

1-2016

# International Students Newsletter

International Studies  
*Humboldt State University*

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# January

2  
0  
1  
6

# International Students Newsletter

## Featuring

January Facts

MLK day

SafetyCorner

ArcataWinter

Center Arts

Super Bowl

Idioms

## A Warm Welcome

It's spring semester already, everybody is excited to see be back to school after a refreshing break. Wishing you a wonderful semester filled with excitement, happiness and lot and lot of learning.

For those of you who are returnees, hope you had a great break and welcome back to Humboldt.

For those of you who are new to Humboldt Welcome and congratulations you took a great decision joining our Humboldt family, hope you enjoy your stay here and welcome our family.

Happy New Year! We wish you a happy and peaceful new year!

# JANUARY

## Facts

*The 1st month of the year is an outstanding one*

In the Georgian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January.

However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added a one more day to January and that's why there are 31 in January today. January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.

It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. Also, the bears and woodchucks go into hibernation. However, in southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.



## MARTIN LUTHER KING JR DAY

**Jan, 18**

**Martin Luther King, Jr. (January 15, 1929 – April 4, 1968)**

was an American Baptist minister, activist, humanitarian, and leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs.

King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. With the SCLC, King led an unsuccessful 1962 struggle against segregation in Albany, Georgia (the Albany Movement), and helped organize the 1963 nonviolent protests in Birmingham, Alabama



**By: Willie Bence**

Hello everyone,

Last month, we talked a little bit about what you can do to start getting prepared for a disaster in Humboldt County, specifically, building an emergency kit. I hope everyone's kit is coming along well! In case you missed it or still need help, here is some info from the Red Cross I shared last month: <http://www.redcross.org/prepare/location/home-family/get-kit>.

This month, we will be talking about a specific disaster that you may experience in your time at Humboldt State – earthquakes. Earthquakes are caused by tectonic plates in the earth's crust rubbing together, causing the ground to rattle and shake, which can break windows, cause things to fall from the ceiling, and can throw you off balance.

Humboldt County is close by to a particularly large section where three of the earth's plates rub together, an area called the Cascadia Subduction Zone. The Cascadia zone runs all the way from Vancouver, British Columbia in Canada hundreds of miles down the coast, before ending off the coast of Mendocino County, just south of Humboldt. The three plates have the potential to release a lot of energy and an earthquake that can be pretty strong.

Earthquakes can and will strike with very little warning. So what do you do when you feel the earth start to shake? Like I said earlier, earthquakes can cause things to fall down from the walls and ceiling, and they can throw you off balance, so it's important that you don't panic and try to run out of the building. You might only end up hurting yourself!

When you feel an earthquake, the best thing to do is: Drop under a desk, chair, table, or other sturdy surface; Cover your head and neck with a free hand; and Hold On to what your ducking underneath to keep it from moving above you. Drop, Cover, Hold On is a tested, proven method to protecting yourself during an earthquake, and is by far the best way to keep you safe!

You may not be inside when an earthquake strikes. If you are outside, make sure there isn't anything dangerous above you, like power lines, for example, before dropping down and covering up. If you are driving or riding in a car, pull over to a safe place and stay inside, until the shaking stops.

If you have more questions about earthquakes, or about Drop, Cover, Hold On, check out this website: <http://www.shakeout.org/california/dropcoverholdon/>

Earthquakes can be scary, but if you do the right thing, you can keep yourself safe. Next month, we will talk about another disaster that can actually be caused by earthquakes: Tsunamis. Until then, keep working on your emergency kits, and do some research on earthquakes. Maybe even practice Drop, Cover and Hold On!

# ***How To Survive an Arcata Winter***

Here on the North Coast a unique mixture of mild temperatures, seemingly constant rain and relatively high humidity adds up to a sartorial nightmare: down parka or a rain shell. Cotton hoodie or a heavy, insulated ski jacket? And, is a \$500 technical arctic parka overkill in Arcata? Whether you're new to campus or just haven't been able to stay dry in our rainy winters, Humboldt State NOW's winter survival guide has a few ideas to keep warm and dry over the winter months.

## **Better Living Through Layers**

Any ski instructor will tell you that adding layers keeps the sweat away from your skin (thanks to the base layer, basically long underwear), the chill out of your bones (insulation layer, i.e. a flannel or fleece top), and the precipitation from making you a soggy mess (rain shell or other, lightweight waterproof garment). Why is layering so perfectly suited to Humboldt State's climate? It's got something to do with burning all those calories on the way up to Founders Hall and the tendency for Arcata's days to start like English pea soup and end up sunny and warm by noon. If you're on campus all day, having a versatile, layered outfit will help you deal with the roller coaster weather. Hey, there's a reason why so many old timer's favorite line is "don't like the weather in Humboldt County? Wait five minutes."



## **The Rain Shell**

We can't just brush over the rain-shell and not talk more about this critical piece of winter wear. Breathability is key when selecting a rain shell for the North Coast. When it rains, latent heat from the evaporation process is released and air temperatures rise. That means our winters, wet as they may be, rarely see temperatures dipping below the 40s. Add these relatively warm temperatures to the natural body heat generated at Hills and Stairs University, and you can see why heavy jackets, like an insulated snowboarding coat, will leave you panting like a dog.

## **Umbrellas**

Save these for the day of your final presentation when a rain coat looks ridiculous with a suit and tie. On every other rainy day of the year a hat and a rain-shell are all you ever need, unless you really can't stand getting wet.



## **The sweater, the flannel and the fleece**

You've gotta stay warm on those crystal clear January mornings. Here's where your insulation layer earns its keep. Fleece is great for keeping the chill out and it packs down into a backpack-friendly size. Flannel is the less expensive option and will keep you warm when the wind whips up (and destroys all those aforementioned umbrellas). The classic, eco-friendly option is the timeless wool sweater. They're breathable, stylish and come in a ton of styles: cardigan, V-neck, boat neck, 1/2 zip, 1/4 zip, pullover ... you get the idea.

## **Footwear**

Is it better to wear sandals in the rain because your feet dry faster than socks or are galoshes essential? Whatever your views on winter footwear, keeping your toes dry is the main goal. Decent winter shoes should have a thick enough sole to keep you out of most puddles, a quality upper material, either leather or synthetic, and the fewer the seams the better since this is where the water seeps in. A few things that are surely out: the Cons, the Vans, the Crocs and the running shoes that are so comfy in the summer.

## **Transportation**

First, check out the DMVs excellent list of tips for winterizing your car. Bicyclists, don't forget there's still work to be done before winter bears down. Fenders are essential to avoiding the skunk-like stripe of mud that will adorn your back after your first rainy ride and a few choice pieces of clothing like gloves, face masks and rain pants help keep the rest of you dry. Knobby tires, like those on a mountain bike, do a better job of gripping slippery surfaces than do the slick racing tires on road bikes and early nightfall means having proper reflective gear is even more important this time of year.

## **Where to Buy**

The Arcata Plaza is home to plenty of great places to buy your winter clothes, but don't forget thrift stores, second-hand shops and your parents' closet. Looking for deals is sure to pay off, especially when you shop out of season for your winter gear. However you go about getting your winter clothes, be sure to get the stuff that's right for our unique North Coast climate and do it early, the rainy season waits for no one.

Sunday, January 24th

## The Devil Makes Three

**Time:** 8:00 pm

**Description:**

With a slightly punky perspective on vintage American blues, The Devil Makes Three is a breath of fresh musical air. Laced with elements of ragtime, country, folk and rockabilly, the critically praised, drummer-less trio – consisting of guitarist/frontman Pete Bernhard, stand-up bassist Lucia Turino and guitarist Cooper McBean – brings forth a genuine approach to acoustic music that is deeply steeped in rhythm. Sourcing blues and throwing in fierce finger-picking guitar, a little slide, tenor banjo and rocking upright bass, The Devil Makes Three create a multi-spanned bridge between musical styles. Their vocal harmonies wind tightly around original songs and breathe life into favorite covers. It all pours forth from a timeless pulse that pulls you to the past, flies you to the future and lands you on the dance floor. The three band members are from Vermont, where Bernhard and McBean played in a few rock and punk bands, but found their most exciting common ground in old blues and country-styled acoustic music. When Bernhard and McBean caught up with Turino in Santa Cruz, CA, she learned bass and the band was born. Since releasing their first album in 2002, The Devil Makes Three has played nationwide to raving, capacity crowds whose enthusiastic support has guaranteed the band a sizable and loyal following.

**Additional Public Info:** For tickets and info call 707-826-3928



**Price:** General \$33 HSU \$25

**Location:**

West Gym  
Union St.  
Arcata CA 95521

Thursday, January 28th

## Cirque Alfonse

**Time:** 7:00 pm

**Description:**

Hailing from the small town of Saint-Alphonse- Rodriguez, Quebec, this innovative nouveau cirque troupe includes three generations of performers from the Carabinier family who have performed in Cirque du Soleil, Cirque Eloize and Les 7 Doigts de la Main. Their latest kid-friendly show Timber! incorporates epic feats of agility and strength directly inspired by the natural raw materials of the forest and equipment used on their own family farm. With axes flying, logs rolling, and fiddles blazing, Timber! is a raucous celebration of the first North-American lumberjacks, loggers, and farmers.

**Additional Public Info:** For tickets and info call 707-826-3928



Monday, January 25th

## The Wood Brothers

**Time:** 8:00 pm

**Description:**

Dubbed "masters of soulful folk" by Paste, The Wood Brothers released their debut studio album, Ways Not To Lose, on Blue Note in 2006. You'd be forgiven at the time for expecting it to be something of a side project.

Chris Wood already had legions of devoted fans for his incomparable work as one-third of Medeski Martin & Wood.

Almost a decade later and with drummer Jano Rix added as a permanent third member, it's become quite clear that The Wood Brothers is indeed the main act.

**Additional Public Info:** For tickets and info call 707-826-3928



**Price:** General \$28 HSU \$10

**Location:**

Van Duzer Theater  
Humboldt State  
Arcata CA 95521

Tuesday, January 26th

## Monterey Jazz Festival On Tour

**Time:** All day

**Description:**

The storied Monterey Jazz Festival has put together an all-star lineup representing the best of the fest! This sizzling program journeys through the past, present, and future of jazz. Fronted by festival veterans Terence Blanchard on trumpet and saxophonist Ravi Coltrane, the show features the "gorgeous, gutsy power" (JazzTimes) of vocalist Patti Austin and a next-generation rhythm section led by pianist Gerald Clayton.

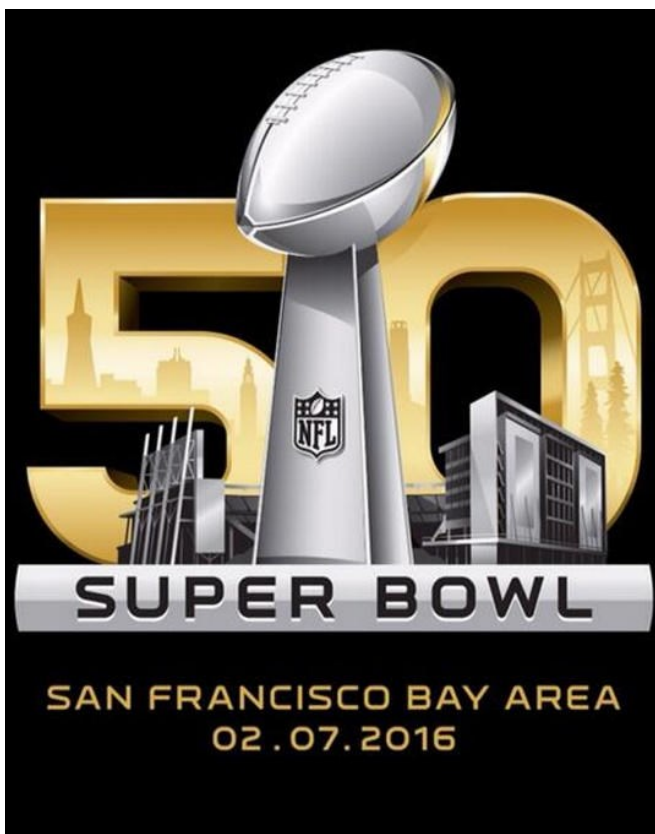
**Additional Public Info:** For tickets and info call 707-826-3928



**Price:** General: \$46 HSU Student: \$10

CENTER ARTS





The Super Bowl is the annual championship game of the National Football League (NFL), the highest level of professional football in the United States. The Super Bowl normally uses Roman numerals to identify each game, rather than the year in which it is held. For example, Super Bowl I was played on January 15, 1967, following the 1966 regular season. The single exception to this rule is Super Bowl 50, which is scheduled to be played on February 7, 2016, following the 2015 regular season.

The day on which the Super Bowl is played, now considered by some an unofficial American national holiday, is called "Super Bowl

Sunday". It is the second-largest day for U.S. food consumption, after Thanksgiving Day. In addition, the Super Bowl has frequently been the most-watched American television broadcast of the year; the four most-watched broadcasts in U.S. television history are Super Bowls. In 2015, Super Bowl XLIX became the most-watched American television program in

history with an average audience of 114.4 million viewers, the fifth time in six years the game had set a record, starting with the 2010 Super Bowl, which itself had taken over the number-one spot held for 27 years by the final episode of *M\*A\*S\*H*. The Super Bowl is also among the most-

watched sporting events in the world, almost all audiences being North American, and is second to soccer's UEFA Champions League final as the most watched *annual* sporting event worldwide.







## EVENT CALENDAR

### Thursday, January 7

Sport	Event	Time - Location
Women's Basketball	vs Chico State	5:30 p.m. - Arcata, Calif.
Men's Basketball	vs Chico State	7:30 P.M. - Arcata, Calif.

### Saturday, January 9

Sport	Event	Time - Location
Women's Basketball	vs Cal State Stanislaus	5:30 p.m. - Arcata, Calif.
Men's Basketball	vs Cal State Stanislaus	7:30 P.M. - Arcata, Calif.

Do you want to be a part of Residence Life?

Now accepting applications  
for 2016-2017 positions.

#### Community Advocate (CA)

-An Community Advocate is a leader who provides campus resource information, community building activities and peer advising.

#### Activities Student Assistant (Activities SA)

-An Activities SA is a student leader who provides campus resource information and community building activities for the Rainbow Community, International Living, Natural Resources and Sciences, and Outdoor Adventures & Community Service living areas.

#### Student Assistant (SA)

-A Student Assistant assists staff and residents by co-advising leadership councils, planning programs, mentoring Community Advocates and Activities Student Assistants, and providing administrative support.

#### Residence Sustainability Advisor (RSA)

The Residence Sustainability Advisor is a student staff member that works in Housing to promote awareness and plan events regarding energy consumption and conservation.

#### Welcome Week Leader

The Welcome Week Leader works during the summer to plan large-scale social events to welcome new students for Welcome Home to Humboldt.

#### Summer Community Advocate (CA)

#### Summer Student Assistant (SA)

January 24th: Application Due

For more information please visit:

<http://www2.humboldt.edu/reslife/apply>

If you have any questions regarding the student staff selection process, please contact Joselle at

[Joselle.Wagner@humboldt.edu](mailto:Joselle.Wagner@humboldt.edu).

Need an on-campus job? Then visit



Want to be informed? Then read

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## SEA KAYAKING BASICS—ON LAND

Jan 6 or Mar 23 | FREE



## INTRO TO STAND UP PADDLEBOARD

Jan 9, Feb 27 or Mar 26 | \$30 HSU Students • \$40 All Others



## INTERMEDIATE SEA KAYAKING

Jan 23 or Apr 23 | \$40 HSU Students • \$50 All Others



## BEGINNING SEA KAYAKING

Jan 16 or Apr 9 | \$40 HSU Students • \$50 All Others



## PADDLE STROKES SEMINAR

Jan 10 or Apr 17 | \$30 HSU Students • \$40 All Others



## INTRO TO SEA KAYAKING

Jan 9, Mar 23, or May 1 | \$40 HSU Students • \$50 All Others



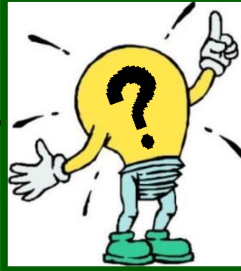
## WOMEN ON THE WATER

Jan 24 | \$20 HSU Women • \$30 All Others



centeractivities

# Idioms



Idioms are phrases which people use in everyday language which do not make sense literally, but we understand what they mean.

## **Add insult to injury**

To further a loss with mockery or indignity; to worsen an unfavorable situation.

## **An arm and a leg**

Very expensive or costly. A large amount of money.

## **At the drop of a hat**

Meaning: without any hesitation; instantly.

## **Back to the drawing board**

When an attempt fails and it's time to start all over.

## **Ball is in your court**

It is up to you to make the next decision or step.

## **Barking up the wrong tree**

Looking in the wrong place. Accusing the wrong person.

## **Be glad to see the back of**

Be happy when a person leaves.

## **Beat around the bush**

Avoiding the main topic. Not speaking directly about the issue.

## **A hot potato**

Speak of an issue (mostly current) which many people are talking about and which is usually disputed.

## **A penny for your thoughts**

A way of asking what someone is thinking.

## **Actions speak louder than words**

People's intentions can be judged better by what they do than what they say.

## **Best of both worlds**

Meaning: All the advantages.

## **Best thing since sliced bread**

A good invention or innovation. A good idea or plan.

## **Bite off more than you can chew**

To take on a task that is way too big.

## **Blessing in disguise**

Something good that isn't recognized at first.

## **Burn the midnight oil**

To work late into the night, alluding to the time before electric lighting.

## **Can't judge a book by its cover**

Cannot judge something primarily on appearance.

## **Caught between two stools**

When someone finds it difficult to choose between two alternatives.

## **Costs an arm and a leg**

This idiom is used when something is very expensive.