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# LUMBERJACK

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Photos by Morgan Hancock | TOP: Milagros Ayoltzin prepares for the fire dance during a Danza Azteca performance on the University Center Quad on Friday, Oct. 15. BOTTOM LEFT: Raymond Ramirez dancing the fire dance. BOTTOM RIGHT: Raymond Ramirez leads the Ahahwia dance (Friendship dance) with HSU community.

## Dancers celebrate Indigenous People's Week with traditional dances on the University Center Plaza

The smell of copal incense fills the quad as dancers don their cultural wear. They are wearing bright and ornate traditional garb. As the dancers step into their space, the rattling of their ayooyotes announces their entry. Dancer Raymond Ramirez blows a conch horn and the drums beat to start the Danza Azteca performance. Students walking by cannot help but stop to see the occasion.

Danza Azteca is a traditional form of dance to honor Earth, elements, and connection. The HSU community turned out to learn and participate in the cultural event on Friday. The colorful and energetic performance helped to share culture on campus.

SEE AZTECA • PAGE 4-5



THE  
LUMBERJACK

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# Native American studies breaks ground on Food Sovereignty Lab

## Bring back balance with traditional Indigenous food practices

by Nancy Garcia

After years of research, planning and proposals, a groundbreaking ceremony for HSU’s Native American Studies Department’s Rou Dalagurr Food Sovereignty Lab was finally held on Oct. 8. The goal of the lab is to study traditional Indigenous food systems and promote Indigenous representation.

The idea for the lab was developed in the fall of 2019 by Cutcha Risling Baldy, Ph.D., the chair of the Native American Studies Department, and her Indigenous natural resources management practices course students. Later on, assistant professor of Native American Studies Kaitlin Reed, Ph.D., came on board as the lab’s co-director.

“The students have been at the heart of literally everything this lab has accomplished so far,” Reed said at the groundbreaking ceremony.

Two of the students instrumental in this project, Cody Henrickson and Carrie Tully, spoke about the jour-

ney of the lab’s creation at the ceremony. Henrickson talked about how the community he found at the Native American Studies Department and his personal academic success are nourished by programs like Rou Dalagurr.

“The implementation of programs and spaces like Rou Dalagurr are vital to the well-being and success of Indigenous students,” Henrickson said. “Not only will this lab directly serve to support Indigenous students, but also the school as a whole, our local Tribes and our community.”

Bringing her daughter up to the podium with her, Tully explained that one of the main reasons for creating the lab was for the youth. Tully said that the whole team is excited to pass on these opportunities to the youth because the lab is something that will go on and grow for generations to come.

The lab is located in what many people know as Wiyot Plaza near

the Goudi’ni Gallery and the Native American Forum. The name ‘Rou Dalagurr’ means “everyone works” or “work together” in the Wiyot language. Since HSU occupies Wiyot land, Risling Baldy said it was important for the team to name the lab in the Wiyot language.

During the colonization and genocide that Native peoples experienced, Indigenous food practices and other traditions were disrupted and access to healthy traditional foods became restricted. Reed said that this lab is a great stride toward righting the wrongs and injustices that Indigenous peoples experience in their landscapes and in their bodies.

Indigenous food sovereignty goes far beyond the cultivation or preparation of foods. It’s about the environment, climate resiliency, the land, and practicing ceremonies which are connected to the environment and Indigenous foods.

“Indigenous peoples know that all

things are interconnected,” Risling Baldy said. “So, food, it is connected to the health of our environment, and that is connected to the health of our people and that is connected to the health of our political systems and our ability to exercise our sovereignty and self-determination.”

Risling Baldy said that it is only through the generosity of community members, alumni, and organizations that they’ve been able to raise enough money to start the remodel of the lab, but the work is not done yet. They are still in need of student volunteers and additional funding.

“I am most looking forward to celebrating with the students and to starting our many dream projects that we already talk about with each other as we are doing the planning work,” Risling Baldy said. “We already have some funding for the start of our internship program so getting students into the community-based work is going to be important for us at the beginning.”

# New opportunities with CalFresh & SNAP

by Lindsey Gaul

The federal Supplemental Nutrition Assistance Program (SNAP) is allowing the purchase of hot food in Humboldt County from Sept. 29 to Oct. 28, 2021. CalFresh is the state-wide program, and recipients are also included in this waiver. This will allow people to replace food that was lost due to the wildfires, according to the Food and Nutrition Service (FNS) disaster assistance program under the US Department of Agriculture. The wildfires have persisted through the years and increasingly cause more damage and lack of accessibility to food for the local communities affected. Counties that are included in this waiver to purchase hot food are Butte, Glenn, Humboldt, Mendocino, Plumas, Shasta, Siskiyou, Tehama, and Trinity.

Humboldt State University students participating in the CalFresh program find this waiver very helpful. Hannah LeWinter is a wildlife major, and has been on food stamps for almost two years.

“It’s basic human rights to have access to food and shelter,” LeWinter said. “And they’re already struggling with the shelter aspect, because of the wildfires. And then on top of that, to have food struggles is even harder.”

Due to the wildfires becoming larger and more frequent, it has affected people’s accessibility to basic necessities like food and shelter.

LeWinter adds that some people struggling through the wildfires wouldn’t have access to stovetops or

the ability to make hot food.

“This [waiver] is especially important for those people who are being displaced from their homes to have access to a hot meal,” LeWinter said. “I think that everyone is deserving of that comfort.”

Sarah Somers is a recent graduate of Humboldt State University, and also uses food stamps. Somers acknowledges the stigma around using benefits. Somers would like to dismantle the negative light that this program seemingly exists under, as the limitations to what can be purchased are very strict and specific.

“We’re just trying to live here,” Somers said. “We’re just trying to eat food and not starve.”

Jasmyn Lemus is also a student at HSU that uses food stamps. Lemus is very grateful for the ability to purchase hot-and-ready food through food stamps, but wishes that the termination date of this waiver was not approaching so soon.

“I think they should definitely keep it around,” Lemus said. “I don’t think the wildfires are going to stop.”

Lemus works in a local grocery store and has seen many wildfire survivors coming in first hand.

“The last thing on their mind right now is, ‘oh, what should I make for dinner?’” Lemus said. “So having that hot-and-ready option is just very necessary.”

Lemus noted that this should be extended because so many people are in tough positions as well. Lemus

spoke about the firefighters working long days or people coming from an overnight shift.

Somers reinforces that the FNS should be extending the waiver, and allowing the purchase of other necessities within these limitations.

“I think they need to extend it to more than just hot food, but also toiletries like tampons, toilet paper and paper towels,” Somers said.

LeWinter acknowledges the tough financial positions that most people on benefits are placed in.

“If you’re already someone who’s struggling financially, enough to qualify for EBT [electronic benefits transfer], then you’re probably struggling in other aspects of your life,” LeWinter said. “So having access to hot food would be a benefit, if they potentially keep something like that on there.”

Since the pandemic started, the ability to sign up online has become more user friendly and easier to upload documents. If you are interested in signing up for benefits through CalFresh or SNAP, contact the on campus HSU food service program, OhSnap! A good place to start learning about the application process is on their instagram page (@hsuohsnap).

Lemus encourages other students to sign up for this program, as it is there to help people who need it.

“We shouldn’t have to fight so much for food,” Lemus said. “If the government is offering assistance, we should not feel bad accepting it.”

# Chance to recieve money

## Students may submit a Hardship Funds Request form online to access CARES financial aid

by Lindsey Gaul

The Humboldt State University Financial Aid Office just made the final disbursement of funds from the Coronavirus Aid, Relief, and Economic Security (CARES) Act to students that qualified. If you did not qualify and are facing financial hardship, there are still funds available. Leftover funds will be disbursed to students that fill out a Hardship Funds Request form that are experiencing financial hardship.

The maximum request amount per student is \$750. Once you have submitted the form, there will be a two to three week waiting period where you may be accepted to receive funding.

The form consists of a request amount and a text entry to express your position of financial hardship. Explain why you are requesting aid and what you need to use it on. This is a private form between the student and the Financial Aid Office, so there is no need to be embarrassed of your financial situation. This money is here for you, because you need it.

To access this form, check your HSU email account for an email from the Financial Aid Office about applying for Covid emergency funds. You may also contact [finaid@humboldt.edu](mailto:finaid@humboldt.edu) or call (707) 826-4321 with questions. More information can also be found on the Financial Aid Instagram page (@hsu-finaid) as well as their website [finaid.humboldt.edu](http://finaid.humboldt.edu).

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# Azteca

FROM PAGE 1

Milagros Ayoltzin, one of the dancers, began at the age of 6. Her 35 years of experience have helped to keep the culture alive. She began dancing in Los Angeles with one of the first Danza Azteca groups in the United States, Xipe Totec. She believes that it is important to bring culture to campuses.

“It’s very important to share your culture,” Ayoltzin said. “Expressing ourselves is so important because it keeps us rooted to who we are. I think it’s something that is being lost. But it can help you find yourself no matter where you are.”

HSU students can now learn about Danza Azteca on campus too. Salvador Hernandez is an HSU student who is currently in the Danza Azteca class. The class debuted this semester with an accompanying club.

“We learn about the dances, the four directions, the ceremonies, we have the alter, blessings, and how to drum,” Hernandez said. “It’s my culture. Growing up, I never got to learn this. It’s ex-

citing seeing it now even though it’s so far away from home.”

Hernandez recommends the class or club which meet on Wednesdays 7-8 pm. He thinks of it as a family and as a space to heal from the stress of the day.

“It’s spiritual when you get in the classroom, and you hear the drums beating, and you feel one with the Earth and yourself. You go and dance and get all the stress out. It’s emotional, but it’s like I’m having a bad day lets go dance about it.”

Hernandez enjoyed watching the Fire Serpent dance as the dancers held fire to their skin. Dancers ask permission from the serpent to approach a flame. The Fire Serpent dance takes place as a ceremony every 52 years representing a reset. Dancer Juan Ruiz explained the personal meaning behind the dance after the event.

“We’re all going through some struggle, some battle, [this dance] is a reminder to capture, reset, and keep going,” Ruiz said. “It is a way of closing and ending a cycle. It’s connected to every one of us.”

Along with the performances on Friday and Saturday, dance, drumming, and copili feather workshops took place in the Jolly Green Commons throughout the weekend.



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Amírez (left) and Juan Ruiz (right) beginning the Danza Azteca performance on the HSU Quad on Friday Oct. 15.



Juan Ruiz in the Fire Dance

# Coming face to face with the reality of mortality

*HSU religious studies majors continue to gather every Friday for the profound act of graveyard cleaning*

By Matthew Taylor

Hands dig into soft ground. Dirt is shuffled around as grass is pulled. The late afternoon sun beats down upon each of our backs as we work on our hands and knees, only utilizing the simple tools of water and baking soda to clean marble slab after marble slab. There are dates ranging as far back as the 1850s to as recently as 2021. Lifespans that ended too soon mixing with those that lived almost a century. Simplistic designs lay next to towering pillars. Yet, every one of its residents is equally buried under 6 feet of earth.

For well over a year now, the many religious studies majors here at HSU have come together, under the direction of professor Sara Hart, to help clean the tombstones at Greenwood Cemetery in Arcata, a weekly endeavor that has taken place almost every Friday since its first conception. The event was originally created as a volunteer opportunity in association with the Ar-

cata Veteran Hall for one of Dr. Hart’s classes, in which students would help tend specifically to the veteran graves of the area. Now, in partnership with the American Legion Auxiliary, the event has expanded to include any and all graves located within the Greenwood Cemetery.

“I’m a big believer in service learning,” Hart said, expressing her inspiration in starting this practice. “I think service-learning is crucial to a full and flourishing intellectual experience.”

Madeline Wilson, a religious study major at HSU, was one of the volunteers there at the time. She explained how she has been participating in the Friday graveyard clean-ups for well over eight months now, often bringing her friends and roommates along when they express interest.

“[My friends have all had] differing responses, one of them decided that for his mental health that he needed to tap out after 15 minutes,” Wilson said. “He came, witnessed what we were doing, and went ‘this is a little too much for me’ and decided to walk home. A few

others [however] have participated and really gotten into it!”

For many who have come and continue to come to the event, strong emotional responses are not uncommon. These emotions, however, are not always negative and as Dr. Hart often expressed, are healthy and necessary to confront at times.

“It’s been powerful for a lot of students,” Hart said. “I think in some ways this makes it easier, to [be able] put a physical face on an otherwise very scary mysterious thing. [It] makes it feel very embodied and earthy and natural... It reminds you that everyone is going to end up somewhere.”

When asked what brought Wilson here time and time again, they explained the spirituality of it.

“I feel really compelled by the energy exchange of it, by the physical attention to the tombstones, to the folks of the past, and to history more broadly,” Wilson said.

Overall the reaction that the group has received by passersby has been overwhelmingly positive. Many of

those visiting in grief and mourning instead find some amount of comfort in knowing at least some people are looking after the resting place of their loved ones.

“A few months ago we had someone who was about to bury his brother the coming weekend,” Wilson said. “He came on site and talked to Dr. Sara for a long long time and then was talking to us as a group for a bit. That conversation was compelling, hearing about his own grief [and] his response about burying his brother...”

While the event is targeted towards those in the religious studies department at HSU, those in the public interested in joining are absolutely welcomed to join as they please, even just to simply be with the group, no grave cleaning is explicitly required. Before saying my goodbyes, I asked if Dr. Hart has any words of encouragement to those interested in joining.

“Everyone ends up here someday...” she said, Wilson quickly adding an additional “Might as well make it look pretty.”



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# Soccer teams split with East Bay

*Men’s team stays in playoff hunt, women drop another close game*

by Elliott Portillo

### Men’s soccer wins big

Pouring rain did nothing to dampen the offensive firepower of the Lumberjacks on Sunday, as the squad scored a season high six goals in a dominating 6-1 victory over visiting Cal State East Bay to remain afloat in the hunt for a CCAA postseason spot.

For head coach Fred Jungemann, no amount of rain could hinder what he felt was a great all-around effort from his squad.

“It was a great day,” Jungemann said. “We were a little worried about the weather at the beginning and got off to a little bit of a sluggish start, but they scored a great goal and I think it really kind of got everybody’s mojo moving in the right direction.”

The mojo began early and often for the team, with no shortage of Jacks getting in on the action. Five total players netted goals on the day. The first came from Daniel Adeyeye in the 17th minute off a Marco Silva corner kick. From there, the team scored often, netting two more before the half and three more in the second half.

“I think it clicked a little bit today,” Jungemann said. “Guys were really feeling it and there was a lot of energy going forward as well, which is something that we’ve been missing.”

Defensively, goalkeeper Adrian Gallardo recorded 4 saves, keeping the Pioneers scoreless until the 64th minute.

Coach Jungemann also emphasized the importance of keeping the pressure on as the game progressed.

“I think it’s just human nature,” Jungemann said. “When you’re up 3-0 at half, you want to relax a little bit. But I think for us today, it was really important for us to build some confidence out of this game by continuing to play well and then to do the things that it takes for us to be successful.”

The victory on Sunday capped off a successful weekend for the Lumberjacks, who also won a road match on Thursday, Oct. 14 against Stanislaus State, 2-1. Both wins may prove crucial in securing a spot in the six-team CCAA tournament in November, with only five more regular season matches remaining.

### Women’s soccer drops low scoring affair



Photos by Elliott Portillo | TOP: Junior Dylan Tovani skips across wet turf during a match against Cal State East Bay at College Creek Field on Sunday, Oct. 17. BOTTOM LEFT: Members of Humboldt State's men's soccer team celebrate after a goal. BOTTOM RIGHT: Senior Marco Silva kicks the ball between two East Bay players.

The Lumberjacks executed tactically and made few mistakes, but failed to generate any offense of their own, dropping a 1-0 match at home against the Pioneers of Cal State East Bay.

For head coach Grant Landy, the loss feels more frustrating given that his team has done everything he has asked of them.

“We honestly fell asleep for 30 seconds,” Landy said. “They capitalized. We really just made one mistake all day.”

The lapse came just two minutes into the second half, when East Bay’s Tami Kwong connected a shot to break a scoreless tie. From there, the Lumberjacks failed to equalize, despite outshooting their opponents 11-8.

For Landy, the result doesn’t reflect the work and improvement his squad has shown throughout the season.

“There was so much good today in so many ways,” Landy said. “We clearly created some really good chances. It’s one of those years where we’re just

not getting a bounce here or there that we need to kind of change the game. There’s not much you can do about it other than just plugging forward.”

Men’s soccer (8-2-2, 0-2-2 CCAA) and women’s soccer (3-6-4, 0-4-2) remain home this upcoming weekend for their final homestand of the season. Both squads play on Friday, Oct. 22 against Northern California rival Sonoma State, followed up with a senior day matchup on Sunday, Oct. 24 against San Francisco State.

# Humboldt climbers stoked on Neon Dawn climbing competition

*Far North Climbing Gym hosts late night climbing competition*

by Morgan Hancock

Far North Climbing gym is back and offering new climbing events. This month the gym will host Neon Dawn: a late night, glow-in-the-dark, costumed competition. Doors will open at 6 pm and the competition starts at 7 pm. Categories will be inclusive to beginners, intermediate, and advanced. The event also plans to be gender inclusive with men’s, women’s, and open (all gender) categories. Prizes will be awarded for each category.

So how does a climbing comp work? Fifty routes will be set in order of increasing difficulty. Climbers will climb to the highest number they can. Gym staff will sign off on each attempt. Each climb is worth a certain number of points. In the end, points are tallied to determine who climbed the hardest for each category.

Gym staff and HSU wildlife major Bella Norton plans to compete. For Norton, the gym offers a chill space with familiar faces. Norton expects the event to be an opportunity to climb with friends.

“The laid-back environment at Far North makes competitions more enjoyable,” Norton said. “I thought it would be like everyone watching me. But everyone all climbs together and hangs

out, making it a lot less intimidating,” Norton said.

Joaquin Estrada, general manager at Far North, encourages everyone to come to the event. For those who would like to come as spectators, there is no entry fee. The competitor entry fee is \$15 for those with a gym membership and \$20 for non-members. First-place winners have the opportunity to win prizes from local businesses, cash, or climbing equipment.

“There will be plenty of climbs accessible to folks of all climbing abilities,” Estrada said. “Many prizes to be awarded from climbing companies and local businesses, as well as at least \$100 cash prize.”

Several of the setters are HSU students bringing their creativity to route design. Taylor Woodruff challenges climbers to use their bodies in unique ways in route problem-solving. Woodruff designs routes that require climbers to pull with their feet or try funky positions to make moves possible.

“The real joy comes when you get to watch people come up with different ways to solve the problem, whether or not they climb it in the way you envisioned,” Woodruff said. “I hope people come to Neon Dawn excited to get into some funky positions in order to get up



Photo by Morgan Hancock | HSU students enjoy a rainy day by climbing at Far North Climbing gym on Saturday Oct. 17.

the wall.”

Kyle Fisher, HSU alumni and avid climber, will also be setting some routes for the event. Fisher tries to create sequences that are available to all climbers. He hopes to see folks get involved, have fun, and get some sick prizes.

“There will be a boatload of sweet prizes for all categories,” Fisher said.

“We’ve done some blacklight competitions before. It’s gonna be a great time”.

Far North Climbing gym hopes to create a community of sport and fun. Soon to be announced are more climbing events, student nights, and more competitions. To stay in the loop, find them on Instagram or Facebook, @Far-NorthArcata.



# Don't get clotheslined by seasonal mold

*Rainy season is quickly approaching and the battle with mold soon begins*

by Matthew Taylor

Wheezing, coughing, shortness of breath. Symptoms of COVID-19? Not this time. Mold, a common form of fungi often attributed to warm damp environments, can also cause all these same symptoms. It can also be especially severe for those who suffer from asthma or any form of an immuno-compromising condition too. As our own local wet season begins to drop in like the rain, residents of Humboldt need to keep particular eyes out for the locations around them most susceptible to this mold growth. Just two years ago I had to experience this struggle myself, tearing through wall after wall to access the source of my home's mold problem, a problem that could have been avoided more simply and more cheaply through proper preparation and knowledge.

First and foremost, INVEST IN A DEHUMIDIFIER! This will be an absolute lifesaver stopping the mold from getting airborne. By filtering any mold or moisture out of the air, dehumidifiers not only protect you from inhaling the dangerous substance but also prevents the airborne mold from seeping into the walls, flooring, and ceiling, three locations you absolutely don't want the mold ever getting into. The size of the room you put the device in will largely determine the size you'll want your dehumidifier– the larger the room, the larger the dehumidifier. The level of moisture in said room will also determine how often you should check and change the filters on them. Usually, every 2 to 3 weeks is the best bet. Obviously you do not need to leave the device on 24/7, but a couple times a day during particularly wet days is what many find works best. Thankfully, the average price for a decently sized dehumidifier runs 30 to 60 dollars making it, in my personal opinion, a Humboldt home staple.



Photo by Matthew Taylor | Staged photo of dehumidifier.

Secondly, if you can, obtain some mattress and pillow protectors. These should fully zip over and around your mattresses and pillows much like a crinkly cover. These protectors not only protect your bedding from rips and stains but also from accumulating moisture that could encourage mold growth within them, generally increasing the longevity of your mattresses and its plethora of soft and fluffy assortments. You can purchase these extremely easily at any usual general store in the county (i.e Walmart, Target, etc). Both can be bought as cheaply as 10 dollars for the pillow projectors

and 25 dollars for the mattresses protectors, respectively. As always, however, don't allow this to make you slack on your responsibility to still routinely wash your uncovered bedding as well! Without this due diligence the protectors' job becomes close to obsolete.

Lastly, a change of daily and weekly habits is necessary. Additional habits to take up include the opening of doors and windows to let air flow through the rooms during the few warm and sunny days, and weekly to biweekly checks of dark areas and corners around the house that could be breeding grounds for mold infestations. Commonly over-

looked places include behind posters, around the edges of wooden furniture, under rugs, and the ceiling itself. For deterring mold growth in the offensively damp bathroom, I highly recommend keeping a fan next to the door inside the room during this rainy season. After every hot shower, take the time to turn said fan for a reasonable period of time. Don't worry too much, though! Many of these little annoyances can soon be forgotten again once the drier seasons decide to shine their warm glow upon us again!

## An Ode to the Art Quad

Once were the days  
of sneaking away  
into the Art Quad  
to hit our dear vapes.  
But now it is empty  
and our STIIIZYs are dead.  
Once were the days  
to get a rush to the head.  
There used to be slack lines  
and Scooby on guitar.  
We used to hear the bells  
because the Depot wasn't far.  
Once were the days  
before masks were in place  
when you still had to sneak away  
to go get half baked.

-Poem by Lindsey Graul





# Boys bomb hills

*Check out how these students make the most of campus hills*



A group of students could be found bombin’ hills on campus on Monday. After the group found a kiddie car in the woods, they knew just what to do. Henry Grand, an environmental science freshman, took to the hills of campus on his plastic chariot. There was no plan- just hills, a kiddie car, and vibes. The campus offers boom barrier obstacles, tight turns, and the speediest of hills to bomb. Grand had a crew of photographers cheering him on and documenting the event.

“Just having a good time. We got some good hills. We’re gonna get into sponsored mini car racing now,” Grand said.

The gang made away with laughs, smiles, and a few scrapes.



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