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### The Lumberjack, September 11, 2013

The Lumberjack Staff

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# THE LUMBERJACK

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## Safety corridor project planned for Hwy 101



A warning for drivers on Highway 101 safety corridor | Aaron Selig

### Project still needs approval from Coastal Commission

**COMMUNITY**  
*by Karl Holappa*

If you have ever attempted to cross the opposite lanes of traffic while on Highway 101, chances are you noticed that it is not very safe. A plan is in the works to remedy this.

The Humboldt County Association of Governments is working in conjunction with the California Department of Transportation to develop a project aimed at improving safety on Highway 101. The plan involves constructing an overpass at the Indianola Cutoff along with a northbound signal at the Airport Way crossing. The plan would also narrow the current lane footprint to accommodate a widened bike lane and will feature enhanced visibility features such as bolder striping and colored asphalt.

Marcella Clem, executive director at the Humboldt County Association of Governments, worked on the project for the last two years. She said that funding is in place for the first of two phases of the project. She is optimistic about the project being completed between 2016 and 2017.

"It looks promising that Caltrans will provide the necessary funding to complete both phases at the same time once the red tape is cleared," Clem said.

The plan has multiple challenges that must be addressed before it can start. The California Coastal Commission must approve the plan before permits are issued and work can begin.

The Coastal Commission takes issue with the potential environmental effects on wetlands specifically in the area of the Indianola Cutoff. Mark Delaplaine, federal consistency manager at the Coastal Commission, said they would

See *Corridor* on page 3

## The Depot derailed

Employee dissatisfaction results in longer wait times for students

**CAMPUS**  
*by A. R. Schemmel*

The stress of new management is taking its toll on the productivity of Depot employees and students are starting to take note.

Haley du Bois, a 21-year-old cellular molecular biology major and frequenter of The Depot, noticed a few changes this semester. "Today I waited in line for 25 minutes just for a bagel. The line for the cashier went all the way back to the sandwich place," du Bois said.

Luis Vergara, a senior at Humboldt State and a Floor Coordinator at The Depot, attributes the obvious congestion this semester to a lack of organization and employee commitment.

"With the new management — and new employees being trained — everybody is learning," Vergara said. "It makes sense that when everybody is new, everything goes a little slower."

Last year, Victoria Armstrong trained as the Depot assistant manager before taking over the running of the HSU food stop

this semester. Armstrong implemented a number of changes to The Depot, including the replacement of the wrap station with the Green Line, which offers vegan and vegetarian choices to students.

According to many Depot employees, the recent delays are a result of friction between the new management and her workers.

Lauren Porras, an eight-semester veteran of The Depot and a recent graduate of the HSU religious studies program, said that along with the changes to The Depot's food selection, Armstrong imposed additional rules affecting the way employees serve students.

"Everything seems a little more strict. I sometimes feel like I'm being micro-managed. It's a disconcerting feeling when you're trying to work," Porras said.

Porras put in her two weeks' notice on Tuesday, Aug. 27, as a result of the changes in management and the additional employee regulations.

See **Depot** on page 6

WEEKEND WEATHER

THURSDAY

69°

FRIDAY

70°

SATURDAY

70°

SUNDAY

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Information gathered from the National Weather Service.

## Timber: Jacksttt fall in season open-

**SPORTS**  
*by John Ferrara*

With eight minutes left in the game, the home crowd comes to life for the first time.

Humboldt State is down by seven and Simon Fraser University is threatening to score. It's time for some defense.

Third and eight on the 31-yard line, the Jacks pour into the pocket for a monumental sack and the crowd explodes.

Most teams would kick a field goal on 4th and 13, especially with the lead, but SFU had something to prove.

Maybe it was retaliation for HSU's excessive celebration, maybe it was a message to the conference coaches (who earlier ranked HSU to finish first in the GNAC and SFU fifth); whatever it was, the intentions were cruel.

SFU quarterback Ryan Stanford calls "hike!" and completes a 16-yard pass to tight end Jamal Kett that deflated the eager onlookers.

HSU corner Marcus Graves, who was outmatched most of the

See *Football* on page 13



Humboldt State wide receiver, Chase Krivashei, tries to avoid a tackle against Simon Fraser University on Saturday Sept. 7 | Sebastian Hedberg

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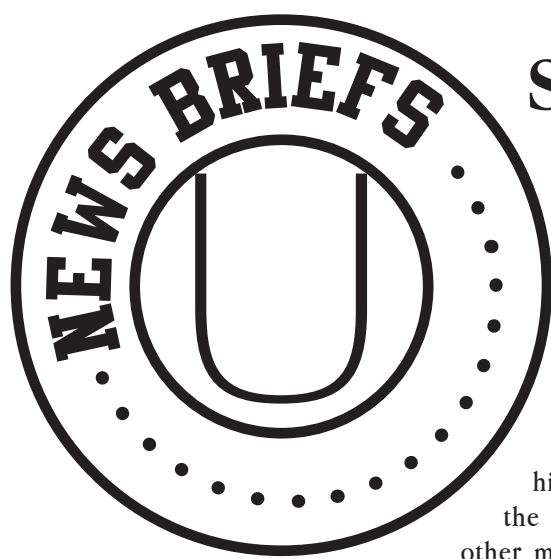


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## Suspects in crossbow killing caught

Lake County man and 16-year-old girl accused of shooting two local transient men

The man was shot with a crossbow in his head, hip and shin, but survived the attack. Police found another man hidden in the woods nearby, killed by a crossbow bolt to the face.

King and his companion blamed the men for stealing from their camp in the dunes, police said. The men are transients who lived in the area for years.

Police believe King and the 16-year-old girl fled the crime scene on bicycles, then ran into the woods. The pair evaded police dogs and search parties overnight.

Friends of the Dunes education coordinator Suzie Fortner spotted King and the 16-year-old on a trail near the Humboldt Coastal Nature Center, according to the Times-

Standard. Eureka and Arcata Police and a Humboldt County Sheriff's SWAT team rushed to respond to Fortner's call.

A CHP helicopter flew over the suspects and ordered them to surrender to officers on the ground. King and the 16-year-old gave up quietly, police said. Police are still searching for the crossbow used in the shooting.

King was previously arrested for drug possession and driving with a suspended license, according to the Times-Standard. The 16-year-old girl travelling with him is not a missing person in Lake County, and police are not sure why the two moved to Samoa.

Arcata police took two people into custody Monday for the crossbow murder of a local man. Phoenix Triton King, a 20-year-old Lake County resident, and an unnamed 16-year-old girl surrendered to a California Highway Patrol helicopter at 3:15 p.m. Monday, near the Friends of the Dunes Humboldt Coastal Nature Center, according to Arcata Police.

On Sunday, police found a wounded man who had dragged himself from the woods along Route 255 near the Samoa Bridge.

## No cop no stop

Campus police tighten enforcement of traffic laws for skateboarders and bicyclists



A skateboarder takes advantage of a break in traffic to cruise down B Street. | Patrick Evans

Skateboarders and bicyclists still swerve through crowded campus quads despite a police crackdown on law-breaking riders.

The University Police Department is working with the Arcata Police Department and California Highway Patrol to warn people about traffic laws at Humboldt State, and ticket riders who ignore them.

Alan Sanchez, a skateboarder and English major at HSU, said he steps off his board when he sees police.

"I try to be as smart as I can about [skating]," Sanchez said.

Sanchez said police ticketing will probably do little to discourage riders, even though his friend was ticketed for riding a bike with headphones on last week.

"I just know that it's not really deterring me," Sanchez said.

Ian Herzberger, an HSU fisheries biology major, said he thought it was legal to skateboard on campus streets.

Herzberger has seen a lot of bicyclists and skateboarders ticketed by police this semester.

"I'm all for the cops stepping up," Herzberger said.

Herzberger said UDP told him he could skateboard in the past, but he was unsure of the law.

"I've heard different things from campus police about what lane I can be in," Herzberger said.

Skateboards are not allowed in the street at all, according to University Police Lt. William Honsal.

"We don't want skateboards on the

roadway, weaving in and out of traffic," Honsal said.

Honsal said HSU has at least one serious bike or skateboard crash every year.

"Two weeks ago we had a skateboarder coming down Fickle Hill in Arcata, [he] went right underneath a vehicle and nearly killed himself," he said. "Luckily he made a full recovery."

Honsal said HSU faculty and staff have been frustrated with skateboarders and bicyclists breaking campus laws for years.

"No matter how many signs we put up or how many times we warn people, it's that way," he said.

continued on page 4

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# New class scheduling policy for fall 2013

## Scheduling aims to reduce time conflicts

by Shareen McFall

This semester Humboldt State implemented a new policy to help end the Tetris game of scheduling classes. With this revamp, HSU hopes to improve the availability of classes and increase graduation rates by ensuring that general education and major classes do not clash.

The most obvious changes the policy has brought are that classes will begin at the zero hour — with the exception of courses that are 80 minutes long.

According to recommendations by the Course Scheduling Working Group at HSU, the new policy is designed to ensure that courses are scheduled in a manner that permits access for the greatest number of students and provide the best match between specific instructional needs of the faculty, courses being offered, and existing facilities.

The policy changes the times classes are offered to encourage students to register for classes needed for graduation. The policy aims to make the best use of class size and seating.

This change in course scheduling was put into motion after a survey

conducted by The Office of Institutional Research and Planning showed that 23 percent of students felt that class scheduling was poor.

In an effort to address the problem, HSU created a committee called the Course Scheduling Working Group. The committee is comprised of faculty, staff and administration that were brought together by HSU Provost Richard Snyder during the Fall 2012 semester. The committee conducted research to see how the issue could be addressed, and created the new scheduling policy. Richard Bruce, administrative support coordinator for the College of Arts, Humanities, and Social Sciences, said the new policy is best suited for the HSU culture where there are many factors that must be taken into account, such as the bus schedule.

According to Jená Burges, vice provost at HSU, the policy change was designed to increase graduation rates and encourage students to take classes they need to graduate. “One problem that we know for sure is that students end up with too many units that do not meet GE or major requirements, and we don’t know exactly why,” Burges said.

Burges believes implementing the

new schedule will allow students to focus and take more classes that are needed for graduation.

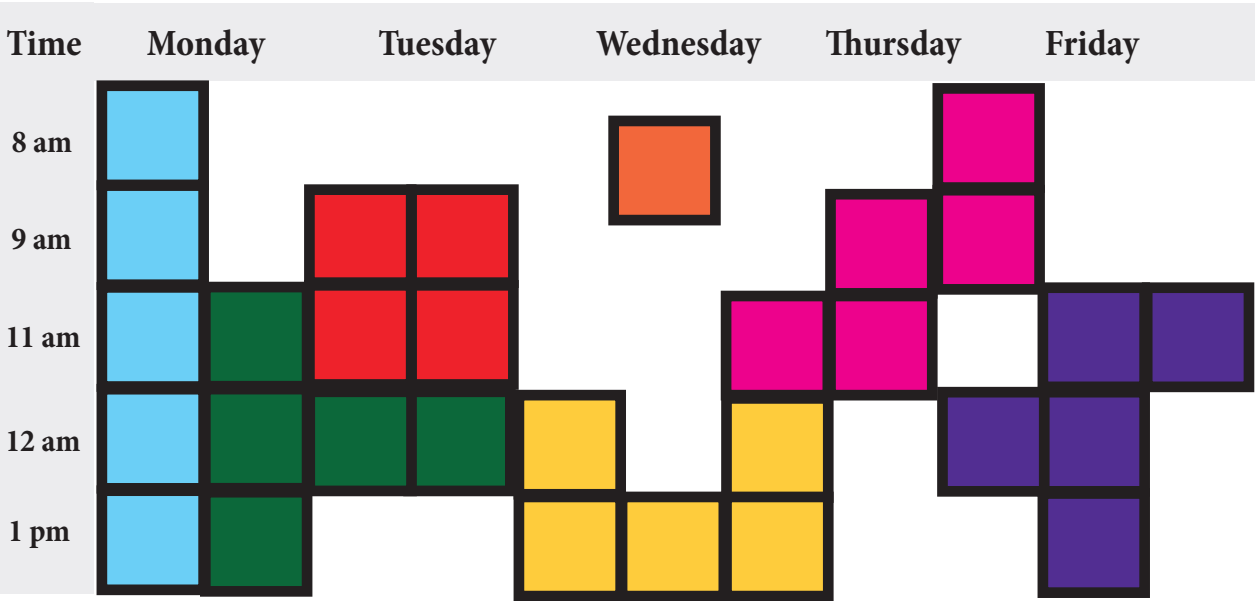
For Ryan Silva, 20, a junior English major, server and cashier worker at the Jolly Giant Commons, the new scheduling policy has not been a positive change. Silva noticed a direct correlation between the new schedule and the lunch lines on campus around noon.

“Last semester I did not have to wait in line longer than three to five minutes in the J, but now it is a massive amount of people,” Silva said.

The new scheduling policy is not to be confused with block scheduling and enrollment, which is another effort to help increase graduation and retention at HSU that, according to Burges, was not set into motion due to implementation issues.

Although it is still too early in the semester to assess whether or not the new policy is working, Bruce believes that the new scheduling already shows positive effects.

—Shareen McFall may be contacted at thejack@humboldt.edu



Graphic done by Lindsay Yamada

# New project to eliminate dangerous highway turns

continued from page 1

like to see a signal installed at the cutoff instead of constructing an overpass.

“It isn’t fully consistent with our program,” Delaplaine said in regards to the overpass alternative, describing it as being overkill. He went on to say that all potential alternatives being considered would create wetland fill to some extent, but the goal was to find the one with the least amount of consequence.

Clem believes the signal idea would be a mistake. “We have a history of accidents at signals [along the 101] in Arcata from the 1950s to the 1970s where they happened every year,” Clem said. “That’s why there are so many overpasses.”

Clem said that if a full signal is installed at the Indianola Cutoff, there would be increased traffic due to waits at the signal. “[That] is something nobody wants to see,” Clem said.

Jessica Hall, executive director at Humboldt Baykeeper, said finding other alternatives is necessary.

“We recommend that the project be denied on the grounds that the interchange is not an appropriate use of wetland fill,” Hall said. “In order to do wetland fill, you would have to prove that there are no feasible alternatives.”

The commission also wants a temporary bike lane constructed that is separated from the highway by a barrier for use until the Bay Trail is completed.

Delaplaine said the temporary bike lane would be necessary if funding and right-of-way has not been secured by the time the permitting process has been completed. “We don’t want to waste taxpayers’ money on doing something twice,” Delaplaine said.

Clem said the money needed to meet the bike lane request is

substantial, and that more effort should be focused on securing funds to complete the Bay Trail instead. “It’s something we’ve been working on, and we are going to make it happen,” Clem said.

The Humboldt Baykeepers would like to see a completed Bay Trail as a condition of approval no matter what alternative is used. “We don’t think [the Bay Trail] should be tied to the interchange; we think it should be tied to the finished project,” Hall said.

Kim Floyd, project manager for Caltrans District 1, works with the Humboldt County Association of Governments on the project. “We want to move forward and build our alternative,” Floyd said. “We feel that the corridor warrants long-scale alternatives.”

Caltrans will participate in the presentation to the coastal commission. “We are trying to alleviate and remedy the concerns they have,” Floyd said.

The corridor was developed in May 2002 after years of accidents along the stretch of Highway 101. A quadruple fatality accident in January 2002 caused a local outcry over the dangerous Indianola Cutoff.

Despite past measures taken to develop the current corridor, accidents still occur frequently.

A meeting is scheduled to further address the plan on Sept. 12, and local citizens are encouraged to attend. Hall hopes that the community will voice in on the subject. “Come out and share your view, because that is participating in a democracy,” Hall said.

—Karl Holappa may be contacted at thejack@humboldt.edu



Commuters traveling on the Highway 101 safety corridor. | Aaron Selig

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# UPO BYTES

compiled by Kevin Forestieri

## August 26

8:24 A vehicle was parked outside of the parking space in the R-2 parking lot on Granite Avenue, partially blocking the road. *Whatever, a little chalk here and a little chalk there and it really looks like a parking spot.*

## August 30

20:47 A bicyclist was warned on Laurel Drive for a lighting violation, and provided information pamphlets. *Even the police are assigning homework these days.*

## September 3

12:30 One student was cited for possession of marijuana on Granite Avenue. Four others were warned for the use of marijuana. *As the officer approached, puff-puff-pass quickly turned into hot potato.*

## September 4

9:59 A male “traveler” in front of the National History Museum on G Street was warned for loitering around the building. *If you wanna “walk the earth,” you better keep walking.*

## September 4

10:21 A student on the corner of Harry Griffith Hall and B Street required assistance after someone locked their bike to his bike. *Nobody seems to like reverse bike sharing.*

## September 4

11:25 A male, non-student in front of the Student Business Services building was given a restriction from campus after loitering for days, bothering several women. *The one-man Occupy SBS movement didn’t last long.*

## September 6

14:47 Someone covered the camera at the pedestrian underpass on L.K. Wood with a piece of paper. *Luckily the suspect left a paper trail.*

## September 7

1:38 Five or six people were being loud in the Gazebo on Granite Avenue, but the group dumped the alcohol and dispersed before the officer arrived. *Wouldn’t want all that heavy alcohol weighing down your escape.*

# News Briefs *Continued from page 2*

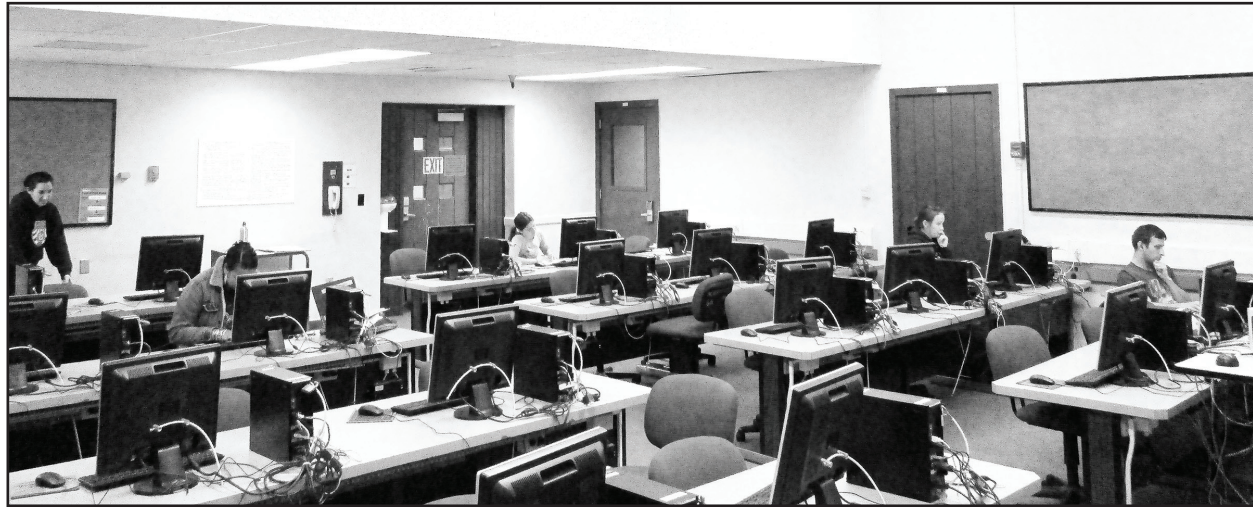
## Campus construction

### Old rooms and buildings updated

Humboldt State is repairing and renovating neglected rooms and buildings this semester. Construction on the roof of Forbes Gym is complete, HSU Plant Operations vice president Traci Ferdolage said. Repairs to water damage at the Student Recreation Center were also finished in August. Ferdolage said the SRC’s stuccoed walls cracked and let in water. The building’s concrete walls have been cleaned and painted in preparation for the winter rains. Ferdolage said additional lab space is being built for the Marine

Wildlife Care Center later this semester. The Marine Wildlife Center will divide its lab into sterile and dirty areas to prevent contamination. Ferdolage said construction on the Marine Wildlife Care Center will make it difficult for staff and faculty to find parking. Rooms in Siemens and Gist halls have been completely renovated. “We have taken an opportunity to replace carpet, repaint, put in new window coverings and also put in new lighting,” Ferdolage said. Room 215 in Gist Hall was designed in cooperation with the Col-

lege of Arts, Humanities and Social Sciences. Gist 215 used to be cramped and poorly lit, Ferdolage said. “When you walk into a space and you actually know what it looked like before, you go ‘holy cow, what just happened, this is cool,’” Ferdolage said. Gist 215 serves as a computer lab for communication and journalism students. Ferdolage said the layout of the lab has been changed to make it easier for students to work in groups.



Plant Operations remodeled Gist 215 in cooperation with the Center for Arts and Humanities. | Patrick Evans

# Lock up before leaving

### Freshmen in dorms perfect targets for thieves

Every semester dorm rooms are burgled, car windows are broken and bags are swiped at Humboldt State. Theft on campus is more frequent at the beginning and end of the school year, according to Lt. William Honsal of the University Police Department. Honsal said there are 20 to 30 incidents of theft on campus each semester. Stolen items are rarely recovered. New students moving into the dorms are targets for thieves because they often leave doors propped open and unattended Honsal said. New students are also more likely to trust an unfamiliar person and invite potential thieves into their building. Honsal said students sometimes bring people into the dorms to give them food and shelter. “They want to help people ...

but they’ve had their stuff stolen, they’ve been assaulted; we just want to make sure that students stay safe,” Honsal said. Thieves will also wait until they can walk into dorm buildings behind a student with a key. Honsal said thieves will prowl through a building until they find an empty and open room. “Predators go up and down the hallways, they peek in, say ‘hey are you there?’ Then they go in and take an iPod, take an iPhone, take a laptop and then they’re gone,” Honsal said. Electronics are the most commonly stolen items on campus. Honsal said students should write down their phone and computer devices’ serial numbers and install tracking software.



Composed and compiled by Partick Evans

# Associated Students Council vacancies:

- **Adminstrative Vice President**  
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- **Student Affairs Vice President**  
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- **External Affairs Representative**  
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- **Graduate Student Representative**  
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# FEATURES

## Immortal Technique and Brother Ali rock Humboldt

Underground rappers kick off a 30-day U.S. tour in NorCal



Brother Ali performing at Mateel Community Center on Sept. 5 | Lorrie Reyes



Immortal Technique speaks to the audience at Mateel Community Center on Sept. 5 | Lorrie Reyes

by Lorrie Reyes

With threats of an attack on Syria plaguing the nation, underground rappers Brother Ali and Immortal Technique are handling the news the only way they know how — with a 30-day tour across the U.S.

Technique and Ali kicked off their month-long “World and Peace Tour” in Humboldt County on Sept. 5 at the Mateel Community Center in Redway. Both rappers use music to send social and political messages through their lyrics.

Technique explored the cocaine drug game from Peru to the United States on his album “Revolutionary Vol. 2” that was released in 2003. Technique is set to release “The Middle Passage” early in 2014.

Ali tackled being an albino Muslim and released the single “Uncle Sam Goddamn” off his third album “The Undisputed Truth” in 2007 that criticized the United States for their participation in the slave trade.

“I think that both of our music exemplifies the violent reality of the world, but also the peaceful possibilities,” Technique said. “You have a country that deceives its allies and uses people and unfortunately misuses the incredible power that it has for good.”

Technique said there has always been a double standard in the United States when it comes to immigrants, legalizing marijuana and the difference between war and war profiteering.

“But it’s not like myself or Ali has given up on America. If anything, we’re saying we refuse to give up on America,” Technique said. “We refuse to just allow other people to control whatever this society’s example is going to be to the rest of the world.”

Ali and Technique have been friends since they started touring in their respective cities nine years ago. Ali started his career in Minneapolis and is currently on the Rhymesayers record label alongside the popular underground group Atmosphere. Technique is a Peruvian rapper who made his way through the underground scene battle rapping in Harlem, NY.

Technique battled another Minnesota rapper, named Eyedea, in a battle called Rock Steady. Technique and Eyedea tied in the finals and had to go to an overtime round. Eyedea ended up beating Technique. In a subsequent battle, Eyedea lost a battle to Brother Ali. At that point Technique had to know who Ali was.

“We felt like it was a good time to tour because of the friendship we have,” Ali said. “It makes a statement that we are able to tour the country and sell out venues. We have a message, our music is about something.”

Although the timing of the tour seems to coincide with a potential war, the performers didn’t plan it that way. Both rappers were on the “Rock the Bells” festival

tour in Los Angeles and San Francisco.

The friendship that Ali and Technique have built over the years has provided a family atmosphere on tour.

“[Ali] has always been a man of his word and I can appreciate that [especially] being in a business full of frauds,” Technique said. “[The music] business is full of liars, and cowards, and backstabbers and I never had that sort of interaction with Ali.”

Humboldt State biology major Daisy Yáñez has been waiting six years to see Brother Ali.

The 21-year-old, who lives in Fortuna, drove 49 miles with her 16-year-old sister Yulisa Yáñez, to the show in Redway and got to meet with Brother Ali and Immortal Technique before the show.

“[The trip here] didn’t even even feel [like] a long way for us,” Yulisa Yáñez said. “There’s no question it was worth it.”

Ali and Technique will be performing throughout the U.S. until Oct. 4.

For more information on Brother Ali, visit: [brotherali.com](http://brotherali.com)

For more information on Immortal Technique, visit: [viprecords.com](http://viprecords.com)

—Lorrie Reyes may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## HSU improv team shares the laughter with children

by Maya Pszyk

The Humboldt State improvisational comedy team, the Unscripted Sutas, infused some humor into the community last week as they taught a class of sixth-grade students what improv is all about.

While most people may assume that improv is all about being funny, club president Ariel Fishkin says it’s actually much more than that.

“It’s important to get the kids comfortable with improv,” Fishkin said. “Improv is all about being yourself and it’s important that the kids see it as a safe place.”

The Unscripted Sutas work with youth in the Arcata area. Every summer, the club runs a week-long youth workshop at the Arcata Playhouse as well as weekly workshops throughout the school year. This past week, the team visited a sixth-grade class at Coastal Grove Elementary School.

While there, the group ran through some simple improv warm ups and games with the students. These games were intended to teach the kids about the tactics often used in improv like honest reaction, trust and teamwork.

One of these warm ups was a mirroring exercise where the kids were paired up, then asked to stand directly across from one another and mirror

“Improv is all about being yourself and it is important that the kids see it as a safe place.”

—Ariel Fishkin, club president of the Unscripted Sutas

each other’s movement. This exercise is simple and is meant to get the kids focused in a way that is still fun.

“Improv allows us to stay in tune with our silly and playful side while still building a lot of general life skills,”

Fishkin said. “It teaches us how to be a team player and to trust the people around you.”

The club’s treasurer, Chris Stones, described improv as a tool to develop social skills among children.

“I believe centrally that improv helps build confidence in front of and with other people,” Stones said. “[Improv] requires a team effort to really create something memorable.”

Club member Everardo Cuevas said that improv does not just help with building teamwork, but it also helps the individual feel like isn’t limited to the lives they live.

“I think it’s empowering,” Cuevas said. “Being able to act in a world and space where I can shape my own reality is awesome.”

The work the Unscripted Sutas does not only benefit the children; it benefits the club members as well. Improv is a growing process that continues to help those who take part grow as individuals.

—Maya Pszyk may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

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**What did you do before you came to HSU?**

"I was a project scientist at Lawrence Berkeley National Laboratory. I looked at how microbes affect carbonate mineralization — that is, to see how microbes would affect carbon cycles and carbon sequestration."

**Why did you choose HSU?**

"I was really interested in teaching and interacting with students."

**How do you like it so far?**

"It's very collegial. Everyone seems to be enjoying what they are doing which is a nice change of pace."

**What do you bring to the department?**

"I bring a focus on membrane and surface proteins and an added biochemist."

**Interesting fact**

"I like creating sculptures and like the fusion between art and science."

# MEET THE PROFESSORS

compiled & photos by Tabitha Soden

This 2013-2014 school year, Humboldt State hired 26 new faculty members, 17 of which are female. Nine joined the College of Arts, Humanities and Social Sciences; eight joined the College of Natural Resources and Sciences; and nine joined the College of Professional Studies. Each week The Lumberjack will profile three professors from each college.



**What did you do before you came to HSU?**

"I worked at Northwestern Oklahoma State University as an assistant professor. I restarted their studio art program and was the director of the program."

**Why did you choose HSU?**

"The amazing forest you have here. It's the only place in the world where you can teach in the middle of a redwood forest. The people here are also so genuine and kind."

**How do you like it so far?**

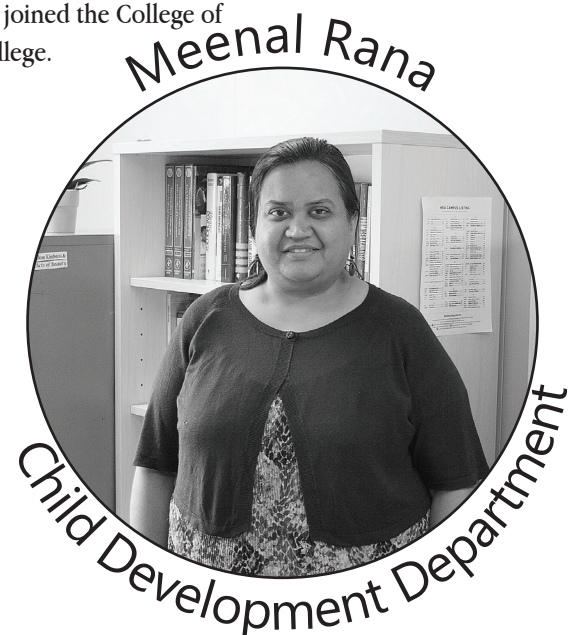
"I love it. I wake up every morning and do one of those hideous villain laughs. [Saying] it's nice is an understatement."

**What do you bring to the department?**

"There are so many wonderful things here already. What I bring compliments what we already have. I do have an interest in scientific drawings as well as comics, graphic novels and some of those emerging mediums."

**Interesting fact**

"I was an animal control officer once. I don't know if that is interesting or scary."



**What did you do before you came to HSU?**

"I taught at Brown University for a year as an assistant professor once I finished up my studies."

**Why did you choose HSU?**

"There are several reasons, one is the reputation of the school. When I came for my interview, I did a teaching demonstration and the students in the Child Development major are active, engaged learners. Another reason is for community-building because this is such a small campus. Lastly, for very supportive and engaging colleagues. Here I can grow like a scholar."

**How do you like it so far?**

"It's a nice place and good environment. The students are wonderful and the environment keeps you at peace."

**What do you bring to the department?**

"I bring a different perspective. I'm originally from India, so I bring examples into my teaching from that. My research is unique in how religion and culture relate to the field of child development. I am also interested in youth perspective, where a lot of focus is usually placed on early childhood development."

**Interesting fact**

"I lived longest in Michigan, for six years, and I was known for good cooking and feeding my friends. Although I have realized my Indian food is no longer authentic because I incorporate other styles into my dishes."

## Impatient students hungry for service

Continued from page 1

A Depot employee, who asked not to have her name published for fear of losing her job, said workers are afraid of getting yelled at if they approach Armstrong with questions and grievances.

"[Employees] are scared to talk to [Armstrong], and that's a problem, because we have a lot of new employees and they need help learning," the source said. "We lost a lot of returners because of the new management."

The source described an instance when Armstrong was informed of her employees' fear of approaching her.

"[Armstrong] admitted to having an 'attitude' sometimes, but she told the person that's just the way she is, that people just need to get over it," the source said.

Armstrong has reprimanded employees in front of customers. Often times customers have apologized on Armstrong's behalf, asking if the employee is okay after being yelled at, the anonymous source said.

Victoria Armstrong declined The Lumberjack's request for an interview concerning her management style, twice.

"People don't want to come to work. At least three people have quit in the past two weeks," the anonymous source said. "[The Depot] is no longer an enjoyable place to work, or get food."

A. R. Schemmel may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

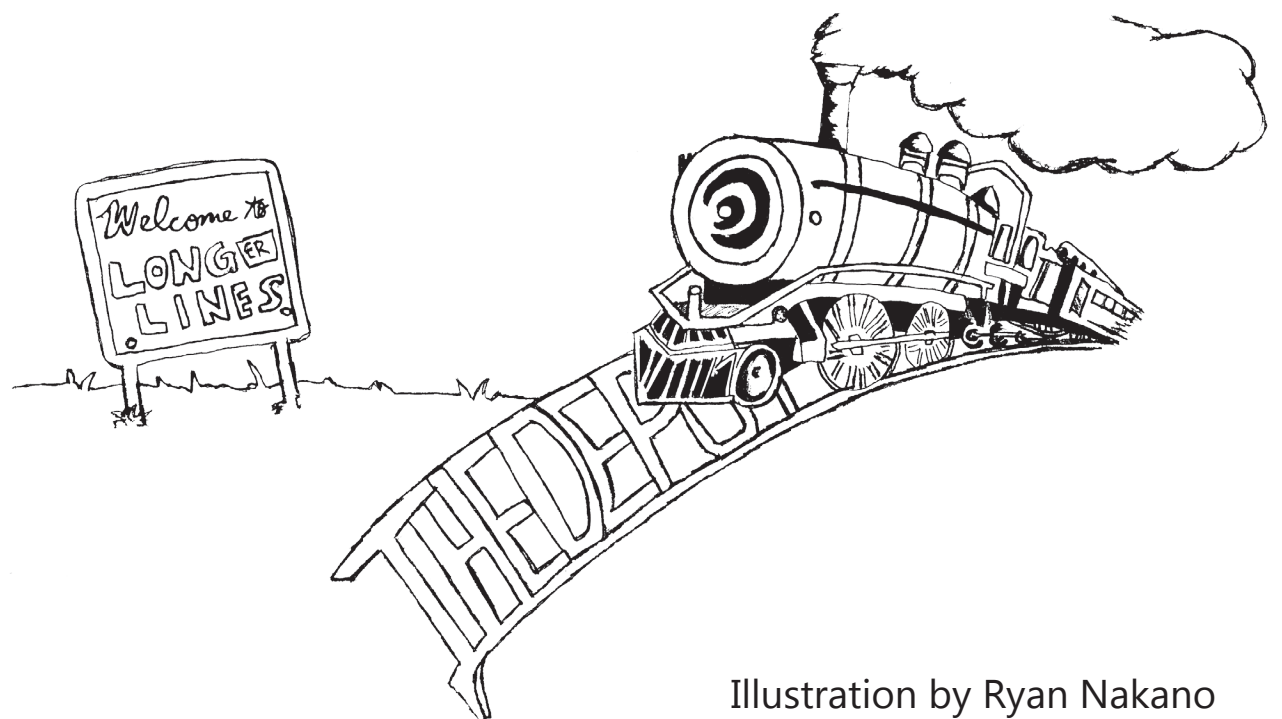
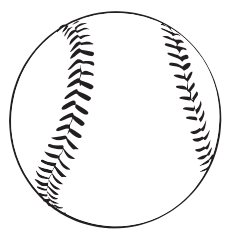


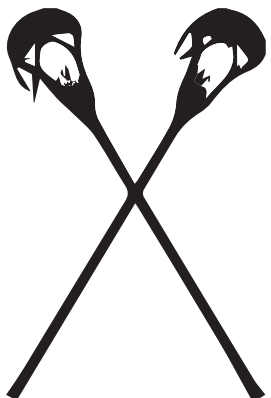
Illustration by Ryan Nakano



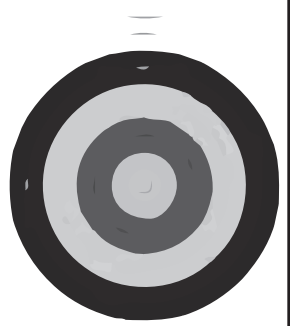
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A delicious barbeque chicken quesadilla. | Rebecca Gallegos

# HUNGER JACK

## BBQ Chicken Quesadilla

Here’s a good end-of-summer twist on a typical quesadilla

### Directions:

1. Put cheese and chicken on a tortilla. Drizzle some barbecue sauce over the chicken and cheese then fold the tortilla in half.
2. Put the tortilla on a skillet on medium heat. Cook the quesadilla until the tortilla is crispy and the cheese is melted.

### Ingredients:

- 4 flour tortillas
- ½ cup of shredded cheddar cheese
- 1 cup of shredded store-bought rotisserie chicken
- ¼ cup of barbecue sauce of your choice

Makes 4 quesadillas

# 99 growlers of beer on the wall

by Aron Gonzales

Growlers are not the sound made by dogs, small icebergs or anything else defined by online dictionaries. Growlers, as defined by Beeradvocate.com, are containers that carry fresh beer from breweries to the consumer’s house.

As California law currently stands, breweries are only allowed to fill up growlers purchased at their respective brewery. This leaves consumers with a tough choice: pick one brewery to fill up a growler at, or fork over the money and buy growlers from each brewery you go to.

The California State Legislature passed Assembly Bill 647 that will allow breweries to fill up the alcohol containers known as growlers regardless of where the growlers were purchased. As of Sept. 5, the bill is labeled as “enrolled.” This means that the bill is proofread once again before it is sent to Governor Jerry

Brown for his final approval.

Arcata resident and California Assembly member for the second district Wesley Chesbro proposed the bill on Feb.13. The State legislature unanimously approved the bill on August 26.

Elizabeth Grace is a waitress at Lost Coast Brewery and said she has to constantly deny customers who bring in growlers from other breweries.

“Customers bring in growlers from other breweries and they get mad because we have to deny them service,” Grace said.

There are four breweries within 10 miles of Humboldt State’s campus. Alex Pili, senior kinesiology student said, “With all these breweries so close to each other, why should I have to just pick one to fill my growler?”

Growlers have been around since the late 1800s and are a great way for people to enjoy beer at home. Dwight

Winegar, president of the California State Grange and beer connoisseur said, “Having a growler gives you the freedom of picking a beer at a

“With all these breweries so close to each other, why should I have to just pick one to fill my growler at.”

—Alex Pili, kinesiology, senior

brewery and taking it home to enjoy it. Having a six-pack of beer usually means you have to share, but with a growler, you can enjoy your favorite beer all by yourself.”

Growlers and six-packs are one of the few ways to bring beer home from the breweries. “Not all the breweries offer six-packs, so growlers are the only way to take their beer home,” Pili said.

“With the current law, [the] growler business has gone down and we have had to market the six-pack of beer,” Grace said. “Growlers can even be considered to be more eco-friendly because a growler is reusable.”

Six-packs, like growlers, allow the consumer to drink the beers offered at breweries. The problem with this is that not every brewery offers six-packs—and even if the brewery does, not every beer on tap is sold as a six-pack.

With the passing of the new bill, the breweries are only required to label the name of the beer and cover any existing logo or seal of another brewery with their own.

Local breweries, like the Redwood Curtain Brewing Company,

have already taken measures to make refilling your growler more convenient. Trisha Peters, bartender at Redwood Curtain Brewing Company said, “We will put a colored ribbon on the growler over the logo of the brewery so people knew we were the last to fill it.”

If the bill passes, one growler will give you access to the many options that local breweries have to offer. “Our owner knows about all the new alcohol laws, and I am sure he will inform us when the bill does pass, and we can then let the customers know,” Redwood Curtain bartender Avery Kramer said.

Local breweries believe that this new bill will bring in more business for them. “We’ll bring in more business because more customers will be able to enjoy our beer at home,” Grace said.

—Aron Gonzales may be contacted at thejack@humboldt.edu

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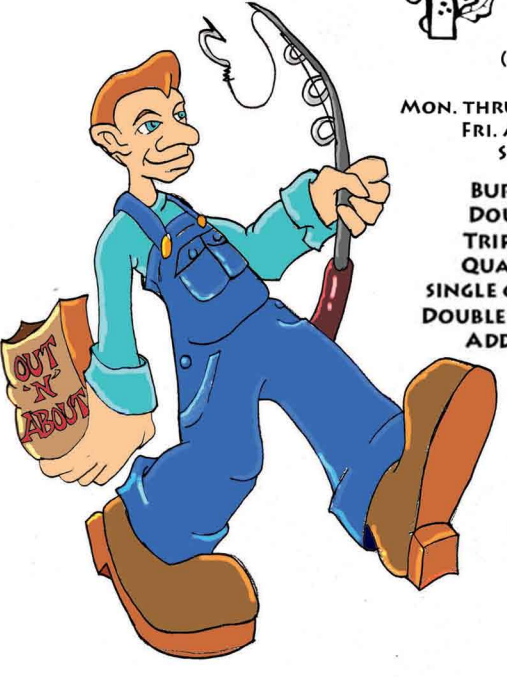


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# The convenience of driving

## A carsharing program on campus that benefits stu

by Manuel Jesus Orbegozo

When art major Milenka Castro's car broke down for three months, she turned to Humboldt State's Zipcar service that offered her a vehicle whenever she needed it.

Zipcar is a carsharing program that allows students without a car to rent vehicles on campus by the hour, alleviating the tedious act of looking for parking while reducing emissions.

"It's good for three hours, but I wouldn't rent it for a whole day because it would be too much money," Castro said. "I would use it to get groceries or in case of an emergency."

Zipcar was introduced at HSU in 2011 to give students and faculty practical transportation that is eco-friendly.

The Zipcar program intends to reduce the number of vehicles on the road. TallChief Comet, director of the Office of Sustainability, said the company made calculations from all universities and cities where their service is offered. The company estimates that for every Zipcar on campus, it eliminates the need for 15 other vehicles.

"You don't need to produce those other vehicles, so you're doing resource conservation," Comet said.

Comet said the program will cut down greenhouse gas emissions and urges students to use Zipcars only when necessary, and to avoid burning extra fuel in the hunt for better parking.

Comet said the service is cost-effective for students. A Zipcar costs

\$8 per hour and includes gas and car insurance.

"It's more economical than bringing your car to school ... you're going to have to buy a parking permit, pay for insurance and you're still going to pay for when periodic maintenance happens," Comet said.

Zipcar allows students 18 and over to rent their vehicles, something other carsharing companies do not allow. A representative from the company said only college students 18 and over can use the program because they understand that some underclassmen are limited by their age to rent vehicles.

### How it works

Every member receives a Zipcard after signing up online. An iPhone or Android application can be downloaded and used to make reservations, extend time, etc. The user must hold the card over the card reader in the windshield to lock and unlock doors.

Each member gets 180 miles of driving every day. The service includes gas and insurance throughout the reserved time, Comet said.

A Zipcar can be picked up from its reserved parking location and must be returned to the same spot.

### Zipcars on campus

There are three Zipcars available on campus. One vehicle is located on Plaza Ave., and the other two are in the main Jolly Giant

Commons parking lot.

Most Zipcars are already reserved during the peak hours of the day. "There is a very constant demand and it has really been hard for some students to find Zipcar availability during certain peak times," Comet said. "Some of those [peaks] are evening times and especially over weekends."

HSU requested one more vehicle when it renewed its contract with Zipcar.

Manuel Jesus Orbegozo  
may be contacted at  
thejack@humboldt.edu

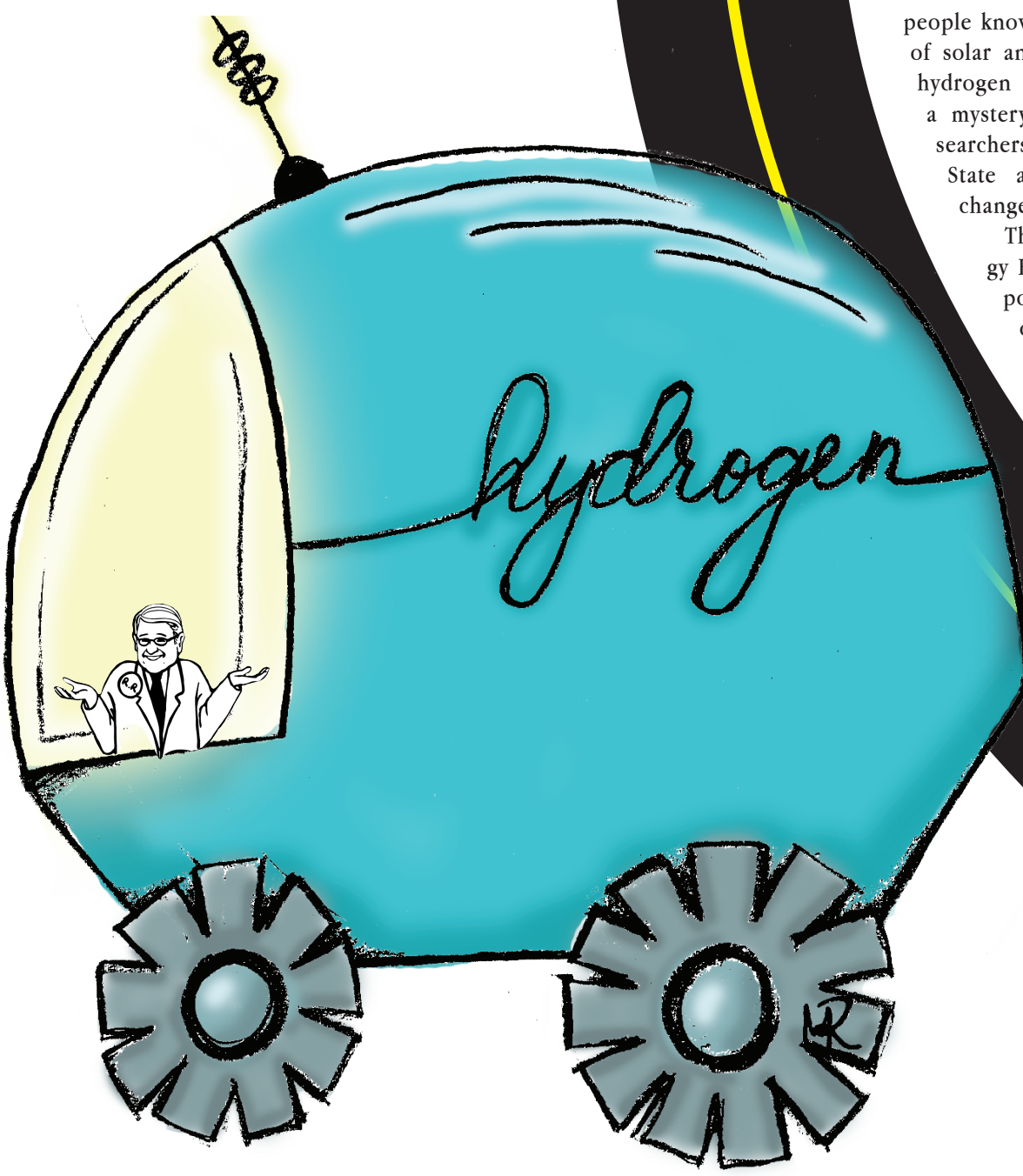
**HWY  
101**

## Jum of hy Raising Av

by Ian Bradley

In the face of climate change, finding clean, renewable energy is key. While people know about the use of solar and wind power, hydrogen power remains a mystery to many. Researchers at Humboldt State are looking to change that.

The Schatz Energy Research Center posted a bulletin on their website seeking student volunteers to help

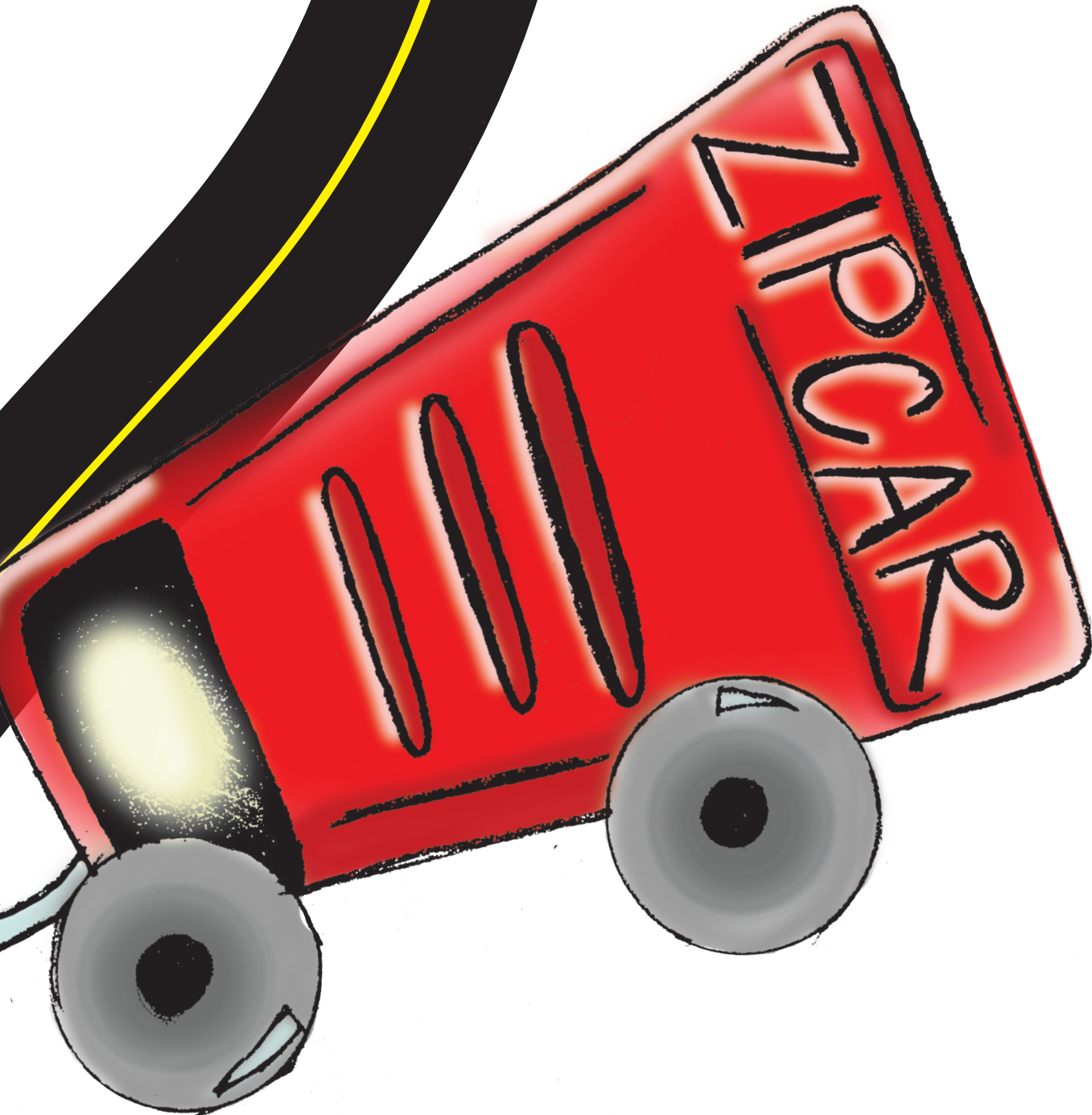




# Zipcars

docents and roads

Design & Graphics by  
Maddy Rueda



# pstarting the appeal drogen power

wareness for Hydrogen Fuel Research

spread the word about the hydrogen fuel research that is currently taking place.

Located on the HSU campus, the Schatz Energy Research Center was founded in 1989 by Louis W. Schatz. The center was built with the goal of developing clean, renewable energy technologies that would replace fossil fuels.

Volunteers would work as docents, guiding tours of the SERC laboratory and hydrogen fueling station. Docents also act as guest lecturers in classrooms and are expected to develop their own lectures, classroom activities and physical demonstrations based on their audience.

Allison Oakland, coordinator of outreach and education at SERC, said docents play a key role in the efforts to introduce hydrogen fuel to the public.

“We offer middle school, high school and college level hydrogen curriculum. The curriculum involves a series of lab activities where students run an electrolyzer to produce hydrogen and then feed the hydrogen through a fuel cell to produce electrical energy,” Oakland said.

The docent program mainly draws engineering majors, but Oakland hopes to secure funding that would expand the program and attract students from all disciplines. With increased funding, the program’s curriculum could be enhanced to cover local renewable energy resources.

Currently, Schatz researchers are working on a proposal that would fund outreach based around the benefits of alternative fuels.

Colin Sheppard, researcher at SERC, described the goals of the proposal: assess alternative fuels and their effects on the region, and with the people best suited to introduce those fuels to the public. This includes government officials, policy makers, people who operate large vehicle fleets and fuel distributors. Sheppard said the goal is getting their input, as well as trying to educate them with things that they might not have any experience with, for example a hydrogen fueling station

In 2008, Schatz researchers celebrated the opening of a hydrogen car fueling station at HSU, the first

step on the road to widespread hydrogen power usage. In 2012, Schatz researchers upgraded the fueling station’s capabilities to 10,000 psi, meaning that a vehicle’s tank can be filled to capacity. This significantly increases the driving range of a hydrogen-powered car, allowing a driver leaving the HSU fueling station to make it all the way to Richmond, Calif., around 300 miles, on a single tank of fuel.

Greg Chapman, manager of the fuel station project at SERC, explained that the long-distance capability is what gives hydrogen-powered cars an edge over other alternative fuel vehicles.

“That’s the big thing about the station — being able to make long-distance trips. A lot of vehicles can do local commuting, but the advantage of hydrogen over electric vehicles is range.”

There are currently 43 hydrogen fueling stations in California, mostly in Los Angeles and the Bay Area. The station at HSU is the northernmost point in the state’s “hydrogen highway.”

\_\_\_\_\_ Ian Bradley may be contacted at thejack@humboldt.edu

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# World War III looms around the corner

by Dane Cluff

While Miley Cyrus’ twerking incident dominated headlines, your government was making preparations for an attack that could ignite World War III. President Barack Obama announced his intentions to launch a “limited” strike against Syria on Aug. 31. The president points to U.S. intelligence that holds the Syrian regime led by Bashar al-Assad responsible for a chemical weapons attack in Damascus. According to a recent Washington Post article, the “attack on human dignity,” as the president described it, killed more than 1,400 civilians — including at least 426 children. He is ready to give the order for a strike “limited in duration and scope” but conceded that “our democracy is stronger when the President and the people’s representatives stand together,” leaving the decision of military intervention up to the U.S. Congress. A recent poll done by international news agency Reuters shows that about 60 percent of Americans oppose military intervention, with protests taking place all over the country. The anti-war sentiment shown by the American people places a hole in the democratic values espoused by President Obama as he tries to sway public opinion in favor of a strike. Thanks to the Iraq “weapons of mass destruction” fiasco, Americans continue to grow more aware of the inability of their government to represent their interests, and Syria marks the latest example of the disconnect. Behind America’s mass media propaganda machine, you may find that the context for U.S. involvement in Syria has long been in place. During the

1970s the United States made agreements with every member of the Organization of the Petroleum Exporting Countries to only sell oil in U.S. dollars. This was the birth of the petrodollar, labeled by Georgetown University’s Ibrahim Oweiss. The effect is, when demand for oil increases, the demand for U.S. currency increases. Dollars increase. In response, the privately-run Federal Reserve prints more dollars to keep up with the demand. This is the reason the U.S. dollar can be printed at will, and if its ties to oil were taken away the resulting hyperinflation would be reminiscent of the devaluation of Germany’s mark after World War I. The petrodollar is the driving force behind U.S. involvement in the Middle East. Reeling from the Gulf Wars of the 1990s, Iraq made a calculated attack against the U.S. dollar in 2000 by selling their oil in euros. One year later, the Twin Towers went down and Operation Iraqi Freedom began. The subsequent occupation of Iraq forced them to revert back to selling oil in the U.S. dollar in 2003. More recently, former Libyan leader Muammar Gaddafi tried to create an African currency called the gold dinar, which would be used for oil transactions. But, in 2011 the United States military intervened with the assistance of 18 of their allies. Libyan rebel forces executed Gadaffi and a revolution took place. Within the year Libya established a new central bank, killing the gold dinar. Leading us back to Syria, the United States has a history with the country. Back in 2006, Syria switched all of its foreign currency transactions to euros amid tensions with the United States. The U.S. has been running covert operations to destabilize

Syria ever since, sponsoring terrorists linked with Al Qaeda along the way. The president says our involvement will be limited in scope and duration, but Syrian allies muddle the situation. Syria and Iran are bound by a mutual defense agreement. This is important because Iran has been trading oil for non-U.S. dollars since 2007, through a commodity exchange known as the Iranian Oil Bourse. A victory for the United States in these countries would boast huge economic advantages. Bigger players on the world stage such as China and Russia realize this, and have warned the United States about intervention. This is where the situation gets scary. Russian Prime Minister Dmitry Medvedev warned the world in 2012 that military intervention similar to what the United States is proposing could undermine state sovereignty and lead to a full-scale nuclear war. The United States is likely to strike, and have a willing partner in the French. U.S. ally Israel also test-fired a missile over the Mediterranean on Tuesday Sept. 2, in fear of a retaliatory strike from Syria or their ally Iran. Throw in Russia and China backing Syria and this has all the ingredients for a world war, a war propagated by your government. Let there be no misunderstanding, the U.S. is against this war even with the misinformation of the mass media. If the U.S. Congress ignores the will of its people, it must be construed as the last example of the loss of democratic ideals and power in America. A global shift in consciousness is necessary in order to defeat the powers that be, and it must start at home.

Dane Cluff may be contacted at thejack@humboldt.edu

# A parking problem with a ‘smart’ solution

by Shawna O'Donnell

If there is one thing that forces me to get out of bed in the morning, it’s parking on campus. Every weekday I leave my house 20 minutes early to find a spot on campus. As I cruise along in my sister’s 2005 black Jetta, my eyes immediately shift to the left and scan the Humboldt State parking lot — nothing. I head for the next stop sign and make a right towards Harry Griffith Hall. Not a single spot. My next and last hope is the College Creek parking lot. I try to be optimistic and pull into the lot with my eyes peeled. After a couple minutes I get desperate and creepily drive behind a student who appears to be walking to her car with keys in hand. Eventually, I find a place to retire my car and hustle to class so I am not 10 minutes late. The parking situation at our university goes unresolved year after year — or at least since I transferred to HSU two years ago. In the spring of 2011, I witnessed HSU’s efforts to accommodate its students when the College Creek parking lot expanded, but the buck seemed to stop there. As a student, I have been assured that steps have been taken in order to solve the problem, but am somewhat let down when I realize the \$157.50 I paid for a single term parking pass seems to burn more rubber off my tires than it does a hole in my pocket. Paying for a parking pass is a waste of money unless a student’s first class starts at 8 a.m. and they don’t plan on leaving campus for the rest of the day. HSU English major Ayla Glim purchased her fall 2013 term parking permit and, like many other students, the permit is doing her more harm than good. On Wednesday Sept. 4, Glim drove around for 30 minutes searching for a parking spot with no success. “I could not believe that I had been driving around for half an hour,” Glim said. “I finally made the conscious decision to park in a residential lot which was barely distinguishable from the adjacent parking lot; I had no other choice if I didn’t want to be late to work.” Despite the fact that Glim owns a parking pass, she still ended the day with a parking citation. We are in dire need of a solution to the parking lot fiasco and the answer might literally be within our grasp. In a recent article titled “Case Western Reserve University Tests Smart Campus Parking System” on Prweb.com, a private university based out of Ohio, recently turned to the technology of Streetline, Inc. to solve its parking issues. Streetline, Inc. provides “smart”

parking solutions for cities, garages, airports and universities. In order to achieve its goal, Streetline uses sensor-enabled mobile and web applications to provide drivers with a less stressful parking experience. With the adoption of the company’s smart technology, the university can monitor the use of parking spaces and inform motorists when spaces become available with Streetline’s app called Parker and its web-based resource known as ParkerMap. Parker is available through Apple’s app store and the Google Play marketplace, which is tremendously convenient considering that a substantial amount of college students carry iPhones and Droids. The “parking test” at CWRU will be conducted throughout the first three months of the fall 2013 semester. HSU should consider looking into technology such as Streetline’s parking app to alleviate the horror of campus parking. Until then, I will continue to leave my house 20 minutes early to find parking.

Shawna O'Donnell may be contacted at thejack@humboldt.edu



Illustration by Ryan Nakano

# I’m a scholar for christ’s sake!

by Saryah Robinson

I finally learned something worth noting from Fox news. I learned that it is not only possible, but important to leave our personal beliefs out of our studies. In an interview that soon became a debate between Fox News correspondent Lauren Green and scholar of religion at the University of California, Reza Aslan, Green was disturbed by the fact that Aslan, a self-proclaimed Muslim, crafted a book on the origins of Christianity and the life of Jesus Christ. “Now, I want to clarify: You are a Muslim, so why did you write a book about the founder of Christianity?” Green asked Aslan. In the interview, Green overlooked Aslan’s book as an academic biography. The information in the book came from the knowledge Aslan gained by studying religions over the past two decades. Personal beliefs should be kept separate from any subject one may be interested in. Furthermore, one’s personal beliefs should not limit the capability of completing any form of

work. We all hold different beliefs but they are never set in stone. The great part about being a scholar is taking advantage of open-mindedness. During my first year at Humboldt State I experienced a change in my personal beliefs because of what I learned in a moral controversies course. I went in with an open mind knowing I may not agree with everything, but I accepted it. The issue that stood out to me was animal rights. Before I had taken the course I did not think much of the actual rights of an animal. I grew up believing animals were raised as a resource for food. As the animal rights lecture went on, I noticed that I began to disagree with many of the beliefs I once had. I realized that animals deserve rights that humans should abide by. I was open-minded and I gained further knowledge that changed me in the way that I now respect animals in ways I did not before. As students, our purpose is to expand our knowledge. That is why we are in college. College is about critical thinking and accepting new ideas. Although we may not agree with some of the things we learn, our knowledge is increasing, and that is what matters.

Saryah Robinson may be contacted at thejack@humboldt.edu



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LUMBERJACK

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EDITORIAL

For a university that prides itself on providing and promoting alternative forms of transportation, it's done a hell of a job deterring students from using the few accessible and sustainable ways of getting to and from school. Within the past couple of weeks, the university police have had a field day issuing citations to skateboarders and bicyclists. The increased enforcement of commuting laws on campus comes as an attempt to address student safety, and rightfully so. Stopping at stop signs is not merely a suggestion, whether you're in a car, riding your bike or skateboarding. Still, the university should embrace the idea of a more bike/skateboard friendly campus, after all Humboldt State's vision is supposed to be "the campus of choice for individuals who seek above all else to improve the human condition and our environment." How does HSU accommodate students who choose to limit their carbon footprint, improving the human condition and our environment? Sure, there are spaces on campus for students to lock their bikes up, and the university made an effort to install skateboard racks.

But without designated bike lanes, bicyclists further congest the busy two-way streets on campus, riddled with equally impatient student drivers and absent minded pedestrians. The university simply does not allow skateboarding on campus streets at all, but sidewalks densely populated with students and faculty are fine. Is it fair to discriminate between students who jaywalk in front of oncoming cars and bicyclists who blow through stop signs? Some would argue that the two scenarios are completely different. And yet, both pose a danger to the offending individual as well as those in proximity. Both disrupt the flow of traffic, yet only cyclists suffer costly citations. The priority to enforce campus laws on cyclists and skateboarders instead of pedestrians likely comes from the increasing number of accidents linked to both groups. But if HSU wants to keep its reputation as an environmentally-friendly school, we must educate our student population rather than exploit them.

The Lumberjack Submission Policy

Send submissions to Opinion Editor Ryan Nakano at  
rhn7@humboldt.edu

Include "Attn: Opinion" in the subject line for email 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 and 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 columns 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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CORRECTIONS

In 'In memory of Chris Towler' by Ryan Nakano, 'Pamala' is misspelled as 'Pamela' and the memorial was in Lemon Grove, San Diego on Aug. 31 not Aug. 24. The story jumped to page 2 instead of page 3.

In 'Karving up a new season' by Eduardo Barragan, Coach Karver played for Creighton University's Division I program against University of Connecticut and not Ukraine. After suffering a knee injury, Karver transferred to University of Redlands. He was mentored and assisted with coaching there while earning his master's degree. Also, Paul Karver was not born and raised in Oregon.



Men’s soccer team is ready for new season

by Isreal LeFrak

After a year-long suspension, the Humboldt State men’s soccer team is ready to make up for lost time. Led by a new coach, a new style of play and a roster full of returning players, the Jacks are ready to bring their intensity to the field with goals of a playoff berth in mind.

The HSU men’s soccer team had their 2012 season canceled due to a hazing scandal and senior captains Zachary Hammond and Peter Darquea both described the team as, “antsy.”

“We’re close knit, as close as we’ve been. This year off has helped us grow as a team,” Hammond said. “We have something to prove this year.”

HSU head coach Fred Jungemann may be new, but he already acknowledges his team’s best quality — their chemistry.

“The difficulty of the last year has really brought this group together,” Jungemann said. “The fact that a few of

them left and we are returning 25 players speaks volumes about their commitment and character.”

The Jacks pulled out an overtime win in their first game of the season when they beat Academy of Art University 2-1 on Sept. 5., and kept it going with a win in their second game 3-2 over Dominican University of California.

Midfielder Dan Mariani, who scored in each of the two first games, was excited about the new season and what the team has shown so far.

“We have something to build for the coming season. We just want it more. We play our game against them, our essence of game.”

Jungemann commented about the early season, “We have a lot of potential, certainly. We have depth that stepped up and a solid defense.”

Jungemann brings a new system of play as well as years of experience. Jungemann previously coached Sonoma State University and California State Uni-

versity, Los Angeles, two of HSU’s conference opponents. While those schools stand out, Jungemann mentioned every game on their schedule poses a challenge.

Jungemann brings a “possession” style of playing, which means more passing and ball control and not so many deep kicks down field. The longer the Jacks control the ball, the longer the other team doesn’t. This style has had success with the pros, and players seem excited to play in the new system.

The men’s soccer team will not have a home game until Sept. 20, when they face California State University, East Bay, but they hope to see plenty of fans at College Creek Field.

“It’s a new brand of soccer, come out and support,” Darquea said.

Isreal LeFrank may be contacted at thejack@humboldt.edu



Midfielder Zach Hammond at practice. | Photo provided by Humboldt Athletics

HSU women’s soccer starts season 2-0, set out on CCAA road trip

Goals from four different Jacks earns women’s soccer a two-game winning streak



Foward Ariel Diehl strikes the ball during drills | Provided by Humboldt Athletics

by Lorrie Reyes

Fall sports are like Christmas morning to some people. Fans like to unwrap the start of college or professional football while others get to see the MLB playoffs shape up.

At Humboldt State, most of the an-

ticipation surrounds football for the fall semester. But this season, with new head coaches on the women’s volleyball and soccer teams and a new men’s soccer coach, a buzz reached all programs.

“It’s such an exciting time for the program, for Humboldt athletics. There’s so

much new energy,” women’s head soccer coach Paul Karver said. “Everybody is really excited and we feel it within our program. The excitement that is going on is driving us right now.”

That driving excitement carried over to the women’s soccer team when they

beat Academy of Art University, 3-1, in their season opener on Sept. 5.

A goal from redshirt sophomore — an athlete whose game participation is delayed to prolonged eligibility, Elle Reid, got the Jacks on the scoreboard in the first half against Academy of Art.

Ariel Diehl, freshman forward, broke a 1-1 tie in the 66th minute during a set piece pass — a play wherein one team takes the ball from out of bounds — from junior forward and captain Colette Behen.

Despite being a freshman, Diehl was hoping to help the Jacks right away.

“I may be the youngest one here, but it’s not a fault for me,” Diehl said. “I’m honored to have the opportunity to make an impact.”

The nail in the coffin for Academy of Art came in the 84th minute when sophomore Savannah Havranek scored off a cross from junior captain Lizzie Mitchell.

The Jacks 3-1 victory broke a 10-game losing streak stretching back to the 2012 season.

In game two of HSU’s road trip, Mitchell scored the only goal of the game to beat Dominican University of California, 1-0.

Although the women’s soccer team is off to a perfect start, head coach Karver said he expected the women’s soccer team to perform well but that they aren’t satisfied with where they are.

“We have a lot of work to do and the girls are putting that effort in to do better,” Karver said.

The HSU women’s soccer team starts their California Collegiate Athletic Association games on Fri. Sept. 13, when they travel to Seaside, Calif to play California State University, Monterey Bay.

“This preseason was an eye-opener that we need to improve on,” Diehl said. “We don’t take training lightly. Now that we are starting our conference [games], it’s a whole different game now.”

Behen said even though conference games are important, every game is important.

The Jacks first home game will be on Sept. 20, at College Creek Field when they face California State University, East Bay.

Prior to the Jacks’ first road trip, Karver said every player on the women’s soccer team is training hard and is focused. The team’s immediate goals include being able to compete on the field and learn what it means to train appropriately on a day to day basis.

“We place a direct challenge to all the players to lead,” Karver said. “It’s not okay within our program just to kind of float by and just follow. We want players and we want strong young women that step out of their comfort zone and lead.”

Lorrie Reyes may be contacted at thejack@humboldt.edu

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Graphic by Maddy Rueda

Information compiled from bsujacks.com

<div>HOME</div> <div>27</div> <div>HUMBOLDT STATE</div>	<div>FOOTBALL</div> <div>9-7-13</div> <div>PERIOD 4</div> <div>REDWOOD BOWL</div>	<div>GUEST</div> <div>41</div> <div>SIMON FRASER UNIVERSITY</div>
<div>HOME</div> <div>03</div> <div>HUMBOLDT STATE</div>	<div>VOLLEYBALL</div> <div>9-7-13</div> <div>PERIOD 5</div> <div>FAIRBANKS</div>	<div>GUEST</div> <div>01</div> <div>COLORADO CHRISTIAN UNIVERSITY</div>
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<div>HOME</div> <div>03</div> <div>HUMBOLDT STATE</div>	<div>MEN’S SOCCER</div> <div>9-9-13</div> <div>PERIOD 2</div> <div>SAN RAFAEL</div>	<div>GUEST</div> <div>02</div> <div>DOMINICAN UNIVERSITY OF CALIFORNIA</div>

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# Humboldt’s fighting scene builds confidence and fitness



Shawn Harwood setting up his fighting stance to spar. | Sebastian Hedberg

by Israel LeFrak

Rayvonn Malveaux, a local Mixed Martial Arts fighter and Humboldt State student, will participate in on Saturday’s in the “Showdown at the Sapphire” at Blue Lake Casino. Malveaux and other fighters from Humboldt County will test their prowess in what some fighters call the “purest of all experiences.”

MMA fighting is steadily gaining popularity locally and worldwide, especially within the 20 and 30-year-old age groups.

The combination of wrestling, boxing and other styles of fighting represent the melting pot of influences America is built on.

MMA is a sport of reactions as well as strength and, like many things in life, those that dedicate themselves most usually are the victors.

Malveaux described the experience of being in the ring, “It feels like the longest, most tiring two minutes of my life. I just let my body take over, because when you stop to think the other guy keeps going and that’s when you lose.”

Fellow local fighter Shawn Harwood put it simply. “He who hesitates, meditates — in a horizontal position.”

Jay Pulliam, a fighter on the main card for Saturday gets an overwhelming feeling of spirituality when he is in the ring, as well as out of it.

“There’s something about fighting you can get nowhere else. It’s just you. You can get killed or injured, but you still have to go in there confident to take on

anything. Then you can go against any obstacle in life, poke your chest out and go through it.”

Corey Lewis, a seventh-degree Black Belt trainer and owner of Sun Yi’s Tae Kwon Do Academy in Arcata, has helped train fighters and English students at HSU. Lewis has been involved in martial arts since he was 11, and trained with the Olympic Tae Kwon Do team in the 1990s. Now he gets satisfaction from passing on the training taught to him, as well as the fortitude that comes with it.

There are countless highlight reels of broken hands and legs, blood spewing from cuts and vicious knockouts.

However, Lewis said that MMA fighting boasts a better head trauma safety record than both boxing and football. In boxing, a more padded glove is used and fighters sustain more blows to the head. The repeated hits mean the brain gets knocked around more, and the extra padding allows the hits to penetrate deeper and can cause serious damage.

In MMA if a fighter has a bad enough gash or is unable to defend themselves, the referee will stop the fight. There is also a required pre and post fight medical check before a fighter can be cleared to participate. There are inherent dangers that each fighter understands before stepping into the octagon, however this drives fighters to overcome and succeed.

Jiu-jitsu trainer and fight promoter Nick Kukuruza - who is responsible for MMA on the North Coast - sums up the fighter mentality.

Kukuruza said, “This is the hurt business. If they want to cry, that’s two tears in a bucket.”

As MMA gets more exposure, more and more people are influenced to seek out this emerging sport and lifestyle.

In Malveaux’s words, “the more support, the better.”

These fighters dedicate countless hours to training, but without the audience there are no fights. Humboldt’s microcosm of fighters represent the indomitable spirit that is inside of all of us waiting to break out of our shell and overcome the challenges ahead.

Lewis’s school’s mantra, “sound body, sound mind,” describes the benefits that come with training. Strength combined with discipline and perseverance builds confidence so that it influences other aspects in life.

“In order to break boards or cinder blocks you have to be confident, you have to have a level of certainty. You can do what you put your mind to,” Lewis said. “You then, in turn, apply your confidence in other things in life, and you notice there is nothing that you can’t do. Having freedom from fear is the greatest benefit of training.”

— *Israel LeFrak may be contacted at thejack@humboldt.edu*

# Cross-country curbs the competition

## Humboldt held a home advantage

by Eduardo Barragan

Humboldt State’s men’s and women’s cross-country teams dominated at their season opening invitational held Saturday at Patrick’s Point State Park.

HSU faced five teams; Southern Oregon University, Fresno Pacific University, Sonoma State University, Simpson University and Oregon Tech.

The Lady Jacks swept the competition with a perfect score of 15. That meant the first five runners that crossed the finish line were HSU runners.

The leading Lady Jack was sophomore Imogene Carson. Carson earned MVP at

Eureka High School for three consecutive years. After earning California Collegiate Athletic Association (CCAA) runner of the week, she now holds a positive future with HSU cross-country.

“We trained really hard over summer,” Carson said. “This course is a true cross-country course. There’s this one part called The Wall, where you actually have to climb. It’s the truest cross-country course out of all the ones we run.”

Carson finished the six-kilometer race in 22 minutes and 46 seconds, earning first place. Carson was tailed by teammates Caroline Kaufman, Mo Lee Thornburg, Jes-

sica Bath and Kori Gilley, earning second to fifth place.

Head coach Scott Pesch says that four of the top seven runners are either freshmen or sophomores. The Lady Jacks were able to win a perfect meet without returning top runner Devon Kelsey. Kelsey placed 15th in last year’s national team and took the weekend off to heal over minor injuries.

“Teams win by having a close pack and we have a solid four of us,” Kelsey said.

Pesch gives his cross-country runners a workout plan to follow while classes aren’t in session over the summer. Pesch ad-

ressed that it is up to the individual to follow the workout plan and that he can see who is in shape when fall starts. Pesch also keeps track of who does the workouts by calling athletes with reminders to run and gives grades to them depending on their completion.

“This summer, the women mostly earned an A plus” Pesch said.

The men finished with a dominant score of 25. Alexander Nelson led the Jacks through their 8-kilometer course in 26 minutes and 10 seconds. Freshman Naoki Omatsu followed Nelson six seconds behind, with the pair earning third and fourth

place. HSU’s top scoring men included Edgar Lopez in sixth place, Tyler Cleveland in ninth place and James Dagley in 10th.

The men, however, were missing top runner Joe Ostini, along with Ben Stern and Jantzen Oshier. These three were held out to maintain their training routines and to prevent any lingering injuries.

Pesch is excited to get this season going. “Since we’ve gone to nationals, we want to continue an era where our program is one of the top 20 in the country,” Pesch said.

— *Eduardo Barragan may be contacted at thejack@humboldt.edu*

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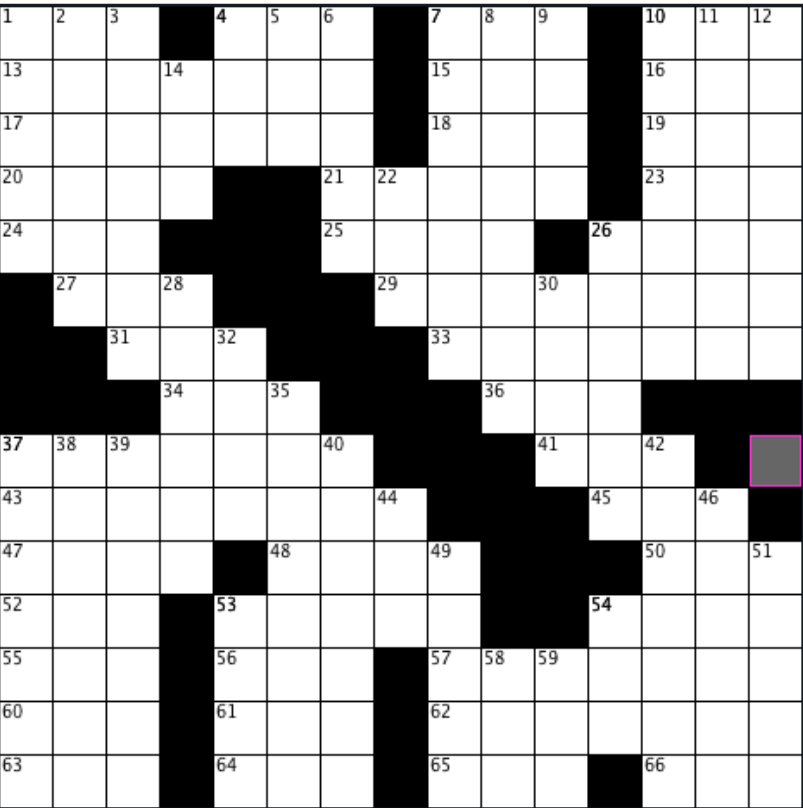
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# Puzzles Page

## High presents the Crossword Puzzle

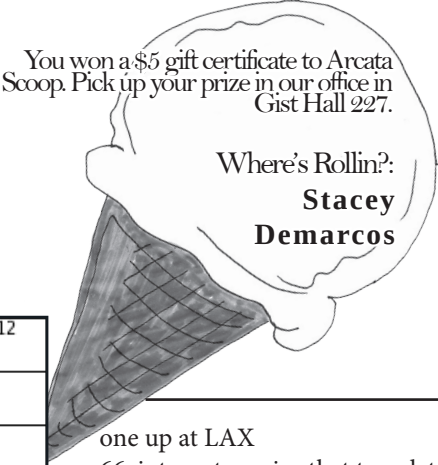
puzzle by Mary Vogel



- Across
- 1. punk alt.
  - 4. form without R
  - 7. “\_\_ man,” wrote a texter
  - 10. local Samoa surfboard manufacturer
  - 13. for Mark Twain in San Francisco, the coldest winters
  - 15. champagne Roger
  - 16. \_\_ luong; Vietnamese folk opera
  - 17. an unpleasant summer by-product
  - 18. WCW stable led by Eddie Guerrero
  - 19. game statistics site, briefly
  - 20. bloody suffix
  - 21. wore a cap like Crockett
  - 23. floppy rabbit type
  - 24. tail of Manx cats
  - 25. stick you might want while back-packing
  - 26. “it’s on \_\_ do list”
  - 27. Ununseptium, briefly
  - 29. person who worships pagan gods
  - 31. nutritional plan that may help reduce IBS

- 33. topic
- 34. precedes haw
- 36. Juan’s river
- 37. expresses discontent or sorrow
- 41. \_\_ Lanka
- 43. capital of Alberta
- 45. may come before -ickers or -de
- 47. “toe” that results when a girl’s pants are too tight
- 50. droid file ext.
- 52. text response to shocking news
- 53. sweet ingredient in some salsa
- 54. some are always this for class
- 55. communist leader Tse-tung
- 56. Luke’s papa, for short
- 57. describes some 33-Acrosses, or an apartment arrangement
- 60. 1-Across
- 61. Pakistan-based courier provider, briefly
- 62. fish genus of marlins and spear-fishes
- 63. spoken, to a texter
- 64. possible expression of either despair or a dolphin
- 65. check this before picking some-

- one up at LAX
66. internet service that translates IP addresses
- Down
- 1. Frau’s meal
  - 2. loose Hawaiian dress
  - 3. Jules Verne’s contains Twenty Thousand Leagues Under the Sea, Around the World in Eighty Days, and others
  - 4. \_\_ de joie
  - 5. Ukiah hot springs
  - 6. ABC competitor
  - 7. posts a file on the web
  - 8. unwanted if you’re trying to escape the rain
  - 9. vera helpful for sunscreens
  - 10. assists in performing religious ceremonies
  - 11. Beirut’s “March of the \_\_”
  - 12. plane depot
  - 14. earned after BBA, and after GE credits are earned
  - 22. “\_\_ didn’t see you there”
  - 26. college students studying specific
  - 33-Acrosses
  - 28. marks the end of 13-Across for students
  - 30. 1 \_\_ 16 oz.
  - 32. every college department has one
  - 35. fill with delight and desire
  - 37. Bing Crosby’s “Moonlight \_\_ You”
  - 38. often served as appetizers at Sushi or Chinese restaurants
  - 39. “MMM-\_\_!” soupy slogan
  - 40. vaguely describe time not too-far away
  - 42. sick or irrelevant
  - 44. “don’t \_\_ me”
  - 46. often unfairly unpaid student worker
  - 49. “Roc om \_\_” robots
  - 51. first failed United State to secede
  - 53. South American yerba herb
  - 54. sometimes known as GCLP
  - 58. g-\_\_ heard a gleaming gl-\_\_ in the Sound of Music
  - 59. 1919 shotgun, briefly



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### Where’s Rollin?



It is hard enough to find Humboldt State President Rollin Richmond in real life ... but can you find him in The Lumberjack?

Cartoon Rollin is hidden somewhere in the paper. If you find him email the answer to thejack@humboldt.edu with the subject “ATTN:Where’s Rollin?”



### Where is this?

The following 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?”  
Last week’s photo was taken in on the east wall of Gist Hall.

## Weekly Sudoku

Difficulty: easy

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

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707-845-9148  
Joy\_Zamora09@yahoo.com



Wednesday Sept. 11  
**Sci fi night ft. Werewolf of Washington (1973)**  
Doors at 6 p.m. |Free| All ages

Thursday Sept. 12  
**Reel Paddling Film Festival**  
Doors at 6:30 p.m. |\$12/\$10| All ages

Friday Sept. 13  
**Chris Clay's Karaoke**  
Doors at 8 p.m. |Free w/\$5 Food/Bev| Parental Guidance

Saturday Sept. 14  
**Ocean Night Films**  
Doors at 6:30 p.m. |\$3| All ages

Sunday Sept. 15  
**The Goonies (1985)**  
Doors at 5:30 p.m. |\$5| Rated PG

Monday Sept. 16  
**Monday Night Football**  
Doors at 5:15 |Free| All ages

Tuesday Sept. 17  
**The Radical Reels Tour**  
Doors at 6 p.m. |\$20/\$15/\$10| All Ages

Wednesday Sept. 18  
**Sci Fi Night ft. The Wild Women of Wongo (1958)**  
Doors at 6 p.m. |Free| All ages

Thursday Sept. 19  
**Future Shorts Film Festival**  
Doors at 7:30 p.m. |\$5| All ages

Friday Sept. 20  
**Rampart Skate Night ft. KENSHO**  
Doors at 7 p.m. |\$5| All ages

Saturday Sept. 21  
**Random Acts of Comedy**  
Doors at 7:30 p.m. |\$6| Parental Guidance

Sunday Sept. 22  
**Serenity (2005)**  
Equality Now Benefit  
Doors at 5 p.m. |\$6| Rated PG-13

This week at **Arcata Theater Lounge**



# CALENDAR

September 12, 2013 - September 17, 2013

thursday  
SEPTEMBER  
•12•

### Peace Corps Information Session

All students are welcome to attend an informational presentation and meet Peace Corps regional representative Sean Michetti.  
Siemens Hall 108 • 6 -7:30 p.m.

thursday  
SEPTEMBER  
•12•

### Reel Paddling Film Festival

Proceeds benefit non-profit aquatic programming. The event will feature a selection of 2013's Reel Paddling Film Festival film winners.  
Arcata Theater Lounge  
Doors 6:30 p.m., showing 7 p.m.  
\$12 Adult, \$10 HSU students

friday  
SEPTEMBER  
•13•

### Humboldt Pride! On-Campus Event

The Eric Rofes Multicultural Resource Center will offer an opportunity for students to mingle and express their pride before Humboldt Pride in Old Town Eureka on Saturday, Sept. 14 at noon.  
Eric Rofes Center, Warren House #53 • 3 -5 p.m.  
Free

saturday  
SEPTEMBER  
•14•

### Humboldt Roller Derby

Last derby match of the season. Proceeds will benefit Food For People.  
Redwood Acres Fairgrounds • 7 p.m.  
\$12 in advance, \$15 at the door

saturday  
SEPTEMBER  
•14•

### Paddlefest

Celebration of paddle sports and safe boating on the north coast. There will be clinics, races, kayaking, stand-up paddling, outrigger canoeing, vendors, food, drink and music.  
Humboldt Bay Aquatic Center • 10 a.m. -4 p.m.  
Free

sunday  
SEPTEMBER  
•15•

### Open Mic at Mosgo's

Perform original or public domain songs.  
7 -9 p.m. • Free

monday  
SEPTEMBER  
•16•


### Quiz Night at Blondies Food and Drink

Participate in a weekly trivia night by challenging other teams over beer on-tap. Questions range in any topic.  
7 p.m. • Free

tuesday  
SEPTEMBER  
•17•

### Third Annual Constitution Day Quiz Bowl

The politics and history department will host a quiz bowl to commemorate the signing of the U.S. Constitution. Join a team or participate as an audience member with your clicker.  
Native American Forum BSS 162  
5:30-7:30 p.m.



## RAMONE'S


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209 E St., Old Town Eureka • 445-2923    McKinleyville Shopping Center • 839-3583  
At Pierson's Hardware in Eureka • 476-0401

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Friday & Saturday  
noon to 1 am

OPEN EVERY DAY INCLUDING SUNDAYS & HOLIDAYS  
corner 5th & J, Arcata • 822-2228 reservations

Tuesday Sept. 17  
7 pm

## Arcata Theater Lounge

Tickets \$15 at stores & \$20 at the door.

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