



'85

HUMBOLDT

HARVEST

TOURNAMENT

Ultimate Frisbee

On the HSU Athletic Fields

Sat., Sun., Oct. 26, 27

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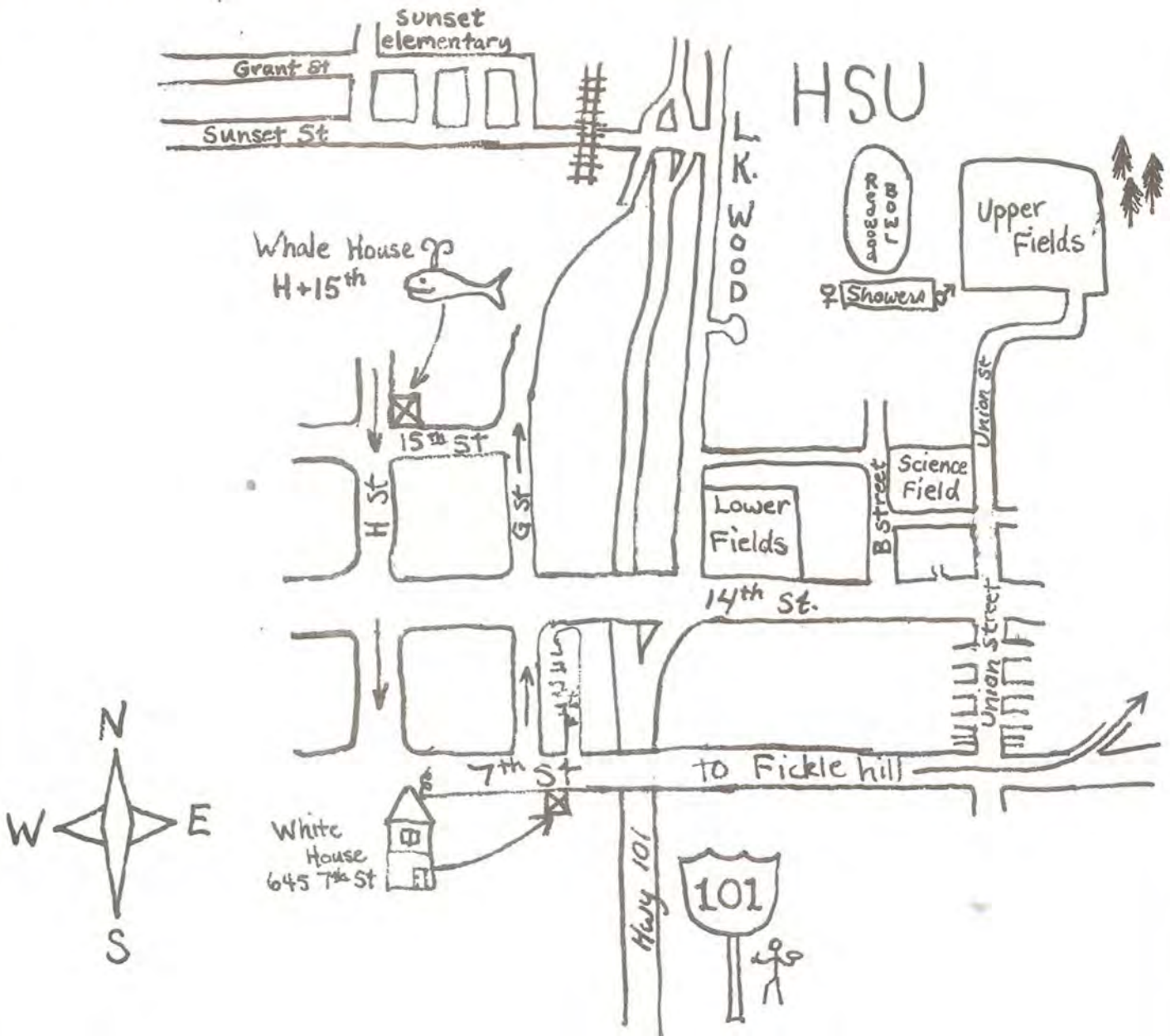
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YAHOO!

And welcome to our 7th Annual Humboldt Harvest Tournament. This year's harvest is a promising one, with more support from the community and school (and the team itself) than we have ever had before. As always, we have a new crop of players springing up and joining in the fun, helping our men's and women's teams look stronger than ever. Whether you come from near or afar, we hope that the energy we have put into this tourney finds you receptive and that our enthusiasm for Humboldt Ultimate is catching.

See ya at the party!



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WELCOME ULTIMATE PLAYERS!

WHAT'S GOING ON?

by Jack Murphy

"Huh?"

"Ulti-what?"

"What's that?"

One year ago, when the Buds hosted the '84 Harvest Tournament, I wandered onto the fields, drawn by the crowds and a bunch of guys running like crazy and playing a game with a frisbee. "How odd," I said, "I wonder what that's all about."

Inauspicious beginnings! A year later, I am fanatically dedicated to the sport, along with a large crop of new Buds. Ultimate does that to you; if you like frisbees and running, there is no stopping the sport from taking over your life. The first-ever game of Ultimate was played in 1968 on a high school parking lot in New Jersey, and since then the sport has spread across the United States, into Europe, and most recently, Asia. The Ultimate Players Association (UPA) organizes sectional, regional, and National competition, and there are national intercollegiate competitions also. This sport is growing fast. Read on and learn how it is played.

Ultimate is played in teams of seven. The teams line up at their respective zones, and one team "pulls" the disc to the other. The receiving team then passes the disc down field with the intent of passing it *over* the goal line *and* having someone catch it on the other side. (Interesting note: the *only* way to score in Ultimate is to give the disc to someone else. It is a two-person act. Can you think of another sport in which two people *must* be involved in scoring?)

You cannot run with the disc. Excessive body contact is a foul. Defensive double-teaming the person with the disc is not allowed. Nor can one "strip" the disc out of a player's hands. The person with the disc has ten seconds to get rid of it or else "stalling" is called and the disc goes to the opposing team. This

is called a "turnover", and it also happens when a pass is incomplete or out-of-bounds. Play resumes immediately in the opposite direction.

But what makes Ultimate 'ultimate'?

—the union of a frisbee's flight with an exciting game.

—the gutsy, all out effort made by every player at all times on the field.

—the spectacular jumping and diving by the players to get or keep possession of the disc.

—the cake below the icing; the Spirit of the Game. Ultimate intentionally has no referees; there is mutual respect among the players which allows us to self-officiate. The inevitable disagreements are settled by the players involved with the minimum of fuss, and play resumes. "Intentional fouling, taunting of opponents, and dangerous aggression are violations of the spirit of the game and are highly discouraged." We trust each other and ourselves to keep the game clean.

—The result: Ultimate is the most intense and exciting friendly game you have ever seen. Welcome to our fields and enjoy the weekend!





Frisbee Central will be located at the lower playfields this year. Available will be custom-designed discs and T-shirts, food and drink, information, first aid, free advice on how to throw a better forehand, etc.

A party for Ultimate players will be held Saturday night at the Lazy L Ranch. Get psyched for dancing to the hip music of "~~Broken Hearts are~~ **on Heartbeat!**"

Captain's meeting will be held on the lower playing field at 9:00am on Saturday. Pools, rules, and spew will ensue. Surprise everyone, be on time and we'll get the show on the fields.

Showers are located in the Forbes complex, on the South side of the Redwood Bowl. We all would like to see co-ed showers, but men, please try to refrain from invading the women's showers this year.

please remember to take your empty

Gatorade bottles to the Recycling Bin at Frisbee Central, along with any refuse you need to discard.

Thanks from US and the Buds!!

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WHO'S COMING?

We're not really sure. These are some of the teams that have celebrated with us in the past and others that may in the future.

Seattle Windjammers — imposing imposters, dedicated sailors

Seattle Sky — the Humboldt Ultimate Sisters are looking to test their mettle against these astral amazons.

Portland Fūnhogs — fat waddlers from the North, seeking herbal remedies for porcine obesity,

Corvallis Slugs — come out when it rains. Watch your step around these gastropods.

Dark Star ♂ from Eugene, renowned for their muddy solstice.

Dark Star ♀ living inspiration for all women's teams; someday HUS'll beatcha.

MOJO'S — the pride of Oregon; the Buds' brother team.

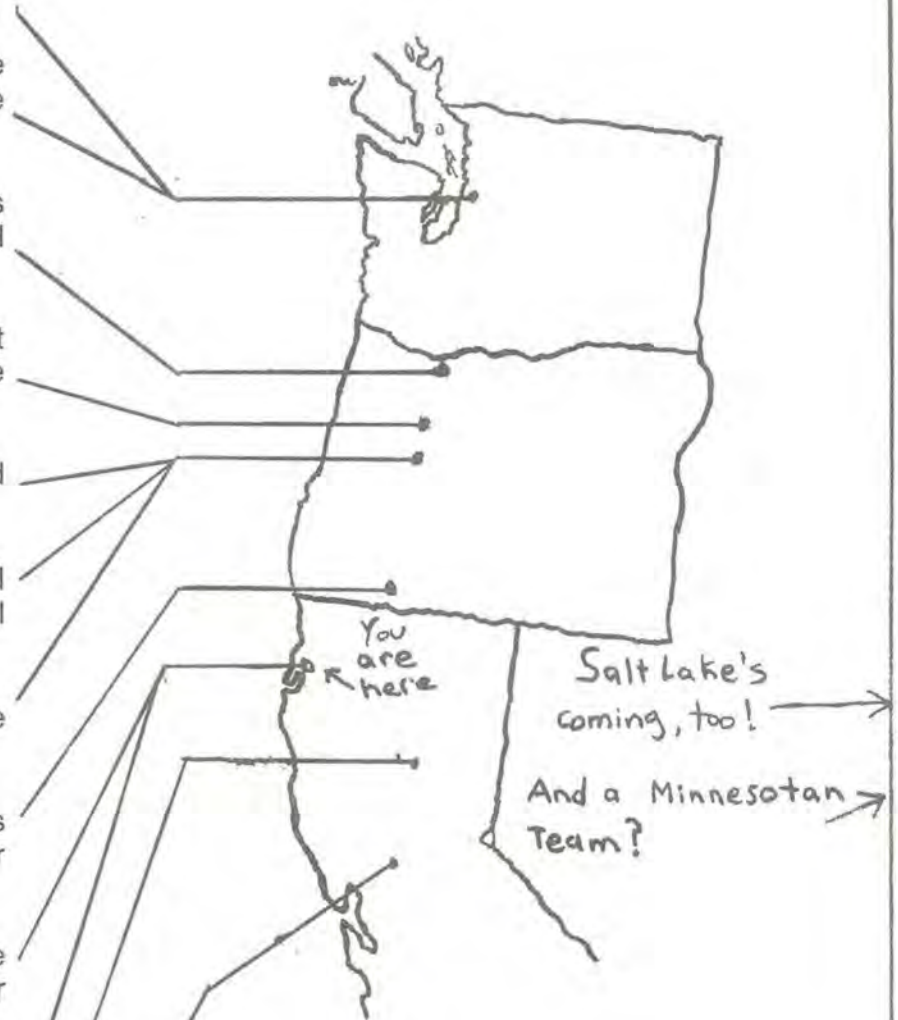
Ashland — this dark horse completes the Oregon Pentagon. Beware their "defensive" capability.

Humboldt Buds — our fingers are sticky and our Tea-cake's hungry for snacks, Don't watch out.

Ultimate Sisters—it's happened. We're together. It's time to eat.

Chico — We forgot your name, but remember the beer. Very welcome in Arcata.

Davis Dogs — a real come-from-behind team.



The rest come from Southern California:

Berkeley Pleides
Berkeley Spies
Stanford men and women
Chabot 101 Airborne
Flying Circus
Condors

Kaos
Etc., etc.

WOMEN PLAY ON

by Janet Gary

Eight o'clock in the morning my alarm clock blares a rude awakening. I fumble in the dark trying to locate the noisemaker, restraining myself from crushing it with a fatal blow. Ahh... Silence. I sink back into my pillow, my body absorbs the snuggling warmth of my blankets. The alarm has done its job, though I can't seem to settle the frisbees wizzing around my mind, reminding me it's Saturday

Regardless how rough the previous night may have been, I must be at the field with my cleats on at ten o'clock sharp, or else, an excruciatingly guilt-rendering experience will await me — *the Watch Treatment*. The women ultimate players lined up, synchronizing the motion of their toes pounding the ground, their fingers pointed at me methodically tapping their wrist, and their smiling glares daring me to come play with them. That is what happens if you are late to practice with the Humboldt Ultimate Sisters.

So I ask myself, "why do I enjoy playing Ultimate Frisbee?" Some of the reasons are obvious. The pleasures are many, completing passes, snatching frisbees from the air, going parallel for a teammate, and simply watching discs glide effortlessly. As much fun as I have experiencing the physical pleasures of the sport, they don't compare with my satisfaction in knowing these Ultimate Sisters and working with them at becoming a stronger team.

The majority of us attend Humboldt State University and share the fluctuating moods of being students. We come from places as far east as Paris, France and New York City, and as far south as San Diego and Albuquerque, New Mexico. Like most of my teamsisters, I sought the quiet unknown which Humboldt county had to offer. We were strangers to each other, but we had something in common, a desire to spin plastic through the air.



In the past three years, we have grown from a cluster of four to a gang of ten energetic, and united ultimate players. The times were rough having no team, but mutual love for the sport bonded us together. We have a team now, a family to be more precise. We're constantly feeling growing pains, learning pains, and muscle pains, but we're strong enough to keep each other going.

Let it be known that without the endless support of the Humboldt men's team and the inspiration of other women's teams, we'd never have made it this far. Thanks to you, there's a klan here in Humboldt county that's raring to play some good hard Ultimate.



823 H STREET
ARCATA, CA 95521
PH. (707) 822-3155

ULTIMATE

A Definition from Joel's Unabridged

Final, beyond which there is no advance or progress, beyond which there is nothing at all, fundamental, basic, greatest possible, beyond which breaking, shearing, distortion or other change is certain or very probable, quantitative maximum, the ultimate limits of the universe, the source of life which has not yet been discovered, **GOD**.



Ultimate Education

Ultimate achieved a boost of added credibility from Humboldt State University last year when the PE department offered its first-ever class in Ultimate Frisbee. The success of this class has been heartwarming, and now, beginning and intermediate classes are being offered every quarter. Thanks are owed by all local Ultimate players to HSU PE instructor Larry Angelel, and also to Humboldt Bud players Tom MacDonald, Dennis Houghton, and Tina Cashman.

Students aren't the only ones interested in playing, however. The Humboldt Buds hold open practices weekly or more often, and we are glad to explain the game or instruct anyone interested in how to play. If you fit the description, just show up at a practice or call 822-0160 for more information.

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PARALLELOGRAMS

by Tanya Boone

"There is an art, or rather a knack to flying.

The knack lies in learning how to throw yourself on the ground and miss.

Pick a nice day and try it.

The first part is easy.

All it requires is simply the ability to throw yourself forward with all your weight, and the willingness not to mind that it's going to hurt.

That is, it's going to hurt if you fail to miss the ground.

Clearly it is the second part, the missing, which presents the difficulties.

One problem is that you have to miss the ground accidentally. It's no good deliberately intending to miss the ground, because you won't. You have to have your attention suddenly distracted by something else when you are halfway there, so that you are no longer thinking about falling, or about the ground, or about how much it is going to hurt if you fail to miss it.

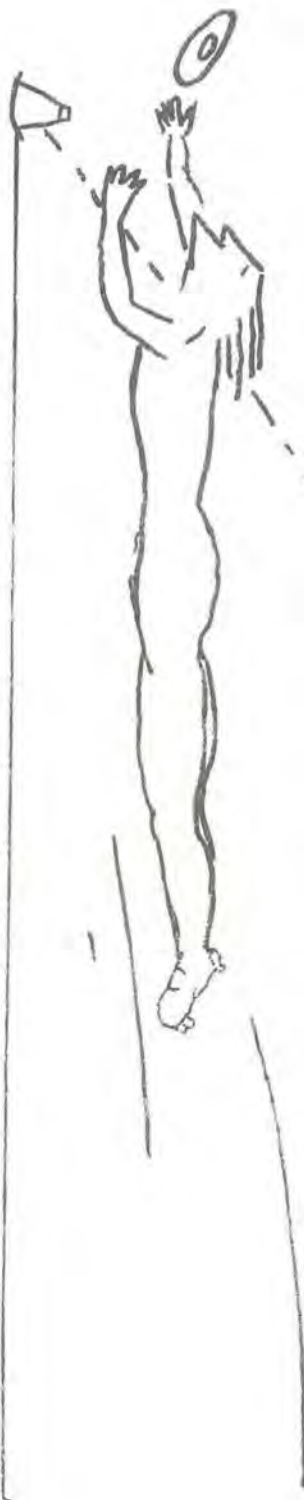
It is notoriously difficult to prize your attention away from these three things during the split second you have at your disposal.

If, however, you are lucky enough to have your attention momentarily distracted at the crucial moment by, say... [a frisbee], then in your astonishment, you will miss the ground completely and remain bobbing just a few inches above the ground in what might seem to be a slightly foolish manner.

This is a moment for superb and delicate concentration."

—Douglas Adams, from *Life, the Universe and Everything*

I have discussed the matter of going parallel at great length with several of my co-discers, and the one aspect of it that always comes back in focus is that you can't think about it, because if you are thinking about it, then you are not thinking about the disc, and that has to come first.



For you less fortunate discers who never had the experience of getting horizontal (be you an amateur, unsure about technique, or just plain wimpy), I assure you that yes, you too can experience the P.P. (Parallel Phenomenon). Perhaps those of you who have never experienced P.P. for yourselves may be wondering, "What's the big deal? Isn't this absurd obsession for a small, round, flat piece of plastic a bit out of hand?" But I, as well as a number of famous parallelers, can assure you that nothing could be further from the truth, and no human being, including Casper Weinberger, could benefit more from anything than P.P. Now that you have been sold on the worth of learning this incredible, wonderful, simply amazing experience, let us begin:

First you have to firmly and completely believe that your wimpy little body can do it.

Yes you. Your body was made for going parallel, if you would just let it. After you've thoroughly convinced yourself that you can do it, forget the whole idea. Pretend the thought of going parallel never entered your mind, and become *spontaneous*.

Play disc more fanatically than you've ever played before, THEN get ready for the Experience, because it could happen at any time. *When you least expect it, expect it*, it being the moment. There will be a moment, a split second when the disc comes whizzing by, just out of reach, and you realize the only way you are going to catch it is to leave your feet.

There it is, the Magical Opportunity, yours and nobody else's. A reflex within your entire body occurs, enabling at least six inches of added extension... you reach out, barely grip the rim, and land on the wet grass like a glider, sliding for what seems like half a mile. Ah, what a high! Better than... well, never mind. Let's just say it's impossible to describe. I choose to call it...

The Parallel Phenomenon



A wise Ultimate player (Steve Cox is his nomer) once said, "As players move on, players move in. The spirit continues... perpetuating with every game. May the true spirit of the game never change and the joy of playing never fade."

THANKS



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