





Painting by Donovan

Will:

So what happened after the turtle bit his foot? Like, what did you do then?

Trip:

Well Joe took him to the hospital, and me and my Papa and my dad finished the turtle hunt, that's what we did!

The biggest one my Papa ever caught weighed 375 pounds- he gave it to the zoo because he- you know, instead of eating it or throwing it back. I asked him and he said hell no, I ain't eating this one!

I said why not?

He said I never seen one. It's been almost 400 pounds.

They only gain a pound a year in body weight.

Will:

I wonder how old that turtle was?

Trip:

375 years.

Will:

Did you ever go see it in the zoo? So it was like your friend you could visit?

Trip:

Yep.

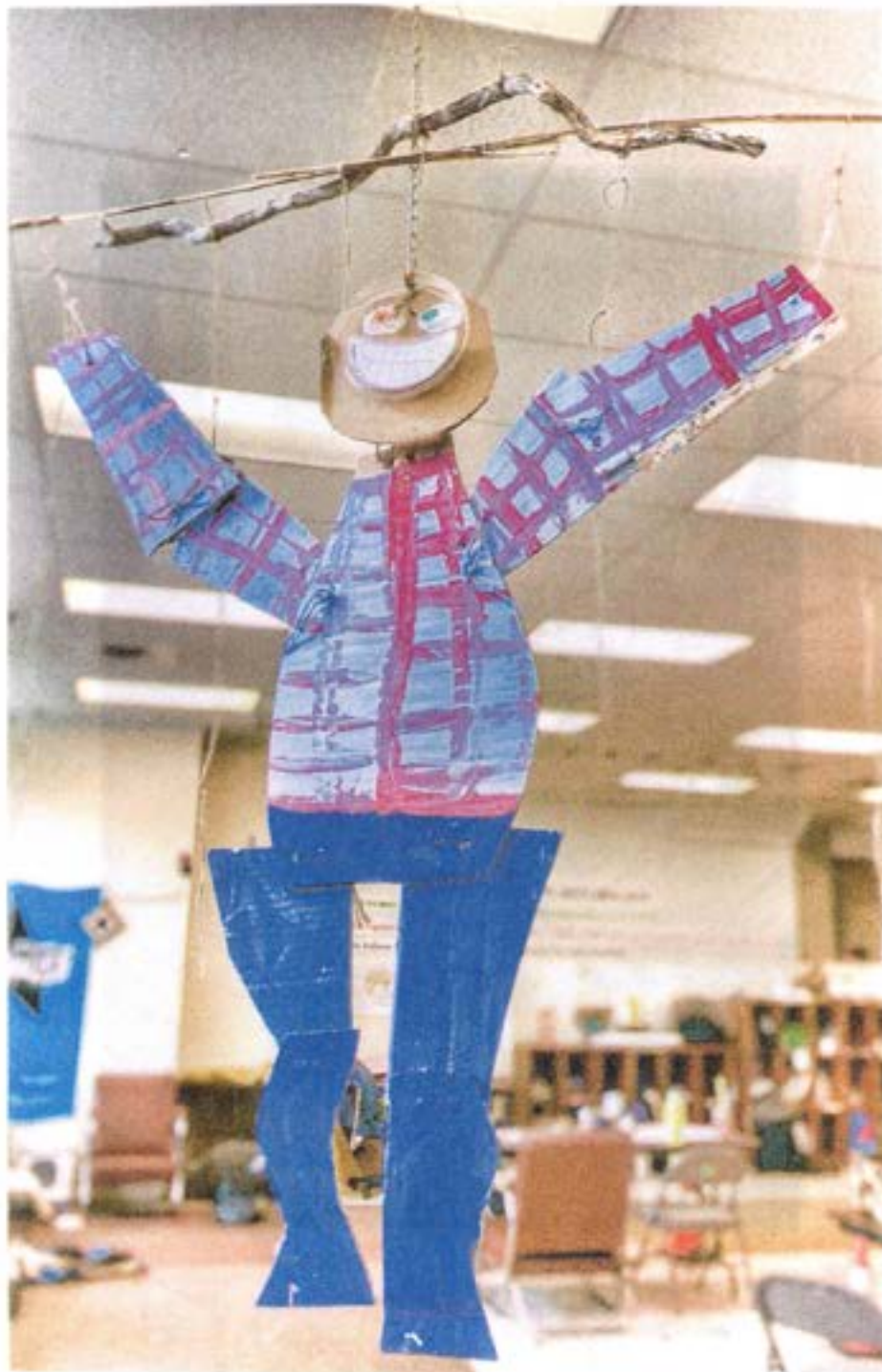


Contributing Artists:

Travis Bell, Zach, Daniel, Sienna, Alice and Damla, Donovan, Sabrina Miller, Cathy Seitz AKA Grasshopper, Airéöff Ray Alexander, Ben Goulart, Alex Robertson, Michael Hines, Kenyatta AKA Yatty AKA DJ Kixxx, Laura Muñoz, Laura Montagna, Caroline Griffith

There were numerous contributors whose names we didn't catch or who wished to remain anonymous. Thank you for helping to make Our Space what it is.

Cover by DJ Kixxx





Your Art/Poem  
goes here ↓

OUR SPACE  
Broken Minds;  
Artful Healing!  
Displaced Bodies;  
Settling Beings!  
Spiteful Egos;  
Transcending mentalities!  
Desperate Souls;  
Comforted Angels!  
LOCATED HERE  
AT  
OUR SPACE

TRAVIS  
BELL

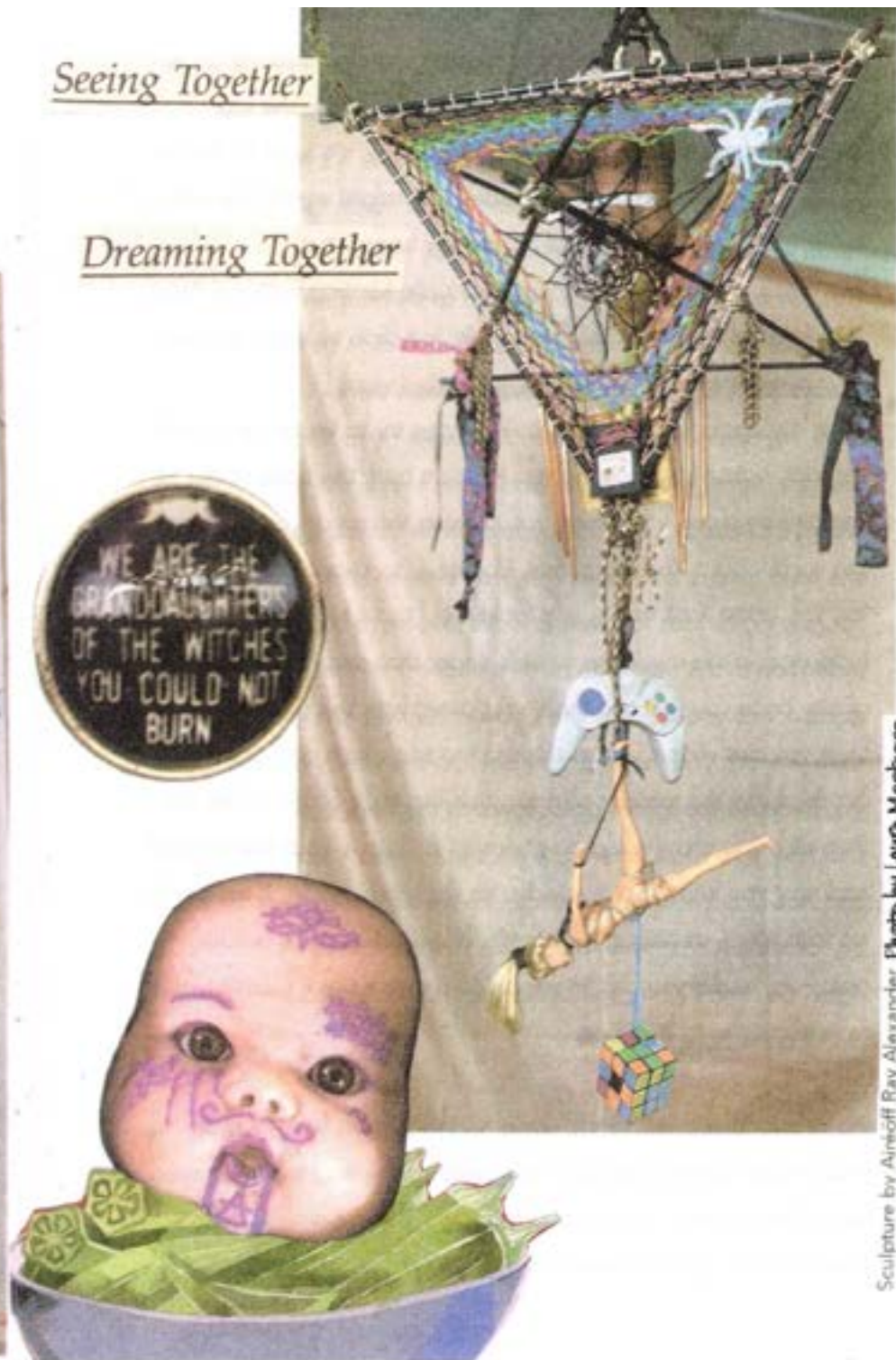
do need places to charge phones without being charged \$, also need another bathroom, could use a spot/lot big enough to accommodate the homeless with tents and bathrooms!

CAUSE OF DEATH	CONTRIBUTING FACTORS	SOLUTIONS
C.O.D.	C.F.	SOL.
EXPOSURE	LACK OF RESOURCES; MENTAL ILLNESS	MENTAL ILLNESS AWARENESS/EDUCATION; FUNDING;
HYGIENE	SHOWER; BATH BEING RESCUED; LACK OF EDUCATION AND INFORMATION; LACK OF FACILITIES	SOLAR SHOWERS/SINKS, CONSISTANT & FREQUENT STATIONS! TRANSPORTATION FOR DISABLED!
STIGMA NEGLECT ON THE SOCIAL/ ECONOMIC LEVEL	(HE MUST BE HANDLES FOR A RECENT MENTALITY; DONATIONS JUST ENCOURAGE THEM, NOT MY PROBLEM)	EDUCATION OF REAL COMMUNITY ISSUES;
ADDICTION	LACK OF REHAB FACILITIES; HYGIENE; MENTAL ILLNESS; LACK OF SUPPORT (AA/NA)	INPATIENT REHAB FACILITIES; EXPAND MENTAL HEALTH ON EVERY LEVEL; COMMUNITY SUPPORT;

Travis Bell

Seeing Together

Dreaming Together



Sculpture by Arieff Rav Alexander Photo by Laura Montagna

## Trip:

Okay, so it's my Papa, my uncle Peewee, my dad and my uncle Joe and I, and we're turtle hunting in Louisiana for the big alligator snapping turtles. Because you know, it's hard to skin a turtle, so if you're gonna eat a turtle, you might as well be eating turtle worth eating. That's all I gotta say about that.

But, since... I was 12, since I started turtle hunting with my Papa, and I always went- my dad and uncle Joe didn't always go but I always went and my uncle Peewee always went.

Well, my uncle Peewee, he would always try to find a turtle with his foot, right? My Papa, he would use a gaff, the back of the of the gaff because, you know, you poke in the mud, you poke in the mud, and... You know, first, you have to know what to look for, you gotta look for, well, it looks like, just a big round indentation in the mud- the turtle's under that mud, right? So you gotta- once you feel the shell, you know, with the gaff, then you put your hand on the shell to see which way the spikes go, because the spikes point towards the back of the turtle. So that way, you know where the tail's at to grab it from the tail end and not- you know. So my uncle, he would always look for it with his foot. Well, that time, he put his foot right in to his mouth, right? So, and if you can fit your foot in that turtle's mouth, you ain't gonna have that foot.

Right, you know, like so my uncle had to relearn how to walk. He had a Ninja Turtle foot right? It looked like he had two toes even though he had no toes on that foot. You know, because of the way a turtle's mouth is shaped, you know?

This is an invitation to get you to write, without being precious about what comes out.

Don't think about it,  
tap into the creative flow and get your juices going!

Set a timer for 5 minutes and write nonstop, even if the words don't make much sense to you. These are sample prompts:

Make a list of verbs,

another list of nouns,

a third one of adjectives (3 minutes).

Start writing using mostly words from that list. You can use a few others as connectors.

Look around wherever you are. Choose an object that you can see and write from its point of view.

Strike 3 poses, 3 different gestures. Write a little narrative that connects all 3.

What does reclaiming your bodymind mean to you?



## My complaint to the City

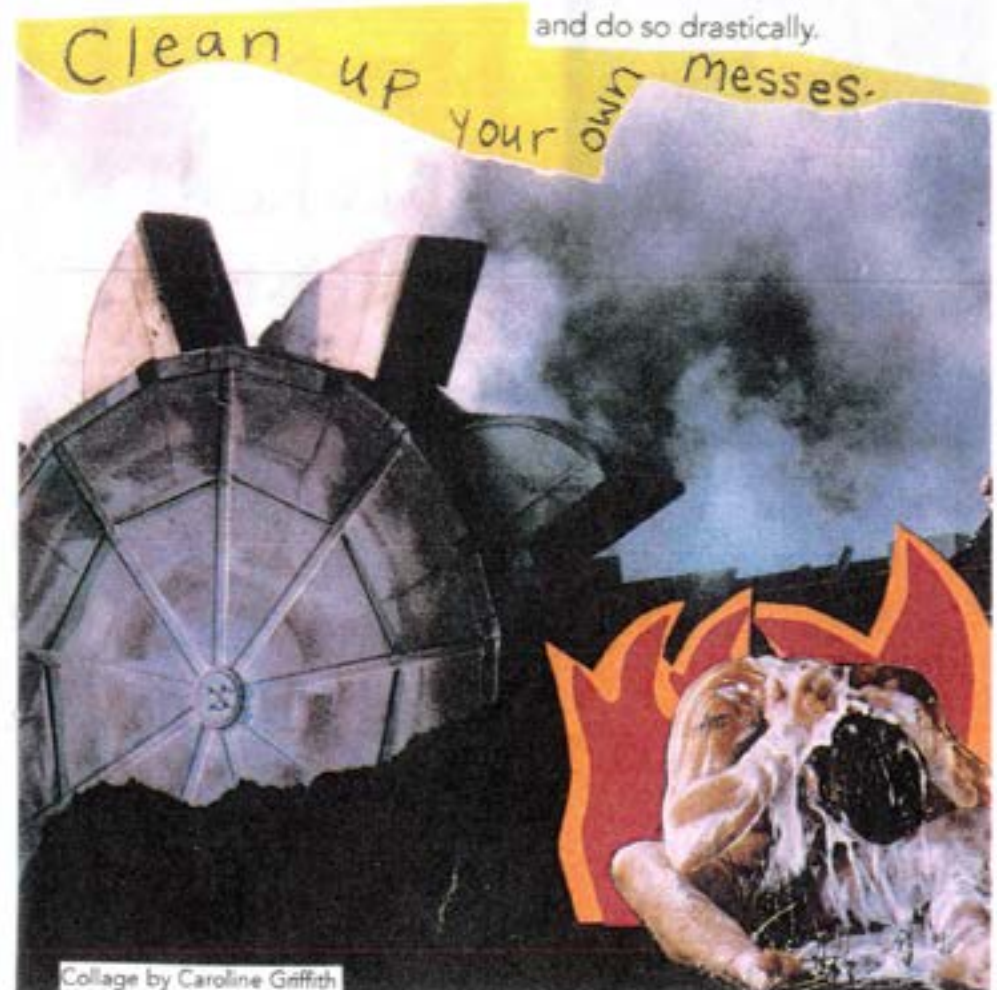
Our homeless community needs sustainable aid. The City of Arcata is not doing enough. We are in a housing crisis and since Cal poly's housing decision, even more people in our community will be homeless with no resources. I'm a third year at HSU studying cellular and molecular biology and chemistry. Humboldt has become my home and my community, but I will have to leave if I can't find affordable housing. I don't want to leave the place I love most.



Drawing by Alice and Damia

**STOP THE KILLING:** Insects are needed for food for birds and other critters. Most insects do not bite us or kill our food plants. There are ways to garden without poisons, and free classes and advisors to learn how. The same goes for our human enemies, both at home and abroad.

Notice that I have left off switching to renewable energy. This is because I believe these steps should be taken at the same time as any energy source shift. Many so called renewable energy sources have environmental impacts that make them impractical on a large scale. We have to reduce energy demand, and do so drastically.



Collage by Caroline Griffith

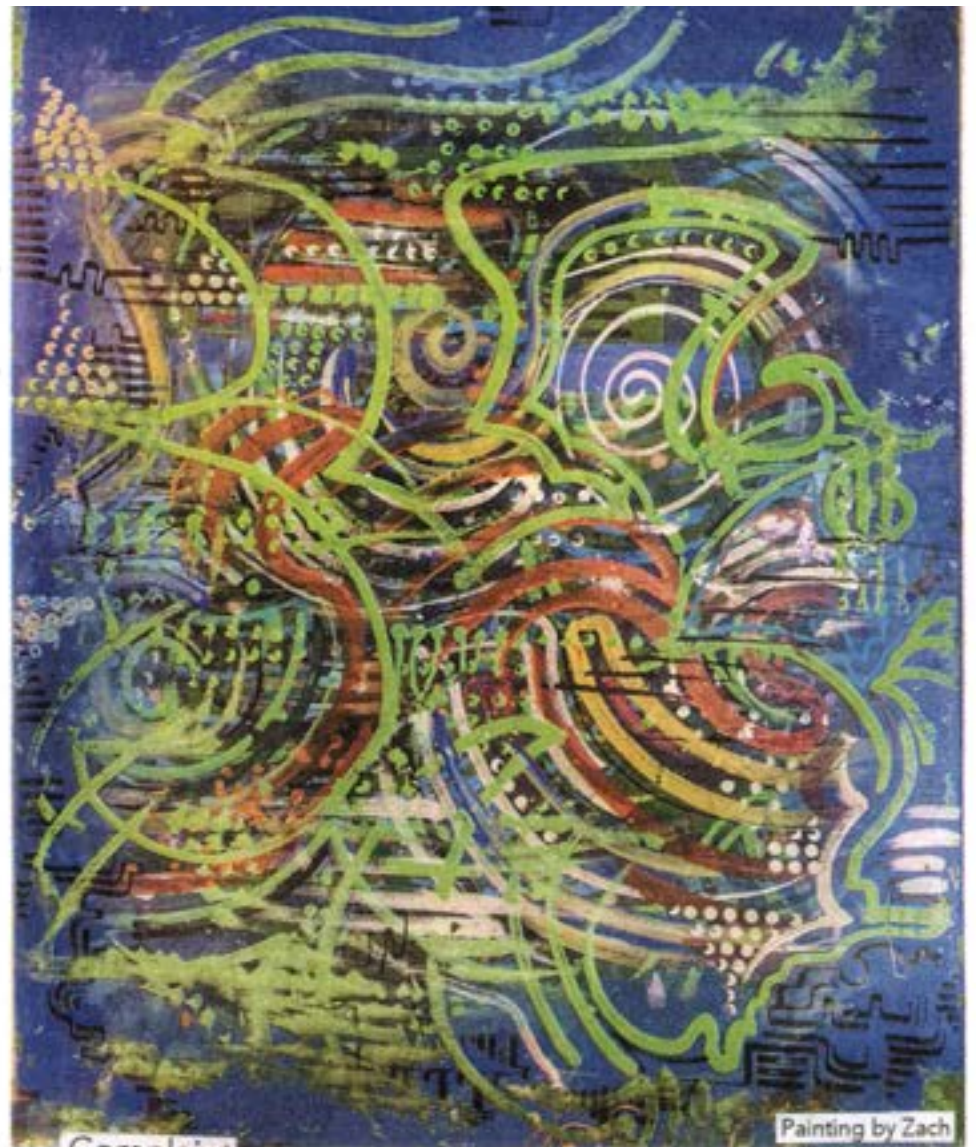


Drawing by Michael Hines

BROKEN  
HEARTS  
SKIP A  
BEAT.

Michael  
HINES

UFO May 2023



Complaint

The Cal Poly housing crisis is going to affect everyone in the community; people off campus already will have rent spikes while more students will live out of their car. I know some students who are giving up on an education because of the Housing Department of Cal Poly Humboldt.





Drawing by Michael Hines

people are starting to think big now. Here is my modest list of actions. They are so simple that it looks like doing nothing significant, and yet they are the kinds of actions that will truly get us out of this mess. They aren't new; what's new is that things have gotten bad enough for more people to implement them. They used to be popular environmental answers in the 60s. And yes, corporations, not just people, need to do their part. Some need to simply shut down.



Zucchini plants at Our Space, Photo by Alex Robertson

**LOCALIZE:** Communities blue and red across the country have been waving the flag for supporting local businesses. If not made by a local craftsman, most of what we buy besides food should be secondhand.

**GROW AND STORE FOOD:** We need to stop depending on stores to feed us.



**REDUCE CONSUMPTION:** Any reduction in consumption — say, one serving of meat per day rather than three — times a billion or two people — can have a huge impact. Everywhere we look there are opportunities to buy less.

**TREAD LIGHTLY ON THE EARTH:** Walk on the earth, not the pavement. Look at the plants, animals, and people around you. Care for nature and people in your personal environment.

**TAKE CARE OF THE WATER:** Standing Rock told us all — if we don't protect the water, what will we drink? Look at the water source near where you live. If that's too dirty to swim in (or drink!), find out how that can change. In some places still, surface water is clean enough to drink without getting sick. That is the goal.

Unknown

To Humboldt State/City of Arcata

We are on native land.

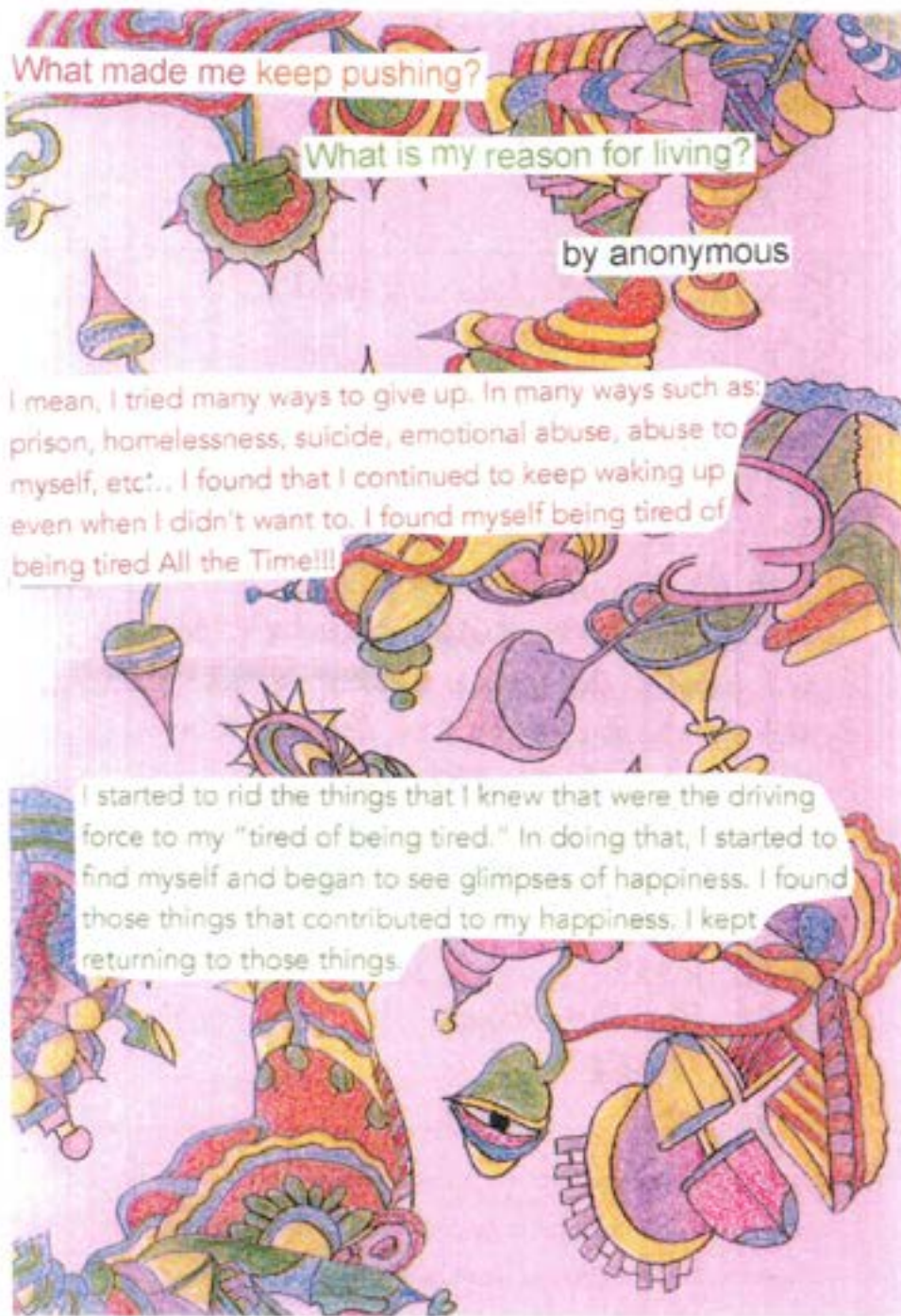
I am very disappointed with my experience here. Pretty much all my time has gone into working on ways in which I can improve or simply maintain my mental health as it has been a test on my will to do so naturally. Everyone I know is stressed about housing and where they can live. It should not be a thing for 18-year-olds to be worrying about such things.

Sort yourselves out.



One Day At A Time

I feel getting back to the fundamentals of life in a given time is so important. Staying in the present while also remembering and relearning from our past. As a community we are as strong as our weakest link. Providing the resources to our elders, women and children. It's important that we express the need for more opportunities for men to receive help based on a proper support system. Allowing a new approach with basic fundamentals is a recipe for success.



What made me keep pushing?

What is my reason for living?

by anonymous

I mean, I tried many ways to give up. In many ways such as: prison, homelessness, suicide, emotional abuse, abuse to myself, etc... I found that I continued to keep waking up even when I didn't want to. I found myself being tired of being tired All the Time!!!

I started to rid the things that I knew that were the driving force to my "tired of being tired." In doing that, I started to find myself and began to see glimpses of happiness. I found those things that contributed to my happiness. I kept returning to those things.

Remember all those conversations that ended with, "when the environment gets bad enough, people will do something about it."

Three common misconceptions about our situation:

One: We have to reduce the human population or nothing else will matter.

Two: People are selfish and will not make sacrifices to help nature or other people.

Three: Our environment and our human problems are too messed up. We cannot change fast enough.



Sculpture by Arieff Ray Alexander, Photo by Alex Robertson

The truth is, human beings are not naturally bad for the planet — it's greed and taking more than our share that's the problem. The earth is huge, and most of it is uninhabited. The parts that can grow food and be easily tolerated for living are limited, but we can share them if we don't expect everyone to have, say, an overseas vacation, a fancy home, and a new phone every year. This is the myth of progress.



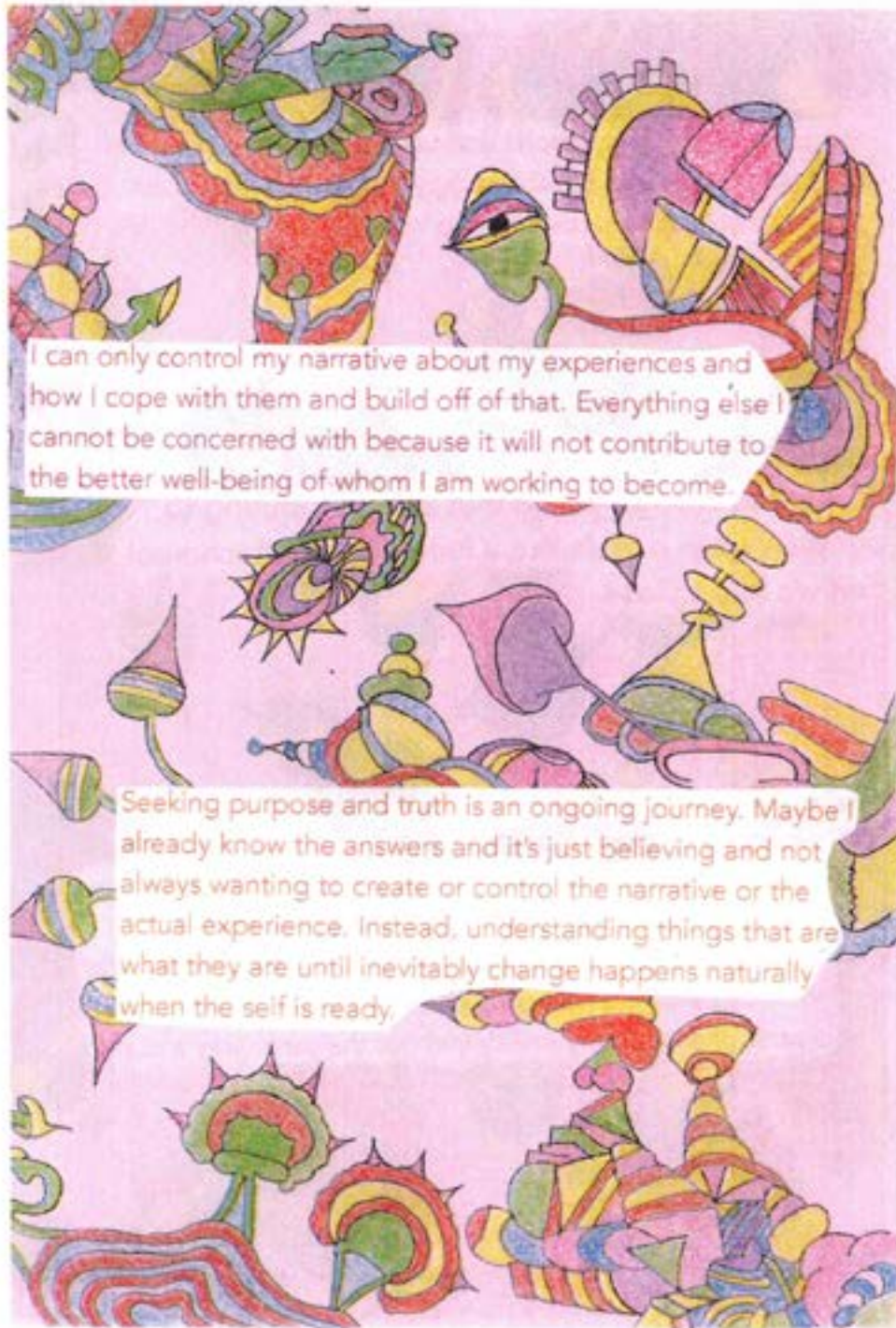
Group mural facilitated by Ben Goulart, Photo by Alex Robertson

People love to serve. This is always shown in disasters. We are being hoodwinked into thinking greed is normal, by people who are themselves trying to substitute possessions for love.

During the last several decades, people have shown their ability to change faster and faster as new technologies keep challenging us. We can certainly change in other directions...what is missing is a vision of how and what to change. We operate like schools of fish. We like to swim in the same direction, as long as we believe enough other people will go with us. Enough people acting these ways will certainly help nature come back into balance.

I will! TO DAVIS  
BELL

I will NEVER find stability  
I will find PEACE  
I will loose EVERYTHING  
I will get IT BACK  
I will loose EVERYTHING I LOVE & CARE ABOUT  
I will LOVE AGAIN  
I will ALWAYS be an ADDICT  
I will get clean AGAIN > AGAIN > AGAIN  
I will loose MY mind ~~for the last time~~  
I will come BACK to the person I am  
I will BREATHE & AGHIVE  
I will NEVER DIE  
I will Live Forever  
I will HAVE  
I will LOVE  
I will Be Intolerant  
I will ACCEPT  
I will Be!



I can only control my narrative about my experiences and how I cope with them and build off of that. Everything else I cannot be concerned with because it will not contribute to the better well-being of whom I am working to become.

Seeking purpose and truth is an ongoing journey. Maybe I already know the answers and it's just believing and not always wanting to create or control the narrative or the actual experience. Instead, understanding things that are what they are until inevitably change happens naturally when the self is ready.

# REMEMBER

*what you*

# KNOW

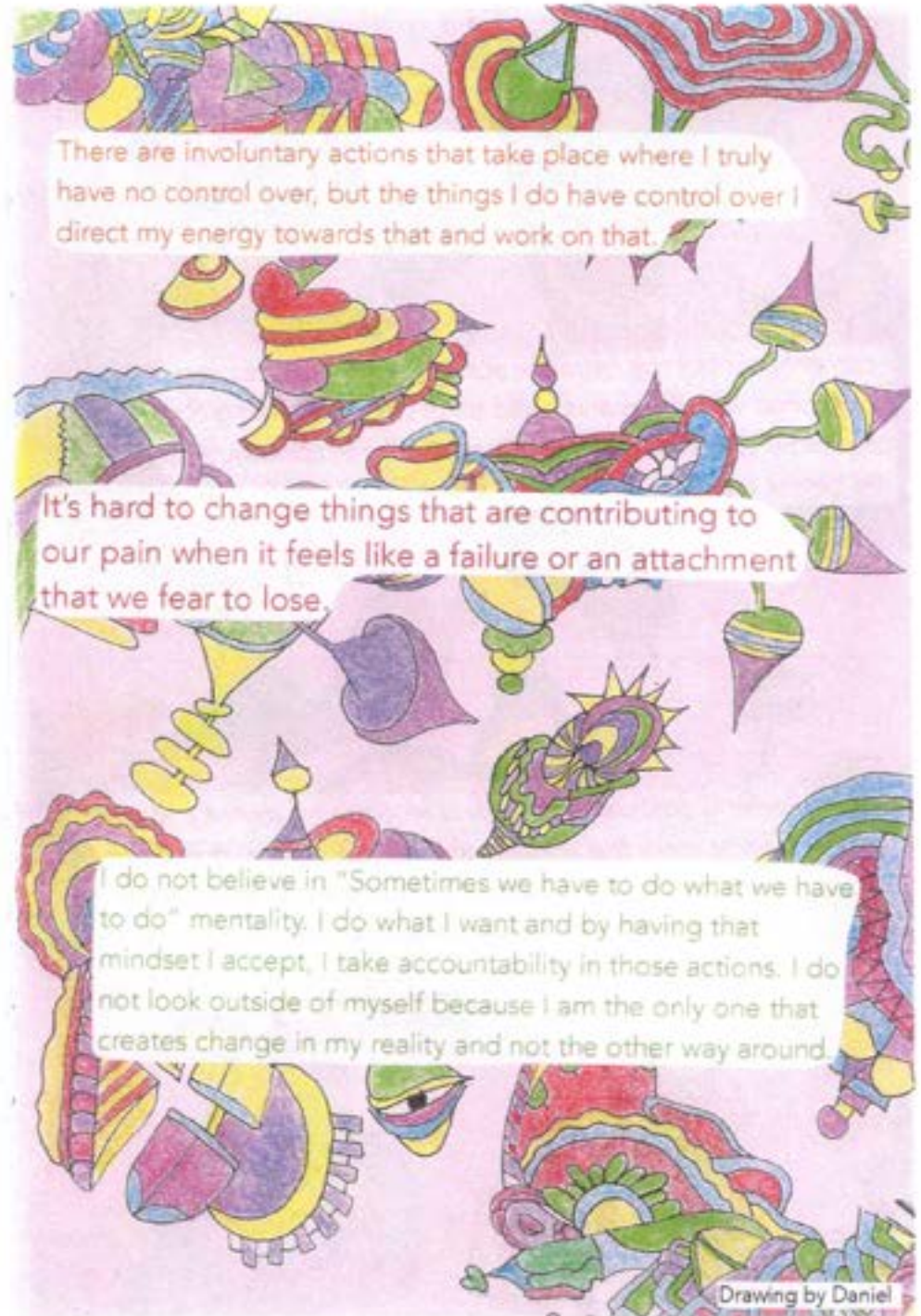
YOU HAVE  
NO  
POWER  
OVER ME!



# How to Save the World

By Cathy Seitz AKA Grasshopper

Unknown



There are involuntary actions that take place where I truly have no control over, but the things I do have control over I direct my energy towards that and work on that.

It's hard to change things that are contributing to our pain when it feels like a failure or an attachment that we fear to lose.

I do not believe in "Sometimes we have to do what we have to do" mentality. I do what I want and by having that mindset I accept, I take accountability in those actions. I do not look outside of myself because I am the only one that creates change in my reality and not the other way around.

Drawing by Daniel

## Words of Encouragement for Someone Who is Suffering

ZACH:

Persevere through struggle. Through darkness,  
create your reality.

Use your pain as a fuel source. If you overcome it,  
you know you are really strong.

If it is a medical problem, trauma, mental, physical  
issues look for professional help.

Get out of struggle to create the life you want.

Who do you wanna be?

The universe is giving you everything without asking.

TRAVIS:


Ask about resources. People don't know about  
what the resources are. Look for them. DON't be  
afraid to ask.

CHRONIC MAN:

You have my full support.

Positive intervention. Figure out the problem.

Sympathetic, tolerance and inclusion.



LITTLE BEAR: Be strong. When something is bad,  
it will become better.

ARI:

You are stronger than you think you are.

Life is a dance.

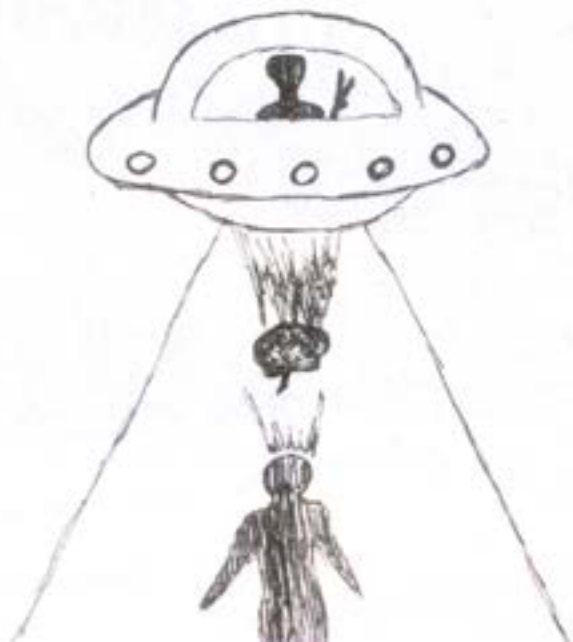
Don't let anybody tell you you are less than you are.

I love you!

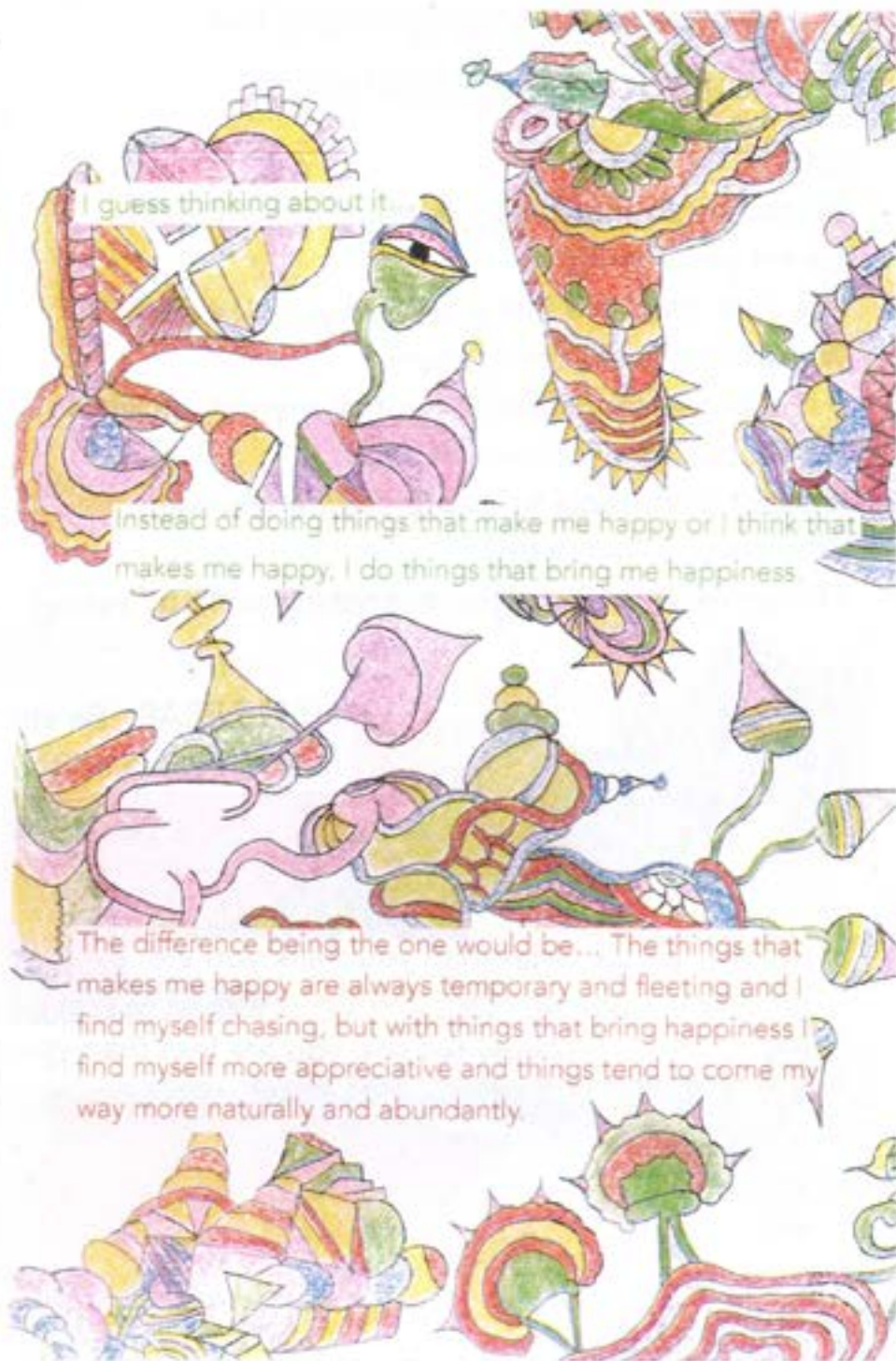
Trapped in a  
time **x** space  
illusionary matrix  
prison? join the

MIND LIBERATION  
MOVEMENT

LOSE YOUR MIND



Drawing by Sabrina Miller



I guess thinking about it...

Instead of doing things that make me happy or I think that makes me happy, I do things that bring me happiness.

The difference being the one would be... The things that makes me happy are always temporary and fleeting and I find myself chasing, but with things that bring happiness I find myself more appreciative and things tend to come my way more naturally and abundantly.