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LUMBERJACK

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BIPOC VOICES IN HUMBOLDT COUNTY

by Morgan Hancock

Students and community members rally in Arcata Plaza to support BIPOC folks and the challenges they face

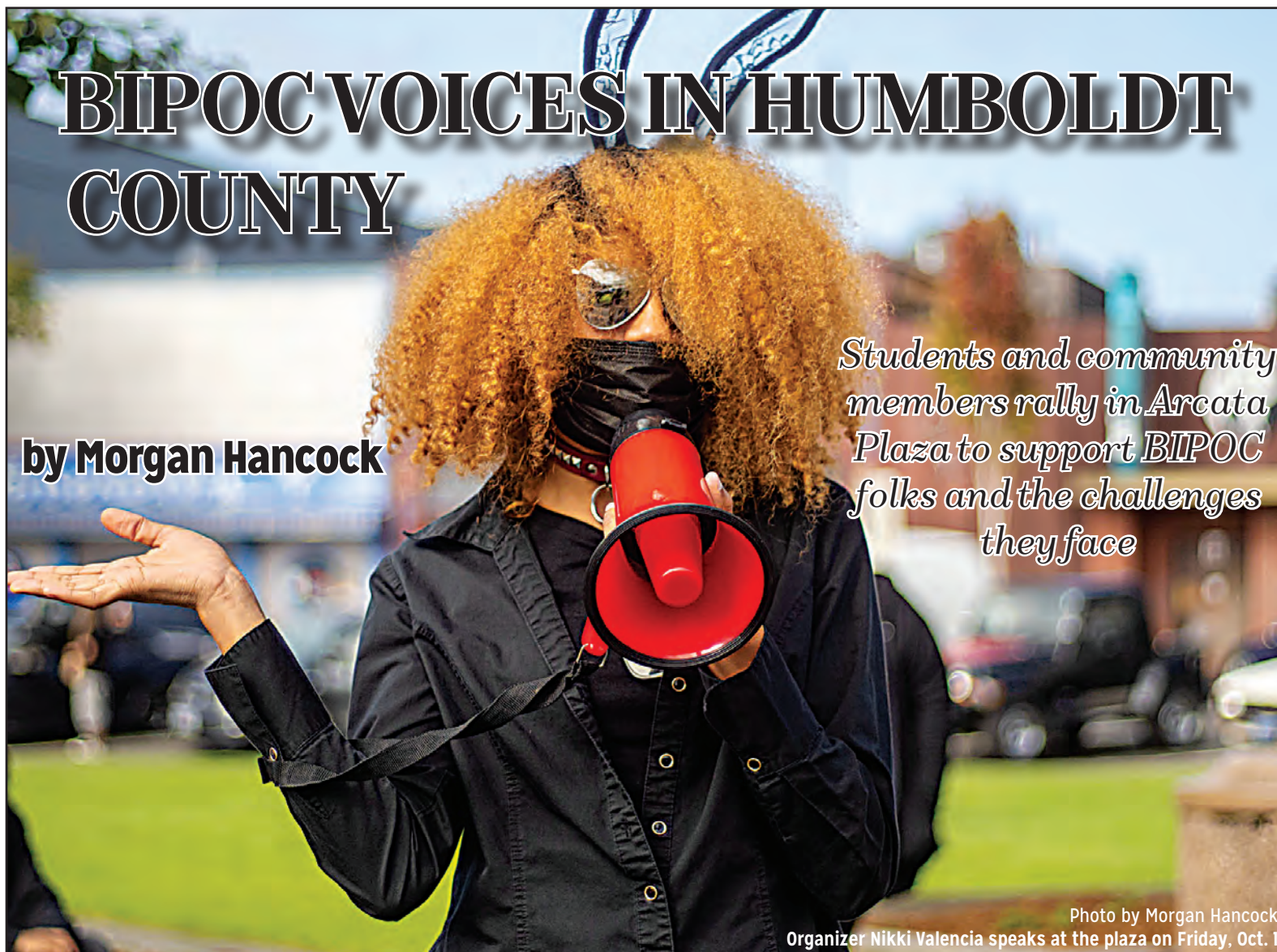


Photo by Morgan Hancock

Organizer Nikki Valencia speaks at the plaza on Friday, Oct. 1

A gathering was held in the Plaza to support BIPOC community members and listen to their experiences. Students and community members listened to the challenges that BIPOC folks in Humboldt County face today. Nikki Valencia organizes these forums

for people of color to voice their concerns. The main theme was calling out the lukewarm allyship in the Humboldt community. They want to call out an illusion of progressiveness that often fails to enact real action and support for people of color.

"So many people showed up in support, even in a short time frame," Valencia said. "I feel proud and appreciative of the strong speakers."

SEE BIPOC • PAGE 3

Dean's office announces majority of classes being taught in-person

by Kris Nagel and Morgan Hancock

The Dean of Students office announced via email that Humboldt State is planning to offer approximately 70 percent of their classes in-person. The announcement comes as guidance from the Western Association of Schools and Colleges (WASC) shifts back toward its pre-pandemic standards.

Prior to the spring semester of 2020, in order for schools to undergo substantive change-- moving a majority of its course offerings online, for example-- they would need to clear their program plans through WASC. This process generally takes 12 to 18 months.

When the pandemic hit, the need to shift to virtual platforms became apparent. WASC made a provision to their accreditation standards dropping the requirement for programs to be offered online. However, this provision is set to expire in December.

"It is our plan to continue to offer more and more face-to-face engagement for students in the spring as long as it is safe to do so," the email said.

WASC evaluates and accredits colleges and universities to ensure they meet educational goals and standards. For nearly three years students have been learning with online accommodations in response to social distancing protocol. As in-person life resumes, the Department of Education is requiring an end to the temporary authorization of remote instruction by December 2021.

According to WASC's website, under normal non-pandemic circumstances school's must report and seek approval of a substantive change in order to maintain its accreditation. Anytime there is change in how a school operates it must go through an evaluation. One example of change in operations is moving to a majority online teaching format.

HSU's issue is with the number of classes that are in person versus online. If more than 50 percent of classes are online next semester then HSU will have to request substantive change approval. It may seem that HSU has transitioned back to face-to-face learning, but it has not hit the 50 percent in-person mark. This is due to how HyFlex classes are categorized. HyFlex classes are still considered a method of distanced learning and do not count as face to face.

Robert Yunker has been working for months in Information Technology Services to set up HyFlex classrooms. Yunker recognizes the need to quickly set up hybrid classrooms, although this semester has presented a range of difficulties. HyFlex offers accessibility that HSU lacked before online learning was integrated into its classrooms. Even outside of pandemic requirements it could be a vital tool for the future of learning.

"I think we're doing a disservice if we stop [offering HyFlex]," Yunker said. "For some students, having it allows them to go back and watch class later. Students don't have to attend in person classes, they can stay home if they're feeling sick."

Humboldt State has committed to remain adaptable in the presence of COVID-19. As the county responds to fluctuating rates of positivity, so must the school adapt to the needs of the community.

"We are hoping to continue to define a new normal for our HSU students that offer a range of course modalities and opportunities for connecting with members of the HSU community," the email from the Dean's office said. "These goals will remain flexible as we've learned over the last 18 months all things COVID-19 are subject to change."

State park returns to its original Yurok name, "Sue-meg"

California State Park Commission votes to change name to Sue-meg to reflect the land's indigenous past

by Morgan Hancock

Sue-meg State Park will set a precedent as one of the first public features to reclaim its indigenous name with California's new initiative. It leaves behind its old name-- Patrick's Point-- which is associated with violence against indigenous people. This renaming is part of a statewide effort to re-examine place names to better reflect the values of California. Many original indigenous place names have been lost due to colonialism and replaced with names that carry traumatic weight.

Yurok Tribe Chair Joseph L. James attended the commission meeting to express how important restoring the Sue-Meg name was.

"By renaming Sue-Meg back, it brings balance to our people and a step forward in the right direction," James said.

James sees this as an obligation to offer future generations a more balanced and just world.

Members of the community at-



Photo by Abraham Navarro

A bear carved into the door of a Yurok plank changing house at Sumëg Village at Sue-meg State Park on Thursday, Sept. 30

tended the meeting to voice their support. All who spoke that day shared support for the action. The name change offers an opportunity to celebrate indigenous culture and language. For many it was also a moment of healing and justice.

Rosie Clayburn the Yurok Tribal Heritage Preservation Officer shared the historical and cultural context of the name. She clarified that it is pronounced "Sue-Mae". Clayburn explained that Sue-Meg is in the heart of the Yurok ancestral lands.

"We can honor legacy with our language," Clayburn said.

There is significance in using Yurok language. Not too long ago the Yurok were oppressed for speaking their language. Now reclaiming place names can be a part

of healing those atrocities.

"Even though this is a small word, Sue-Meg, it carries so much more meaning," Clayburn said.

The director of State Parks and Recreation, Armando Quintero, does not plan on stopping here. Moving forward there will be an evaluation of place names to better reflect California's collective past.

"In light of examining collective histories, we really are reshaping how we tell stories," Quintero said. "The stories we tell in parks are about all of the cultures of an area, the collective of all of our stories is what matters to us as we go forward."

Quintero aims to take care of these places and pass them to the next generation with fuller stories.

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BIPOC FROM PAGE 1

People were brave enough to get up there.”

One student speaker, Jesse Beacham Grijalva Prieto, feels that HSU is not a safe environment and does not meet the inclusivity standards that it preaches. Beacham Grijalva Prieto feels the support they need isn't there in the resources that HSU provides, and came to the plaza to voice those issues.

“This is a space for people to listen to BIPOC voices,” Beacham Grijalva Prieto said in a speech directed towards white liberals. “It's an opportunity for people to get that wake-up call and to be able to see who your community is.”

Joy Mehn is a junior at HSU who wants to see students turn out to more events like this and came to meet like-minded members of the community. She encourages people to act on their words.

“We talk about activism online, it's important to actually go out and do the things we're talking about,” Mehn said. Too many people get caught up in online “slacktivism” without actually bringing tangible support to their communities.

This was a space of gathering and voice. Tents offered first aid, cookies, BIPOC art, and community resources. The event took a confrontational turn as some folks insisted on being in the space without masks. Two white men unaffiliated with anyone else there had a confrontation in which a camera was thrown and the police were called, which had nothing to do with the organizers or speakers there. This just goes to show the obstacles that people of color face just trying to be heard in



Photo by Morgan Hancock | A speaker confronts a bystander who was unwilling to wear a mask at racial justice event at the plaza on Friday, Oct. 1.

their community.

“It's very frustrating to have these white people very clearly inserting themselves,” Beacham Grijalva Prieto said. The two men yelling drew attention away from the real reason people

were there, to listen to people of color speak. It represents the challenges BIPOC communities are facing in voicing their experiences- white people trying to fit into a space that is not made for them.

Onward and upward

Project Rebound provides vital support for formerly incarcerated students

by Ruby Guillette

Project Rebound was born as a way to help offer new opportunities to the formerly incarcerated. The project gives students tools to succeed outside the prison system, offering help with admission, finding homes and jobs, financial aid assistance, help with legal services and much more. In essence, the project helps students find community on campus and acclimate to life outside the criminal justice system. These efforts help redirect the school to prison pipeline to an education centered mechanism that inspires students to thrive and further their educational pursuits.

For Tony Wallin, HSU graduate and Project Rebound program coordinator at HSU, the program is more than just an association.

“Now we have a program, really a family, a support system, a network where all the staff members are formerly incarcerated, as well as students,” Wallin said.

Project Rebound has been a feature of the CSU system for over 50 years. However, Humboldt State joined the consortium, with major help from students, in 2020. Since its inception at Humboldt State, the program has provided resources for the formerly incarcerated as well as made efforts to educate faculty and other students.

HSU's Project Rebound has sponsored events via Zoom and held workshops for full campus education about what it means to be formerly incarcerated, as well as how flawed the prison system really is. Former topics included liberating women in prison, COVID-19 in prisons and most recently, a panel with Dr. Xuan Santos and Martin Leyva entitled, “We have nothing to lose but our chains- the art and culture of being OGs, Opportunity Givers.”

This semester, the project has expanded its efforts and implemented a workshop with children currently incarcerated at juvenile hall. This program is designed for incarcerated youth to connect with college students that understand what they are going through. The ten week program just entered its third week and things are going well.

Jeremy Tietz, current HSU student and Outreach Specialist for Project Rebound, participates in the youth program. He said that kids in the program were somewhat hesitant, but as they learned what Project Rebound was about, were thankful for their efforts.

“They thought we were just going to be another group of white, square guys coming in and teaching some lame-ass class,” Tietz said. “Almost all of them came up to all of us and thanked us for showing them respect.”

For students of all ages, these outreach programs can be vital tools for success. This is why Project Rebound at HSU has been so welcomed and important. For many formerly incarcerated people, education is the mechanism and platform for victory.

In the recent Zoom with Dr. Xuan Santos, Executive Director for Project Rebound San Marcos, Dr. Santos reiterates the message of education. Interspersed with stories of his past and the problems he encountered, the ultimate message was get educated and support people getting educated.

“The ultimate goal is to destroy those chains,” Santos said. “Nobody deserves to feel like we have hopelessness in this world, we should be a community of hope.”



Photo by Morgan Hancock | Activists hold signs in support of the event on the plaza on Friday, Oct. 1.

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Zendegi: the local band dishing out brutal psychedelia

Zendegi performs their first public show of the year

by Liam Gwynn

Siren's Song Tavern was packed the night of October 1st. Sweaty college students and tipsy locals alike had just finished jamming out to Birdpaw, a local band covering pop-punk classics. Birdpaw opened for Zendegi and the energy of the crowd was already at a boiling point by the time Zendegi began to take the stage.

Someone from the crowd shouted wildly as Kaveh Khajavi tested out his guitar. What ensued was a night of frantic moshing and drunken mayhem.

Zendegi is a psychedelic metal band formed by close friends Kaveh Khajavi and Kai DeRego-Frankel. They met through mutual friends as high school sophomores in Sacramento. Khajavi already had experience playing guitar and DeRego-Frankel played the drums so the two were a natural fit. They bonded through their love of the Grateful Dead and soon after meeting, they started their own band.

"Just from a DM he met me and we jammed in my garage for the first time, it was really something else," said DeRego-Frankel.

DeRego-Frankel has been drumming since he was seven years old and said that playing for the band has helped improve his skills considerably. He was inspired by classic drummers like John Bonham, Chad Smith, and Bill Ward.



Photo Liam Gwynn | Kaveh singing in the band Zendegi on Oct 1.

Khajavi doesn't see the band as fitting under any singular genre.

"There's a lot of stuff that's folk-influenced, and there's a lot of stuff that's like metal and punk," said Khajavi.

He explained how their sound is a balance between soft and heavy with a consistent psychedelic influence.

Khajavi started playing guitar when he was ten years old. Since then, he's had diverse training. From learning the basics of music theory and guitar to lessons in blues and folk, Khajavi has created his

own sound from a variety of influences.

"Some of my earliest memories from life are hearing 'Black Sabbath' played around the house, they're actually a great influence on the music we make," said Khajavi.

Zendegi has an infectious and chaotic energy that kept the crowd raging late into the night. It was a refreshing and somewhat strange experience after the last year and a half of avoiding crowds.

There's nothing quite like the feeling of being in a mosh pit. It's a violent and simultaneously friendly

experience where sure, you might get elbowed in the face and pushed on your ass, but someone will almost always be there to pick you off your feet and push you back into the fray afterward. It's not the place to be if you're still worried about catching the worldwide pandemic. However, if you're looking to dance away all your frustrations, there isn't a better legal way to do it.

Zendegi's discography can be streamed anywhere you listen to music and they will be playing at Siren's Song Tavern in Eureka on October 15th at 8 pm.

Huddie's Harvest is here

Huddie's Harvest opened its leafy gates and offers an array of autumn activities

by Liam Gwynn

A field of sunflowers gently swaying in the breeze, the excited yells of a family lost in the corn, stacks of vibrant and varied pumpkins. It seems like no matter where you are in the country, pumpkin patches offer a nostalgic and familiar fall feeling, and Huddie's Harvest is no different.

Located in the Arcata Bottoms at 3364 Foster Ave, Huddie's Harvest is a mere ten-minute drive from the Humboldt State campus and even less if you live downtown.

Jeff Mason waits at the front stand with an infectious grin. He's the co-owner of Huddie's Harvest and helped convert it from a dairy farm with his mother in March of 2020. This is their second autumn as Huddie's Harvest, and Mason says that they have already expanded their harvest considerably.

"From last year to this year, I doubled the number of pumpkins I planted," said Mason.

They also have a three-acre corn maze that Mason says he might have made a little too difficult this year. He sent his twelve-year-old cousin through the maze and said it took her thirty minutes. Surprisingly enough, Mason wasn't kidding. The maze took me around half an hour as well and I had to enlist the help of a lost couple in order to find my way out.

When it comes to pumpkin varieties, Mason says they have fifteen different types of pumpkins this year.

"Big, small, green, white, yellow, everything," said Mason.

Prices of the pumpkins range by size instead of weight and generally fall between \$3 to \$7. However, there is a special deal going on currently where pumpkins can be found for free. Hidden in the patch there are several different pumpkins marked with cookie cutters. These pumpkins are either



Photo by Liam Gwynn | Jeff Mason (left) and Brody Lions (right) run the front stand on opening day at Huddie's Harvest on Wednesday, Sept 29.

marked with a heart, star, or apple. Any pumpkin found with these markings is free.

Pumpkins and corn aren't the only features at the Harvest this year. Mason has teamed up with the Arcata FFA floral design class.

"I worked out a deal with Arcata FFA floral design class and they designed some bouquets for me, and I have those for sale as a fundraiser for them," said Mason.

Huddie's Harvest offers a friendly and laid-back atmosphere. While they are lacking food options currently, they still make for a relaxing refuge from the oncoming stress of midterms and our political climate.

Huddie's Harvest is open from Wednesday to Sunday from 10 am to 6 pm.



Photo by Liam Gwynn | One of Huddie's pumpkins.

COVID-19 Vaccine Rate at HSU

HSU vaccine rate of fall 2021 semester

by Sabriyya Ghanizada

On Aug. 23, the Pfizer-BioNTech COVID-19 vaccine was approved by the FDA. Access to HSU facilities require everyone to be fully vaccinated and submit proof of vaccination or apply for an exemption and submit weekly COVID-19 testing.

In April 2021, California State Universities mandated that all students, faculty, and staff who access campus facilities must be fully vaccinated against COVID-19, contingent upon Federal Drug Administration (FDA) approval of the vaccine.

Grant Scott-Goforth, the Communications Specialist at HSU, has explained guidelines for campus.

“All students, staff, and faculty were required to submit their vaccination status attestation by September 10,” Scott-Goforth said. “The means they had to attest they were vaccinated or have an approved exemption. We’re working to ensure that those who have not attested are not accessing campus and are 100% remote. The goal is to have 100% of students, staff, and faculty submit their vaccination status attestation, and to have as close to 100% vaccination as possible.”

According to Scott-Goforth, as of Friday Sep. 24, 98% of students have submitted and completed their attestation forms. 95% of all students enrolled in face-to-face classes are fully vaccinated.

The rate of employee vaccination is slightly lower. 92% of employees have submitted and completed their attestation forms. Of all employees, 87% are fully vaccinated.

Karen Selin, Medical Director at HSU Student Health and Wellbeing Services, shared the vaccine protocols for HSU.

“All students, staff, and faculty should be vaccinated against COVID-19 with 2 doses of Pfizer or Moderna vaccine or a single dose of Johnson and Johnson vaccine,” Selin said.

Selin said that vaccinations are

available to students on campus.

“They can call Student Health and Wellbeing Services for further instructions at 707-826-3146,” Selin said. “We currently provide Pfizer vaccination at the Student Health Center. There are separate vaccine requirements for other vaccines such as measles, mumps, rubella. That information is available on the student health website.”

There are options for those who may have medical or religious exemptions. Students can apply for an exemption on the MyHumboldt portal, and faculty and staff are able to do so through their PeopleSoft.

“Students who qualify for an exemption must submit to weekly COVID-19 testing,” said Scott-Goforth. “Students who are not accessing campus facilities could note as much in their attestation. Free COVID-19 testing is available to students, staff, and faculty at the Great Hall Monday through Friday 8 am to 5 pm. We are currently contracting with Fulgent to conduct testing.”

Michael Allen, a contracted tester for Fulgent, explained the process of testing students. The process is fairly simple.

“[The COVID-19 test] should take anywhere from two to five minutes, just walk in and we will test you,” said Allen.

If you don’t have a student ID, a driver’s license, passport, or Canvas account with your name on it is acceptable. Results can be expected in 48 hours by text or email.

According to Selin, Fulgent will bill your health insurance company, but will still test you at no charge if you do not have health insurance. There is testing for symptomatic students located at Student Health and Counseling.

For more information on the HSU vaccine requirements and exemptions, head to https://campusready.humboldt.edu/testing_vaccine#92

Creepy Crawlies

‘Tis the season of the pumpkin spider

by Cheyenne Wise

In Humboldt, people will usually see spiders and bugs of all kinds, some freakier than others. They do not need to have entomophobia, the phobia of bugs, to be freaked out by creepy crawlies. There are good reasons why people are so scared of bugs.

Many people are just scared of bugs. However, that fear is not the same as the fear of a mountain lion attacking. If anything, the fear people have for bugs is more related to the feeling of disgust. The brain doesn’t think that a bug is going to overpower and eat them.

The Department of Biological Science is the place to go when looking for answers regarding this phenomenon. Jose Szewczak, a professor of Zoology at HSU, speculated on the origin of this discomfort.

“People fear bugs because some can bite and get in places where you don’t find them, and so they can surprise you,” Szewczak said.

Psychology Professor Paul Rozin of the University of Pennsylvania traced the evolution of revulsion across the animal-human boundary. Those reactions evolved from instinctive reflexes to a more complex, culture-molded emotion. Disgust shifted from a reaction to avoid physical harm to one that wards off harm to the soul. That feeling some people get when they see a giant spider crawling towards them is a rejection response. The rejection response is an instinctive reaction towards things we find downright gross and is shaped by upbringing and genes. The rejection response is on the same

level as our fight or flight response, and it’s all meant to protect ourselves. Even bugs like the cute pumpkin spider, famous in Humboldt, are not safe from this fear response.

In California alone, there are quite a few hazardous bugs, according to the Insect Identification website, a non profit organization that uses the findings of fellow scientists. Take the infamous black widow. While she’s living her best girlboss life, she’s also a danger to human life. Her venom has neurotoxins that can cause muscle cramping, raised blood pressure, and even damage your nervous system. Due to the similarities between a bug that stings or bites and one that does not, it’s hard for the brain to automatically differentiate between the harmless and dangerous bugs. As a result, our brains tell us to stay away from bugs altogether.

Assistant professor Catalina Cuellar-Gempeler said that there are many different kinds of bugs, even ones you can’t see.

“My work focuses on microbial organisms - fungi, bacteria, microscopic animals, and plants.” Cuellar-Gempeler said. “I guess you can call them bugs! Other people say bugs referring to insects, or arthropods if you include spiders, mites, roly-polies, even snails and millipedes.”

“There may be different reasons why people like or dislike these different groups, including disease, poison, or just too many legs or slimy,” said Cuellar-Gempeler. “Oftentimes, it is a cultural response passed on gen-



Photo by Kris Nagel | Using circular webs stretched between tall blades of grass, this cross orb weaver enjoys its catch outside the Student Business Services building on September 26.

eration after generation. My grandmother had all these magical opinions on how moths would bring bad luck.”

There are so many different and even personal reasons for this fear of bugs. Whether it’s a fear of spiders or a fear of snails, it’s all valid. When people point out not liking the creepy, slimy look of a bug or a bad experience of waking up to something with too many legs crawling across your face, it’s a universal fear.

I asked Michael A Camann, a Zoology and Ecology Professor, what his thoughts on bugs were and if he had some reasons to be grossed out by bugs.

“I’m an entomologist, so I’m not generally grossed out by insects,” Camann said. “There are some I won’t handle alive, but that’s because they’ll bite or sting and I’d rather not be bitten or stung. I don’t have anything good to say about bedbugs. Physiologically, insects have lots in common with other animals, including vertebrates, so they are often model organisms of choice in laboratories. They have complex interactions with their environment so they’re interesting ecological subjects. They perform valuable ecosystem services, like pollination and connecting different trophic levels in food webs.”

Volleyball falls to San Francisco

by Jake Knoeller

The Humboldt State volleyball team showed a lot of promise at points in their match against San Francisco State University with a strong home crowd on their side on Thursday night, but ended up dropping all three sets by very slim margins.

Humboldt was led by Lindsey McLaughlin with nine kills, and Riley Tishlarich with 16 assists.

"I'm honestly not happy with the outcome of the match," said head coach Kelly Wood. "But, from last weekend to this weekend I feel like we made some good progress."

The Jacks had a 24-22 lead as the first set was coming to an end, but the Gators tied the game back up at 24-24, and after getting the lead back, the Jacks gave up 3 unanswered points to lose the set 27-25.

In the second set, the Gators started off very strong and controlled their way to an early lead, but Humboldt was able to tie the score up at 11-11. San Francisco went on another strong run to take a 21-15 lead and ended up winning the set by a score of 25-18.

Even though they were down 2-0, Humboldt came into the third set optimistic and took an early 7-4 lead. The set was very evenly played after this, with the Gators going on a 5 point run to lead 20-16.

The Jacks were able to cut the San Francisco lead to 21-20, but fell short in the end by a set score of 25-22 and a match score of 3-0.

"We showed growth and we showed improvement," Wood said. "But, let's not be too happy with this because I felt like they were almost a little too pleased with themselves after tonight. They understood that they played a lot better but I said we want to get some wins here."

Saturday's volleyball match against Cal State Monterey Bay was cancelled due to COVID-19 protocols for Monterey. Humboldt State will take a victory in this match by forfeit.

The Jacks' next game will be an away game versus Cal State San Marcos on Thursday.



Photo by Thomas Lal/HSU Athletics
Elyse McKinney (left) and Kaitlyn Patterson (right) attempt to dig a ball during a home match against San Francisco State at Lumberjack Arena on Thursday, Sept. 30.

Cross Country races to the top

Humboldt State cross country teams establish a name for themselves as they prepare to travel to Illinois

by Poppy Cartledge

HSU men's and women's cross country teams both placed within the top ten at the 46th annual Charles Bowles Invitational this past weekend. The men's team finished third out of 13 teams and the women's team placed sixth out of 14 teams.

Rosa Granados led the team as she claimed a second victory of the season with her time of 18:11.3 in the 5K race. With this time, Granados finished almost seven seconds ahead of the second place runner from the University of Portland.

"I knew it was going to come one day, but I didn't know it was going to come today," Granados said at the Jacks press conference on Tuesday.

Granados said that although she wasn't expecting this success, it is rewarding after the effort that the team has put into practices over the past couple of weeks. Personally, Granados felt blessed to see her hard work pay off as she continued to run and stayed patient throughout COVID.

"Running helped me get up each morning with a purpose to be the best I can be for myself and the people around me," Granados said.

On the men's side, Carson Smith finished in tenth place with a time of 24:59.4 in the 8K race and was the top non-Division I finisher.

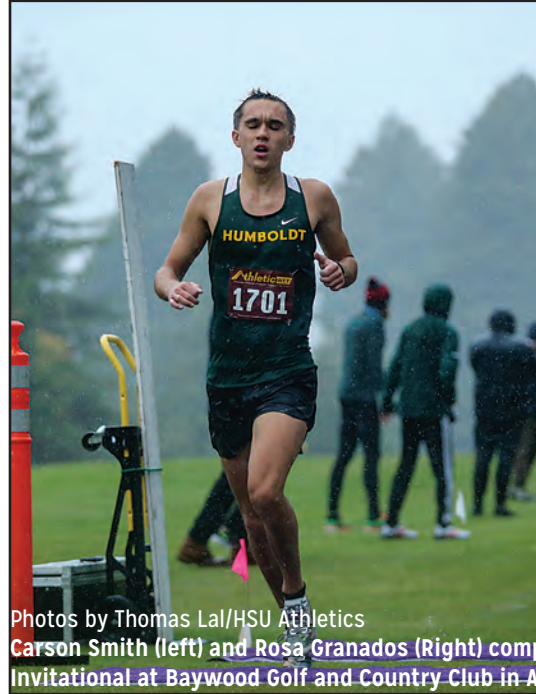
"As soon as we got on that bus, pretty much everyone was like--this [the race] is what we are focusing on now," Smith said.

Although the third place finish as a team felt good, Smith said that he is looking forward to this upcoming weekend because it is an important one. Smith said that the energy and effort that the team put into last weekend will carry over to this next race and help the few guys coming back from injuries to see what to look forward to.

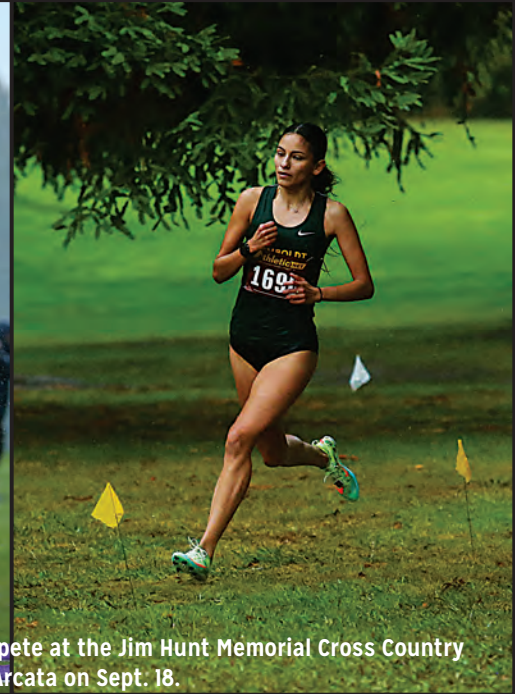
Jamey Harris said the success that the teams saw at the Charles Bowles Invitational was phenomenal, as some nationally ranked Division I programs were there. Harris said that the whole purpose of taking this upcoming trip to Illinois is to try and get the teams to compete against teams from other regions and do well.

"The way that it potentially sets us up at large is really the primary reason for going out and trying to track down this level of competition," Harris said.

The Jacks' will face a wide level of



Photos by Thomas Lal/HSU Athletics
Carson Smith (left) and Rosa Granados (right) compete at the Jim Hunt Memorial Cross Country Invitational at Baywood Golf and Country Club in Arcata on Sept. 18.



competition at the Lewis Crossover Classic this Saturday, Oct. 9 in Romeoville, Illinois. Harris said that this will prepare the teams for what they will see in conference in a few weeks.

Going into this weekend, the men's team is back in the top ten in the United States Track & Field Cross Country Coaches Association (USTFCCCA)/NCAA Division II Top Ten Men's Cross

Country West Region Rankings. The Lumberjacks are tenth in this week's rankings after being out of the rankings since the preseason.

"Our entire Humboldt state running team has been making huge impacts in our conference and our region this year," Smith said. "It's so exciting to go out to these big meets and upset these big schools--it's really fun."

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Men's soccer faces first loss and goal of season, women finish weekend with two draws

by Elliott Portillo

Lumberjack goalkeeper Adrian Gallardo witnessed a rare sight this season: a ball from an opposing player in the back of his net.

The scoreless streak of seven games--the longest in program history and tied for the longest streak in CCAA history--came to an end on Sunday after a penalty kick in the 33rd minute following a handball call against the Jacks. The team failed to respond in the second half of action and dropped a 0-1 decision against visiting Cal State San Bernardino.

For men's head coach Fred Jungemann, the goal scored against his team does not reflect the defensive effort they've displayed this season.

"It was a fluke," Jungemann said. "I could coach another 25 years and not give up a goal like that. It's just one of those accidental things that happens."

The coach said that while his team still haven't given up a goal in from the round of play, the squad looks a bit sluggish on the offensive end after a long weekend of competition.

"We created chances," the coach said. "It just isn't clicking for us right now. We lost a little mojo in the attacking third. We've got to get a little sharper, a little bit more clinical."

The loss on Sunday closed out a season-long home stretch for the squad

The team also played on Friday, where they tied in a scoreless double-overtime outing against Cal State San Marcos.

The team (6-1-1, 0-1-1 CCAA) begins a three match road trip this weekend with a pair of games against Cal State Dominguez Hills on Friday and Cal State Monterey Bay on Sunday.

The women's squad finished the weekend with

two ties, a scoreless draw on Friday against San Marcos and a 1-1 thriller against San Bernardino on Sunday.

The Jacks drew first blood in Sunday's match midway through the first half of a goal by senior midfielder Baylee Groom. The squad held the lead until seven minutes left in regulation, when Coyote forward Vidalia Abarca netted one to equalize the score.

The draw marks the women's team's third consecutive double overtime draw. For head coach Grant Landy, the results, while not wins, demonstrated the tenacity his team has shown this season.

"I really love coaching these guys," Landy said. "They just don't give up. We don't have a full roster right now, but seeing the players out there give everything when they're not feeling 100% in any capacity is where I wanted to get this group this year."

Senior midfielder Claire Bareilles noted how consistently the squad has played through adversity.

"Our team battles to the very end," Bareilles said. "We always talk about leaving everything on the field. You can always walk away with your head held high if you do that. We've done that consistently in the past three games with the double overtime ties. I'm just proud of the team."

The Lumberjacks (3-2-4, 0-0-2 CCAA) return to the road again this weekend with a pair of matches against Cal State Dominguez Hills on Friday and Cal State Monterey Bay on Sunday.

Both the men's and women's squads face Stanislaus State on Thursday, Oct. 14 in Turlock before returning home on Sunday, Oct. 17 against Cal State East Bay.

It's not you, it's your gut microbiome

Why you should be upping your intake of fermented food

by Alana Hackman

I found out what a gut microbiome is this summer. The information and concept of gut health fell into my lap following a semester full of Crunchwrap Supremes, frozen hashbrowns, espresso shots, and so much toast. My stomach was pleading for help by the end of my freshman year and I don't doubt I was the only one based on the placement of my bed right against the shared wall to the communal bathroom.

So what is a gut microbiome? Do you have one? Do I have one? What's all the fuss about it?

According to the Harvard TH Chan School of Public Health, our gut microbiome is made up of small microorganisms called microbiota that are located in our small and large intestines. Our network of microbiota is completely dependent on the microorganisms we were exposed to as infants from our mother's birth canal and breastmilk, but are altered after childbirth based on our environmental exposures and dietary choices.

A healthy gut microbiome is exposed to healthy and harmful microbes, but usually is perfectly balanced to break down hard-to-digest compounds like carbs and dairy. If you are taking bacteria-killing medicine like antibiotics

or not eating enough probiotic foods to nurture the gut bacteria, they will be unable to work together to synthesize foods into amino acids and vitamins, therefore making you more susceptible to illnesses and weakening the immune system. The gut will also break down potentially toxic food compounds and be able to protect from pathogenic organisms entering the body through spoiled food or water.

Now that the science talk is out of the way and we can see the connection between your gut bacteria and immune system we can get into the fun stuff. What can you do to heal your microbiome? I was posed with the same question this summer and found the gateway drug that is probiotic foods. Probiotic foods have live bacteria, usually from a fermenting process that can help balance out your healthy gut bacteria. First, it started with a simple purchase of a jar of kimchi, a fermented cabbage, and it has progressed to me slamming down kombuchas with every meal.

If you wake up with that dreaded tummy grumbling, lack consistent bathroom visits, or just have the urge to get your belly in check, upping your intake of probiotic foods to heal your gut flora may benefit you as it has me. I'm not a scientist but I do know crack-



Graphic by Alana Hackman

ing open an ice-cold GT Dave's Mystic Mango kombucha following a weekend full of greasy pizza slices and brightly coated Red 40 chips gets me feeling right. I still haven't learned the healthy balance between destroying my insides with gas station candy runs and restoring my gut health like Instagram health influencers, but I think my insane intake of sauerkraut is doing something.

No more early morning nausea and dunking my head in a toilet bowl to calm my gut, probiotic foods have been doing it for me.

So next time you are feeling the wrath of some greasy burger from Saturday night, don't be afraid to head to the co-op for some kombucha or maybe even a jar of pickles to keep your gut microbiota soothed.

Propagating pothos

A how-to and some tips on how to keep these plants thriving

by Ruby Guillette

Ahh, houseplants. Who doesn't love these air-purifying beauties? I recently indulged my plant obsession by buying some pothos plants, also known as Devil's Ivy. The pretty heart-shaped leaves, vining tendrils, and simple care was a shoo-in for my plant collection. I later researched ways to propagate this plant and found how simple it is.

I love pothos (*Epipremnum aureum*) because they are fast growers, have luscious foliage, and need respectively little care. These vining plants native to Southeast Asia don't mind drying out and will wilt to tell you when they need water which makes it an ideal plant for beginners.

Pothos is a prolific grower when placed in the right conditions. In general, pothos likes bright to moderate, indirect lighting and tends to appreciate a snug pot. Some direct lighting is ok, but may cause plants to burn, especially if placed in a south facing window with full sun. Pothos also requires little water, so when in doubt, err on the side of neglect.

This easy-to-care-for plant has many assets including its ability to propagate. Propagation and pruning are good for plants because it stimulates plant growth and creates new plants for the cultivator to enjoy. Although it may seem like you are hurting your mother plant, plants benefit from healthy pruning and will develop stronger roots

and more vibrant foliage. Pruning gives way for new development. Out with the old - In with the new.

The propagation process for pothos is simple, but may be challenging the first few times. Don't give up! It gets easier as you gain confidence.

Step one: Cut the vines you wish to prune from your mother plant and examine the place where the leaf and vine meet. There you will see a small brown protrusion called the node. Nodes are vital for propagation as it is the place roots will grow when placed in water.

Step two: Using sharp scissors, trim away excess vines to isolate the node and leaf of each baby plant. I leave about a quarter inch of vine on either side of the node.

Step three: Place the node of the cutting in a glass of water to begin propagation. Your vessel should be placed in an area where you can easily change the water and gets indirect, moderate sunlight. If you start seeing murky water or dark root growth it is a sign to change the water more frequently. Aeration around the plant node encourages root growth so changing the water every couple days is a good goal.

Step four: Have patience. Check your roots for growth and in four to six weeks you should see healthy root development. Once you have at least three inches of healthy roots you can transplant your cuttings to moist soil and enjoy your new plant.

Happy propagating!



Photo by Ruby Guillette | A cutting is ready to be moved to soil when there are at least three inches of roots. This cutting has sprouted a new leaf, which is a sure sign it's ready to be transplanted.

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H O M E C O M M I N G

Photos by Abraham Navarro



Students gather for the official grand opening of the Student Activities Center (SAC) on the first night of Humboldt State's homecoming week on Monday Oct 4.



Head women's basketball coach Michelle Bento-Jackson addresses the crowd during the first day of homecoming festivities



Humboldt State Marching Lumberjack general manager Brandon Barbosa plays his instrument on the quad during the first night of homecoming festivities



Humboldt State Marching Lumberjack general manager Brandon Barbosa plays his instrument on the quad during the first night of homecoming festivities

Oct 6

(12:00pm) Homecoming quads dj Student Activities Center 222 - Karshner Lounge

(7:00pm) Homecoming comedy night at Nelson Hall 102 - Goodwin Forum, University Lower Quad

(Tues-Fri 12:00-5:00pm) Reese Bullen Gallery Exhibition runs through October 8th, with regular gallery hours of Tues - Fri 12AM - 5pm.

Oct 7

(10:00am) Club fair at the University Upper Quad Reese Bullen Gallery Exhibition

(12:00pm) Home Coming Quad DJs Student Activities Center 222 - Karshner Lounge

(1:00 pm) Whiteness Accountability Space online

Oct 8

(12:00pm) Homecoming Week: Music on the Quad University Lower Quad

(6:30pm) PHE Paint Nights online

(8:00pm) Drag Queen Bingo With Pandora Boxx at Student Activities Center 222 - Karshner Lounge, Online.

Reese Bullen Gallery Exhibition

(9:30pm) Friday Movie Night at Student Activities Center 222 - Karshner Lounge, Student Activities Center 225D - Kate Buchanan Room (KBR) Cinema

Oct 9

(1:00 pm) Café con Chisme Discusión (hosted by El Centro)