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### The Lumberjack, January 18, 2017

The Lumberjack Staff

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# THE LUMBERJACK

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## Day of solidarity for the greater HSU community

Staff and students invited to a day of healing

by Andrew George Butler

Waking up on the first day of the semester with a hundred tasks and no answers, many miles from home in small town Arcata, can make the most sturdy of students anxious. If that’s not enough, there’s a change of presidency Friday, Jan. 20.

While the inauguration marks the end of an election process that divided many Americans, Humboldt State is using the day as an opportunity to bring the community together. This “Day of Solidarity” event will be held throughout Friday in several different campus locations.

HSU’s Educational Opportunities Program will be facilitating a host of campus-wide and day long events geared toward ensuring students continue to feel safe and respected during the inaugural process.

When the Obamas leave and the Trumps set up shop, many HSU students may feel some sort of a bowling ball-like mass in the top of their chest and then squint blurry-eyed as it drops all the way down during Trumps procession through the D.C. streets.



Whether your chest hurts because Obama is leaving or because you feel misunderstood as a Trump supporter, Friday is bound to be a day full of emotion and two-ply tissue.

Starting in the Kate Buchanan room at 1 p.m., students will be invited to enjoy free massages, food, meditation and other relaxation methods. Later in the day, students and staff of HSU are invited to the Great Hall for an open mic event. Students are urged to respectfully talk about their feelings and thoughts going into the new presidency.

Celeste Robertson, director of EOP, helped develop the event as a way to bring the greater campus community together.

“It’s important to let students, especially new students from out of the area, know that there is a safe and supportive community here at HSU,” Robertson said. “This election has left many without a sense of security. The day of solidarity will help to stem that void.”

Andrew George Butler may be contacted at thejack@humboldt.edu

## Athletes of the week



Tyras Rattler Jr.

The redshirt Sophomore lead the Lumberjacks with 18 points and played a season-high 42 minutes in an overtime loss to Cal State San Marcos. He leads the team in scoring averaging 14.2 points per game.

continued on page eleven

## This week in science



Read more on page nine



# World in briefs

Compiled by Iridian Casarez



## Local News

### **Coastal National Monuments in Humboldt**

Obama expanded the California Coastal National Monuments in Humboldt county. Trinidad Head, Walumph Lighthouse Ranch and the Lost Coast Headlands were officially designated as California Coastal National Monuments.

### **Women will march in Eureka**

In solidarity with the Women's March in Washington D.C. women, children and men will march in Eureka on Saturday Jan. 21 at 1 p.m. with a rally at C street Market Square.

## California

### **From parched to plenty**

Despite heavy rains California will continue to conserve water. California is going to keep its modest water conservation rules for now through May.

### **Rallies around the country for the ACA**

Thousands of nurses, doctors, and patients who benefited from President Obama's healthcare law rallied on Sunday throughout California to denounce the Republican effort to overturn it. Rallies in San Francisco and Los Angeles were part of dozens nationwide taking place in support of the Affordable Care Act.

## U.S.

### **Chelsea Manning to be released**

President Obama commuted the remaining prison sentence of Chelsea Manning. Manning was the army intelligence analyst convicted of a 2010 leak that revealed American military and diplomatic activities across the world.

### **Orlando suspect caught**

The Orlando Police captured suspected killer Markeith Loyd after a week long manhunt. Loyd was accused of killing his pregnant girlfriend and sergeant Debra Clayton.

## International

### **Nigerian Air Force bombs wrong target**

The Nigerian Air Force mistook a town full of people with Boko Haram fighters. The air force bombed a town killing more than 50 who fled Islamist militants.

### **Shooting in Mexico**

A shooting at a BMP music festival killed three foreigners and two Mexicans in Playa del Carmen, Mexico. Mexico's Zetas cartel has reportedly claimed responsibility.

Iridian Casarez may be contacted at thejack@humboldt.edu

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### **Legislative Vice President**

This position chairs the AS Council meetings, is responsible for the maintenance of and adherence to the AS Code, appoints students to campus committees, and is a member of multiple committees. \*

### **At-Large Representative (2 vacancies)**

This position represents all HSU students, is a member of one committee, and attends AS Council meetings.\*



### **Questions?**

Call (707) 826-4221 or visit:

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**To Apply:** Please deliver a cover letter and resume to the Associated Students Office. Positions open until filled.

Must meet the minimum qualifications to be a student office holder



Trump appointees

by Iridian Casarez

As president-elect Donald Trump prepares to be sworn into office as the president of the United States he nominates candidates for his cabinet.

The president's cabinet consists of the Vice President and the heads of 15 executive departments that include the Department of State, Treasury, Defense, Justice, Interior, Agriculture, Commerce, Labor, Health and Human Services, Housing and Urban Development, Transportation, Energy, Education, Veterans Affair and Homeland Security.

Donald Trump nominated the following for positions in his cabinet.

Secretary of State: Rex W. Tillerson

Tillerson is a businessman and the former chief executive of Exxon Mobil. Trump said he likes Tillerson because of his business success and his history of making deals with foreign governments.

Secretary of Treasury: Steven Mnuchin

Mnuchin was a former Goldman Sachs Executive. Mnuchin would be in charge of government borrowing in financial market.

Secretary of Defense: James N. Mattis

Mattis is a retired U.S. Marine Corp general and served as the 11th

commander of the U.S. Central Command. His job as secretary of defense would be to shape the fight against the Islamic state.

Secretary of Justice/ Attorney General: Jeff Sessions

Sessions represents Alabama in the U.S. Senate since 1997. Sessions would oversee enforcing the laws of the U.S. federal government and ensures public safety against foreign and domestic threats including terrorism and preventing crimes.

Secretary of Interior: Ryan Zinke  
Zinke is a congressman and represents Montana in the U.S. house and is a 23 year U.S. Navy Seal veteran. Zinke is to oversee rules that stop public land development and curb the exploration of oil, coal and gas while also promoting wind and solar power on public lands.

Secretary of Agriculture: has yet to be chosen.

The Secretary of agriculture would oversee the American farming industry. Their duties range from helping farmers with price support subsidies, to inspecting food to ensure safety of the American people.

Secretary of Commerce: Wilbur Ross

Ross is an investor with wealth estimated to be 2.9 million dollars. Ross would oversee businesses,

universities, communities and the nation's workers to promote job creation, economic growth, sustainable development and improved standards of living for Americans.

Secretary of Labor: Andrew F. Puzder.

Puzder is the chief executive of CKE Restaurants the parent company of Carl's Jr. Puzder would oversee laws involving unions, the workplace and all other issues involving any form of business-person controversies.

Secretary of Health and Human Services: Tom Price

Price is a Republican representative from Georgia and an orthopedic surgeon. Price would oversee the health of all Americans and provide essential human services especially to those who are least able to help themselves.

Secretary of Housing and Urban development: Ben Carson

Carson is a former neurosurgeon. Carson would oversee fair housing laws, development for affordable housing and access to mortgage insurance.

Secretary of Transportation: Elaine L. Chao

Chao is a former Labor secretary under George W. Bush's presidency. Chao would oversee president-

elect's campaign pledge to increase funding to rebuild America's transportation infrastructure.

Secretary of Energy: Rick Perry

Perry is a former governor of Texas. Perry would be responsible for protecting and managing the nation's arsenal of nuclear weapons.

Secretary of Education: Betsy DeVos

DeVos is a former chairwoman of the Michigan Republican Party and an activist for school choice. DeVos would oversee the education department that establishes policy for, administers and coordinates most federal assistance to education.

Secretary of Veterans Affair: David J. Shulkin

Shulkin is a former president and CEO of the Beth Israel Medical center in New York City and is currently the secretary of health and human services. Shulkin will oversee the military veteran benefit system.

Secretary of Homeland Security: John F. Kelly

Kelly is a retired four star marine general and the former head of U.S. Southern Command. Kelly would be responsible for ensuring safety and security of the United States from terrorist attacks and other disasters.

Trump Nominees

Jeff Sessions  
SECRETARY  
OF  
JUSTICE/  
ATTORNEY GENERAL



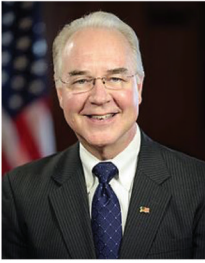
November 18, 2016

Betsy DeVos  
SECRETARY  
OF  
EDUCATION



November 23, 2016

Tom Price  
SECRETARY  
OF  
HEALTH AND  
HUMAN SERVICES



November 29th, 2016

Elaine L. Chao  
SECRETARY  
OF  
TRANSPORTATION



November 29, 2016

Steven Mnuchin  
SECRETARY  
OF  
TREASURY



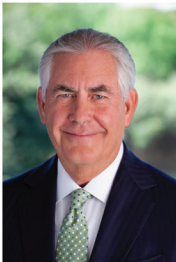
November 30, 2016

Wilbur Ross  
SECRETARY  
OF  
COMMERCE



November 30, 2016

Rex W. Tillerson  
SECRETARY  
OF  
STATE



December 13, 2016

James N. Mattis  
SECRETARY  
OF  
DEFENSE



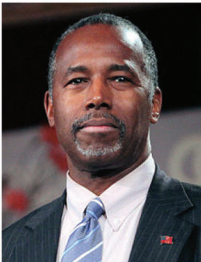
December 1, 2016

Andrew F. Puzder.  
SECRETARY  
OF  
LABOR



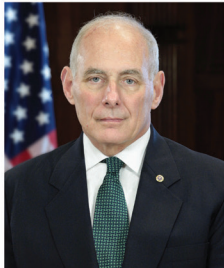
December 8, 2016

Ben Carson  
SECRETARY  
OF HOUSING AND  
HUMAN DEVELOPMENT



December 5, 2016

John F. Kelly  
SECRETARY  
OF  
HOMELAND SECURITY



December 7, 2016

Ryan Zinke  
SECRETARY  
OF  
INTERIOR



December 15, 2016

Rick Perry  
SECRETARY  
OF  
ENERGY



December 14, 2016

David J. Shulkin  
SECRETARY  
OF  
VETERANS AFFAIRS



January 11, 2016

TBD  
SECRETARY  
OF  
AGRICULTURE



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**MAR. 30 THE GROWLERS\***

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# The Trump presidency - KHSU town hall meeting

by Iridian Casarez

Thursday Night Talk, a weekly KHSU radio program, is set to hold an open town hall style forum Jan. 19 in HSU's Kate Buchanan room. The event will feature local law enforcement members, educational administrators and advocates, and academic professors.

The host of Thursday Night Talk, Lorna Bryant, hopes to start a dialogue about the new presidency any ways in which it may impact locals, and how to deal with those impacts.

Included in the talk will be conversation around potential new laws and regulations under trump, concerns for undocumented citizens, racially motivated crimes, and what the new president should know about our community.

"This talk will be the beginning of the discussion," Bryant said. "We are giving those frustrated by the election a place to air their concerns and feelings."

The forum is part of KHSU's "Race Beat" series; a series that talks about issues of race in the community.

Anyone in the public is welcome to join the forum and be part of the audience. Questions from both the audience and radio listeners will be a part of the show.

Listeners can email questions before the forum to [ThursdayNightTalk@khsu.org](mailto:ThursdayNightTalk@khsu.org) or call in that night to 707-826-4805 or send a text message to 707-492-5478

KHSU presents the **TRUMP** presidency

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**RACE BEAT**  
**TNT** with Lorna Bryant

KHSU

Iridian Casarez may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

HSU Presents  
**DAY OF SOLIDARITY**  
January 20th, 2017

A day to join together as a community, heal, express, and plan for the future.

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Venue : KBR  
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Meditation  
Free Food  
Art & Much more!

**A PLEDGE TO YOU IS A COMMITMENT TO US:**

Time : 1 PM - 3 PM  
Venue: South Lounge

Use this space to make a tangible pledge to communities at risk, or to express your hopes, fears, and solidarity through writing.

**EXPRESS YOURSELF, SHARE YOURSELF:**

Time : 3 PM - 5 PM  
Venue: The Great Hall (above College Creek Market)

A speak out to verbally express hopes, fears, and solidarity, and listen to the stories of others.

Free food! - Dinner @ 5:30 PM

**HELPING OTHERS IS HELPING OURSELVES**

Time : 6 PM  
Venue: The Great Hall

A space to reflect on the day and create tangible tools for systematic change. Including:

How to be an Effective Ally  
Bystander Intervention  
Intentional Activism

For more information and disability accommodations contact: Celeste Robertson, [celeste.robertson@humboldt.edu](mailto:celeste.robertson@humboldt.edu)

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**Sunday Jan 22nd**  
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**Monday Jan 23rd**  
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**Thursday Jan 26th**  
Gipsy Moon & Kitchen Dwellers

**Friday Jan 27th**  
Marty O'Reilly  
Royal Jelly Jive

**Saturday Jan 28th**  
Soul Night #63

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## A Taste of Bim - review

by Bryan Donoghue

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Picture yourself reclined in a lounge chair on a beach in Barbados. Directly above you, coconut trees lightly sway in the wind, as the sun breaches between leaves and streams of light shine through. Many can imagine the way this feels, but in stark contrast to a country near the equator, we live in Humboldt County. Although both are regarded as beautiful locations internationally, it's difficult to find an authentic experience can that represent that essence of the Caribbean. That is, until I stumbled upon a restaurant off of G Street in Eureka.

A Taste of Bim is run by a mother and daughter duo who have brought their own experience from cooking in Barbados (also known as “bim”) to the United States, using traditional spices and recipes. The atmosphere walking in is ambient, yet illuminated in certain areas with low white and yellow lighting. In the open kitchen beyond the bar,

splashes of fire rise into the air as you can see food being made from the comfort of your seat. The festive theme centers in on Barbadian culture, while a cheerful playlist of multicultural music assures you, as the customer, that you're about to have an experience reminiscent of paradise. The restaurant was continuing to serve one family as I walked in; all other seats were empty.

The waitress Debbie, who conducted herself to be both calm and cordial, immediately sat me and we briefly went over the menu. She started me off with Caribbean lemonade; a sweet drink that is made from fresh lemonade, raw cane sugar, and dried hibiscus leaves. It was absolutely delicious and served as a perfect counterbalance to reset the palate every time you try a new dish. I first ordered the doubles, an appetizer consisting of curried chickpeas that are topped and sandwiched over two pieces

of flatbread. The curry began to overpower the dish at first, and the flatbread wasn't sandwiching the chickpeas, but it began to gradually become more mellow as you eat it in unison with everything else. Even for an appetizer it was a lot of food, and mid-meal digestion became necessary.

From there, I ordered the green banana salad. Refreshing and sweet, this salad was tossed together with diced cucumbers, tomatoes, basil, and bananas. A little hard to grasp with a fork, and possibly easier to eat with a spoon, this salad was a challenge to eat with one utensil. However, the taste was mouthwatering, and the banana pantomimes something akin to a dessert, while still giving it the health benefit any salad would.

The finale of my experience had to have been a magnum opus for short rib. The meat was braised to cook slowly, and as the food reached my table, I immediately realized I

would not need a knife to cut into it. Tender, lean, and just barely held together; this meat was perfectly cooked. It surrounded rice pilaf that had been cooked with beans, and then a thick savory gravy was poured over the top of the entire plate. The taste was refined yet so complex that I couldn't even think of a single spice used to create that symphony of flavor. To me, it was impeccable. Through the entire experience, more customers began to come in; and even still, Debbie was entirely accommodating.

I have to admit, I left with a smile. The pricing is anywhere from around \$15-20 for a main dish, and around \$10 or less for an appetizer or salad. Now picture yourself in that lounge chair again, but this time in Humboldt. The sun might not be shining every day, but if you're looking for that warm Caribbean feeling, consider having A Taste of Bim.



Inside of Taste of Bim | Bryan Donoghue

Bryan Donoghue may be  
contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

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## A good start to “A Series of Unfortunate Events”

by Liam Olson

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“A Series of Unfortunate Events, The Bad Beginning: Parts 1 and 2” are definitely a good start to the new Netflix series. From the wide variety of different characters to the beautiful sets of these episodes, “The Bad Beginning” will make the viewer not want to look away from the rest of the season.

The first season of the show was added to Netflix on Friday, Jan. 13. Barry Sonnenfeld directs “The Bad Beginning” and Daniel Handler (who plays Lemony Snicket) adapted the books for television.

The adaptation stays true to the book, however, some plot points that make the book more dramatic are replaced for comical scenes. To a person who read the book series, this may be disappointing, but for those who have not, it is enjoyable.

In order to make the show more lighthearted, comical tropes were added such as defining vocabulary

words to explaining the difference between literally and figuratively. Although these pauses are fun, they become more excessively used as the show goes on and create unnecessary pauses in the plot.

Most of the plot follows the books with the Baudelaire children, played by Malina Weissman (Violet), Louis Hynes (Klaus) and Presley Smith (Sunny), escaping the grasps of Count Olaf, played by Neil Patrick Harris, who wants their parents' fortune.

With the extra time the show had due to each books being split up into two parts, plot that was never mentioned by the books is explained in the show, making it more interesting for fans of the book series.

As far as the acting goes, a majority of the actors do well. Patrick Warburton gives an amazing performance as the solemn narrator,

Lemony Snicket, for the story of the Baudelaire children. K. Todd Freeman's performance as Mr. Poe seems to be the weakest of the main characters. Much of his acting makes the character feel fake and unbelievable, and the coughing gag for Mr. Poe becomes excessive over time.

Weissman and Hynes do well as Violet and Klaus Baudelaire; they perfectly capture the clever and sincere personalities of the characters. However, they do sometimes fall flat in their interactions with Neil Patrick Harris's Count Olaf often looking lost on how to respond to him. Harris's performance as Count Olaf gives a humorous take on the character compared to Jim Carrey's darker version of Olaf in the 2004 film. Although Harris's Count Olaf is not very intimidating as a villain, he does make up for it in his outrageous

and entertaining antics on screen, though they sometimes drown out the other characters who struggle to react to his strong personality and actions.

One of the most prominent elements worth mentioning in the show are the set designs. There is a wide variety of set designs from the dark and dreary mansion of Count Olaf, to the peaceful and colorful house and library of Justice Strauss. All the different locations in the show add to the overall atmosphere to the scenes.

“The Bad Beginning: Parts 1 and 2” are good starting points for “A Series of Unfortunate Events.” While there were a few issues with the first two episodes, the series shows promise. Viewers will want to keep looking to see what happens next in “A Series of Unfortunate Events.”

Liam Olson may be  
contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

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# Word on the street

## HSU students wish for a dank dish

by Ashley Groze



Yuliana Barreto, a senior wildlife major, enjoyed all you can eat sushi and appetizers from Azukar Sushi on her venture back to Humboldt.



Stefanie Marikis, sophomore psychology major, savored a veggie stew made by her dad on Christmas at home in Spokane, Washington.



Moussa Sy, junior environmental science major, decided to try Buffalo for the first time at a buffet. Sy enjoyed the buffalo on his first ski trip to Stein Eriksen Lodge in Utah.



Luis Duarte, junior criminology major, got a surprise visit when his mom came to Humboldt and made him Pozole. Pozole is a thick soup made of either pork or chicken, hominy, and mild chili peppers.



Angel Orellana, junior criminology major, liked the pan con pollo that his aunt made for New Years. Pan con pollo is basically a chicken sandwich made on fresh bread.

Ashley Groze may be contacted at thejack@humboldt.edu



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## ARCATA THEATRE LOUNGE

Upcoming Events

**Wed Jan 18 - Sci Fi Night: 13 Ghosts (1960)**  
Doors @ 6 PM All ages, Free w/\$5 food & bev purchase.

**Fri Jan 20 - Total Recall (1990)**  
Doors @ 7:30 PM, Movie @ 8 PM, \$5, Rated R.

**Sat Jan 21 - On the Spot Improv Comedy**  
Doors @ 6:30 PM, Hilarity @ 7 PM, \$6, Ages 10 +.

**Sun Jan 22 - NFL Conference Teams**  
Check [arcatatheater.com](http://arcatatheater.com) for more info.

**Mon Jan 23 - Protoje & The Indignation**  
Doors @ 9 PM, \$25 tix @ [brownpapertickets.com](http://brownpapertickets.com), \$27 tix @ door, 21+.

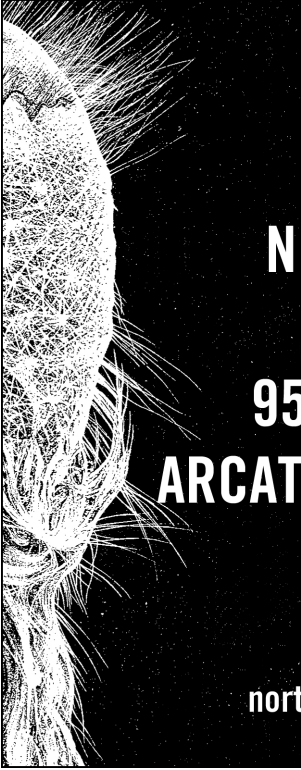
**Wed Jan 25 - Sci Fi Night: The Giant Spider Invasion (1975)**  
Doors @ 6 PM All ages, Free w/\$5 food & bev purchase.

**Fri Jan 27 - Starship Troopers (1997)**  
Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated R.

**Sun Jan 29 - Spaceballs (1987)**  
Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG.

1036 G Street, Arcata, CA 95521 [arcatatheater.com](http://arcatatheater.com)

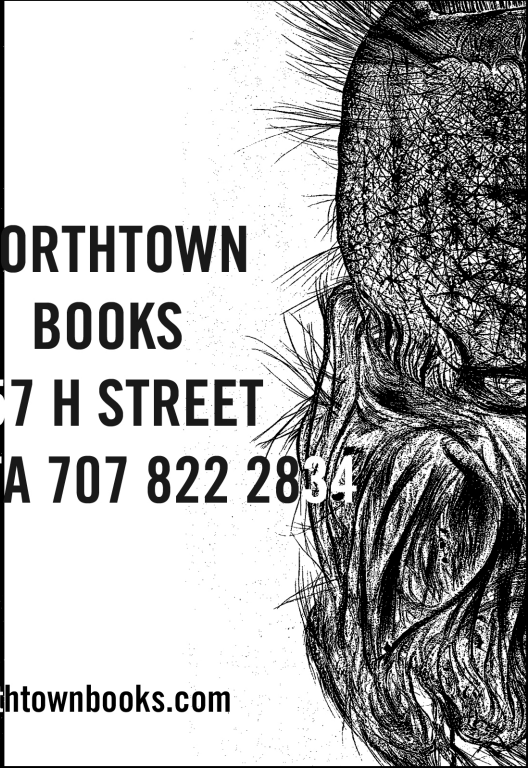




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# Q&A with fencing master Antone Blair

by Andrew George Butler



Photo provided by Antone Blair

Q: Where did you get your start in fencing?

A: I joined a college club at Beloit college in Wisconsin. I started it as a hobby; I had no intention of making a career out of it.

Q: Did you have a major at Beloit? Perhaps a different career plan?

A: I actually double majored in anthropology and classical Mediterranean civilization.

Q: Mediterranean?

A: Yeah, like classical Greece and Rome, Ancient Egypt, places like that. I was interested in Greek archeology so both those majors kind of played into that area of study.

Q: Did you do any work with those degrees after college or was it straight into fencing?

A: I went on several site digs. After spending time around professors, I realized I wasn't necessarily interested in all the extra work that goes into archeology.

Q: Site digs? Where?

A: I did one in Wisconsin and one amidst the high altitude planes in Northern Chile.

Q: How did you make your way to Humboldt State fencing?

A: I moved here in 2000. I started showing up to the club just to stay practiced. It turned out I was one of the most experienced fencers in the club so I became somewhat like the instructors TA and helped teach other students.

Q: When did you start instructing the class?

A: 2001.

Q: What is your favorite fencing weapon to use? Which do you use the most?

A: The foil is the most commonly used weapon. It's the usual starting sword for a beginner. My personal favorite has to be the Spanish rapier.

Q: Tell us about the different fencing styles. Which is your go to?

A: Fencing schools nowadays teach a somewhat homogenized version of all the classical styles. There used to be more of a distinction throughout the methods. You had German, French, Italian and Spanish styles. For example, the Italian style is very

direct and tends to be fairly aggressive. The Spanish style, on the other hand, is more reserved, and involves a lot of analytical thinking. It depends on using your space effectively. My preference is with the Spanish style of fencing, I work with it the most.

Q: Ever pretend to be a pirate?

A: No.

Q: Any competitions?

A: I've been in a lot of competitions throughout the years, sure.

Q: Can you live off of fencing competitions?

A: A century ago, the top fencers could tour their countries and make a living. Today it is rare but the top fencers can live off their earnings. Mostly however, you have to be an instructor of some sort to make a living off of fencing.

Q: Where did you do your fencing studies?

A: The Martinez Academy of Arms in New York. I started there a little after being hired at HSU. In 2006 I became an instructor, in 2009 I became a provost and last November I became a master.

Q: A master? How many master's of fencing are walking around the world?

A: Five including myself. There were only two up until this last November.

Q: What does it take to become a master of fencing?

A: It takes thousands and thousands of hours along with an about 15-year apprenticeship at the school. The final test itself is a week long exam. It lasted about 10 hours a day for the whole seven day week. I had to do everything; from showcasing different fencing styles, to answering fencing questions regarding technique and history, to officiating fencing matches.

Q: Where do you go after achieving master?

A: There's not much upward movement left. However, the hope is to train more people to become instructors and eventually masters. It's all about keeping the tradition and history alive, and making sure fencing is passed along the generations. I want to ensure the things I've learned are passed on.

Andrew George Butler may be contacted at thejack@humboldt.edu



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## This week in science

by Claire Roth



### Politics – A glimmer of hope

Perhaps one of the most hopeful developments so far in the world of 2017 science is President-elect Donald Trump and his affiliates’ acknowledgement of climate science. Though the terms ‘Trump,’ ‘science,’ and ‘hopeful’ rarely fit within the same sentence, this recognition stands in stark contrast with much of what President-elect Trump said in the past concerning climate science oftentimes publically denying its necessity and the existence of climate change in general. BBC News reports that Trump’s “about-face” on these issues came gradually after his election and that he now is softening his opposition to key environmental steps such as the 2016 Paris Agreement.

Source: BBC News



### Wildlife – Cooling caribou

Many of us have a friend who’s dead-set on reducing their footprint on the global climate, but what about a friend who’s reducing their hoofprint? As caribou roam their tundra home and munch on darkly colored shrubs, space is opened up for grasses that are oftentimes more lightly colored and therefore absorb less heat energy than their darkly colored shrub counterparts. Research suggests that the widespread amount of caribou grazing and the resulting decrease in retained heat energy on the earth’s surface has cooling effects on the ecosystem.

Source: Anthropocene Magazine



### Language – Swearing by science

If someone has ever told you that you need a swear jar, they’re probably right. However, science has given those of us who are “swear-happy” a new excuse to say f\*\*\* yeah. A team of psychologists at the University of Cambridge found that the more you cuss, the more likely you are to be telling the truth. The study found that the inclusion of swear words in one’s everyday jargon shows that honest beliefs are not being censored. Additionally, the language patterns of frequent swearers were studied and resembled the language patterns having to do with telling the truth.

Source: Science Daily

### Wildlife – Merging territories

Shifting treelines and warming temperatures as a result of climate change, have created a possibly troublesome overlap of territories between common leopards and snow leopards on the Tibetan plateau. The phenomenon had never beforehand been observed due to the big cats’ differing habitat needs, but wildlife scientists point to a warming climate as the culprit. Common leopards, usually residing in lower elevations than snow leopards, seem to have begun their ascent into snow leopard territory as temperatures continue to rise and treelines recede. This poses an issue to the already endangered snow leopard population.

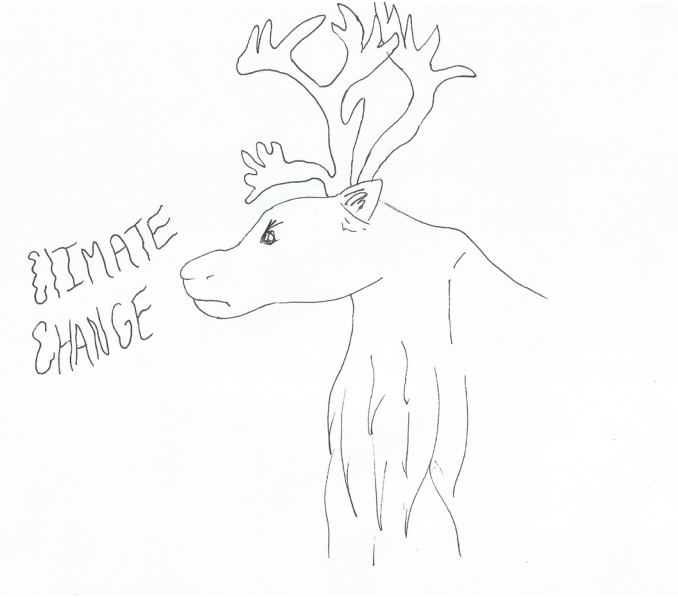
Source: BBC News



### Food – Staying spicy, staying alive

Researchers at the University of Vermont recently found a correlation between spicy pepper lovers and staying alive longer. A component present in peppers known as capsaicin is thought to be helpful in helping your body maintain a healthy vascular system and overall weight. According to a study by the University of Vermont there is a 13 percent increase in lifespan of those who enjoyed peppers during their lifetime.

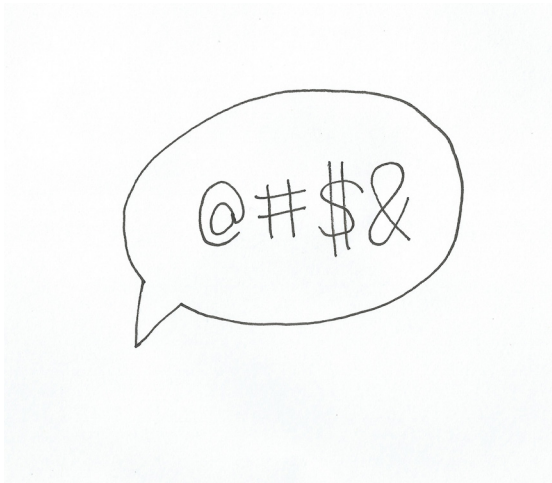
Source: Science Daily



### Wildlife – Moody worms

“Ah, yes, I remember my moody teenage years fondly,” said no one ever. It turns out that humans are not the only animals that experience those ups and downs associated with adolescence. The Salk Institute for Biological Studies found that the brain chemistry of teenage roundworms causes them to act more irrationally than adult roundworms, exhibiting behavior such as taking their sweet time when seeking out food sources or choosing a direction to travel in.

Source: Science Daily





# Healthy back to school habits

by Claire Roth

Pulling yourself out from your winter pile of blankets with the words “back to school” ringing in your ears can be difficult. The vision of the never-ending staircase of Founders Hall you’ll have to climb to get to class can be daunting after a month of collegiate downtime. It could start you off on the wrong foot for the spring semester. The Lumberjack has compiled a short list of healthy, back-on-your-feet habits to take up so you can get back into the academic swing of things.

## Eat Breakfast!

Sound familiar? You’ve likely been told this all of your life, but now that you’re getting your body back on track to learn it’s especially important. Fruits like apples and bananas can be the difference between getting that extra boost of energy or becoming ‘that’ person who falls asleep in class on the first day.

## Make a Calendar!

Time seems more relative when you have a monthly calendar staring right at you. Stay on top of assignments for your new classes by taking some time to write all big deadlines down such as essays and exams.

## Get Moving!

Get Moving - If you’re in a class longer than 50 minutes you may have noticed a tingling feeling in your legs after about an hour: this is your body telling you that it’s time to get up and moving. Sitting down, in class or out, for more than an hour can be detrimental to various parts of your body. It always pays to take a short stroll down the hallway before returning to your studies.

## Pace Yourself

Pace Yourself - Allowing yourself the time to reset and check in with how you are doing is one of the most important, yet least practiced, self-care tactics out there. Simple actions such as stopping what you’re doing, closing your eyes, and taking three slow breaths could help you clear your head and stay on the track for success.

## Find Some Nautre

Find Some Nature - There’s a reason that the phrase nature deficit disorder exists these days; we simply do not find the time to place ourselves in natural settings. HSU’s campus is fortunate enough to be situated next to a serene redwood forest with a babbling creek and chirping birds, the perfect playlist for a healthier train of thought.

Claire Roth may be contacted at thejack@humboldt.edu

# Why Netflix Might Just Edge Out Hulu with their New Original Series

by Erin Chessin



Illustration By Claire Roth

It is a combination of mystery, adventure and that ‘80s nostalgia all in one - we’ve never seen anything quite like “Stranger Things.” Netflix is rising to the top as a contender for who can make the most addictive original series. It is impossible to not get hooked on at least one of the many original series they have spit out recently. I would call “Stranger Things” a mix between Stephen King and Steven Spielberg; you get that perfection combination of ‘80s sci-fi and horror.

The story starts off with a missing boy named Will Byers, and the audience thinks, “oh great another cheesy ‘80s horror series.” But then you have Byers’ mother, brother, three best friends and the police chief involved, who end up discovering more than they wanted to know about what is out there in the world. You fear the head of the Hawkins Laboratory, who is conducting inhumane practices in efforts to stop the horrific monster they allowed to exist.

There are unexplainable tragic events, people going missing, lights flickering and dark elements - it’s quite the adventure three little kids go on. We have Dustin, nicknamed Toothless, who strikes his audience as geeky and innocent. Mike might have to be everyone’s favorite, just because he is probably the most compassionate of all the characters on the show. Lucas has to be that voice of caution, warning his friends of the dangers they could be accidentally getting

involved in.

In their small town of Hawkins, Ind., everyone knows everyone. It is a matter of all the characters figuring out how all the strange things that have occurred are connected; and better yet, why they are even happening. There is no doubt that I give this new television series a glowing review; it has to be one of the most compelling series that Netflix has created. However, those who have never seen “The Shining”

or are simply not into entertainment that haunts you, the storyline might not be as intriguing to you as it is to that sci-fi/horror genre fanatic. “Stranger Things” is perfect for those popcorn and warm blanket nights. It is enough to give you a scare and provoke that sense of fear in you that you haven’t grasped since you last watched “The Shining.”

Erin Chessin may be contacted at thejack@humboldt.edu



NFL playoffs

by Keaundrey Clark

The National Football League divisional round has passed and gone. We learned a few things this past weekend. You need an elite quarterback to get this far in the season. The four remaining quarterbacks, Matt Ryan, Aaron Rodgers, Tom Brady and Ben Roethlisberger have thrown for 135 touchdowns and 29 interceptions. You have Super Bowl winners (Rodgers, Roethlisberger, Brady), past MVPs (Brady and Rodgers) and the

potential 2016 NFL MVP (Ryan). With four of the game’s best playing on the highest stages, we will see some classic games come this conference championship weekend. The Dallas Cowboys look set for the next 10 years with Dak Prescott and Ezekiel Elliott as their stars. The two rookies shined in their first NFL playoff game and in defeat they showed they’ll be a force for years to come. The Seattle Seahawks are doing Russell Wilson – a

disservice by putting him behind an awful offensive line. That needs to be addressed if they want to even sniff the Super Bowl next season. This might be the Chiefs last run with Alex Smith as quarterback. He’s limited; average at best. If they don’t cut bait now, they’ll never get better. The Houston Texans, just like the Chiefs, have a roster to win now but are hamstrung by a pedestrian quarterback.

New England Patriots vs Pittsburgh Steelers

At this point, the Patriots are just a nameless, faceless machine. It feels that every team they’ve had in the last 15 years has been identical with a few exceptions in the past. Two things remain the same: Tom Brady and Bill Belichick. With those two, they always have a fighting chance. The Steelers have arguably the best running back and receiver to grace an NFL field, a top five quarterback, yet they are 11th in scoring in the league. Not bad but not good especially for the talent they have. If they can put touchdowns on the board they have a chance to knock off Tom Brady and company.

My Pick: Patriots 30 - Steelers 27

Atlanta Falcons vs Green Bay Packers

Aaron Rodgers vs Matt Ryan in a dome. Man, that’s a lot of points. Rodgers threw one of the greatest passes you’ll ever see, a 36-yard dart to Jared Cook to get his team into field goal range for the win, rolling to his left and threw it against his body, only where his player can catch it with his feet in bounds and left time on the clock. Each team’s defense is in the bottom half of the league in passing yards given up. These quarterbacks will pass for 350 yards each, probably push for 400 yards. Both teams will likely score 30 plus points. This game could literally come down to which team makes a play defensively or which quarterback has the ball last.

My Pick: Packers 38 - Falcons 31

Keaundrey Clark may be contacted at thejack@humboldt.edu

HSU athletes of the week

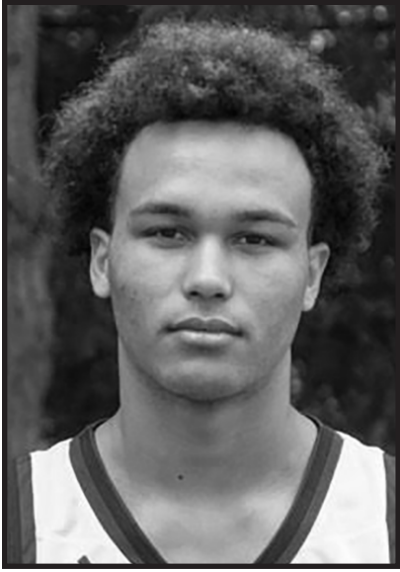
by Keaundrey Clark



Freshman guard Tyra Turner | HSU Athletics

Tyra Turner

The true freshmen led the lumberjacks to a double-overtime victory over Cal State San Marcos. She scored a game-high 18 points. She stuffed the stat sheet with nine rebounds, five assists and three steals. Over HSU’s three game winning streak she’s averaging almost 17 points per game.



Freshman guard Tyler Green | HSU Athletics

Tyler Green

The freshman recorded a career high 17 points in a tough loss versus Cal State San Marcos.



Junior guard Ashlynn Cox | HSU Athletics

Ashlynn Cox

A local junior from Arcata, she helped cap the Lumberjacks three-game winning streak with a game-winning lay-up as time expired versus Cal State San Marcos. She recorded 12 points and 6 rebounds on the night.

CCAA - Men’s Basketball Standings

	CONF.	OVERALL	STREAK
UC San Diego	9-1	14-3	L1
Chico State	8-1	15-2	W9
San Francisco State	7-2	14-2	W1
Sonoma State	7-2	11-4	W5
Cal State San Marcos	7-3	12-5	W5
Cal State Dominguez Hills	4-4	8-6	L2
Cal State East Bay	4-5	11-6	W2
Cal State LA	4-6	8-10	W1
<b>Humboldt State</b>	<b>3-6</b>	<b>8-8</b>	<b>L4</b>
Cal State San Bernardino	2-6	6-7	L3
Stanislaus State	2-7	5-11	L1
Cal Poly Pomona	1-8	3-10	L4
Cal State Monterey Bay	1-8	3-12	L3

CCAA - Women’s Basketball Standings

	CONF.	OVERALL	STREAK
UC San Diego	9-1	13-3	W9
Stanislaus State	7-2	9-9	W3
Cal State East Bay	6-3	9-7	W1
Cal Poly Pomona	6-3	8-7	W1
Cal State San Bernardino	5-3	8-4	W3
Cal State LA	6-4	9-9	L2
Chico State	5-4	10-5	W2
Cal State San Marcos	5-5	8-7	L2
Sonoma State	4-5	8-7	L2
<b>Humboldt State</b>	<b>4-5</b>	<b>5-11</b>	<b>W3</b>
Cal State Dominguez Hills	1-7	4-11	L4
Cal State Monterey Bay	1-8	4-12	L3
San Francisco State	0-9	2-14	L10

Keaundrey Clark may be contacted at thejack@humboldt.edu



Editorial

HSU’s Responsibilities beyond academic achievement

This spring 2017 semester, the Lumberjack staff requests that Humboldt State administration take more responsibility for student welfare beyond just recruiting students to Humboldt State University. The Lumberjack asks that HSU not only consider a student’s academic education, but also a student’s basic living needs while attending HSU

HSU entices students with its emphasis on environmental and social standards and opportunities for hands-on -learning. Students are often charmed by the small town atmosphere and close-knit community. However, students find that finding a stable place to live and join the community for their stay at HSU to be a near impossible task.

Universities have more than a duty than to provide an academic education; it owes each and every student an opportunity access a stable living situation.

We ask administration to

recognize that relying on a student to secure their own housing in a compacted housing market that finds many local residents unable to find a home above and beyond any reasonable expectation.

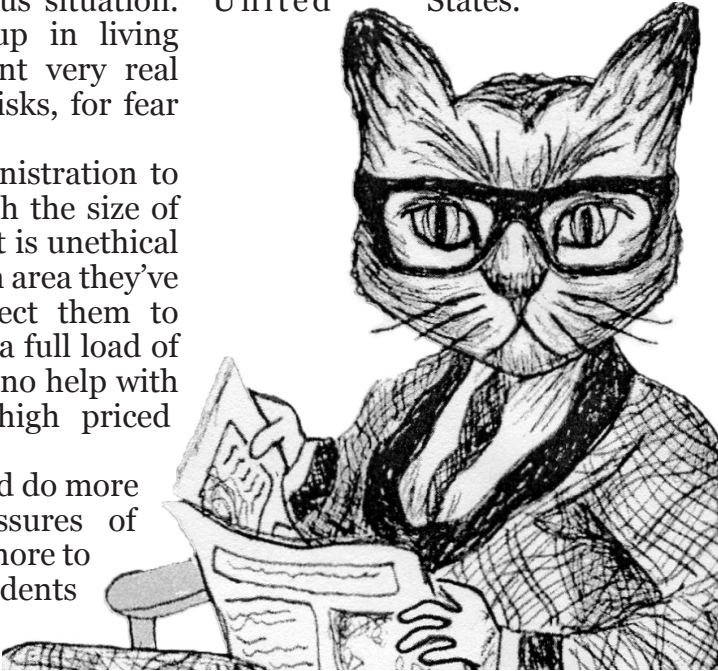
Furthermore, leaving young students to the whim of Humboldt County’s housing market creates a potentially dangerous situation. Students may end up in living situations that present very real physical and health risks, for fear of being homeless.

We need our administration to match enrollment with the size of the housing market. It is unethical to bring students to an area they’ve never been and expect them to pay for and maintain a full load of classes while offering no help with housing outside of high priced campus housing.

HSU can and should do more to assuage the pressures of student life by doing more to prepare and warn students for the particular

struggles in the HSU community. We ask HSU to look harder at buying more property in the area for student living.

This starts with administration simply being forthright and honest about Humboldt’s housing situation when recruiting students from across California and the United States.



Traversing Hills and Stairs University

by Domanique Crawford

My heart is beating too fast, and as I stop to rest and catch the breath that stutters out of my lungs in heaving gasps, sweat trickles down my face in never ending rivulets. A slight musk mists the air around me. Although, I could have sworn I put on deodorant before my attempt to ascend campus. And as the sun seems to beam down directly on my forehead I think to myself:

“Why the hell didn’t I know that this school was nicknamed Hills and Stairs University?”

During each semester break, without the daily physical excretion that the Humboldt State campus forces students to endure, navigating campus can be physically draining. Returning to school is like returning to an extreme exercise routine after a break for a couple of months. You almost dread going back to the routine because you

know that there will be some amount of pain, but you also know that the exercise is best for you. These are some tips to get the most out of your campus workout.

**Get you energy boost on:** Did you know that stair climbing requires eight to nine times more energy expenditure than sitting and burns about seven times more calories than taking a lift? So if you are utilizing the HSU campus it is a good idea to power up in the mornings and make sure you are eating the most important meal of the day. Breakfast! Also, make sure you are eating or drinking something high energy. Green tea is a great morning drink.

**Stretch it out:** With any exercise during the first few weeks of adjusting to the exercises, your muscle will feel the burn. Stretch before the hours of navigating the stairs embedded in hills. Climbing stairs are also strenuous on your legs, hips and buttocks, so it’s imperative to prepare your

muscles for the upcoming workout by stretching to prevent injury and increase flexibility.

**H2O Hydration:** If you think that you don’t need to drink to climb stairs, you may find yourself in hot water. Stair climbing is officially classed as a ‘vigorous exercise’ and burns more calories per minute than jogging.

**Work them Stairs:** They can be daunting but did you know that you burn about 0.17 calories for every step you climb? So you burn roughly a calorie and a half for every 10 upward steps. You also burn calories going down. Every stair descended burns about 0.05 calories, so you burn 1 calorie for every 20 steps down. Just seven minutes of climbing stairs a day has been estimated to more than half the risk of a heart attack over 10 years. Even if you don’t have sports shoes, stair climbing can be useful. Did you know that you burn more calories climbing stairs in high heels.

Cartoon



New Year New US | Joe DeVoogd

**Mid-semester starter kit:** Must-carry backpack essentials

**Water Bottle** - Though there are numerous vending machines for soda and caffeinated beverages, none of them carry water. Be sure to bring your own bottle if you want to fill up at a hydration station.

**Sweatband** - If you want to keep your makeup looking flawless or just don’t want sweat coating your face, try wearing a sweatband while traveling between classrooms.

**Energy Snack** - Keep that energy up. A series of small snacks will help stave off that midday slump.

Domanique Crawford may be contacted at thejack@humboldt.edu

The Lumberjack

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The Lumberjack is a member of the California College Media Association. The Lumberjack is printed on recycled paper and published on Wednesdays during the school year. Views and contents of The Lumberjack are those of the author and not necessarily those of Humboldt State University. Unsigned editorials appearing in the Opinion section reflect a two-third majority opinion of the editorial staff. Opinions expressed in editorial content and columns are not necessarily those of Humboldt State University. Advertising material is published for informational purposes and is not constructed as an expressed or implied endorsement or verification of such commercial ventures of The Lumberjack, Associated Students or Humboldt State University.





PUN OF THE WEEK

The other day I held the door open for a clown. I thought it was a nice jester.

Welcome back to school!

HUMBOLDT JUMBOLDT by Melissa Coleman

Rearrange the letters to form a word. Set aside the double underlined letters on the line below. Rearrange those letters when all words are solved to find this week’s answer! Plurals allowed, no proper nouns though final answer may be a proper noun.

SDAILOYTIR \_\_\_\_\_

MRCNGIAH \_\_\_\_\_

EMENDOWTN \_\_\_\_\_

BSKAETALLB \_\_\_\_\_

FNINCEG \_\_\_\_\_

“ \_\_\_\_\_ ”

What flies without wings

Compiled by Devyn Session

RIDDLE

Number 1

The maker makes it, but doesn’t need it. The buyer buys it, but doesn’t use it. The user uses it, but doesn’t know that he is using it.

What is it?

Number 2

What belongs to you but others use it more than you do?

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 will be featured in the next issue of *The Lumberjack!*

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Weekly Sudoku  
Difficulty: medium

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



# SO WHAT’S GOOD ‘BOLDT?

Composed by VRod

**JANUARY 18**

Pints for Nonprofits @ Mad River Brewery  
Tasting Room  
11-9 a.m., Free

Tickled @ The Miniplex at Richards’ Goat  
Tavern  
5 p.m., \$8, \$6.50 matinee

**JANUARY 19**

Oklahoma! @ North Coast Repertory Theatre  
8-11 p.m., \$18

The Gatehouse Well @ The Siren’s Song Tavern  
8-11 p.m., \$5, 21+

Wilde Ghosts and Coward Spirits @ Gist  
Theater at HSU  
7 p.m., \$15 GA, \$10 students

Rhythm for Refugees @ The Jam  
5 p.m.-1:30 a.m., \$10

**JANUARY 20**

Wilde Ghosts and Coward Spirits @ Gist  
Theater at HSU  
7 p.m., \$15 GA, \$10 students

HyperNormalisation: A Free Presidential  
Inoculation Screening @ The Miniplex at  
Richards’ Goat Tavern  
6-9 p.m.

McKinleyville Arts Night @ McKinleyville  
Business District  
6-8 p.m.

Rag Doll Revue presents Belles of the Balls @  
Humboldt Brews  
9:30 p.m., \$10 adv, \$13, 21+

**JANUARY 21**

Humboldt County Cup @ Mateel Community Center  
11 a.m.-10:30 p.m., \$30, \$25 in adv., 18+

Women’s March on Eureka @ C St. Market Square  
1-4 p.m.

Wilde Ghosts and Coward Spirits @ Gist Theater at HSU  
2 p.m., \$15 GA, \$10 students

Wilde Ghosts and Coward Spirits @ Gist  
Theater at HSU  
2 p.m., \$15 GA, \$10 students

**JANUARY 22**

Wilde Ghosts and Coward Spirits @ Gist  
Theater at HSU  
2 p.m., \$15 GA, \$10 students

Hijikata Anniversary Butoh Workshop @  
Synopsis  
3-6 p.m., \$30

Holly Bowling @ Humboldt Brews  
8 p.m.-Midnight

**JANUARY 23**

Tickled @ The Miniplex at Richards’ Goat  
Tavern  
5 p.m., \$8, \$6.50 matinee

Martin Sexton @ Humboldt Brews  
8 p.m.-Midnight, \$25, \$20 adv.

**JANUARY 24**

Burgundy Blues Dance Night @ Arcata Core  
Pilates Studio  
8-10:30 p.m., \$5

Savage Henry Presents @ The Jam  
9-11:30 p.m., \$5, 21+



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female models for upcoming  
photoshoots.  
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