



THE LUMBERJACK

NEW: SCIENCE SECTION ON PAGE 9

New Provost!


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Yummy Pan-CAKES


page 5

Sick Seastars


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Basketball Results


page 12

Stormin' California



Shane Smith taking advantage of this years powder by throwing a backflip at Sierra-at-Tahoe Resort on Dec.12, 2015. | Sam Armanino

see photo spread on page nine

Word on the Street

What are your thoughts on the stormy winter weather here in Humboldt County?



Katelyn Peaks
Age: 20
“It’s the rainiest it has been since I was a freshman. It’s exciting!”



Eric Simpson
Age: 20
“It’s really pretty out right now...I kind of enjoy the cold weather because I get to bundle up.”



Rachel Mattingly
Age: 25
“It’s not too hot and the rain is good for the plants given this drought.”



Steve Childs
Age: 22
“I’m loving it and the rain is much needed. It’s the first time I’ve seen river streams at the community forest.”



Katrina Cazel
Age: 20
“I love it. It makes staying inside nice.”

Starless Seas?

Local sea stars may be recovering after deadly disease

by Kevynn Gomez

A disease that causes local sea stars to lose their limbs and die may be lessening, according to research conducted by Humboldt State biology faculty and students. A summary of the research was presented by biology professor Dr. Brian Tissot in a recent talk at the Natural History Museum on G Street.

Dr. Tissot is the director of the Marine Laboratory in Trinidad and oversaw field work performed by students. Several of the field studies performed for the research were done at well-known areas of Trinidad, such as Patrick’s Point and Scotty Point.

“This is a disease that is associated with mass mortality,” Tissot said. “So it’s really quite concerning.”

The disease is called sea star mass wasting disease, first seen locally in Trinidad in April 2013. It has also been found recently and in past outbreaks in Oregon and Washington. Research of the disease by HSU began in 2014


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Weather


Thursday


60°


Friday


56°

Saturday


53°


Sunday



54°

Source: National Weather Service

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UPD BYTES

Compiled by Connor Malone

Wed, Jan. 6

05:02 - City of Arcata West of 101, Humboldt Ave., Arcata

Per scanner traffic, three male subjects attempted to 459 [burglarize] the taco truck. They were last seen in the area of 7th and F Streets.

Taco bandits at large. Guard your gorditas well, Humboldt.

Mon, Jan. 11

16:27 - Housing Office

Package came in that smells of marijuana. Package currently at Housing Front Desk.

Please, return to sender. They'd appreciate it.

Fri, Jan 15

11:48 - Creekview Residence Halls

Three males inside a blue pick-up were shooting silly string at pedestrians they passed. Last seen headed toward Creekview.

Three dudes again? Are the tacos not enough?

Mon, Jan 18

15:11 Canyon Residence Halls

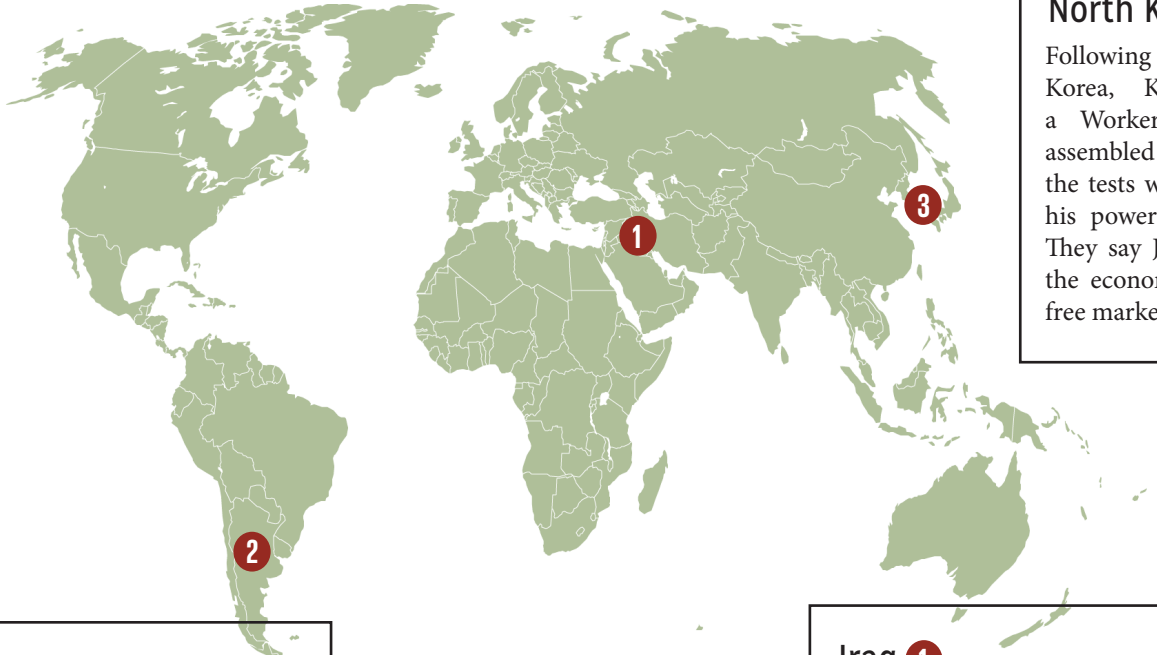
WMA, gray hoody, red shorts, falling down, possibly intoxicated. [NAME] arrested for 647(f) PC [public intoxication] and 148 PC [resisting arrest] and transported to HCCF

Surefire way to begin a successful semester.



Compiled by Connor Malone

Sources: Reuters, Al Jazeera



North Korea 3

Following recent nuclear tests in North Korea, Kim Jong-un is anticipating a Workers' Party summit that hasn't assembled in 35 years. Reuters analysts said the tests were likely an effort to legitimize his power ahead of talks with congress. They say Jong-un has plans to strengthen the economy, possibly including testing a free market system.

Iraq 1

A U.N. report released Tuesday found that from the beginning of 2014 to October 31, at least 18,802 civilians were killed in Iraq in fighting between Iraqi forces and the Islamic State. Another 36,245 were wounded. Among other human rights abuses, about 3,500 people have been forced into slavery. Most of these people are women and children belonging to the Yazidi religious minority.

Argentina 2

Argentina announced Tuesday new measures intended to stem the flow of cocaine through its airspace. The drug is imported from Bolivia and Peru, where it is then flown to markets in Europe. The country's president said the army has expanded powers to control air space, saying they would be allowed to "identify, warn, intimidate and use force" against airborne smugglers.



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HSU to begin accepting EBT cards on campus

by Connor Malone

Humboldt State will soon be accepting Electronic Benefit Transfer cards on campus, starting this semester. Once in effect, HSU will be among the first universities to accept EBT. EBT cards, which replaced food stamps, are part of California’s CalFresh program. Federally, the program is known as the Supplemental Nutrition Assistance Program. Jen Maguire, HSU assistant

professor of social work, noticed many students qualified for CalFresh benefits, but were unable to use their EBT cards on campus. She did some background research, hoping to find schools elsewhere that have adopted EBT. She couldn’t find any. “As far as we know, we’re the first,” Maguire said. In 2013, a bill proposed to the California legislature would have required all UC, CSU and community college campuses to accept EBT cards. This bill died

in January 2014. In spring 2014, Maguire talked to Ron Rudebock, director of housing and dining, to get the process going. She said Rudebock was receptive of the idea and began working to make the plan a reality. In an email, Rudebock said Housing and Dining originally planned to have everything up and running by the start of spring 2016. At this point, accounting and “back of the house” type issues still need to be addressed.

So, what will students buy when they can use EBT on campus? Daniel Ruggles said, “I would buy bulk. A lot of cheap veggies and things I can cook at home.” Hannah Belton would try to spend her benefits wisely. “I would be thrifty with them, buy cheap and make them last as long as possible,” she said. Maguire said this is one step in a larger process to help students with long-standing problems, like hunger and homeless-

ness. “I think this is a huge success for students,” Maguire said. “Getting EBT on campus is big, but part of a larger conversation statewide.” Rudebock said students may have to wait a couple weeks before campus stores can begin accepting EBT. More updates to come.

Connor Malone may be contacted at thejack@humboldt.edu

New Provost, Eh?

The Lumberjack talks to the new provost

byJami Eiring

Alex Enyedi is our new provost.

How he describes himself:

He is a person both interested in educating students and ensuring higher education meets its goals and objectives.

How he got into working in higher education and what he’s done:

While a sophomore studying environmental biology at the University of Guelph in Canada, Enyedi had an epiphany that he wanted to become a professor and set the goal to go to grad school.

“I had great admiration for my professors,” he said.

Enyedi then got his master’s degree in environmental biology and plant physiology.

While taking a break from school after getting his master’s degree, Enyedi worked as a government scientist at the Ministry of the Environment , MOE, where he studied the impact of air pollutants on forests and agricultural crops.

He left the MOE and went back to school to get his Ph.D in plant pathology and biochemistry at Pennsylvania State University.

After Penn State, he did a two-year postdoctoral fellowship at the Center for Agricultural Biotechnology at Rutgers University.

Then, in 1993, he became an assistant professor in the Department of Biological Sciences at Western Michigan University. At WMU Enyedi also served as a department chair (2000-2005), associate dean (2005-2010), and most recently the dean of the College of Arts and Sciences (2010-2015).

Why he left Western Michigan University:

Enyedi was removed as the dean of the College of Arts and Sciences at the beginning of 2015.

“It’s complicated,” Enyedi said. “I had an unwavering stand for equity and social justice. I believed there was a way to make decisions and treat people and that was at odds with others at the university. The interesting part though is that it reinforced to me that when you stick to your beliefs and values you come out ahead.”

Why he came to Humboldt State:

Enyedi said it is normal for deans to look for other opportunities and when he saw the HSU provost position opening he looked into it.

“I liked that the institution is clear on its stand for social justice, diversity, inclusion and equity,” he said, “and then you layer that with the mission to advocate for environmental responsibility and sustainability. And the other part is helping students here to work collaboratively.”

He also said it is “absolutely gorgeous” here.

“If you ask me, why wouldn’t you want to be in a place that knows what it wants to do and how it impacts the lives of its students?” he said. “It makes me feel like we are doing well by our students.”

Humboldt State’s Strategic Plan:

Enyedi said the strategic plan is a road map for Humboldt State’s future.

**Check out the online version at thelumberjack.org to find a link to the full Strategic Plan.*

How long will he be here?

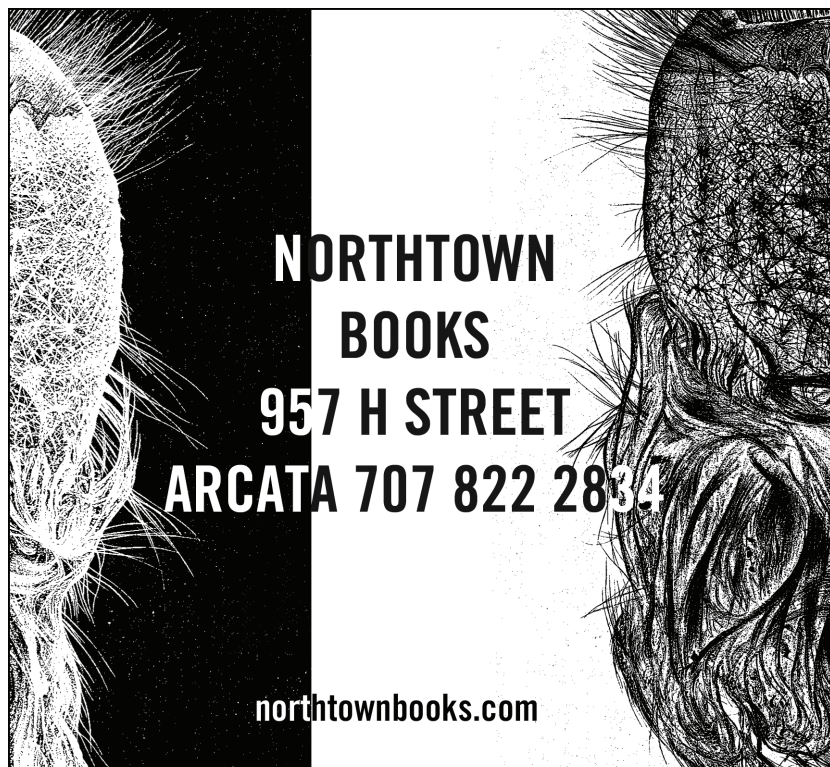
Enyedi said he severed all ties with Michigan and does not see any reason why he would leave.

“It’s tough to put a year on it,” he said, “but I’m committed to Humboldt State and that is my goal.”

Jami Eiring may be contacted at thejack@humboldt.edu



Alexander Enyedi is the new provost at Humboldt State. | Aren Fikes



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NEW CALIFORNIA LAWS

Sources: Sacramento Bee, LA Times

by Katelyn Roudebush

2016 is here! With the new year come new laws recently passed in California. Below is a list of new laws that students might find interesting:

Search warrants will now be required before law enforcement can obtain your emails, text messages, Internet search history and data that is stored in smart-phones, laptops and the cloud.

Concealed firearms are barred from K-12 school grounds and college campuses.

Local governments will now be able to set up installment plans for people if they cannot pay all of their fines for parking tickets all at once.

Electrically motorized boards, most notably hoverboards, will now be allowed wherever bicycles are, including bicycle lanes, roadways and pathways.

High schools must provide places for students to breastfeed or pump breast milk.

California minimum wage has increased from \$9 to \$10.

Cheerleaders for professional sports teams will be treated as employees with wage and hour protection.

Family members and/or police officers may seek a restraining order that bars a person who is registered to have firearms deemed dangerous to themselves or others from possessing a firearm for 21 days.

Compensation for people who were wrongly convicted for a crime they were innocent for will increase from \$100 to \$140 a day for every day behind bars.

Beer-tasting events will now be allowed to be held at farmer's markets.

The word "alien" will now be removed from California's labor code to describe those not born in the United States.



Photo by Jessica Ernst

NAACP MLK discussion in the South lobby on the first floor of the bookstore.

At the table from left to right:
 John Johnson - Staff & Residence, Coordinator for the African American Center for Academic Excellence. Lorna Bryant - NAACP PR for Eureka Branch. Jaleh Ghaffari - PR Rep.

Upcoming this week:
 MLK bday party Wed. @ noon at the Academic Ctr. Hall East 206.

Oratorical Contest Friday @ 5:30 p.m. where students have 3-5 min to make a speech relating to MLK for a chance to win a \$200 gift card for the HSU Bookstore.



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Glamorous New Year

Caravan of Glam takes over Blue Lake

by Nick Garcia

The Caravan of Glam, a traveling drag show, was created in 2013 out of a need for LGBTQ events in small communities. Humboldt County played host to the Caravan’s largest party yet at Blue Lake Casino on New Year’s Eve.

Performers in the Caravan all identify as gay, lesbian, bisexual, transsexual or queer. They utilize a rotating ensemble of more than 50 entertainers who come from all over, so coordinating a performance takes planning and preparing up until showtime.

“With our group it is kind of hard because I live in Vegas,” Allie McQueen said, a performer in the show, “and a lot of the

other performers are based out of Portland.”

McQueen prepares her own music and choreography. She has a dedicated 15 minute segment to direct. Her group gets about a week to familiarize themselves with the music, but due to distance they cannot immediately practice choreography.

“I’ll fly into Portland two or three days before we head to Blue Lake,” McQueen said. “And we’ll have two straight days of rehearsals where we’ll take everything that everybody has done, fit all the puzzle pieces together and just rehearse it until we have it ready for the show.”

Exploring an onstage persona helps performers learn about

themselves in an environment where they are not judged, but applauded.

“Onstage I am confident and I do not show any self-esteem issues,” Jayla Sullivan said, another performer in the New Year’s Eve show. “I like to push the envelope and just feel really sexy.”

Both McQueen and Sullivan, however, say their personalities onstage are a far cry from their day-to-day. Continuing to perform has brought certain qualities to the forefront but they are still discovering themselves.

“You would think we’re all these crazy, loud individuals,” McQueen said. “But then when you get us back into our own lives, we are actually just kind of normal and insecure. We have

more issues than normal people, I think.”

The Caravan of Glam focuses on bringing their over-the-top brand of entertainment to smaller communities, where such a show may not be an everyday occurrence. And the reception from their unexpectedly diverse audiences often comes as a surprise. As performers who struggle to live up to the assertive qualities of their onstage personalities, meeting young people who look up to them can be an odd experience to come to terms with.

“Sometimes you don’t even know who you are touching just by being the confident person you are,” McQueen said. “I think for people who feel unseen, you

just have to remind yourself to keep moving forward.”

When the caravan rolls into a small town, maybe somewhere in the middle of Montana or Iowa, their show might be the only entertainment people have for the night. So, they must entertain no matter who is watching or what they are feeling.

“Sometimes you just have to put yourself on the back burner,” Sullivan said. “It’s almost like being a Disney character, but a lot more risqué. You put on a smile, go out there and do your thing, you meet people and you have a great time.”

Nick Garcia may be contacted at thejack@humboldt.edu

Rice Cooker Pan-CAKE

Pancake, Actually. One Big Pancake.



Using the same amount of batter you would for a whole batch of pancakes, you can make one huge pancake in a rice cooker. | Nick Garcia

by Nick Garcia

What you need:

- Pancake Mix
- Rice Cooker
- Syrup (optional)

Breakfast is great. Waking up to a hot meal gets you going like no bowl of cold cereal can. As far as breakfast goes, few dishes satisfy the need for a buttery, syrup-covered start to the day like pancakes. Except waffles, maybe, but that’s a different topic for a different day -- because this article is all about pancakes. More specifically, about how to make one comically large, delicious pancake in a rice cooker.

The concept is exactly as it seems. Take whatever mix you would normally use to make pancakes, pour it into a rice cooker, set it to cook and wait. If you are lazy like the writer of this article, you can use pancake mix that only requires you add water. It will work just as well as mix you make from scratch. (Not just as well, but you’re only adding water. What do you really expect?)

Instead of being stuck behind a griddle pouring meticulous little circles of batter and generally making a mess all over your kitchen, with this method you can throw all your ingredients together and go. The rice cooker will make one large, fluffy pancake you can then slice like a normal cake and top however you like.

A downside to the rice cooker method is that it takes much longer than it would ever take to simply make a stack of pancakes. Depending on the size of your pancake and the power of your rice cooker, it generally takes between 60 and 90 minutes for the pancake to cook through. So, you sacrifice time for convenience and novelty. Get up early, throw a pancake together, then go back to bed for a bit. You will wake up to a breakfast that will have your roommates asking, “What are you doing with that rice cooker?” And, “Can I get a slice of that?”

Nick Garcia may be contacted at thejack@humboldt.edu

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2016

1/29 The Donkeys, The Trouble and Velvet Touch
9pm, The Depot

1/30 Chicano Batman w/ Matt n' Adam, Almas Fronterizas
9pm, The Depot

1/31 Chicano Batman with Gabe Pressure
8pm, The Depot

2/13 Silent Disco with Thriftworks, Deep Groove Society
and Oldgrowth Records
9:30pm, Kate Buchanan Room

3/1 The Mountain Goats (solo) and special guest William Tyler
8:30pm, The Depot

3/10 Laura Jane Grace of Against Me! (lecture)
7pm, Van Duzer Theatre

4/24 Van Jones (lecture)
7pm, Van Duzer Theatre

The Hateful Eight Movie Review

Warning: semi-spoiler alert

by Aren Fikes

If “Reservoir Dogs” and “Django Unchained” had a baby, it would be “The Hateful Eight.” It’s provocative yet entertaining and it has Quentin Tarantino written all over it: witty dialogue, gruesome deaths and familiar faces from his earlier work all in roughly three hours.

This contemporary Western movie takes place in the rural, wintery state of Wyoming shortly after the Civil War. Eight men and a fugitive woman prisoner are trapped at a stagecoach stopover called Minnie’s Haberdashery during a blizzard. Samuel L. Jackson and Kurt

Russell play protagonist bounty hunters who trust no one else that claims to be taking shelter in the Haberdashery. They all have a past, and the audience is left to constantly wonder who’s who and what the true nature of the characters’ relationships are. All eight have the same destination, but will they all be alive after the blizzard dies down?

Tarantino has claimed that Westerns as a genre are the clearest reflection of the values and issues of the decade they were filmed in. So what does Tarantino see as our decade’s dilemma? Institutionalized racism and misogynistic mindsets.

It’s probably why the “N” word is dropped over 60 times and why we watch Jennifer Jason Leigh as Daisy Domergue get bashed in the face repeatedly throughout the movie by a few alpha males. Not to mention Samuel L. Jackson’s role as Major Marquis Warren, a former union soldier notorious for brutally killing many of the white Confederates whom he fought against during the Civil War.

I’ll admit, some of the language, violence and humor are pretty crude at times, but this is what the director envisioned. Aside from just hoping we buy tickets to see his film, I would say Tarantino wants to shock us at times to get us talking. Why are white people tossing around the “N” word so much and why is the rest of the audience cracking up when Daisy Domergue gets beaten for saying something out of pocket? You

start to subconsciously take a stand on racism and sexism as the movie progresses - At least I did.

In one of the scenes, the racist sheriff Chris Mannix, played by Walton Goggins, says when [insert racial African-American slur here] are scared, that’s when white folks are safe. As a rebuttal, Jackson as the black bounty hunter Warren states in another scene that the only time black folks are safe is when folks are disarmed.

It is in scenes like these when the film becomes an interpretation of Tarantino’s social awareness regarding racist attitudes of both the past and present. Not to mention “The Hateful Eight’s” timeliness in the midst of the several police brutality cases we hear about more frequently than ever.

“I’m a human being with a conscience,” Tarantino said at an anti-po-

lice brutality rally on Oct. 24 before the film’s release. “And when I see murder I cannot stand by...I have to call the murdered the murdered and I have to call the murderers the murderers.” This ignited loads of criticism and police unions to boycott the film.

If you can get past Tarantino’s way of presenting racism and other ideologies in a vulgar way, then this film is definitely worth your time and money.. Mostly time though since the movie is almost three hours long! The dialogue will engross you and the ending..Well, I’ll just let you see for yourself.

“The Hateful Eight” is currently playing at Mill Creek Cinema in McKinleyville, Broadway Cinema in Eureka and at the Fortuna Theatre.

Aren Fikes may be contacted at thejack@humboldt.edu

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Pet Sounds - A Review

Run the Jewels Deliver an album of Cat Driven Remixes

by Nick Garcia

Killer Mike was scheduled to give a lecture on Humboldt State’s campus last semester. Because of fog, a plane could not bring Mike in time to speak and I was extremely disappointed. Mostly because Mike has, in the time that I have been aware of him, gone from someone that existed on my periphery in the features of Outkast songs to one of the smartest, most politically aware rappers I have ever witnessed. Over the past few years, Mike’s musical output has earned him the most critical acclaim of his career, beginning with 2012’s “R.A.P. Music,” followed by two albums as half of the duo Run the Jewels with his collaborator El-P.

What I want to talk about today, though, is a ridiculously absurd remix album “Run the Jewels” released in October. “Meow the Jewels” began as a joke from the stoned mind of El-P. While coming up with deals for fans who pre-ordered “Run The Jewels 2,” he began creating extravagant packages for exponentially increasing prices. And the Internet, unsurprisingly, gravitated toward one deal in particular. For \$40,000, “Run the Jewels” would remix their entire album using nothing but cat sounds as music. Fans happily crowdfunded the project through Kickstarter. Whether the group was serious or not, the funds accumulated and the task was upon them. So they put together a team of producers that puts most serious rap albums to shame: Geoff Barrow of Portishead, Just Blaze, the Alchemist

and Prince Paul, among others and set forth to make a novelty album of purrs and meows.

“Meow the Jewels” is everything that makes “Run the Jewels” the amazing, confounding enigma of a group that it is. Those \$40,000 that fans raised for a joke album? “Run the Jewels” donated it to families of victims in Ferguson. And so I ask, what other hip hop act could, or even would take their critically acclaimed album and make a joke of it while standing to gain nothing from it financially? Who would choose cats meowing as the musical bed for lyrics as abrasive as “Everything I scribble’s like an anarchist’s cookbook / Look good, posing in the centerfold of crook book / black on black on black with a ski mask that is my crook look.” In the modern musical landscape, I only see one group pulling it off authentically.

But how does the album actually sound? Really, that is unimportant as the story behind the album far outshines the music itself. El-P and Killer Mike are a perfect pairing as far as hip hop goes. For some reason, El-P’s booming, electronic production is a great foil for Mike’s aggressive, Ice Cube-influenced rhymes and they’ve proven it with two stellar albums together. So, to improve upon that with feline sounds is a far cry. The songs range from laughable to oddly listenable. The Blood Diamonds remix of “All Due Respect,” “Paw Due Respect” is surprisingly enjoyable. Where some of the other tracks aim to replicate the original production, “Paw Due Respect” replaces the original, brash, Travis Barker-assisted track

with what sounds like a small chorus of cats cooing and crooning. It just makes me happy to hear gentle meowing over Killer Mike rapping, “We’ll beat you to a pulp, no fiction / Tarantino flow, new Jules and Vincent.” Other standouts include “Lie, Cheat, Meow” and the Just Blaze produced “Oh My Darling, Don’t Meow.” Where “Meow the Jewels” really shines are the tracks where El-P’s production is replaced with sparse, cat-driven rhythms.

It is hard to call “Meow the Jewels” a good album, unless you particularly enjoy listening to cats meow and hiss. But it is an important album in 2015 from a group who occupies a space in hip hop that has not been filled in some time. Run the Jewels is, at once, willfully ignorant and intensely political, socially aware and cartoonishly violent. And no matter how serious their subject matter is, their music is undeniably fun: a rarity among politically-minded rappers these days. Kendrick Lamar released his second album “To Pimp A Butterfly” last year and recently the album was nominated for 11 Grammys. And, as powerful as Lamar’s message is, “Run the Jewels” deliver the same social angst-driven attitude in a much more fun package thanks to their virtuosic musical ability and overwhelming self awareness. Even Lamar recognized it, shouting out to Killer Mike on his song, “Hood Politics” saying “Critics wanna mention they miss when hip hop was rapping / mother\$%^&*! if you did, then Killer Mike would be platinum.”

Nick Garcia may be contacted at thejack@humboldt.edu



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RIGHT: Arnold, California | Katelyn Roudebush

BOTTOM: Eric Flores clutches his shivering dog Ponch as he walks the Ocean Beach Pier in San Diego during the El Niño. | Aren Fikes



STORMIN' CALIFORNIA

Copy by Jeffrey Gardner

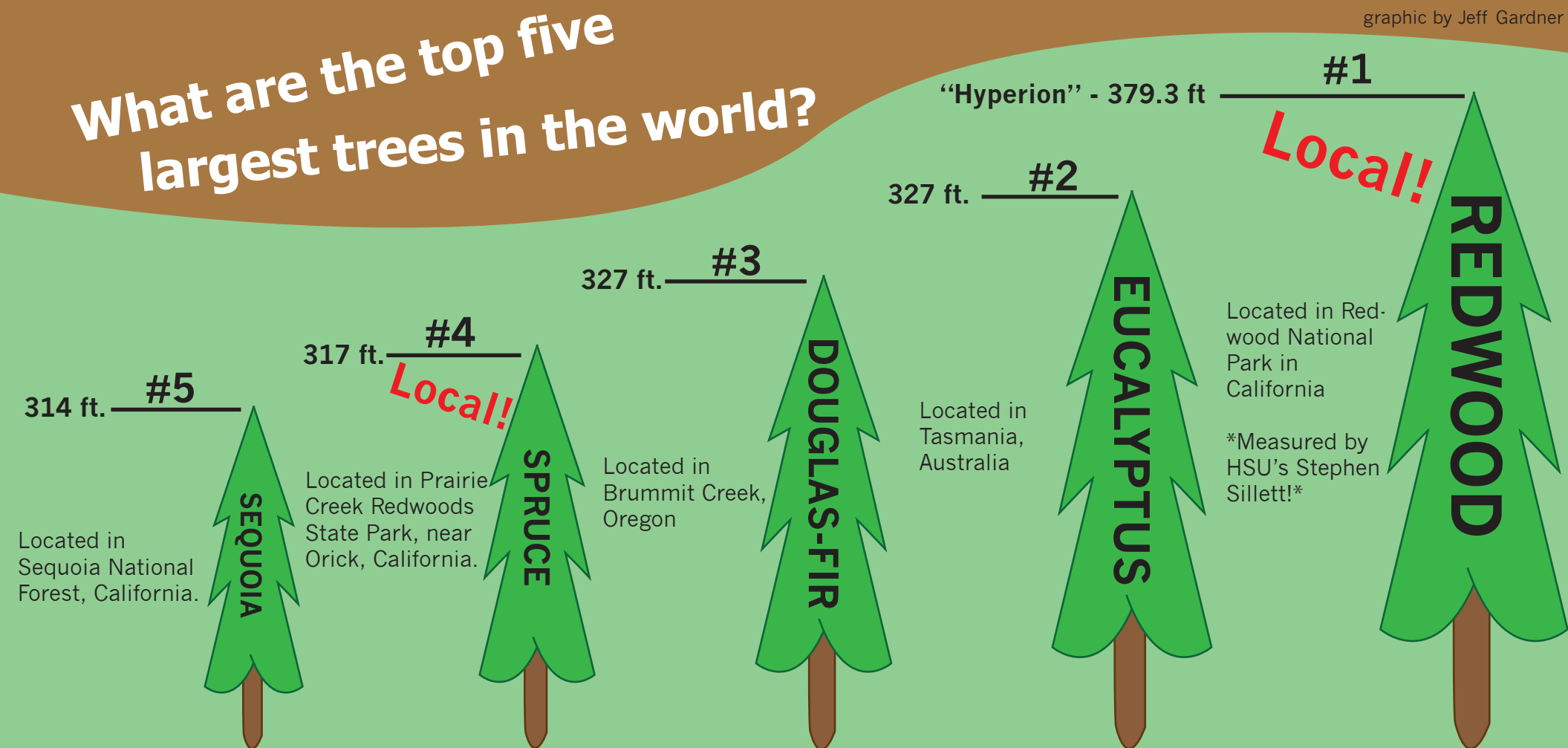
El Niño is the warm part of the broader “El Niño-Southern Oscillation” period of winds and sea temperatures in the Pacific Ocean. During El Niño a band of warm ocean water develops in the central Pacific which causes increased temperature and rainfall. The opposite period is known as La Niña, which results in generally cooler temperatures, and usually follows an El Niño season. It’s a very complex weather system, and scientists still aren’t sure about all the specifics of it. Pretty much, there’ll be a lot of rain.

Here is a collection of photos some of our staff took over winter break of the storms around California.



TOP: Near the Humboldt County line on Highway 101. | Jami Eiring

LEFT: Sonoma, California | Sam Armanino



HSU researches sea star disease

continued from page one

and is still being conducted.

The disease is thought to be caused by a densovirus which is a bacterium that forms lesions on the stars which cause them to lose arms, and in extreme cases, fall apart and die.

"Sometimes you'll only see a single arm, and usually that's near the end," Dr. Tissot said during his talk at the Natural History Museum.

Of the eight local species to be affected, six of them have had fatal symptoms. The symptoms of the disease have been categorized into four increasing categories, from category 1 where lesions are on only one part of the body to category 4 where there are 3 or more arms missing or it causes death.

The Natural History Museum talk was given on Tuesday evening, Jan. 12 to a packed room of HSU students and community members. The presentation summarized research beginning in 2014. It has involved many groups, such as undergrad and graduate HSU students, HSU faculty and marine lab staff, local branches of the National Oceanic and Atmospheric Administration and Arcata Fish and Wildlife Services. Research of the disease has been covered by other universities, such as University of California Santa Cruz and UC Davis.

The HSU research suggests a possibility of recovery and positive change for the sea stars.



Biology professor and director of Humboldt State Marine Laboratory, Dr. Brian Tissot speaks to interested community members about sea star mass wasting disease at the Natural History Museum on Thursday, Jan. 12, 2016 | Kevynn Gomez

Charts based on data gathered through field research show that small sea stars and baby stars have shown up in areas where large sea stars died from mass wasting and are no longer present. This could mean that even though larger stars have died, the younger stars could continue to grow despite the wasting disease being present. Dr. Tissot

does not think such small stars could fill the ecological niches of larger sea stars, however.

The research shows that the future could possibly be looking much brighter for many of our local sea stars. However, only more long-term research will tell their true fate.

The museum is run by HSU and holds similar science talks to inform the community.

The most immediate upcoming talk is Tuesday, Feb. 7 at 7 p.m. and will discuss sea level rise in coastal areas.

Kevynn Gomez may be contacted at thejack@humboldt.edu

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Q&A

Leader of the Pretty Boys
A HSU Rugby player tells his tale

by Jami Eiring

Victor Calaguian attended middle school and high school in Dubai. There he had two teachers, one from New Zealand and one from Ireland - both of which are countries known for rugby, a sport that features a combination of strength, speed and strategy. Calaguian began playing rugby in eighth grade because of those teachers and he’s played ever since.

- Q:** What brought you to Humboldt State?

A: I did my first two years of college at Fullerton College, but I came to Humboldt because I liked the school. It’s different. It has fresh air and there’s not a lot of people.
- Q:** Have you played other sports?

A: Well, rugby is a spring sport so I played that in the spring. In fall, I played basketball. And all year I played hockey.
- Q:** Do you still play all of them?

A: No, I stopped when I moved here.
- Q:** Why just rugby and not the other sports?

A: Well hockey is expensive. And with basketball I’m probably not as good as everyone else here. Rugby is still growing and I like that I excel at it.
- Q:** How long have you been on the HSU club team?

A: This is only my second semester here, so it’s only my first year on the team.
- Q:** What position do you play?

A: The fly half.
- Q:** What does that entail?

A: Pretty much, I organize the back line, aka the pretty boys.
- Q:** Why do you call them the “pretty boys”?

A: They’re the ones that just run the ball and score the tries.
- Q:** Do you play any other positions?

A: In youth rugby I played pretty much every forward position, the big boys. When I was at Fullerton I became the scrum half. Here, I told the coach I can play any position he wants me to play.
- Q:** What is your favorite position to play?

A: I don’t really have a favorite, as long as I’m on the field playing.
- Q:** What is your favorite thing about rugby?

A: The teamwork and camaraderie. We win as a whole rather than individual efforts. It’s fun.
- Q:** Anything you don’t like about it?

A: I’m not really excited about the potential injuries you get.



TOP: Victor Calaguian prepares for the first HSU Men's Rugby practice of the Spring semester on Tuesday, Jan. 19. | Jami Eiring
BOTTOM: The HSU Men's Rugby team runs loops around the goal posts in the Redwood Bowl during the pouring rain. | Jami Eiring



- Q:** Have you ever been injured?

A: I fractured my upper rib once in youth rugby. It was just a hard elbow to the chest.
- Q:** Do you have a favorite memory of being on the HSU rugby team so far?

A: I love traveling with the guys. The other teams I’ve been on didn’t travel as much as we do here. The best was winning against Sonoma State at the Redding tournament last semester.
- Q:** How would you describe rugby, compared to other sports?

A: On the field, both teams kill each other, but after the game everyone is like brothers.

January:	March:
30 @ Cal State Monterey Bay	5 @ Cal State Sonoma
February:	12 vs. Santa Rosa Junior College
6 vs. University of the Pacific	26 @ Las Positas College
13 vs. Sierra JC	
20 vs. Menlo College	

The Rugby team meets for practice on Tuesdays and Thursdays from 7-9 pm at the Redwood Bowl where the team also plays its game.

If you are interested in joining the team you can show up to the team’s practice.

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Championship in Sight

Men's basketball storming along

by Paul Matli

Men's Basketball

The Humboldt State men's basketball team is rolling.

While most students were sitting at home braving the nasty weather behind heaters and fireplaces, men's basketball continued to do work. The team has put themselves in position for the California Collegiate Athletic Association Conference Title.

They are 13-3 overall and 7-3 in conference. The team sits one game behind the 8-2 Chico State Wildcats and UC San Diego Tritons as well as a half game behind 6-2 Cal State San Marcos.

The Jacks had a strong winter break going 4-2 in conference play. Their only losses were to Conference leading Chico and Cal State Dominguez Hills.

Here are some standout performances from each of the games over winter break:

Jan. 1, 2016

The Jacks started 2016 well, defeating UC San Diego 82-72 behind 27 points from senior Rakim Brown and 20 points from senior Thomas Weitzel. Freshman Tyras Rattler chipped in 16 points, while Sophomore Malik Morgan contributed 13.

Jan. 2, 2016

The Jacks used another balanced effort to survive 84-81 against Cal State San Bernardino. Tylas Rattler led the Jacks with 17 points, while Rakim Brown, Malik Morgan and Nikhil Lizotte joined him in double figures (scoring 10 points or more.)

Jan. 7, 2016

The Jacks had a rough game against the Chico State Wildcats losing 86-68 even though the game was at Lumberjack Arena. Tyras Rattler, Thomas Witzel, Malik Morgan and Rakim Brown each scored double figures for the Jacks in the losing effort.

Jan. 9, 2016

The Jacks bounced back against Cal State Stanislaus defeating them 94-72. Rakim Brown led the Jacks once again tallying 19 points. Tyras Rattler (18), Malik Morgan (10) and Nikhil Lizotte (13) also contributed to the Jacks' bounce-back win.

Jan. 15, 2016

The Jacks lost again, this time to Cal State Dominguez Hills by a score of 91-83. Nikhil Lizotte led the Jacks with 18 points. Rakim Brown, Malik Morgan and Thomas Witzel joined Lizotte in double-digit scoring tallying 16,14 and 15 points respectively.

Jan. 16, 2016

Malik Morgan had his best game of the season scoring 20 points. He also added 8 rebounds and 8

assists as the Jacks beat Cal State Los Angeles for the second time this year.

Women's Basketball

HSU women's basketball is currently 8-9 overall and 5-5 in CCAA Conference play. The 5-5 record has them ranked sixth in the Conference.

The ladies went 3-4 over winter break. They beat Western Oregon, Chico State and Cal State Los Angeles. They were defeated by UC San Diego, Cal State San Bernardino, Cal State Stanislaus and Cal State Dominguez Hills.

Here are some highlights from the games over winter break:

Jan. 1, 2016

Senior Amanda Kunst led the Jacks with 19 points, while sophomore Kiana Brown shot 12 points. The Jacks lost to the UC San Diego Tritons 85-73. This was the team's first game of the new year.

Jan. 2, 2016

The ladies lost 73-47 to CSU San Bernardino. Kiana Brown led the team with 14 points, while junior Teylor McMiller joined Brown in double figures, netting 10 points.

Jan. 7, 2016

The Jacks used a balanced performance to defeat the Wildcats of Chico State. They had four players score 10 points or more in the 77-71 victory. Amanda Kunst led the team with 19 points. Senior A'Jaee Foster (16 points), Kiana Brown (15 points) and senior Neika Puryear (12 points) joined Kunst in double figures.

Jan. 9, 2016

The Jacks lost 68-59 against the Warriors of Cal State Stanislaus. Amanda Kunst again led the Jacks in scoring 15 points. Kiana Brown added 13 and senior Kelci Haueter scored 10 points to round out the double figure scorers.

Jan. 15, 2016

The Jacks lost again, this time to Conference leader Cal State Dominguez Hills, 75-61. Amanda Kunst and A'Jaee Foster led the Jacks in scoring. Kunst striped 19 and Foster netted 12.

Jan. 16, 2016

The team had a furious fourth quarter comeback outscoring Cal State Los Angeles by 12 points in the final quarter. This resulted in a 65-63 win. Amanda Kunst was the only member of the Jacks in double figures, scoring 17 points. However, the team got contributions up and down their roster.

Paul Matli may be
contacted at thejack@humboldt.edu

Lumberjack Basketball

by Paul Matli

Spring Semester is here.

With it comes more sports. Here are the schedules for men's and women's basketball for the rest of the regular season.

All home games will be played at the Lumberjack Arena. Stay tuned for the track and field, rowing and HSU women's softball schedules in future issues.

January:

23 @ Cal Poly Pomona

28 vs. UC San Diego

30 vs. Cal State San Bernardino

Tip-off: Women / Men

5:30 pm / 7:30 pm

5:30 pm / 7:30 pm

5:30 pm / 7:30 pm

February:

5 @ San Francisco State

5:30 pm / 7:30 pm

6 @ Sonoma State

5:30 pm / 7:30 pm

11 vs. Cal State East Bay

5:30 pm / 7:30 pm

13 vs. Cal State Monterey Bay

5:30 pm / 7:30 pm

19 @ Cal State Stanislaus

5:30 pm / 7:30 pm

20 @ Chico State

5:30 pm / 7:30 pm

25 vs. Cal State San Marcos

5:30 pm / 7:30 pm

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contacted at thejack@humboldt.edu

EDITORIAL

Stop Kidding Yourself,
Kick Those Bad Habits

It’s that time of the year again: the beginning of spring semester. Time for school work, parties, fun and struggle, or whatever college means for you. We all have big plans about how this semester is going to be better and how we are going to overcome all of our bad habits that plagued us last semester. Whether it is getting to class on time or getting enough sleep, these good habits will go a long way to make sure you have a successful semester. If this is not your first, or even your second or third, attempt at kicking those bad habits and replacing them with better ones, you may be asking yourself what went wrong the last few times. The answers to this may be easier than you think.

Many people tell themselves that it’s okay to take it easy for the first week or two of school. You think to

yourself, “I’ll start making good habits next week, I still have time.” The truth is, if you don’t start off the very first week with those good habits then they’re not going to happen. That is what happens to most of us. We say we will start having good habits and we really intend to but then we decide to let the first week slide and before you know it, the second and third weeks have already passed and your planned good habits have gone out the window. Some statistics say that it takes a whole month of doing something repetitively for it to become a habit. It may seem like a lot for the first week of school, but quit procrastinating! Start practicing those good habits from the very first day of the semester and you will be much more likely to keep them.

So stop kidding yourself and get to work.

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Word ON THE Street

Here are a few goals some
HSU students have this semester:

“By the end of the year my goal is to be teaching yoga in a prison or correctional facility....and to bake more.”

—Tania Mejia, junior,
communications

“Hopefully be certified for diving in underwater archaeology.”

—Brianna Merkley, junior,
communications

“I want to get a 3.5 GPA and be more involved on campus.”

—Octavio Alvarez,
sophomore, business

“I want to win an NCAA Championship for the basketball team.”

—Tyras Rattler,
sophomore, art

It’s Time for School

Best song for an alarm clock...
something good to wake up to!



The Lumberjack Submission Policy

Send submissions to Opinion Editor Jake Wetzstein
at jtw229@humboldt.edu

- Include “Attn: Opinion” in the subject line for submissions.
- Guest Columns may not exceed 750 words.
- New contributors may be given preference over returning contributors.
- Include your name, telephone number, city of residence and affiliation with relevant campus or community organizations
- HSU Students: please provide major or class standing.
- We also welcome cartoons, spoof articles and other items

Send letters to the editor to
thejack@humboldt.edu

- Include “Attn: Letter” in the subject line for e-mail submissions.
- Letters to the editor may not exceed 350 words.

All submissions must be received by 4 p.m. the Friday preceding publication.

All letters and colums may be edited for grammar,spelling, and clarity.
We reserve the right to edit pieces that contain libel, slander, hate or discriminatory speech and pieces that may incite violence

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Finding Sanity Amid the Gun Debate

by Connor Malone

Hello everyone. Time for yet another gun policy opinion piece. The reason I thought it fit to write on the topic was that I never seem to hear about it from the right voice. In most things, I consider myself a moderate, meaning I tend to avoid taking hardline stances on issues. The topic of gun control is one of the most polarized debates in the United States. Amid this divisiveness, I believe there is room for a moderate opinion. So, get ready. This isn't the usual rant about how guns are either the savior or doom of this nation, because they're neither.

First off, let me come clean. I own a gun. I didn't bring it with me to college, intending to avoid awkward conversations with people who have neither seen a gun or fired one in their life. Because of their politics, I avoid the NRA like the plague.

The thing is, like many gun owners, I don't own my piece intending to use it on someone. In fact, it's a hunting shotgun 3/4 as tall as I am—very unwieldy in a firefight. My dad and I would go bird hunting on occasion when I was younger. Now I just take it to the range a couple of times a year to shoot clays with friends. The rest of the time it sits safe and sound in my dad's gun locker. Fiendishly.

This conversation isn't about the morality of hunting. Regardless of your opinion, for thousands of Americans, firearms are a requisite for their way of life. These are people using long arms—hunting rifles and shotguns. For them, guns are tools. With a certain constitutional amendment and the number of people relying on their use, it is unlikely America will ever be entirely disarmed.

This is a far cry away from the patriot heroes openly carrying their weapons in public and purchasing tactical weapons in the hopes of a person breaking into their house where they could then enact their state's castle law. There's a reason why society created a professional, civilian police force.

Vigilante justice delivered by untrained gun owners simply doesn't work. The people who feel they benefit most from open carry laws are the people who carry a weapon into public on the assumption that they could make a difference. Aside from lacking use-of-force training, many of these would-be heroes are not experts

in applying the law. Please, google the would-be hero that shot at shoplifters outside a Home Depot and was charged with reckless handling and discharge of a firearm.

Let's get real here. Realistically, I am not going to shoot someone over my television set. They have their reasons for committing their crime—albeit a poor excuse. Theft is not a capital offense. Furthermore, there is a system in place to handle criminals and issue proper punishments. I am no legal expert, but I really believe the average, untrained American is not capable of making a responsible decision for use of lethal force.

So perhaps the debate is not so much discussing guns in-and-of themselves as the danger, but the mentality behind their use. Still, it is important to understand one thing: regardless of the type of gun and who owns it—legal or otherwise—where there are more guns, there are more homicides. The number one killer? Handguns, making up nearly 80 percent of homicides according to “The New York Times.”

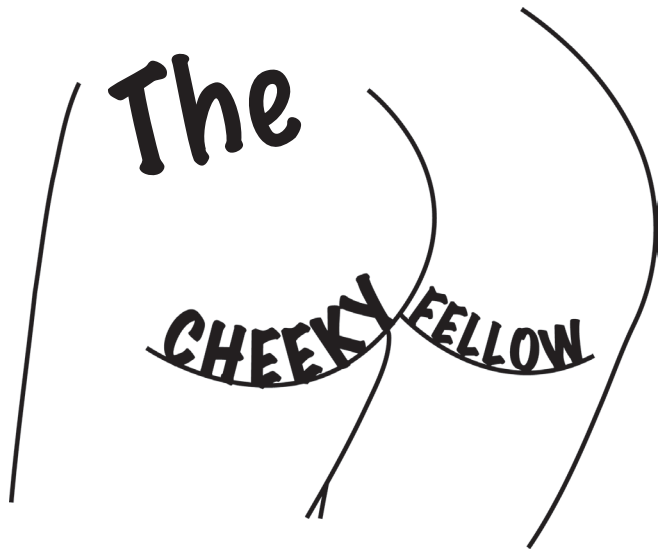
Here's some food for thought:

In a nutshell, my gun philosophy is similar to laws regarding knives. Most double-sided blades are illegal because there is no utilitarian use for them. Many Americans rely on firearms for their livelihood. Besides, the Second Amendment keeps the government from outright disarming the population.

And who would want to, anyway? Politicians know this topic is a can of worms. Even in the great blue state of California, no legislation has been proposed to ban all guns outright. But maybe we should be smarter in which ones are appropriate for civilian use, such as ones designed specifically for combat roles, like M-16 based weapons. Even still, in 2012 rifles accounted for a measly 322 of the 8,885 gun homicides, according to an FBI uniform crime report. Handguns were responsible for 6,371 of these murders.

What's the takeaway, kiddos? Seek your own opinion. Understand that with an issue as complicated as gun policy in the US, the only certainty is that no party involved is going to get it entirely their way. Both ends of the gun debate are going to need to learn to become more flexible if a moderate and reasonable solution is ever to be found.

Connor Malone may be contacted at thejack@humboldt.edu



In the Now

by Jacob Cheek

In the recent years I have developed a relationship with yoga. I have traveled its path and it has shown me nothing but positive signs of light. Yoga has helped me lower stress levels and become more connected to myself and the world around me. With yoga comes many great benefits, but one big thing I take away from yoga is meditation.

For those who do not know, meditation is not just crossing your legs, closing your eyes and slowly breathing while saying to yourself “Ohm.” Meditation is connecting yourself to the present moment. Whatever task you may be completing, whatever action you may be doing, there is always an opportunity to meditate. Many hobbies you use to relax can be a form of meditation.

For example, my meditation is walking through the forest with a dog. While

I am cruising these trails I am connecting to nature, my dog and myself. I create a connection in the presence of the now. Through these moments I am able to clear my head and body of any negativity and refresh myself with positive feelings.

Create a sense of meditation and put yourself in the now. If you are feeling stressed, meditate. This does not have to be a hobby or adventure like mine. If you are at the library or at home studying and need a break, simply close your eyes for 10 minutes and present yourself in the now. This will release those negative stressful feelings and present you with new positive feelings to continue your work.

This practice is not for everyone, but I encourage you to try it. It has helped me and I imagine it will help you.

Namaste.

Jacob Cheek may be contacted at thejack@humboldt.edu

Home is Where the Couples Are?

by Katie Lowe

You get off the bus and make your way to your house after a day you thought would never end. You know your roommates will be home later than you, so you start to imagine what you are going to do with your almost non-existent alone time. You walk in the door with an especially chipper pep in your step... then you see him. Your roommate's boyfriend, by himself, on your favorite recliner, eating the bag of Hot Cheetos that you personally hand-picked for a rainy day.

Many college students are experiencing a time when we are not living with our families. Instead, we sometimes end up in a home with multiple people (whether they are friends or strangers) with various personalities. Since these are often households of independent individuals, it is only natural they would have different priorities and values.

Regardless of the conflict you know is about to happen, you make the conscious choice about who you feel comfortable living

with. After countless hours of planning and moving, you finally get your keys and settle into your new home.

After some time passes, you start to notice something. A particular man is hanging out with your roommate more and more frequently until it feels like every day. Oh wait... it is every day. As more time goes on, you start to wonder, “Is he living here?” It takes multiple awkward bathroom encounters, a few times of him cooking dinner and doing laundry and the fact that he is ALWAYS there even when no one else is, to force yourself to come to the stark reality that, “Yup. This man undeniably lives here.”

Everybody has the right to love whomever they love and express that by living together, but that decision should not be thrown on some unsuspecting roommates. Sure, living with a couple can be fun, but unfortunately, the bad outweighs the good, especially if they recently started dating and you do not know the partner well. Displays of affection around the house start to feel like you are be-

ing surrounded by constant “nobody's watching” PDA. At the same time, arguments can seem never-ending and start to weigh on your psyche. Not to mention the financial burden if the boyfriend does not contribute anything, literally anything.

The bottom line is, if you did not agree to live with a couple, you should not have to. You should be confident coming home after a long day and knowing your Hot Cheetos are going to be safe and sound in the cupboard and not in the hands of someone that does not even pay rent in the place he lives.

This scenario could have gone differently through honest and open conversation. Yes, living with a new couple is not recommended. But more than that, if you are the roommate with the new boyfriend who needs a place to live, let the household know what is going on. Working through the tension is better than building up animosity. Be comfortable in your own home.

Katie Lowe may be contacted at thejack@humboldt.edu

puzzles page

by Jami Eiring

Where is this?



This photo was taken somewhere on the Humboldt State campus. Do you know where? Email your answer to thejack@humboldt.edu with the subject "ATTN: Where is this?"

Please send us your selfie at the location!

Stumping Lumberjacks

Weekly Brain Teaser

Game created by Ian Bradley
Compiled by Jami Eiring

T D E E

Use the image to guess the word or phrase. Pay attention to the size and position of the clues (top/bottom/left/right), repetition, direction (up/down/backwards/forwards), and the style. Examples: "P walk Ark" would be "walk in the park" or "DEAL" would be "big deal" Email your answer to thejack@humboldt.edu with the subject "ATTN: Stumping Lumberjacks"

Last issue's answer was "6 feet under ground"

PUN OF THE WEEK

A man just assaulted me with
milk, cream and butter.
How dairy!

Weekly Sudoku

Difficulty: MEDIUM

			6		2	1	
	4						3
6	5			3	1	8	
5		7	8				3
		8	3		5	9	
	9				7	6	8
		5	1	7			8
9							7
	1	6		4			

Last Issue's winners

Where is this?
No winner



Stumping Lumberjacks
Tessa Anderson

Trivia
Gary Lester

Email your answers to thejack@humboldt.edu
Winners get a \$5 gift certificate from Arcata Scoop. Winners can pick up their prize in our office located in Gist Hall 227.

CHALLENGE

We challenge you to take a selfie with President Rossbacher and send it to thejack@humboldt.edu

First to submit a selfie with the president gets a \$5 gift certificate for Arcata Scoop and will be featured in the next issue of *The Lumberjack!*

Trivia Questions

- 1) What is the new minimum wage in California?
- 2) How long was Allie McQueen's dedicated segment to direct?
- 3) Where was the sea star disease first seen locally?
- 4) What is the men's basketball team's overall record?

CLASSIFIEDS

BOOKS

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Wednesday Jan. 20
Sci Fi Night II. Night Tide (1961)
Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase

Friday Jan. 22
The Punisher (2004)
Doors @ 7:30 p.m.,
Movie @ 8 p.m.,
Film is \$5, Rated R

Sunday Jan. 24
NFL Playoffs
Check
http://arcatatheater.com/ for more details

Wednesday Jan. 27
Sci Fi Night II. Star Odyssey (1979)
Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase

Friday Jan. 29
Star Trek (2009)
Doors @ 7:30 p.m.,
Movie @ 8 p.m.,
Film is \$5, Rated PG-13

Saturday Jan. 30
Random Acts of Comedy
Doors @ 7:30 p.m.,
Hilarity @ 8 p.m.,
\$6 tix, 10+

Sunday Jan. 31
The Jungle Book (1967)
Doors @ 5:30 p.m.,
Movie @ 6 p.m.,
Film is \$5, Rated G



This week at **Arcata Theatre Lounge**



Associated Students

*Decisions are being made.
What do YOU have to say?*

Represent the students perspective on issues that are important to YOU!

-Work towards eliminating sexualized violence on the Sexual Assault Prevention Committee.

-Register students to vote and develop relationships with elected officials on the Associated Students Lobby Corps.

-Review and award grants to campus clubs, initiatives and programs on the A.S. Event Funding Board, Humboldt Energy Independence Fund and the Diversity Program Funding Committee.

-Gain experience as a board member on the HSU Advancement Foundation or Sponsored Programs Foundation.

-Determine budgets of student fee money on the Instructionally Related Activities Committee or AS Board of Finance.

* All students must meet the minimum academic qualifications to be a student office holder.*

Mark A. Hise, MS, DDS

Root Canals Ceramic Crowns
Extractions Cosmetic Bonding

White (Non Mercury) Fillings

Emergency Care



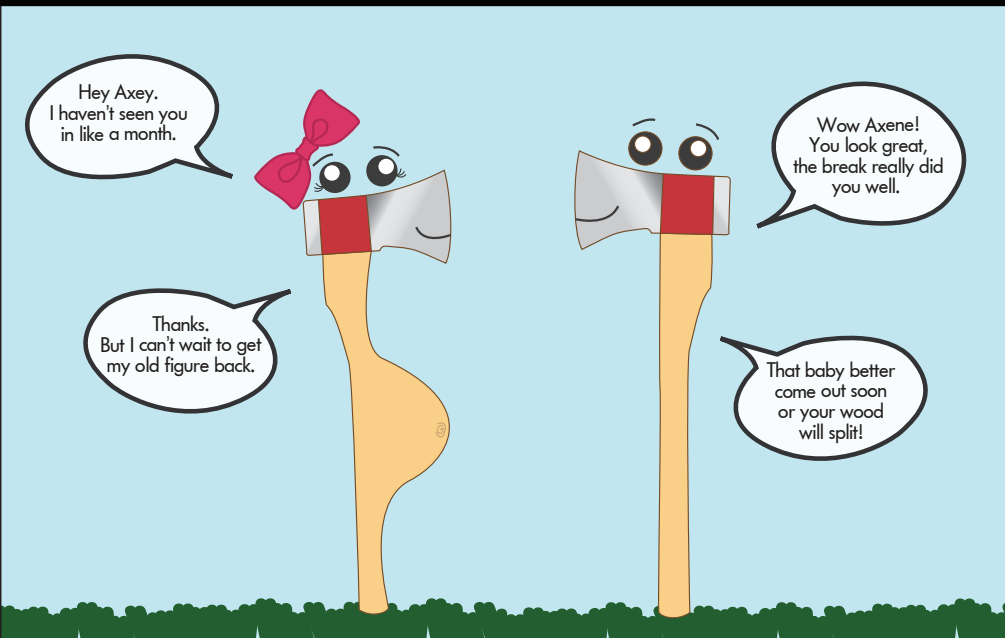
NEW Patients Welcome

HSU-Arcata
1225 B Street
826-0444

Eureka
1600 Myrtle
442-0444

Season 2
Episode 1

The story of Axey
and Axene



Cartoon by Jami Eiring

CALENDAR

January 21 – January 26

Thursday, Jan. 21

“How to Achieve Zero Waste for your Business”

Zero Waste Humboldt will host representatives from Sierra Nevada Brewing Co. and Fetzer Vineyards to discuss how they achieved international recognition for their Zero Waste “Best Business Practices” during a public forum. The reception will feature local beer, wine and hors d'oeuvres prepared by Humboldt County vendors.

6 - 8 p.m.
Humboldt Bay Aquatic Center \$10 donation

Saturday, Jan. 22 through Saturday, Feb. 6

Steelhead Days

Steelhead Days is a countywide celebration of our rivers and our fisheries with focus on winter steelhead runs on the Mad, Eel and Trinity Rivers. For a full list of activities go to www.humboldtsteelheaddays.com

Various locations
Various pricings

Saturday, Jan. 23

Environmental Services Volunteer Day

The Environmental Services Department kicks off 2016 with its first volunteer work day of the year. Volunteers will be building trails in the Sunny Brae tract of the Arcata Community forest.

9 a.m. - 1 p.m.
Arcata Community Forest

Friday and Saturday, Jan. 22 and 23

Fish Tales III

Presented by Dell'Arte International and the Mad River Alliance, Fish Tales is a family-friendly variety show featuring local string band Kingfoot in an underwater world bubbling with storytelling, music and comedy.

7:30 p.m.
Dell Arte Carlo Theater in Blue Lake
\$10, \$5

Saturday, Jan. 23

The Constellation Music Series

The Morris Graves Museum of Art presents a new music series encouraging and supporting innovative ideas and experiments in sound. Experience avant-garde, minimalist and outer-music.

8 p.m.
Morris Graves Museum of Art (636 F Street, Eureka)
\$5-10 sliding scale

Sunday, Jan. 24

The Devil Makes Three

Elements of ragtime, country, folk and rockabilly will fill the West Gym by the critically praised, drummer-less trio. With a guitar, a tenor banjo and an upright bass they create a multi-spanned bridge between musical styles.

8 p.m.
West Gym
General: \$33 HSU Students: \$25

Monday, Jan. 25

The Wood Brothers

Dubbed “masters of soulful folk” by Paste, The Wood Brothers come to the Van Duzer Theatre.

8 p.m.
Van Duzer Theatre
General: \$28 HSU Students: \$10

Tuesday, Jan. 26

The Peking Acrobats

An exciting, awe-inspiring group of legendary acrobatic performers from China is coming to the Mateel Community Center in Redway. The Peking Acrobats' exciting performance will blow you away! You will not want to miss this colorful and lively show!

Doors: 7 p.m. Show: 7:30 p.m.
Mateel Community Center
\$35 advanced/at door per seat

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