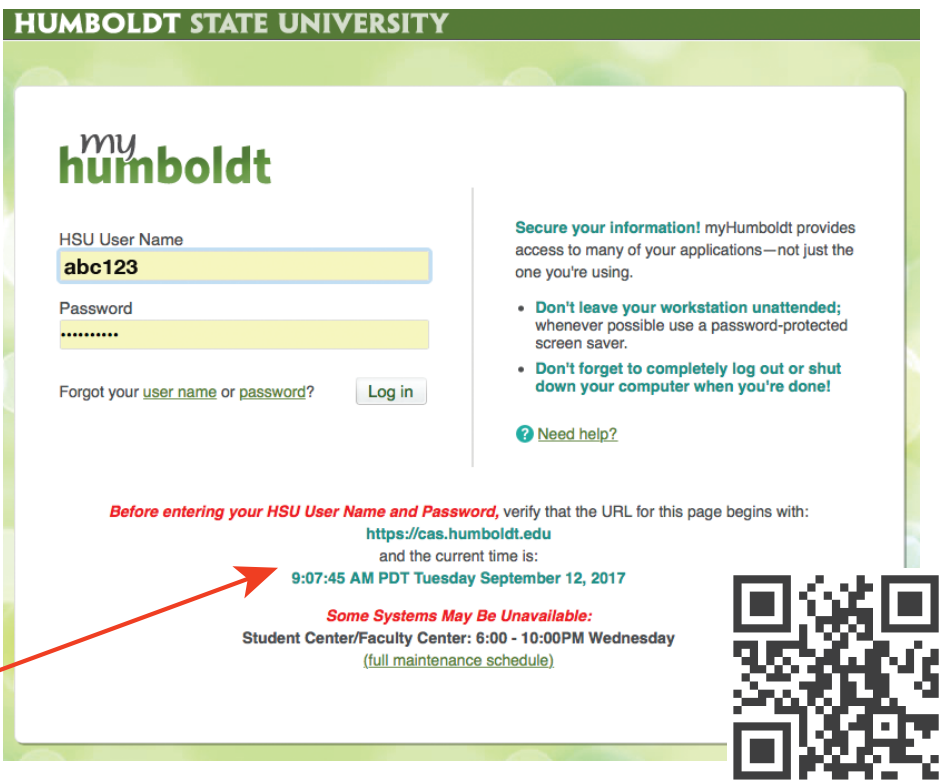
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EDITORIAL

Modern day ‘Battle of the sexes’

Sexism runs rampant in the professional tennis world and what happened to legendary player Serena Williams on Sept. 8 is proof.

A showdown between Williams and Naomi Osaka in the U.S Open culminated with tears running down both women’s cheeks for very different reasons.

In the heat of the match, with both competitors fighting fiercely for a Grand Slam Finals victory, Williams was given code violations by umpire Carlos Ramos.

First, Ramos handed Williams a violation warning for coaching after he believed Williams’ coach, Patrick Mouratoglou, gave her signals from the bleachers.

The next violation came when a clearly frustrated Williams smashed her racket on the court and she was handed a point penalty. The line of sexism was crossed when Ramos docked Williams an entire game for calling him a “thief.”

“You stole a point from me and you’re a thief,” Williams told Ramos.

The International Tennis Federation released a statement in support of Ramos’ decision to penalize Williams:

“Carlos Ramos is one of the most experienced and respected umpires in tennis. Mr. Ramos’ decisions were in

accordance with the relevant rules and were re-affirmed by the US Open’s decision to fine Serena Williams for the three offenses.”

After the match, Williams told reporters that Ramos’ calls were clearly rooted in sexism.

“I’m here fighting for women’s rights and women’s equality,” Williams said. “And for me to say ‘thief’ and for him to take a game, made me feel like it was a sexist remark. He’s never taken a game from a man, because he said thief. For me, it blew my mind.”

We should be talking about Osaka and her dream of beating Serena Williams in a Final coming true. Yet, we have to address the elephant in the room once again.

Williams was fined \$17,000 by the U.S Open for the violation but her male counterparts have come to her defense. Just in the last few months, there have been other instances where female tennis players were treated differently than the males.

French tennis player Alize Cornet was handed a violation for briefly taking her shirt off on the court. She had been in the locker room to change during a 10-minute break and when she returned to the court she realized her shirt was on wrong and fixed it.

Tennis pro John Isner

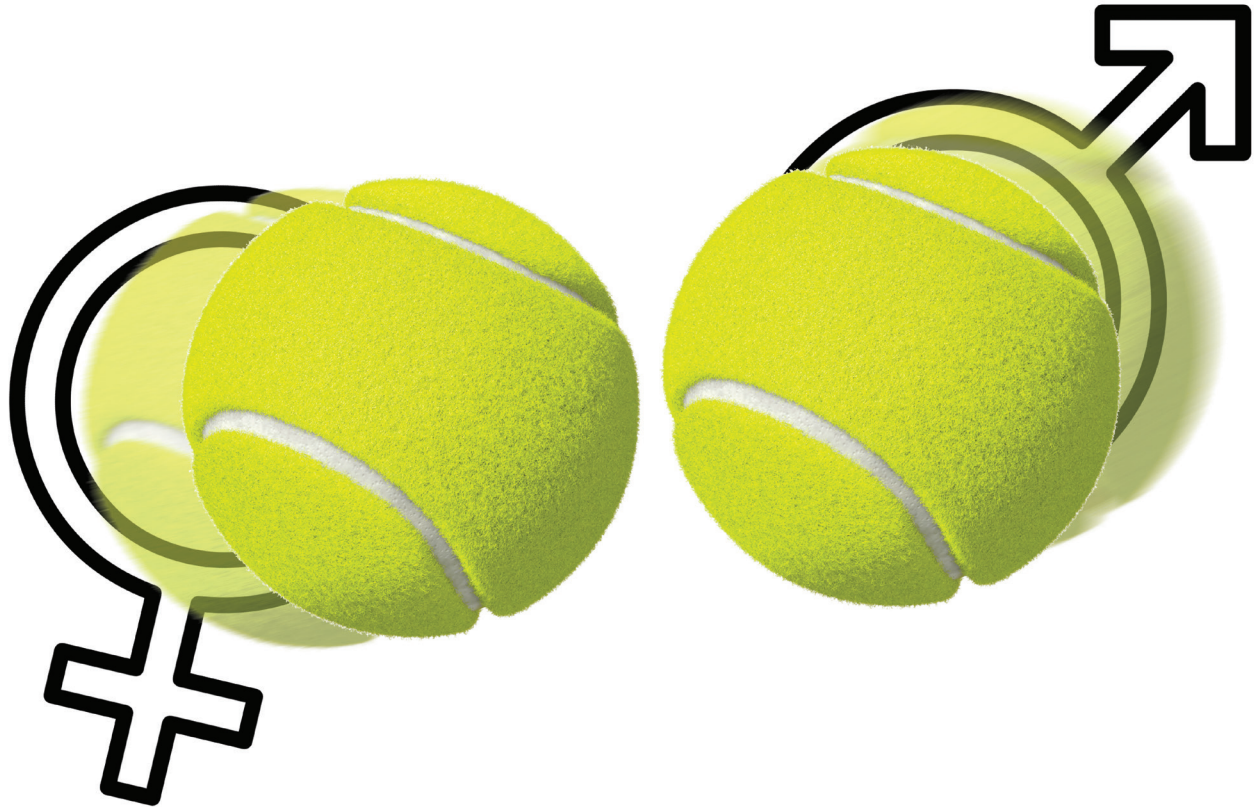


Photo Illustration by Megan Bender

changed his shirt 11 times during his match against Juan Martin del Potro. Novak Djokovich, one of the game’s elite players, sat shirtless for several minutes while waiting for his opponent to return from a break. Neither player was penalized.

Earlier this year, in her first match since giving birth to her first baby, Williams wore a full body all-black catsuit at the French Open that helped her blood circulation

after having a rough birth.

French Tennis Federation President Bernard Giudicelli made an announcement banning Williams’ catsuit and introduced a new dress code that banned players from wearing form fitting clothes.

Williams responded in perfect fashion by wearing a \$500 Louis Vuitton tulle skirt (tutu) for her first match at the U.S Open.

Tennis has a long way to go in achieving equality

for women at every level. The most polarizing and dominant player in tennis shouldn’t have to be in this fight but she is. Now that the GOAT has spoken up for women’s rights in a game ruled over by men, maybe the road will be easier for the next generation of women in sports.

The Editorial Board may be contacted at thejack@humboldt.edu

OPINION

Don’t confuse nationality with morality

by Alex Harris

Double V for Victory, “Victory at home and Victory away,” is a statement with a connotation that is still prevalent today. The rhythm of this sentence represents the almost theatre like performance of how some veterans and politicians in the United States claim civil activism against the idea of the American flag is “Un-American.”

We see people like Donald Trump whining about the un-patriotic protesters of the flag like Colin Kaepernick and others in the NFL and yet when I see his rhetoric on such, it reminds me of his own denial of patriotic action.

What would the deceased Senator Daniel Inouye say if he saw politicians saying protesting the flag was “Un-American” and anti-Veteran? He wasn’t even considered American as he was both fighting for his country and the lives of himself and those around him. But still, Japanese-Americans like himself were illegally detained under the guise of a presidential order that seemed to change what was American and wasn’t overnight.

Nationalism and nation building might have been



Photo Illustration | Megan Bender

controlled by the military and the US government, but in the 20th and 21st century our country has been embraced by the warm and comforting feeling of civil and legislative action that attacks these pillars of U.S nationalism. We as an American people might be brandished by the toxic scorns of racism, xenophobia, misogyny and white-ethno nationalism but that does not mean that’s what defines us.

The constitution is a living document, so why does nationalism seem to be the equivalent of beating a dead, racist horse. I call out these

things because as we look at the American political landscape, we may see a prevalent theme of ignorance formed around what can be protested and what cannot. So far, many conservative leaning politicians, citizens and business persons find protesting the flag more repugnant protesting a woman’s right to choose the fate of their own bodies.

The U.S flag is not some stationary object that represents America in a positive light. It stands for all of America and when we generalize someone’s protest against the flag, we start to ignore the reasons why they

are protesting.

I respect Colin Kaepernick. I take that back. I want to strive to be like Kaepernick because he represents the ultimate purveyor of freedom of speech. He puts the rights of his own culture and background before his own financial and societal stability.

This is something I see represented in athletes of antiquity, like Muhammad Ali, who’s famous words on the Vietnam war still echo in the American consciousness today.

“I got nothing against no Viet Cong,” Ali said. “No

Vietnamese ever called me a n****r.”

This quote shows us why it’s important to understand that the protest against the policy and actions of some Americans and governmental entities does not mean the wholesale denial and disrespect to a nation, but rather against specific problems one takes with a nations actions.

This generalization is an action taken by government infrastructure to ensure that national rhetoric on a subject that breaches the ideas of what some consider U.S nationalism, becomes associated with something ‘unpatriotic.’

This is where the fallacy and mythos of nationalism becomes involved because as we stride closer and closer to a world where people live in diverse communities of all religions, ethnicities and cultures, we will begin to understand Nationalism as the barrier it is rather than the culture and history it supposedly represents.

So as Colin Kaepernick becomes the pariah of all supposedly patriotic citizens, he also becomes the hero of all those who are deemed not.

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PRISON

FROM PAGE 1

student running Operation U-Turn, which was a club helping other incarcerated students. Since that student graduated the club ended and Ladwig hasn't seen anything like it since.

"We need a safe space for the incarcerated attending HSU. We need a center, advisors, the whole nine yards," Ladwig said.

Stigmas and stereotypes can create barriers and separations for the formerly incarcerated. These judgments follow them outside prison walls and make it difficult to adjust into the real world, especially when wanting to further their education.

The Opportunity Institute and the Stanford Criminal Justice Center, both designers of Renewing Communities, state that to address the staggering mass incarceration in the nation, over 2.2 million people, California is using higher publication education but is still falling short.

Before 2014 there was no one enrolled in face-to-face community college in CDRC. After California Senate Bill No. 1391 was passed there were 4,443 inmates enrolled in fall 2017.

According to Correction to College, there are currently 700,000 Californians in the correctional system and another 8 million residents with arrest records. 30 of the 35 prisons in California teach face-to-face community college.

One-third of the 114 California community colleges have student groups or programs that build support systems for recently incarcerated students.

20 miles south of HSU, College of the Redwoods in Eureka, has partnered with the Humboldt County Jail to create an educational pipeline for inmates, however Humboldt State itself has nothing to offer formerly incarcerated students.

Renee Byrd, assistant professor of sociology whose current research areas are mass incarceration and prisoner re-entry, said some of her best students have been formerly incarcerated.

"There's definitely space and a need for resources," Byrd said.

But HSU has nothing specifically targeting formerly incarcerated students. She knows that there are barriers for people getting out and education is the number one way to improve their lives and economic standing and HSU should make it easier.

Schools such as UCLA, UC Berkeley and UC Davis offer The Underground Scholars Initiative. Nine CSU campuses, Sacramento, Bakersfield, Fresno, San Bernardino, Fullerton, Los Angeles, Pomona, San Diego, and San Francisco, all successfully support the Rebound Project: a 50-year old program started at SFSU in 1967 by John Irwin that offers support to those who have been incarcerated in transitioning to life on an University campus.

When asked about a program like Project Rebound migrating north to HSU, Byrd said she is very supportive but it would not only take time and money but a coalition of faculty and administrators who are having a hard enough time making sure students are housed.

"I think this is precisely where this institution should go," Byrd



Photo by Tony Wallins

Humboldt County Probation services in Eureka, Calif. The only available resource for formerly incarcerated HSU students is the probation dept.

said. "HSU should be a leader in this rather than following."

In 2016, a Humboldt County Reentry Resource guide was published along with an HSU master thesis called "Reintegration in rural community; strengths, barriers, and recommendations for reentry in Humboldt County." The author Vanessa Vrtiak, who has since earned her masters in sociology and is active in the community's prison activism, said there hasn't been a difference before or after the resource guide was published.

This might be because it isn't posted anywhere easily accessible or in any HSU buildings. If one wants to find it they have to search for it on the internet.

Vrtiak created the resource guide because there was nothing put together for anyone who

had been formerly incarcerated to know what resources were available in that community, especially for those people who aren't from the area. It is still like that on campus for those searching for some kind of help.

"Not a lot of people organizing in our community," Vrtiak said.

While a student she coordinated a week long criminal justice dialogue on campus that had an event each day. The topics included housing, employment, success stories, resources and barriers. But just like Ladwig, this was all she witnessed that addressed formerly incarcerated students and once the week of events ended there wasn't anything else.

Vrtiak had Project Rebound come up to HSU in the past and thinks it would be great if the

program was integrated permanently because the biggest resource at the moment is the probation office. If you were formerly incarcerated but off probation or parole you no longer have that option of resources.

With a 400 inmate capacity jail in the middle of Eureka and Pelican Bay only 60 miles away this problem is in Humboldt county's backyard. California is starting to address the need for educational transitions from correctional facilities and support is needed to move north to HSU.

"The goal always is to educate the community and ask for compassion for people who are incarcerated," Vrtiak said.

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TIME

FROM PAGE 1

the most difficult road block for A&MRTS.

"It's so hard to find people who can pass a drug test, wants to work with the public, reliable and can drive a bus," said bus driver Doug Thompson. "Lots of my friends who would love this job can't (do it), simply because they can't pass a drug test."

Class said transit manager for A&MRTS LeAnn Schuetzle, whose main job is to manage the bus system, hire and train drivers, has been driving the bus herself due to the shortage.

A&MRTS also has another hiring predicament which may worsen existing conditions.

The Arcata bus system only hires part-time drivers in order to save on costs. Part-time bus drivers are limited to 1,040 hours a year, meaning that if a driver is to reach their limit, they are no longer allowed to work for the rest of the year.

According to Class, there are current employees who are nearing the 1,040 hour limit

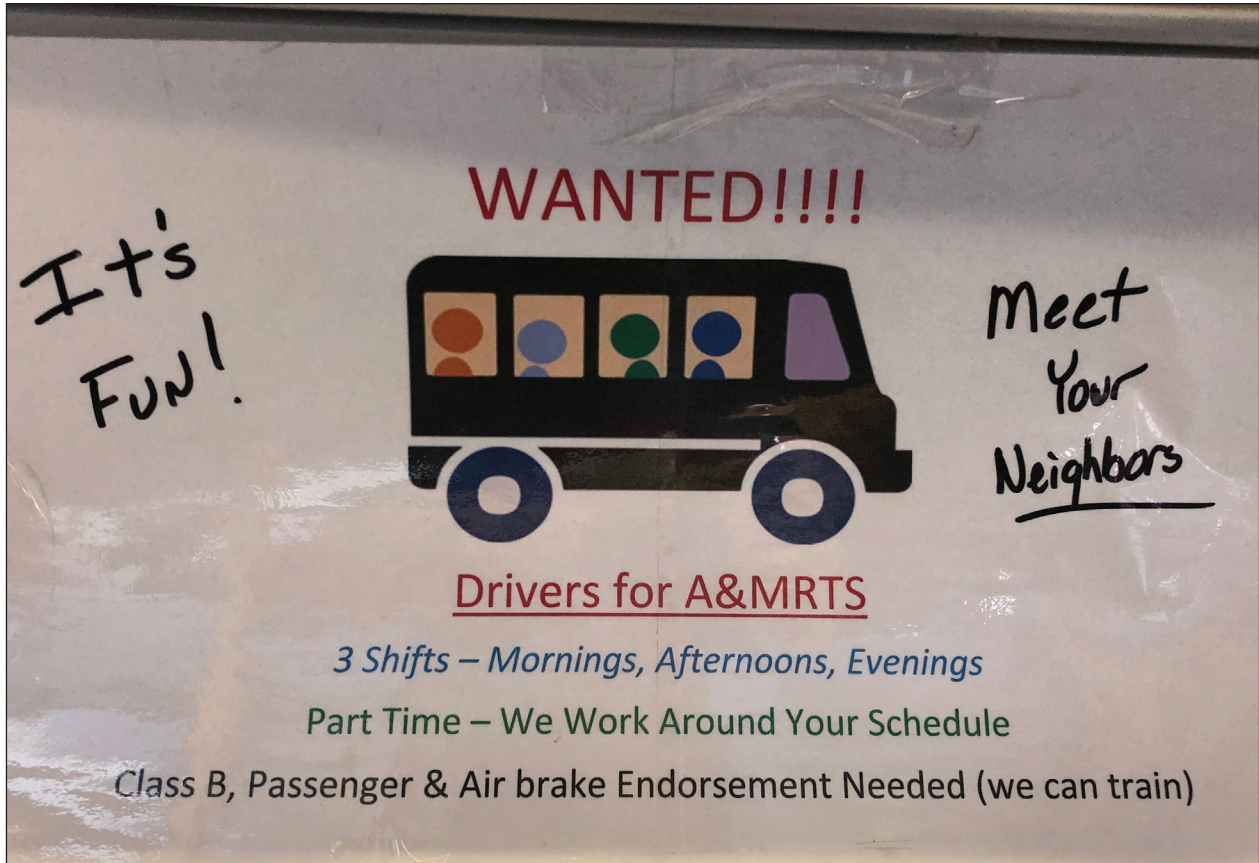


Photo by Micahel Weber

Part-time driver hourly limits, retirements and failed drug tests have put stress on transit system schedules in Arcata and Mad River.

it and may soon be unable to work. This means their current driver shortage may become worse.

"We're running on borrowed time," Class said.

Class hopes that by Jan. 2019 the driver shortage issue

will be resolved.

There are proactive plans to get new drivers including a joint training program with Redwood Transit System in Eureka to provide a bus driver's "learner permit" in order to train new drivers for a

B-class driver's license.

Students and citizens, including retired workers, are eligible for this "bus driver in training" position so long as they are willing to work and can pass a drug test.

Some residents of Arcata

have been affected mildly by the driver shortage.

According to Joannah Harris, her old route had been cut off by the new routes.

"I had to get used to the new scheduling," Harris said.

According to Frank Moldy, the change happened abruptly with no notice and left him stranded at a bus stop. "Let people know, have some ads so we know," Moldy said.

"It didn't really affect us," resident Annie Bernier said. "But, we would be stuck (here) without the bus."

Beyond the scope of the driver shortage, Class wants to expand the current bus system. He wants Arcata residents to have the same half-hour bus stops that HSU students enjoy. There are also plans with HSU to connect the University with off campus parking south of G Street, according to Class.

"We want to be the best little bus system in the west," Class said.

Until A&MRTS can solve their driver shortage effectively, future expansion will have to wait.

Michael Weber may be contacted at thejack@humboldt.edu

FLIGHTS

FROM PAGE 1

stairs to honor those that entered the buildings.

"I think I speak for every firefighter when I say that this is a very daunting day for us," said Arcata firefighter Jacob Cliff.

Cliff has now organized this event for the past two years to assure that Humboldt County

firefighters continue to show their appreciation and recognition of their fellow fighters that endured the unfortunate happening of 9/11.

Last year Arcata Fire Department walked HSU's Cypress Hall stairs after briefly deciding to start the event over a dinner table conversation. This year, several nearby departments came out to participate, including: Arcata Fire Department, Fortuna Fire Department,

Humboldt Bay Fire Department, Rio Dell Fire Department, and Samoa Peninsula Fire District.

"They are carrying their 75-100 pound gear on their backs as they walk these steps," said President of the Volunteer Firefighter Association, Rob Cannon. "Because that is what those 343 firefighters had to do that day."

Several nearby students and faculty members joined the lo-

cal firefighters on the walk up and down Founder's Hall. The departments provided gear for the volunteers that wanted to experience the walk with the extra pounds on their back.

"I decided to participate out of respect to those that actually had to do this," said volunteer Fortuna firefighter Morgan Tuel. "It was a lot more challenging than I was expecting."

At the bottom of the stairs was a blue cooler full of cold

water bottles for any participants who needed a quick thirst quencher. Anybody passing by was welcomed to join, and most that were curious about what was going on, did not fail to do so. "It is a nation wide patriot day," said Cliff. "It is very humbling to see others out here honoring our fellow brothers and sisters as well."

Skye Kimya may be contacted at thejack@humboldt.edu

Pair of Jacks take gold at Patrick's Point

Cross Country men and women's team push boundaries, individual athletes accomplish goals

by Matt Shiffler

The Humboldt Cross Country Invitational on Sept. 8 displayed a new leader in the women's 6k.

Sophomore Kaylee Thompson ran a 21:49.00 college best inside the redwood's famous Patrick's Point State Park.

Thompson attributed preparation as key to the season opener.

"We knew what challenges were ahead, and we knew where we were going," Thompson said. "Being able to practice here and feel more comfortable definitely helped me in today's race."

It was a sunny day for running as weather conditions stayed in the upper 50s all morning. Having home field advantage over competing schools like Oregon Tech, Sonoma State University, Simpson University, Shasta College, and College of the Siskiyous was beneficial.

Jacks sophomore Cessair McKinney placed fourth and clocked in an impressive 22:28.00 time in the race. McKinney was excited for this race for weeks enduring conditioning all through August.

"I had a rough track season but I'm happy to be back for cross country," McKinney said. "We have the leadership



Freshman distance runners Adam Grimmitt (left) and Michael Gengo (right) competed at the Humboldt Invitational at Patrick's Point in Trinidad on Sept. 8.

to look up to but our team is young and we are so excited to see what we can accomplish."

Energy is high on this women's squad and they are looking to carry it over to the upcoming meets.

On the men's side, first-place finisher and returning senior leader Daniel Tull didn't need a photo finish as he raced a 25:49.00 ten seconds ahead of the competition.

Sophomore Carson Cohn was the next Jack to cross the finish line with a fourth-

place finish and a solid time of 26:21.00.

Huddled around the table, high fives were in the air and all smiles on the men's faces as Tull and some teammates geared up for another run.

Jacks cross country will only have two home meets this year but it isn't a problem for them.

"We want to travel, we just want to race people," Tull said. "New faces but all of us are getting along great, chemistry and work ethic are incredible

this year."

Jacks sophomore men's runner Jeran Sykes finished with a time of 28:06.00 and also had gratitude toward the team's performance.

"Races early in the season are perfect rust busters," Sykes said. "So many pleasant surprises, we help each other through the struggles, we really make each other way faster."

Scott Pesch, longtime cross country head coach, retired last season and the Jacks

Team Totals

Women's Team Total:

1. Oregon Tech 1:52:29
2. Humboldt State 1:53:43
3. Sonoma State 1:58:10

Men's Team Total:

1. Oregon Tech 2:13:18
2. Humboldt State 2:14:16

found their match in new head coach Jamey Harris. Harris, coming from UC Santa Cruz, continued building the legacy of Jacks distance running at today's event.

"Alumni's and the local community came out and we got to show them who we are," Harris said. "They all performed admirably today."

Women's and men's club both finished a second off of the total time. They fell short and placed second in team rankings.

The Jacks take a three week break from competing before heading to the Willamette Invitational in Salem, Oregon on Sept. 29.

Matt Shiffler may be contacted at thejack@humboldt.edu

Jack's win streak continues

by Sebastian Lindner

Men's soccer continues hot scoring in Sundays game against Academy of the Art

The men's soccer team continued their hot scoring this weekend after beating Concordia University 3-0 on Sept. 7 and adding a 3-1 win Sept. 9 against the Academy of Arts Urban Knights.

Sunday's beautiful weather had the fans out to cheer on the pumped and motivated Jacks after coming away with a big win on Friday.

Jacks defender Gus Baxter got the team going with an unassisted goal at the 17:52 minute. Three minutes later, off of a set piece from senior midfielder Max Steinmetz, Baxter assisted Jacks sophomore forward Alejandro Cortes Garcia to take an 2-0 lead against the Urban Knights.

"The ball and I had a great day today," Baxter said. "My teammates were working hard and you could see that from the first 20 minutes of the game."

The Jacks took care of business the first half. They were communicating with every pass made and a sense of control was present whenever they held possession.

The Jacks had seven shots, one corner kick, and only committed six fouls. The Urban Knights responded with four shots and zero corner kicks, followed by six fouls.

With the start of the second half, the Jacks were not as crisp with their passes as they were in the first half. At the 60:26 minute, the Urban Knights took advantage and freshman midfielder, Edvard Edvarsson, nailed the top left corner off a set piece to give the Urban Knights their first goal.



Photo | Emily Ostheimer
HSU Sophomore, Ethan Waters moves in to steal the ball from Edvard Edvarsson, freshman of Academy of Art.

The Jacks took the jab thrown by the Urban Knights leaving the score at 2-1, and started to slow the game down and play to their tempo. The back line fixed their mistakes and held the Urban Knights to only three shots the entire second half, leaving Jacks senior goalkeeper, Bryan Hernandez, to save one other shot.

"We came out knowing we were in control," Hernandez said. "What was hurting us were the little passes that were coming up short to get an attack going."

Toward the end of the game the Jacks held their composure and continued to seek out

another goal. At the 84:00 minute they were rewarded with an own goal by the Urban Knights sealing the deal with a 3-1 victory.

Steinmetz helped create the tone in the first half and commented on how his team performed.

"We came out aggressive and capitalized on set pieces," Steinmetz said. "We as a team say, 'come out with the beast', and that beast was heard today with this win."

The Jacks are set to play their first away game this season against rival Sonoma State on Sept. 12 at 4 p.m.

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Advertisement for North Coast Co-op. The image shows various local products on a wooden surface: a jar of Loleta Farm Star Thistle Honey, a bottle of Henry's Olives, a bag of Dick Taylor Drinking Chocolate, a jar of Spindell's Sesame Oil, and a box of pasta. A circular logo with the word "LOCAL" is prominently displayed. The text at the bottom reads: "Your organic, member-owned grocery store since 1973. NORTH COAST CO-OP www.northcoast.coop 811 I St. Arcata • 25 4th St. Eureka".

At home tattoo counter culture



Photo | Deven Chavannes

Amateur tattoo artist Emi tattoos one of her drawings on Madison Smith Sept. 3 in her home.

by Deven Chavannes

Emi bought a tattoo gun a couple of months ago and did her first one on herself. Since then the Humboldt State alumna and artist has been tattooing friends for a much smaller fee than a professional parlor. “People have been asking me for tattoos for years,” Emi said. “I didn’t want to give people shitty tattoos.” While studying art at HSU, Emi lived with another tattoo artist who taught her most of what she knows. Though she has only been tattooing for a short time, you wouldn’t be able to tell from her work. Though it is easy to get a cheap tattoo gun online, Emi knows that getting a tattoo is a big commitment and doesn’t want to use cheap supplies. Just one basic component of her machine cost her \$250. She also takes very careful steps to ensure everything is clean and sanitized to prevent infections. Tattoos used to be reserved for sideshows, sailors and punks, but now it seems like everybody has one. Modern tattoo shops have been around

since the 1960s. In recent years, it has become much easier for an unlicensed person to buy a tattoo gun. You can buy a kit on Amazon for as low as \$20. Because of this, there are many people buying kits and setting up impromptu tattooing stations in their home. Madison Smith has around 13 tattoos and has no issue with getting them from her friends because she knows that even though they are unlicensed, she is familiar with their work and is confident knowing what they are doing. In fact, she prefers getting them from her friends because it strengthens their friendship. “Pretty much every single one of them was done by a friend except for the ones done by me,” Smith said. The biggest concern with tattoos done in the home is safety and precision. Professional tattoo artists need to have a license in California to legally tattoo someone. This is because of the health risks that come with repeatedly puncturing somebody’s skin with a needle. Some of these risks include infection, allergic reaction to

the ink, or the spread of blood borne diseases such as HIV or hepatitis. That is why it is important for everything to be cleaned and sanitized. Brian Kaneko is the owner of True Nature Tattoo in Arcata and has been a professional tattoo artist for 20 years. All of the tattoos he has he got in a shop, and he has never tattooed anyone outside of one. However, Kaneko does understand the appeal. Tattoos are rooted in counterculture, and getting them done in the home by a friend feeds into that idea. “In general, young people are less concerned with repercussions,” Kaneko said. Kaneko also compared getting a tattoo in someone’s house to unprotected sex. It’s more fun and often times you’ll be fine, but the possible repercussions if something goes wrong are not worth it. “You don’t have to be a carpenter to build furniture in your garage,” Kaneko said. “But if you don’t know what you’re doing, you can really mess someone up.”

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“In general young people are less concerned with repercussions.” — Brian Kaneko True Nature Tattoo Artist

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Arcata community fights suicide stigma

Out of the Darkness organizes annual event highlighting the importance of mental health

by Michael Weber

Arcata community comes together in “Out of the Darkness” community walk to share stories and spread awareness on mental health and suicide.

Residents and students alike came together on the fourth annual Arcata “Out of the Darkness” community walk on Sept. 9 to raise awareness for mental health and suicide and to reduce stigma in the local community through connection. The event was also to fundraise for the American Foundation for Suicide Prevention (AFSP).

Heather Freitas is the lead organizer for the AFSP Out of the Darkness community walk in Arcata. Freitas said the walks are a way for the community to come together and create awareness as well as fight negative stigma against mental health.

“It is not possible without the community,” Freitas said.

The walk starts in Arcata Square where participants checked in, looked at mental illness informative booths and engaged in activities that share connection with suicide.

Before the walk, community members were able to show

“It is not possible without the community.”

— Heather Freitas
AFSP Out of The Darkness organizer

support and learn about mental illness by wearing self identifying beads, sharing stories, and listening to speakers talk about mental health.

The walk itself was an estimated three miles long and took an hour and a half to for all participants to complete the walk.

A major landmark of the walk was passing through a “bridge of support,” where motivational and inspirational posters made by former volunteers are put up for display.

In the end, participants walked through the finish line and were congratulated for completing the walk.

For the closing ceremony, Friedas shared her personal experience to the crowd. “On this day in 2011,” Friedas said, her first loss to suicide was her dad. Friedas said he hid it well,



Participants make their way to the “bridge of support” during the Out of the Darkness community walk in Arcata.

and passed away when she had no one to check up on him.

“We don’t grieve just the loss of a live, we grieve with how our relationships change as well,” Friedas said in her speech.

Sept. 9 is also the start of suicide prevention week. As

national suicide rates are rising, according to the CDC, support for mental will continue in the community of Arcata.

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High hopes for grad school

Career advisor hosts workshop, answers student questions

by Megan Martin

The Academic and Career Advising Center hosted a grad school workshop for science majors in the Humboldt Scholars Lab in the library Sept 5. Career Adviser Kristina Hunt attempted to prepare prospective graduate students for what’s to come when applying to colleges across the country.

Hunt clicked through slides aimed at arming students with application information and timelines often available, but almost never compiled into one place. The presentation was designed to streamline the process and nuances of applying to grad school.

The to-do list was lengthy but calculated to optimize time and resources. The tips were varied, but insightful; ranging from hunting for fee waivers, to rationalizing a gap year, to quantifying the social compatibility of prospective new research groups.

After the last slide faded, two students attending the seminar had mixed reactions to the workload ahead.

Hannah Atwood, a student of environmental science and management, left convinced her window to apply had already shut.

“I should have been at this presentation last year,” Atwood said.

Atwood redrew the blueprints from research to a career in teaching.

“I started working with a youth program when I moved here last year,” Atwood said. “And as Kristina mentioned experience in research being important, it made me realize that I already know I enjoy working with kids.”

By shifting gears towards education, Atwood stands to save thousands of dollars and can expect to earn teaching credentials in one year at HSU.

Though Atwood left the seminar courting other options, one



Career Advisor Kristina Hunt presents strategies to science majors interested in applying for grad school in the Humboldt Scholars Lab in the library on Thursday, Sept. 5.

student left with hope for the lengthy process.

Junior student Matthew Lotakoon, who studies Hydrology in the Forestry department, is looking forward to grad school, and wants to be “at 100 percent.”

“I want to put together a plan like I did in high school,” Lotakoon said.

Assembling a plan hasn’t always been easy for Lotakoon. During his first two years at HSU, Lotakoon, like many others, struggled with balancing a full schedule and his part in the many clubs he’s joined. That’s in the past. The weight of what’s ahead isn’t stopping him from attempting to be the first in his family to bring home not only a college degree, but a Ph.D.

Hunt sees many students in both Atwood and Lotakoon’s position. Building the foundation to implement the dream of grad school or otherwise is what she does daily in the Career Advising Center.

“I try to pave a path,” Hunt said.

She deals with many different types of students. Some, Hunt said, come in twice a week. Those students are on their own path to graduate school. It’s

Hunt’s job to help put it down on paper. Others, she sees only once and is left to wonder.

Hunt does have hope for the job prospects surrounding students pursuing careers at any level in science. Though the sciences, especially environmental, have seen public funding slashed, Hunt says there is hope in the private sector.

With environmental innovations being funded by corporations, there are still research jobs available, with potentially higher pay. Hunt noted that companies like Apple are likely to pay scientists more than the federal government would.

Science students at HSU have options after graduation. There is research work to be done right here in Humboldt County. There is still more literally everywhere else.

Regardless of the next big step the seminar reinforced something for Atwood, a senior looking at graduation, that most students can relate to.

“Applying for school again,” Atwood said. “It stresses me out.”

Megan Martin may be contacted at thejack@humboldt.edu



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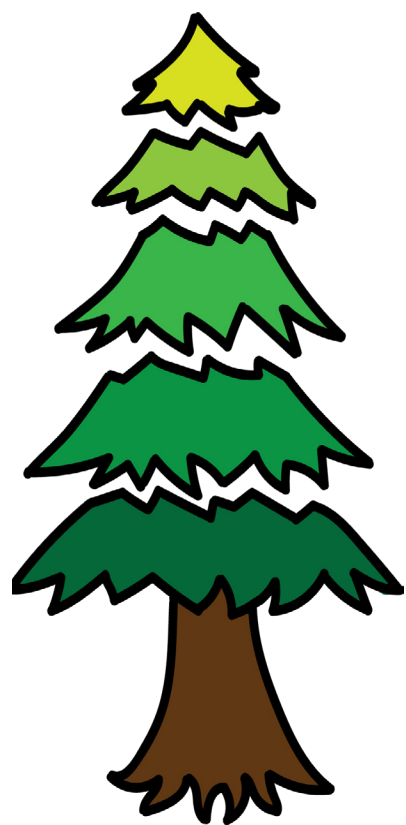
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