

THE LUMBERJACK

UPD Adopts Residence



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Mac Attack Next Week



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Athletes Getting A's



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Redwood Marathon



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A Clear-cut Criticism

by Alexandra Turku

The Climate Crisis Club is sending out a petition against Humboldt State’s forestry department and their clear-cutting teachings.

They want the department to end teaching clear-cutting, which is the cutting of all trees in a certain area, in their courses.

The Climate Crisis Club is a club at HSU that any student can join. They want to raise awareness of the climate crisis and the problems that come with it. Damon Owen, president of Climate Crisis Club, wants less trees to be cut down in the redwoods in order to allow it to grow old.

“This is the only rainforest in America. This shit is special,” Owen said. “We want to get people involved -- to get people to care.”

The redwoods are known for their ability to store carbon better than any other tree. The club wants the trees to stay and grow so more carbon can be stored in the trees.

“We cannot deny there is a mis-

information gap,” Owen said. “It will never get to that natural state, never become like the rainforest with these teachings. [Clear-cutting] is not the best management for the forest, but for the forest industry.”

Daniel Greene, HSU professor and chair of the forestry department, thinks that clear-cutting is needed in certain areas.

“Our view is that forestry in North America is a sustainable action, and we wouldn’t be doing it otherwise,” Greene said. “Some of our species have no tolerance of shade, they have to have loads of light.”

California has the highest regulation of clear-cutting in the United States. The maximum area you can clear-cut is 40 acres, compared to Oregon where the limit is 120 acres. Some states do not have any limits at all. Parts of the forest are cut down completely and then re-grown, and this process can be repeated over time. The forestry



Humboldt State’s forestry department still includes clear cutting in their curriculum. | Sam Armanino

department argues that the idea of clear-cutting being unsustainable is oversimplified.

“It’s really just simplifying things and not looking at the whole picture,” Greene said. “Most of the wood-substitutes are carbon-intense. Using cement or other materials is not more sustain-

able.”

Erin Kelly, an assistant professor of the forestry department, said the department always mixes sustainability into the courses they teach.

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All Concussions Are Serious



illustration by Aren Flkes

by Joanna Quintanilla

Humboldt State North Coast Concussion Program (NCCP) received a \$242,000 two-year grant to conduct research on concussions in athletes. The grant is under an umbrella of a \$30 million concussion research initiative funded by the National College Athletic Association and the U.S. Department of Defense.

The Director of the NCCP Justus Ortega said the initiative plans to enroll about 30,000 athletes across the United States.

“Some are NCAA athletes and some are actually military individuals,” Ortega said.

The NCCP will conduct research that follows short and long-term effects of concussions on NCAA athletes at HSU.

“The funding is to essentially provide baseline testing for all these individuals every year,” Ortega said. “And then, if someone receives a concussion, then we get that information and we follow them for up to six months after their injury.”

Baseline tests are required in case an athlete does

get a concussion and can be used to determine the severity of the concussion. Jasmine Phiengsai, president of the women’s rugby team, is familiar with the procedure.

“All students who participate in contact sports have to take that baseline test,” Phiengsai said. “It’s sort of like an online video game to test your reaction time, your memory and so we do that for about 30 minutes.”

Testing begins within hours of an athlete having a concussion and continues periodically with check-points from when they no longer exhibit symptoms to when the athlete begins to participate in sports again.

“All this data eventually goes into this big database, where there’s 30,000 [entries],” Ortega said. “But the goal is to follow what happens in terms of how the brain is working.”

The NCCP has already been testing both intercollegiate and club athletes at HSU and serves Humboldt and Del Norte Counties.

Robert Granado, president of the men’s rugby team, explains how the athletes have to prepare for

[continued on page ten](#)

The Best Laid Plans

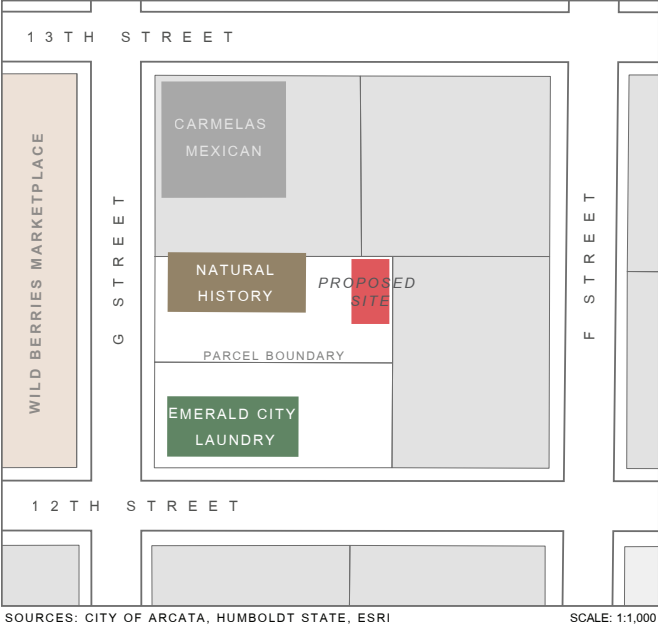


illustration by Harrison Brooks

by Nick Garcia

Humboldt State plans to install a portable classroom unit in the parking lot behind the Natural History Museum on G Street. The lot is shared with the Emerald City Laundry Company, but Bill Borne, Emerald City’s owner, said he was never informed.

“I had no knowledge of it until August,” Borne said. “Nobody came to me and said, ‘Hey neighbor, we’re going to put a huge classroom in the lot.’”

The university has not officially reached out to Borne to make their plans for a portable classroom clear. He found out about the new structure after an encounter with Michael Fisher, the university planner, on Aug. 14 while Fisher met with interested contractors for a walkthrough of the site.

Borne worries the classroom is not thoughtfully planned out because parking is already limited in the lot. He said the class will cover at least four of the museum’s spots. He is also concerned about the trash that will be left by increased traffic.

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Weather

Thursday

Friday

Saturday

Sunday

68°

68°


68°


68°

Source: National Weather Service

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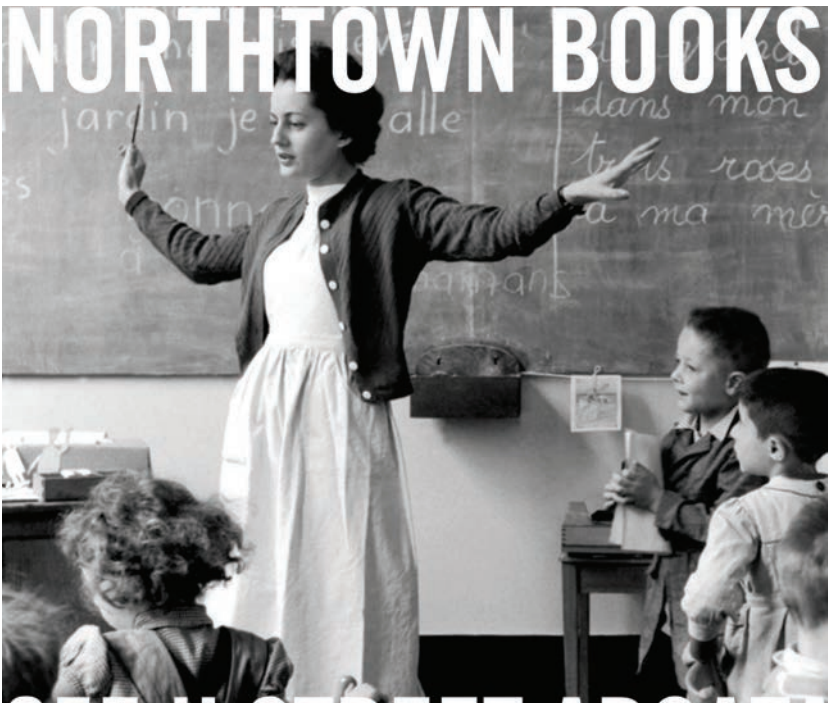
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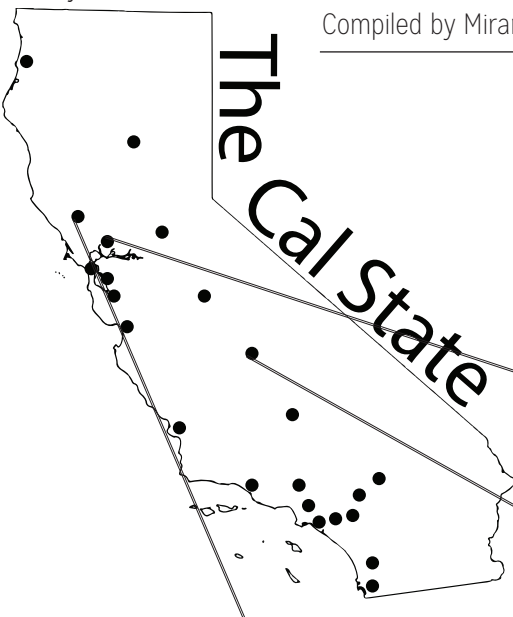
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Created by Miranda Hutchison

Compiled by Miranda Hutchison



The Cal State

California State University, East Bay - The Pioneer

CSU Chancellor's Office could potentially provide financial support to Cal State East Bay by changing their system from quarters to semesters like most of the CSUs. CSUEB will be completely changed from 10-week quarter sessions to 15-week semester sessions by fall 2018. The process is part of a system-wide initiative to convert the entire CSU system to one common calendar, says Elizabeth Chapin, public affairs web communication specialist for the CSU Office of the Chancellor (Brianna Leahy).

Sonoma State University - The Sonoma State Star


Sonoma State University is beginning a search for a new university president. The new president of Sonoma State will be named on Jan. 27. Faculty, students, alumni and community members came together in the first official presidential search meeting about a week ago to brainstorm what qualities they want to see in the next president along with what they want to see at Sonoma State in the future. The topics discussed featured a need for a president who would include a strong focus on budget and trying to avoid layoffs of faculty as much as possible, increasing diversity, strengthen the arts department, develop modern classrooms and understand the importance on graduating in four years (Nicole Bridges).

California State University, Fresno - The Collegian

Although there are three gender-neutral restrooms on campus, some students said there is a need for more gender-inclusive restrooms. Two students said they will continue to bring attention to this issue and attend a meeting this week to talk about serving all students. For many students, especially those who are transgender, these restrooms are often the only place on campus where they can go to the restroom in peace and without judgment (Gilbert Magallon).

Sources: The Washington Post, The Guardian Nigeria, The New York Times

World in Briefs



Compiled by Louis Ramirez

The U.S.


Ahmed Mohamed, a 14-year-old boy that was arrested after a teacher believed he had brought a bomb to school in Texas when it was actually a clock, is moving to Qatar. Mohamed and his family decided to leave the U.S. after he was offered a full ride at a Qatar Foundation Young Innovators Program. Mohamed was invited by President Obama to attend astronomy night at the White House on Oct. 19.

Japan

Japan has agreed to pay a Fukushima Daiichi nuclear plant worker, who was part of a cleanup crew, a settlement after the worker developed cancer. The settlement is set to cover all medical expenses from the treatments he will receive. He is one of 40,000 workers that helped clean up the Fukushima Daiichi nuclear plant that was struck by a tsunami four and a half years ago. Out of the 40,000 workers about half were exposed to more radiation than he was. This could result in a sudden raise of compensation cases in Japan.

Congo

At least eight people were injured in the capital of Congo, Brazzaville when they faced gunfire and tear gas by authorities. A protest was formed after President Denis Sassou announced that he wanted to extend his presidential position. After the protest, the president's office sent out a message through radio and TV stations that gatherings were to be banned. Protesters took to the streets with the ban still in full force resulting in authorities opening fire on some of the protestors. The 72-year-old president is not eligible for re-election due to a limit of 70 years and because there is a limit of two seven-year terms. President Sassou has proposed a referendum to change the two caps from the constitution. The referendum is set to be held on Sunday.



UPD BYTES

Compiled by Hannah Moss

Oct. 14

20:11 Nelson Hall

Theft of a Custodial vacuum cleaner.
Nobody likes jokes about vacuum cleaners. They suck.

Oct. 15

00:39 Campus Apartments

A disagreement between roommates was mediated.
"Dude!" What does mine say? "SWEET." What does mine say?

Oct. 16

22:52 Redwood Bowl

Several high school aged juveniles on the field creating a disturbance.
"But what we found out is that each one of us is a brain, and an athlete, and a basket case, a princess, and a criminal..."

UPD Increases Presence in Housing

UPD started community policing model in residence halls

by Katie Lowe

Sophomore Kristina Wren has lived on Humboldt State’s campus for two years. This year she noticed more police on campus and thinks it is strange.

“Police being around in general makes me uncomfortable,” Wren said. “It’s like they’re looking for something you’re doing wrong or there is something wrong I should be worried about.”

The university police department is working to build stronger ties with HSU residents. In the past few years, UPD officers signed up for specific resident halls to patrol and get to know the residents. The stronger focus on community-oriented policing started this fall.

Director of housing Steve St. Onge said UPD officers signed up for specific resident halls to be around students in an informal manner. The goal is to be more visible in the resident halls. They can be seen playing ping-pong or pool with residents as

well as facilitating programs. With recent bike thefts on campus, they may do a workshop on bike security. This program is meant to be preventative toward problems rather than reactive.

Officer Billy Kigascriopas signed up for Campus Apartments. He routinely walks through the halls and stops by where students congregate most, like the gazebo. He also keeps in contact with the residence staff.

“I send them weekly emails to see if they are having issues,” Kigasriopas said. “If I’ve had any contact with any of the students I give a heads up. The intent is to have an open line of communication.”

The community policing model is a philosophy and strategy of policing. The officers become familiar with the community with the hope that residents will shift their view from ‘a bad authority figure’ to that the officers are there to help, said St. Onge.



Officer Andy Martin is assigned to College Creek for the Adopt A Residence Hall program. He works with Sasha Wallace (right), the Residents Life Coordinator (RLC), to maintain safety for the residents. | Sam Armanino

A recent poll by Harvard University’s Institute of Politics suggests those aged 18 to 29 do not trust police. Fifty percent of those surveyed said they trust

police sometimes or never to do the right thing.

“I think it’s nice the officers are trying to create relationships, but they’re on duty,” HSU senior

and campus resident Rattnak Sokhom said. “It depends on how they approach us, because it could seem like we’re being

monitored.”

Katie Lowe may be contacted at thejack@humboldt.edu

Word on the street: How do you feel about UPD’s Adopt a Residence program?



Jake Prather, 20, environmental resources engineering

“I don’t like that, I tend to partake in illegal activities.”



Jack Ingram, 20, engineering

“Due to the trend of police action, I wouldn’t want to interact with police all the time.”



Marisa McGrew, 19, environmental management and protection

“I don’t like it, it’s too much authority over the students.”



Bevon Brye, 22, business administration

“I don’t think it’s a good idea with the state of cops. People fear police and it would cause students to have fear of them. It seems like a waste of resources.”

Climate Crisis Club Says HSU Forestry Department Uses Unsustainable Practices

continued from page one

“Every class we teach has some component of sustainability, that’s kind of the ethics of forestry,” Kelly said.

Jack Nounnan, a member of the club, has been spreading the petition over email and wants to share the information about their cause.

“It sounds personal, but it’s really trying to elicit the truth,” Nounnan said. “We need them. We need every precious intelligent mind from that department.”

They are holding a meeting for the club and the community on Nov. 3 in the Kate Buchanan

room in the University Center building.

“This is no attack on the forestry department,” Owen said. “They are an umbrella that covers many beautiful things. It is certain teachings and values... Together we can make a change that will echo around the world.”

Owen has taken a pledge for a sustainable environment and wants the departments to teach sustainable programs which look into the future.

“With every action I do, I have to look seven generations ahead,” said Owen. “I want to know what their pledge is.”

Daniel Kocher, an international student from Germany who is majoring in forestry at HSU, thinks there is a big differ-

“This is the only rainforest in America, this shit is special,” Owen said. “We want to get people involved, to get people to care.”

ence in the attitude of forestry between Germany and the United States.

“I think the environmental concern about clear-cutting should be much bigger here,” Kocher said. “They enforce it because economically it’s the best way, or sometimes the only way. There’s a whole industry for this, all the furniture is wooden. There is a huge demand and a huge business.”

Michael Wilson, an international exchange student from England majoring in forestry at HSU, does not think the forestry department encourages clear-cutting more than any other part of the curriculum. He believes there has to be a balance.

“I definitely think that clear-

cutting has a role in forestry,” Wilson said. “It has to be a compromise between the environment and the industry... It’s not about doing what is the easiest but trying to balance [clear-cutting] out.”

Alexandra Turku may be contacted at thejack@humboldt.edu

HSU Wants a Class Behind

continued from page one

“I am the only one who cleans the lot, for the most part,” Borne said. “Someone from the university comes by maybe every six weeks.”

The 24 by 40 foot room will hold about 30 students and sit behind the Natural History Museum in a parking lot, which is used by both the museum and the laundromat. The lot is hardly policed and Borne said it is not uncommon to find condoms, syringes, roaches and human feces on his morning walkthroughs.

“I support the school,” Borne said. “But, take it from me, this is not a place for children. It’s hardly a place for a museum.”

Borne has reached out to every local entity he could think of: the city and county planning commissions, Arcata Police Department, University Police Department and the Arcata Fire District, to see if he has any voice in the situation. They all tell him that HSU is essentially a sovereign nation. What the university owns is considered state property and if they want to place something on their property, they can do so at their own discretion.

But, the lot may stay empty for longer than originally planned, according to Julie Van Sickle, the interim director at the Natural History Museum.

“There are some delays going on around the project that I cannot speak to right now,” Van Sickle said.

Joe Mateer, senior planner for the city of Arcata, explains a discrepancy in who owns the property that may be holding the project up. HSU’s site plan states the structure needs to be pre-approved by the division of the state architect, not by the city.

“If the property is owned by the university then local zoning regulations do not apply,” Mateer said.

The most recent documentation Mateer is able to access from the city lists the property owner as the HSU Advancement Foundation, a “dedicated auxiliary” of the university and nonprofit corporation.

The foundation’s basic financial statements for 2015 provide a bit of insight on the building’s ownership, stating, “During the year ended June 30, 2014, the foundation entered into a three party transaction with a private bank and Humboldt State University which resulted in the foundation acquiring title to a building (the museum building) which was simultaneously leased to the University under a noncurrent capital lease.”

“I really feel like the university is bullying a mom and pop business,” Borne said.

Nick Garcia may be contacted at thejack@humboldt.edu

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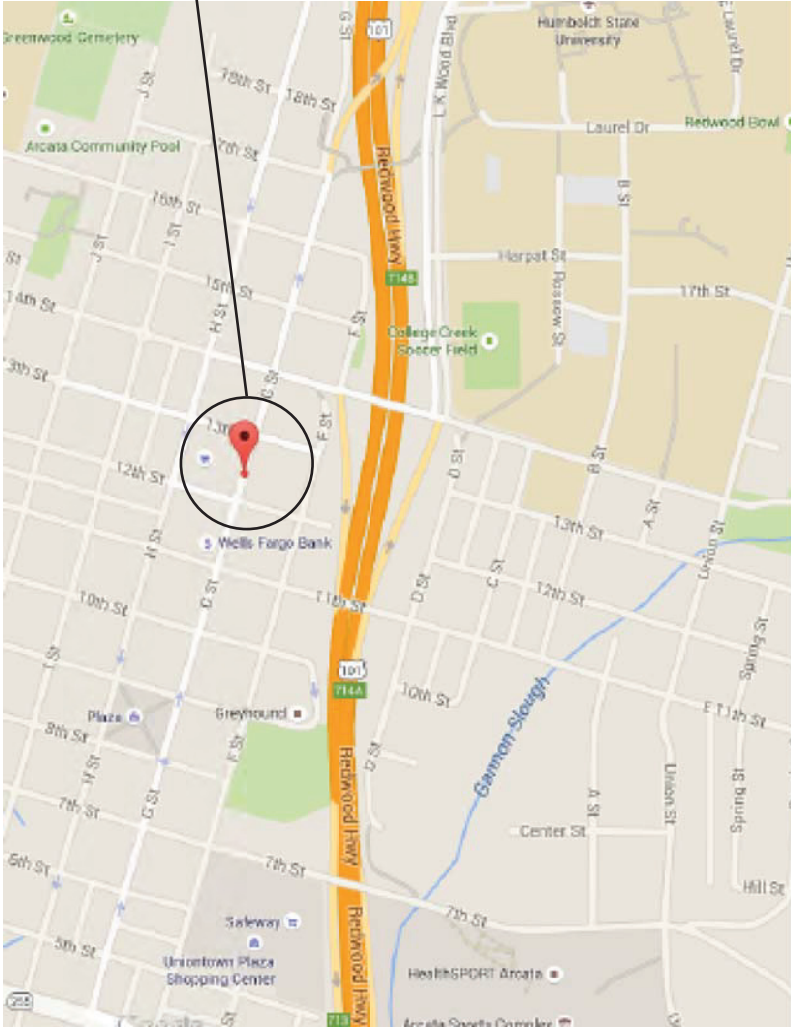


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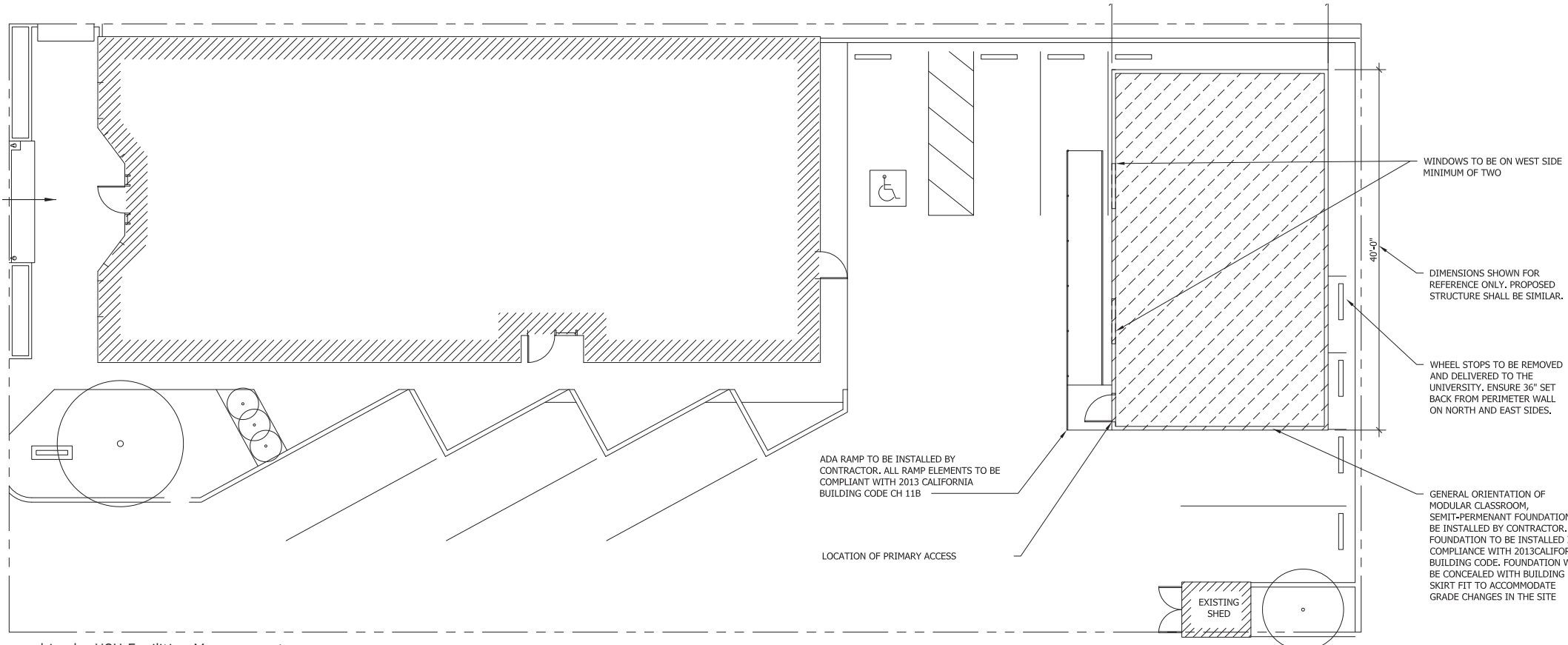
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the Natural History Museum



The parking lot where the new mobile classroom will be installed next to the Natural Resource Museum and Emerald City laundry mat. | Sam Armanino

Natural History Museum Site Plan



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What the Hell is a Provost?

HSU hosts four provost candidates

by Oliver Cory

Humboldt State environmental resource engineering major and senior Barrett Penton does not know what a provost is.

"[The provost has] probably something to do with politics," Penton said.

HSU brought four provost candidates to the campus in the first half of October. Students were asked what they wanted from the new provost but most of them had never heard of a provost.

The provost oversees the academic affairs of the campus, and the most recent permanent provost, Robert Snyder, retired in 2014. The position has been filled by interim, or temporary, provosts since then.

Earlier this year, the university brought three candidates to the campus. One of them dropped out. The other two did not get hired. HSU appointed Dr. Theodora J. Kalikow as the interim provost, but only for the

fall semester.

The four new candidates, Dr. Brenda McComb, Dr. Manuel Avalos, Dr. Elizabeth Say and Dr. Matthew Liao-Troth presented at open forums for the HSU community between Oct. 5 and 14.

After the presentations the committee, led by Steve Smith, chair of the natural resources department, met for two hours and discussed the candidates strengths and weaknesses.

"We had an amazing committee," Smith said. "Usually these things will take about three more months than we've had."

Smith said the provost will most likely be the person who works best with the president and shows the best leadership skills. However, the committee does not make the final decision.

"The next step in the process is really the president's decision," Smith said.

Oliver Cory may be contacted at thejack@humboldt.edu



Dr. Elizabeth A. Say, dean of the college of humanities at California State University Northridge, speaks to HSU staff on Oct 12. | Roberto Perez

Word on the street: What would you like to see from HSU's new provost?



Haley Silva, 18, art education

"What is that?"



Hannah Friedman, 18, music

"I don't know about any campus politics."



Paola Hortaleza, 20, marine biology

"I am too busy to pay attention to that."



Emily Ruizsosa, 18, zoology

"I just honestly haven't thought about that."

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Roma Not Gypsy

The g-word may not mean what you think it does

by Connor Malone

From coin belts to crystal balls, the word “gypsy” carries many meanings for Humboldt State students.

When kinesiology major Jekayah Means hears the word, she pictures people in belly dancing attire and head scarves.

“I usually think of traveling people,” Means said. “I see them around and they remind me of gypsies.”

Jennifer Eichstedt, HSU’s bias education coordinator and sociology chair, said “gypsy” is commonly used to refer to the Roma people. She said the Roma have lived in many parts of Europe for centuries. Eichstedt said the word “gypsy” was created by outsiders to frame Roma within a set of physical and moral characteristics.

“People will say they can physically identify [Roma],” Eichstedt said. “To me, what’s fascinating is that they look very different in different countries.”

Physics and astronomy major Zane Comden hears an umbrella term for ‘nomadic.’

“It’s this old idea of magic, intrigue and nomadic people,” he said.

Music major Stefan Flores said it is difficult to blame people because western culture at large is unaware of the meaning behind the word.

“I know it’s a derogatory, racial term,” Flores said. “It’s used out of sheer ignorance.”

Many Roma people do not identify as gypsies. They call themselves Roma.

“Americans don’t understand that they’re making an ethnic slur,” Eichstedt said. “The context is never shown.”

Eichstedt said many Americans seem to have developed a romanticized use of the word. In the United States, the g-word is interchangeable with “free spirit” or a person who “can’t be tied down.” It is similar to

how Native American imagery is appropriated to convey a connection to nature, she said.

Eichstedt said most Americans get their understanding of the Roma from the media through shows like, “Big, Fat Gypsy Weddings,” all aimed at sensationalizing their culture.

Craig Kurumada said it is used to represent a lifestyle. Kurumada, world folkdance specialist, became friends with Romani musicians while at the Stockton Folk Dance Camp five years ago. That is where he first learned about the difficulties Roma face.

Kurumada said the g-word is used to divide and create an “other,” what he calls a binary divide. He said people feel a need to define what it means to be European. All who lay outside this definition are a threat to it.

“There’s some division and we’re taught that there’s danger in crossing it,” Kurumada said.

When Kurumada later visited a Roma camp in Europe, known as a Mahala, he experienced the prejudice firsthand. Europeans warned him not to go.

“[They said] they’ll kill you for your shoes,” Kurumada said.

Kurumada said the word carries tags ranging from “free” and “unfettered” to “shoddy” and “criminal”.

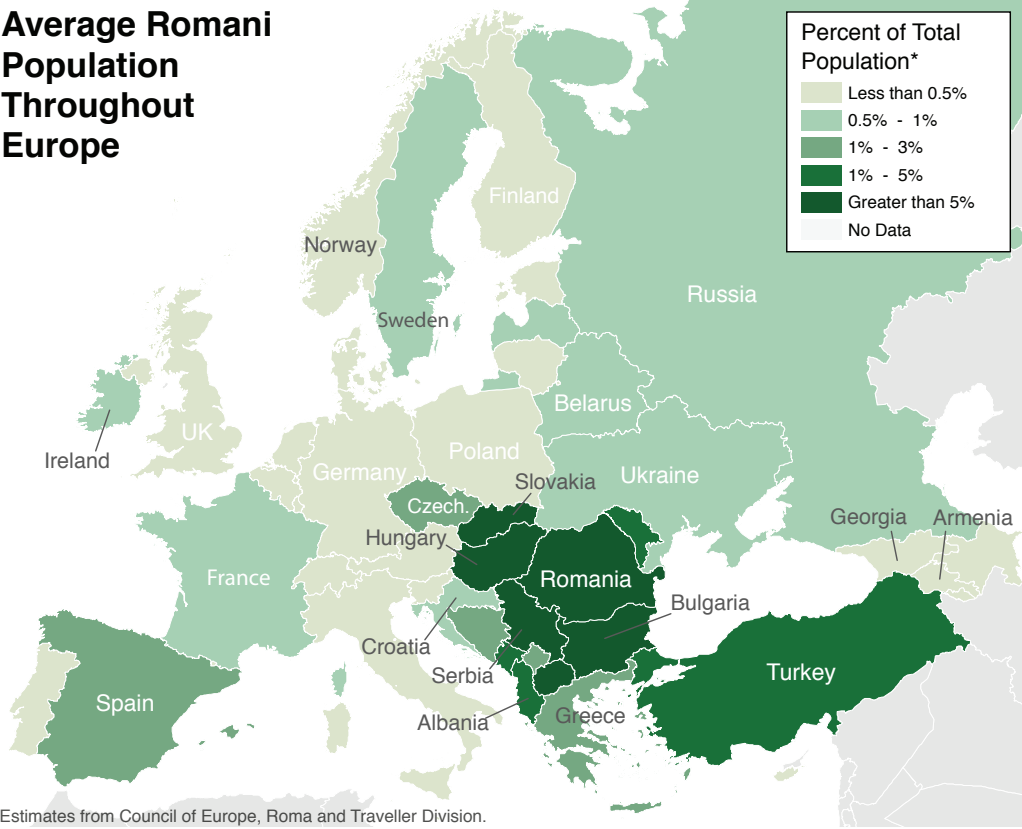
Kurumada said shows like “Buffy the Vampire Slayer” include Roma characters, but use the g-word and Roma interchangeably and mentions curses.

“It boils down to misinformation from stereotypes,” Kurumada said.

In the U.S., Kurumada said women wear a Hollywood interpretation of Eastern European dress that is not at all reflective of modern Roma.

“People won’t watch shows about Roma because they don’t know the term,” Eichstedt said. “A lot of people in the U.S. don’t think about the negative connotations.”

Average Romani Population Throughout Europe



*Estimates from Council of Europe, Roma and Traveller Division.

Illustration by Harrison Brooks

It is thought the Roma arrived in Europe after making a transcontinental journey from Rajasthan, India, Kurumada said. According to an article published by Current Biology Journal, the Roma left India 1,500 years ago. They arrived in Europe around 1100 A.D.

Although they have been in Europe for centuries, many still regard them as outsiders and the Roma have an uneasy relationship with other Europeans.

“[During the Holocaust],Roma suffered a greater loss than the Jewish population,” Kurumada said.

Kurumada said the word is a loaded term.

“It’s antiquated and has too many negative connotations,” Kurumada said.

No doubt when people appropriate other cultures, they may not be doing it with hateful intentions.

“They’re trying to mimic what they think is good,” Eichstedt said.

Some people will say that because they do not mean for their actions to harm others, it excuses them. Eichstedt said this excuse says their intent is more important than the real impact. She said it’s easy to say “x” group is too sensitive when the word doesn’t affect them.

“You can’t just look at someone and know who they are because of a scarf and a nose piercing,” Eichstedt said, “If you learn better, do better.”

Connor Malone may be contacted at thejack@humboldt.edu

‘My Culture is Not a Costume’

Students and faculty at HSU speak out against costumes that mock their cultures

by Desiree Back

My culture is not a costume. That is what some Humboldt State students and faculty feel they have to say, especially when it comes to Halloween.

For some people of various cultures, Halloween is a time when they have to face cultural stereotypes and costumes they feel mock their culture and their lives.

Students and faculty of HSU came together to speak out against cultural appropriation at the “Culture is not a Costume” workshop toward the end of Indigenous Peoples’ week on Friday, Oct. 16.

Nichole Vasquez is a philosophy and Native American studies double major. She was one of many people at the event who talked about her culture’s traditional clothing and what wearing it means to her.

“I’m not wearing it because I’m native,” Vasquez

said. “It’s native because I’m wearing it.”

At the “Culture is not a Costume” event, students and faculty alike spoke out against cultural appropriation. Cultural appropriation is the adoption or use of elements of one culture by members of a different culture.

At the event, an example was given of a sexy eskimo being an inappropriate costume. Eskimos are Indigenous people who dress the way they do in representation of their culture and heritage. To dress as them for any reason other than to honor them is disrespectful. Second, a sexy version of any cultural attire is not only inaccurate, but also extremely offensive to that culture.

Ravin Craig, health educator at HSU, was the main speaker for the event. Craig talked about why she was taking the time to speak at the event and what she hoped

would come out of it.

“We are making the effort to transform campuses into a place where people feel like they belong,” Craig said. “To enable their learning.”

Michael Ramirez is a Native American studies major at HSU. He identifies as a Native American and believes in protecting his culture and everything that is a part of it. In the Native American culture, a person only cuts their hair when they are grieving for a lost loved one.

“I wake up everyday with that long hair,” Ramirez said. “To remind me of where I came from and who I am. For me, it is my culture.”



A local Halloween store displays culturally appropriated costumes, including Hispanic attire and a full aisle of Native American regalia. | Aren Fikes

Desiree Back may be contacted at thejack@humboldt.edu

Students Get Stoked for a Night of “Jizz Jazz”

Indie rocker Mac Demarco plays at HSU next week

by Henry Faust

He chain smokes cheap cigarettes, sings like a lazy Elvis Presley and casually radiates a charming goofiness that has captivated millions towards his music.

And he goes by the name of Mac DeMarco. He'll be gracing Humboldt State next Tuesday in the West Gym with his twangy guitar riffs and iconic gap-toothed smirk.

DeMarco's tunes make music major Stefan Flores want to fall in love.

"His lover boy angle is my favorite part of his music," Flores said.

It is easy to see why some college students look up to him. He is known for his brash drunkenness, public nudity stunts and sloppy classic rock covers.

Flores explained that DeMarco's average Joe charm sets him apart in an industry full of ego and vanity.

"Humility is hard to come by in general and especially in the arts," Flores said.

DeMarco's recent rise to fame comes at a time when some folks are getting tired of musicians who take themselves too seriously.

Fisheries major Morgan Johnson describes DeMarco's aesthetic as that of a "stony surfer rat." She believes that his music best complements a night of drinking beer, smoking weed and cross-dressing.

"Mac doesn't care about what people think of him - and that's commendable," Johnson said. "I think a lot of people would like to be that carefree."

Marine biology major Erika Westlund believes that DeMarco's genuine personality sinks into every bit of his music.

"He's just himself and that's what a lot of people need to be reminded of," Westlund said.

DeMarco has a habit of tying his shoes very tightly before he stage dives. Some of his fans will do anything to get a piece of him.

"It will be a boogie," Westlund said



Canadian rocker Mac DeMarco is known for his love of cigarettes - casually referred to as "stoges" by his fans. DeMarco will be playing in the West Gym on Humboldt State's campus on October 27. | Photo courtesy of Maéva Pensivy from Flickr

Definition of Jizz Jazz: Jizz Jazz is commonly known as the cheesy jazz music found in retro pornos. A lot of DeMarco's music revolves around love - whether it's lost or gained. So it's fitting that he describes his musical genre as "Jizz Jazz".

Henry Faust may be contacted at thejack@humboldt.edu



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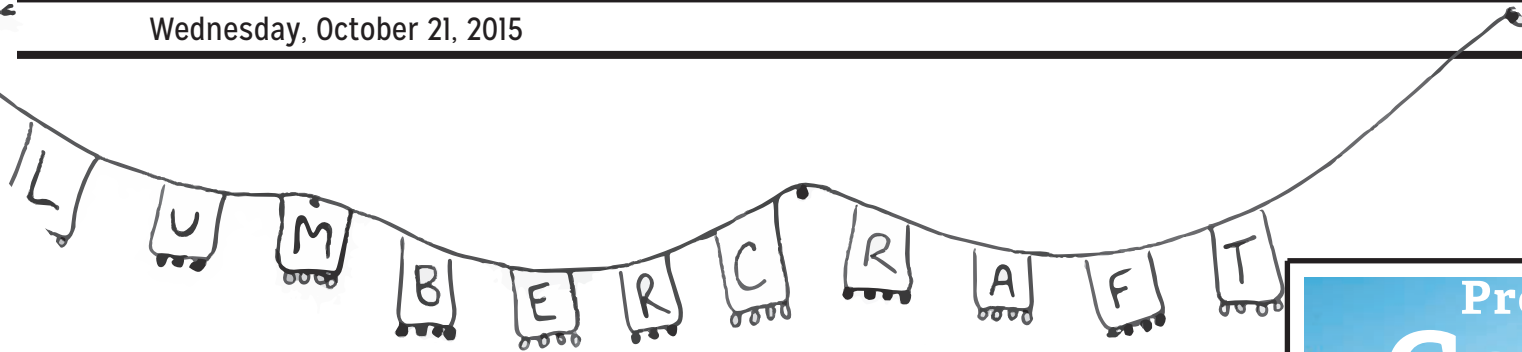
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HUMBOLDT STATE UNIVERSITY



Spooky Spa

by Hannah Moss

I'm done. I'm so done. The clock has struck mid semester I have turned back into a pumpkin. Now you can, too.

Pumpkins are full of vitamins C, E, and A. They have a healthy dose of antioxidants and zinc, it's the perfect base for a face mask to get you through the dull abyss of week nine.

There are a lot of options for this face mask, experiment and share with roommates. There really is no wrong answer (unlike on your midterms) and you get to smell like pie, it's a double win.

- YOU WILL NEED:
- Saved Jack-o`lantern cut outs (innovative) -or- canned pumpkin (lazy) (1 cup total)
 - Blender, food processor, or masher
 - One tablespoon plain yogurt -or- one tablespoon melted coconut oil (vegan)
 - FOR DRY OR SENSITIVE SKIN: add 3 tablespoons of honey to seal moisture, add 1 teaspoon of oatmeal to thicken mask
 - FOR OILY SKIN: add a splash of apple cider or cranberry juice to draw out extra oil
 - FOR FLAKEY SKIN: add ¼ cup brown sugar for a soft exfoliating effect
 - FOR TIRED SKIN: add a pinch of cinnamon to draw blood to surface. Be sparing, may irritate sensitive skin

- THE HOW-TO:
1. Cut the skin off your pumpkin cut outs and puree by your choice of apparatus. Raw pumpkin has more nutrients than processed or cooked pumpkin.
 2. Mix pureed pumpkin with yogurt or coconut oil.
 3. Add whichever ingredients suit your fancy.
 4. TRICK: Tell your roommates to smell your awesome concoction then shove their face in it.
 5. Advise them to leave it on for 10-15 minutes.
 6. TREAT: Apply with fingertips or a spoon to yourself and enjoy.

Hannah Moss may be contacted at thejack@humboldt.edu



Jack-O-Laster



by Jami Eiring

- Clean your pumpkin before you carve it. Use a warm, damp, soapy cloth to wipe your pumpkin clean.
1. Carve that beaut.
 2. Make a bleach solution of 1 tablespoon bleach per quart of water and put it in a spray bottle.
 3. Spray the pumpkin inside and on every cut surface with the solution.
 4. Invert the pumpkin and let it dry for about 20 minutes before setting it outside. (Make sure there is no excess liquid inside.)
- Now your jack-o-lantern is ready for the world to see!
- Extra tip: Keep your pumpkin out of direct sunlight and try to keep it as cool as possible to prevent rotting.*

Jami Eiring may be contacted at thejack@humboldt.edu

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When Jacks and Thunderboldts Collide

HSU athletes balance sports and academics through Thunderboldt program

by Caitlyn Kaifer

At Humboldt State, student athletes work together to succeed both on and off the field through a student-run program that promotes academic success for athletes.

The Thunderboldt Learning Academy consists of student athletes who are first time freshmen, incoming transfer students or student athletes who have below a 2.5 grade point average. A requirement for the program is that students meet for a minimum of four hours a week in the library.

Originally administered by Academic Coordinator Chris Dehart, he discovered that the Humboldt mascot was the Thunderbolts until 1936. The “d” in Humboldt was added to Thunderboldt name as a play on words.

The program has become a student-run effort, currently led by student academic coordinators Katherine Earle and Teigan Eilers.

Senior track & field team member Katherine Earle is responsible for all coach and administrative communication.

“We’re just trying to help the athletes succeed, that’s what it comes down to,” Earle said. “We just want to make sure they have access to all the resources they need to be successful.”

Restructured in fall of 2013, the program has been taken out of the classic silent study hall environment and turned into an engaging group learning experience.

Student athletes are placed into study groups by common classes despite team membership. This allows players to work and socialize with a wider range of athletes that share a similar busy schedule.

Jared Malone, a former member of the Thunderboldts program and a current member of the track team, believes the program has helped in his academic success.

“It forced me to put more hours into classes I wouldn’t have been putting hours into,” Malone said. “It helped a lot.”

The program aims to provide flexible study hours for athletes with hectic schedules which include classes, practice, meetings with coaches, travel time and games. A broad



Humboldt State athletes balance their athletics and academics during a mandatory study session known as the Thunderboldts on Oct. 20, 2015. | Sam Armanino

window of time to put in study hours is provided in the late afternoon four days out of the week. Students are free to come and go as they please because hours can be met gradually throughout the week or all at once.

The program also works with supplemental instruction courses so athletes can earn units while fulfilling their study hour requirements.

“[Student athletes] are so busy,” Earle said. “Their priority on campus is to play and get better so we just want to make sure they have dual purpose on campus as students.”

The program’s library location allows student athletes to be provided with multiple resources to ensure their study hours are be-

ing properly utilized. Learning commons such as math, science and writing labs are encouraged. Study skill shops are provided, as well, which teach time management and proper note taking.

Kory Gilmore, a freshmen soccer player in the Thunderboldts program, believes the program has been beneficial.

“The program has helped me prioritize my time and allows me to stay on top of my academics,” Gilmore said. “I have learned a lot more than I was expecting to.”

The program also provides tutors and mentors. Tutors work with study groups and individuals struggling in a specific course. Mentors are generally upperclassman that

have previously taken the courses the athletes are currently in, providing further insight into the courses. There are also major mentors for kinesiology and business administration. Those placed in these leadership roles have high GPA’s along with an athletic past to serve as valuable advisors for students in the program.

With tutors and mentors as current or former Jack athletes the program encourages making connections on campus.

“Get connected, know your other student athletes, it is not just you and your team, it is a whole Jack’s family,” Earle said.

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HSU Receives Grant to Further Concussion Research

continued from page one

their season each year.

“Before we start any contact in our practice or before we have any matches we have to go and [then] they do this baseline test on a computer,” Granado said.

Granado said rugby players experience head injuries a lot less than one would think.

“Because of the way we’re taught to tackle, we’re not taught to use our heads,” Granado said. “Obviously it is a high-contact sport so head injuries do occur.”

Ortega said a concussion can have huge and varied effects and can range from dizziness and lightheadedness to headaches and migraines. If a concussion is not treated soon and correctly it can lead to further brain damage.

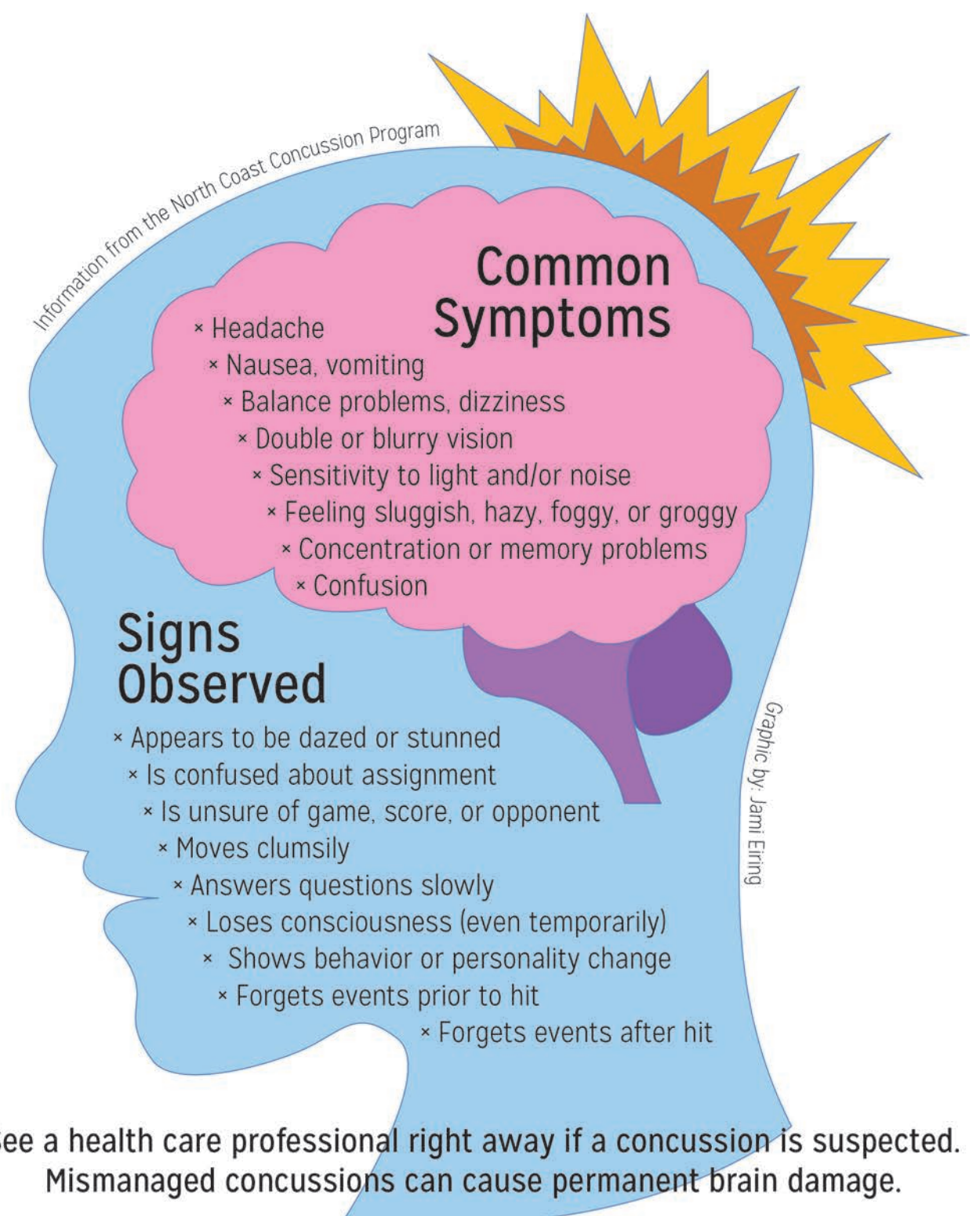
Beth Larson, the programs and services coordinator of the NCCP, thinks it is great that this HSU program can be part of something bigger and help contribute to further understanding about concussions.

“I think the field of research really needs a large-scale study, a comprehensive large-scale study over time,” Larson said. “I think that’s what this is attempting to do. Hopefully it will enable us to decide what measures are better and which ones aren’t as good for assessing concussion.”

For Ortega, one of the best parts of this grant is that it enables students to be involved in something greater than themselves and to contribute to the community.

“It provides opportunities for students to be involved in research in clinical services,” Ortega said. “So kinesiology students get a taste of the real world, about things that we’re doing as part of their regular degree experience.”

Joanna Quintanilla may be contacted at thejack@humboldt.edu





by Berenice Ceja



Women’s Volleyball:

The women’s volleyball team had two losses this past week-end after they faced San Francisco State and Cal State East Bay. Against the SF Gators, the Jacks fell behind in the first set and eventually caught up with kills from both Kaitlin Dunaways and Simone Hayden. The Gators responded and ultimately beat the Jacks 3-0.

Next Match: The women’s volleyball team will play at the Lumberjack Arena versus Cal State Dominguez Hills on Oct. 23.



Soccer:

Women’s Soccer has four games remaining in the conference. The Jacks needed to fend off 14 San Marcos shots through regulation and both overtime periods to earn their sixth shutout of the season, the third most in the California Collegiate Athletic Association this season. Senior goalkeeper Caitlin Plese added eight more to her season total. Plese became the first Humboldt goalkeeper to surpass the 100 saves mark this decade. Plese also moves into a tie for fifth place in the HSU record books with her sixth shutout.

Men’s Soccer had a lead into the second half of the game. They scored in the first 20 minutes when forward Trice Smith passed the ball to forward Charles Pitts who scored two leading points for the Jacks. The Jacks ultimately could not come back after the Cougars scored three goals in the first 12 minutes of the second half. The final score was a loss for the Jacks 2-3.

Next Match:Both the men’s and women’s teams have two home games, Oct. 23 and Oct. 25 versus Cal State East Bay and Cal State Stanislaus.



Cross Country:

Next Match: Both the men’s and women’s cross country teams will compete at the CCAA Conference Championships in San Francisco on Sunday, Oct. 25.



Football:

The Jacks lost their first game of the season 10-35 to Midwestern State University on Saturday. Despite forfeiting their 4-0 winning record, running back Ja’Quan Gardner broke the record for a program single-game record of 305 yards.

Next Match: The football team will play versus Central Washington University on Oct. 24.

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MaKenna Dunn, #14, attempts to get past Cal State San Marcos’ defense in an attempt to cross the ball into the box at the College Creek Field on Oct. 18 with the final score at 0-0. | Nikki Hummel

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League of Denial

ESPN Investigative Reporter

Mark Fainaru-Wada

on the NFL and brain damage

A row of football helmets in various colors (gray, red, white) arranged horizontally.

October 28, 4 p.m.

The Great Hall,
Humboldt State University

As an investigative reporter at the San Francisco Chronicle and ESPN, Mark Fainaru-Wada has taken on the professional sports industry.

EDITORIAL

Cultures are not Costumes

Halloween is approaching. The candy is flying off the shelves, decorations are put up and costumes are sold.

When the day comes, people take to the streets in celebration, grab some junk food and watch scary movies all night long.

But while all the festivities are happening, some are afraid to leave their homes.

Why? Because sometimes being made fun of is just is not worth it.

While Halloween is the day of fun and celebration to most, it is also the time when insensitivity and racism run rampant.

A simple search on Spirit Halloween, an online costume store, will yield you countless “Indian” and “Mexican” costumes as well as afros, in case you wanted to pretend to be Black.

This is called cultural appropriation.

Wikipedia defines cultural appropriation as a situation when members of a certain culture adopt aspects of a different culture.

While this might not seem like a big deal, it can have very negative implications for the community.

Simply put, you should not make a joke of someone else’s cultural struggle.

At Spirit Halloween you can buy an afro for \$16.99. However, our society consistently tells Black women they do not fit the standards of beauty that people should aspire to. In school, kids get made fun of for wearing their hair naturally. Some Black women spend their whole

lives trying to feel okay about being out of the dominant culture.

So imagine what it must feel like on Halloween to see people wear those same hairstyles as a joke. But when Halloween is over, they can just take them off and never have to think about it again. They never have to experience the hardship that comes with actually being a part of the culture.

That is why it can be a problem.

Really, this conversation is about navigating a world full of history and cultural differences. Just because you might not be offended by someone’s costume does not mean it is okay.

And the more we accept these jokes and stereotypes, the more we become numb to the reality around us. Some might say we are a society that is too easily offended or that political correctness is ruining this country.

The problem with saying this is that it gives us an excuse to do and say everything we want, while racism and oppression still exist.

Summing up arguments like cultural appropriation as just a problem of political correctness steers us away from making any meaningful strides toward fairness and equality.

The goal is to just make a world where everyone can walk down the street on Halloween and not feel like they are the butt of the joke.

While Halloween is the day of fun and celebration to most, it is also the time when insensitivity and racism run rampant.

Airport Blues

by Caitlyn Kaifer

Planning on visiting family down south in the Los Angeles area soon? Unless you are prepared to shell out more than \$500 for an airplane ticket, start preparing your body for the discomfort and numbness that comes along with a 10 to 12 hour drive down south.

Okay, I get it, I signed up to go to the most northern university in California. But why is Humboldt County so hard to get in and out of? From buses to planes to trains, all the options are there but none of them are appealing. You are either sacrificing time, money or comfort. Maybe even all three.

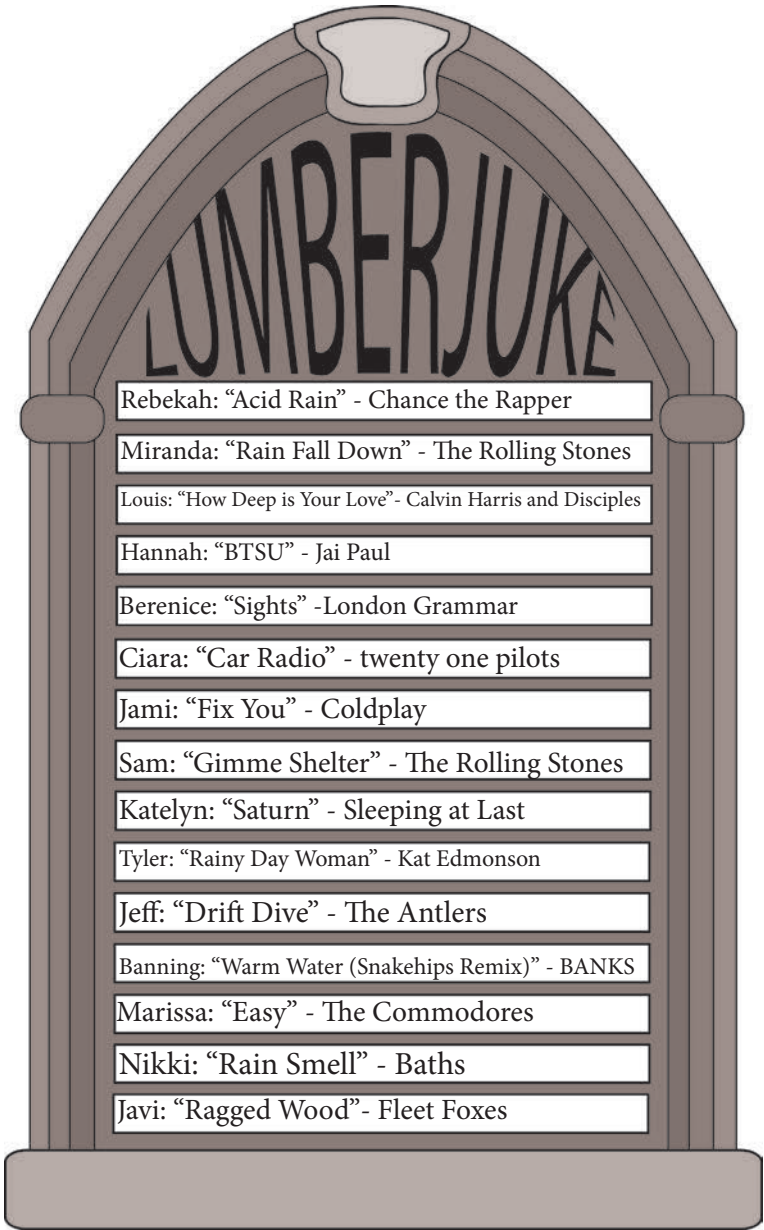
The most convenient option to leave Humboldt County is the Arcata airport. But with the inflated plane ticket prices, visiting family becomes more of an investment than a trip. Going home for the holidays currently costs over \$600.

Throughout the years the airport has had multiple commercial airlines go in and out of service. At this time there is currently only one commercial airline, United Airlines. With a lack of competition and a necessary stop at the San Francisco International Airport the lowest priced airplane ticket seems to have plateaued at \$351.

If the airport could just attract more airlines, it would be a huge step forward in taking Humboldt State and its students out of northern isolation.

Caitlyn Kaifer may be contacted at thejack@humboldt.edu

As the days gradually get more gloomy and dim, so does our music. Now that autumn is in full effect here in Humboldt County, it’s only a matter of time until the rain takes hold as well. This is the Lumberjack’s list of songs for those calm, hazy and rainy days.



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Out of Step at the Redwoods Marathon

Running is not for me

by Nick Garcia

It is 7 a.m. on Sunday, Oct. 18. I curse my alarm clock and stumble out of bed as hundreds of walkers, joggers and runners gather on the Avenue of the Giants outside of Weott for the 37th annual Humboldt Redwoods Marathon, Half Marathon and 5K. The races start at nine. Participants are asked to arrive at least half an hour prior to their race’s starting time, and as early as seven to assure parking. What would possess someone to get up at this ungodly hour to run 26.2 miles is beyond me, but I am not a runner. Running a marathon sounds torturous to me.

By eight, my old pal coffee and I are on the road. With about 60 miles between the race and Arcata, I hope I can make it for the opening shots. The 101 is mostly empty as the morning sun breaks through fog and the tops of redwoods because, again, why would anybody be up at this time? Eventually, a sign reading “marathon this exit” leads me off the highway and toward an intersection where a volunteer informs me the race is about five miles down the road. I arrive 15 minutes past nine,

just in time to hear the shots go off for the 5K, the last event to start. Three races are under way and I missed the start. By this point, runners are spread out over the first few miles of the course, and for the next couple hours they will all make their way back, shuffling in at their own paces. The races start beneath the Dyerville Bridge and end beneath an inflatable arch about 150 yards down the road where a base camp of sorts is set up.

Realizing I know very little about the event itself, I explore the area of tables and tents past the finish line. Past the obligatory tables covered with tiny green Gatorade cups, the Six Rivers Running Club, Arcata High and California State Parks that are all set up. For the most part, they are selling sweaters, T-shirts, hats and small, running-related items. I eye a taco truck selling breakfast burritos before wandering over to Arcata High’s table. A pair of older volunteers notice me looking at a pair of oval-shaped stickers. One reads “13.1” and the other “26.2”. Both of their name tags read “Bill” and I figure they probably know a bit more about the event

than I do.

“I’m Bill Morris, and this is my sidekick, Bill Daniel,” one of them tells me. “I have been out here helping every year for the past 25 years and before that I would run the Avenue of the Giants.”

The other Bill, Bill Daniel, is a former political science professor at HSU. He used to participate in the event as well, but for the past decade he has volunteered.

“In the old days, I helped run and manage the finish line,” Daniel says. “And in the good old days, I managed the beer truck.”

Somewhere between confused and excited, I scan the area, but they explain the beer truck is no longer a part of the festivities. They also explain the course of the marathon. The race branches out in two directions from the starting point. The half marathon goes to the end of one branch, then turns around. The full marathon runs the first branch and back to the start, then it branches off in a different direction and returns to the start again.

Unable to resist, I buy a breakfast burrito and sit off the highway on the grassy hill near the finish line just in time to see the first batch of 5K runners coming in. I watch as adults much older than myself and children much younger cross the finish line with a clear sense of accomplishment. Meanwhile, I am stuffing my face with eggs, cheese and potatoes. And, for a few minutes, I fool myself into believing that I might enjoy distance running. It would get me out of the house on beautiful mornings like this one, after all.

The half marathon runners start coming in and my illusion is



The marathon started at 9 a.m. but participants were asked to arrive 30 minutes earlier to prepare. | Nick Garcia

shattered. Sean Davidson, a student at Cal Poly San Luis Obispo, is first to finish. He crosses the finish line like a gazelle at full stride, and I imagine myself laid out on mile three gasping for life. Davidson makes 13.1 miles look easy, as do the racers finishing just after.

“I try to treat it like any other run,” Davidson said, even though the half marathon is also the USA Track & Field Pacific Association’s Championship Race.

Not long after Davidson finishes, a generator stops working momentarily. The announcer goes quiet and the finish line begins to deflate. Coincidentally, around this time I notice racers doing the same thing. Many still pass with giant grins, but more and more cross flushed with fatigue.

I find the dedication it takes to run a marathon admirable without a doubt. Marathons are based on the legend of the Greek soldier Pheidippides, who supposedly ran 26.2 miles to deliver a message and died immediately after. It seems that people in the modern age approach the marathon with the same level of fervor.

Over the course of the race I see a grown man take off his sweat-soaked shirt and remove

bandages protecting his nipples from chafing. I see a man who did not bandage up grimace his way across the finish line with bloody red stains on his chest. I see runners, every joint of their body white with talcum powder, struggle with the weight of their legs on the home stretch. But, the most terrifying sight is one female half marathon runner. She looks woozy on the last leg, tipping as she jogs. The girl nearly collapses as she crosses the finish, and has to hold onto the inflatable arch to stay up. She is helped to a chair, the on-site paramedics look her over, and eventually she recovers. And, I know one thing for sure: the idea of me running a marathon is off the table. The determination and discipline of a greek soldier is simply not within me, and I commend anybody who even attempts it.

Nick Garcia may be contacted at thejack@humboldt.edu



The 37th annual Humboldt Redwoods Marathon on Oct. 18, 2015 was at the Avenue of the Giants. | Nick Garcia

Why I Opted-Out of Having My Voice Heard

Two dollars can't buy you representation

by Miranda Hutchison

What can you buy for two dollars? A small cup of coffee? Two packs of gum? Maybe an hour of parking? Actually, two dollars can buy you the voice of a Humboldt State student.

I opted-out of the Student Involvement and Representation Fee (SIRF), but that doesn’t mean I am against student involvement and representation.

I support the student voice, which is what SIRF is marketed to represent. Spending two dollars a semester towards it sounds like no big deal. However, it is quite a big deal.

If every student paid the fee it would generate \$1.8 million a year. I opted-out not because I oppose students, but because I oppose those who do not represent students.

SIRF is a new fee that was introduced to California State University students this year. It is a two dollar fee that you can opt-out of at your campus each semester if you wish to not pay it. Revenue from the fee goes towards funding the California State Student Association (CSSA). The CSSA is an organization of students from each CSU campus who meet once a month to discuss issues at their

campus and in the system.

The CSSA was previously funded by the Chancellor’s Office. With the new student fee it is now another thing funded by students, which they may not even know they are paying for. The money does not go to each school’s Associated Students, it goes toward the organization itself.

The fee is marketed as having your voice as a student heard on a CSU level. I should be able to speak to my student representatives and have them represent me for free.

My voice should be heard without having to pay for it.

The CSSA represented students before the fee. It will continue to represent the students who did opt-out. So what are we paying for?

It isn’t really about having your voice heard. That just sounds good and “student friendly.” It is about financial autonomy from the Chancellor’s Office and the hope to bring more students to CSU meetings and conferences.

In fact, it isn’t completely certain where all the money will be going exactly. It will be determined once the revenue is calculated next month. I find it ridiculous that this organization is about to generate nearly \$2 mil-

lion a year in student dollars and they don’t know where it will go.

I am glad these meetings take place. The CSSA connects the various schools in the CSU system and shows the different perspectives and everyone can see some of their problems are experienced elsewhere.

I did not opt-out because I think HSU’s student government does not speak for us. I have been to five CSSA meetings in the past eight months.

I have seen HSU’s last year’s Associated Student President Jerry Dinzes, current Associated President Juan Cervantes and current External Affairs Representative Rebecca Ingerson fight to have Humboldt’s voice heard at the table.

I have watched them share a hotel room so they can save student dollars. I have watched them consider students with nearly every financial decision made. I have watched Juan sleep on the floor -- more than once.

I have watched other schools seem baffled when Humboldt tells them they shared a room. I have watched Humboldt be baffled by the fact that the other schools didn’t.

It’s usually the same schools speaking up at the CSSA meetings. I have also watched many

schools remain silent, often the same student representatives. At every single meeting I have been too, I have heard Humboldt speak. It wasn’t always the popular vote but it was on behalf of Humboldt.

I am still not even convinced that the students who do speak at the meetings are truly heard. If I wasn’t represented before, I sure shouldn’t have to pay for it now.

Since myself and other HSU students spend more than \$7,000 a year to attend a university and considering faculty and staff work for us, I would like to think our voice is heard. And that I don’t have to pay for it.

Many students in the CSU have not heard of SIRF and if they have, they are not clear on what it really is and are paying it anyways. It is not fair to charge students money for something that they have the option of paying but do not know what it is or that it is optional in the first place.

That’s why I opted-out. For the students who are not having their voice heard. I’ll be damned if my voice isn’t heard.

Miranda Hutchison may be contacted at thejack@humboldt.edu

The Importance of Ethnic Studies

by Slauson Girl

California Governor Jerry Brown vetoed a bill last week which would have mandated ethnic studies into school curriculums at the state level. Brown called the bill “redundant” and wrote that it would undermine the current curriculum process. The governor’s actions and statements were interesting to me because ethnic studies is my major.

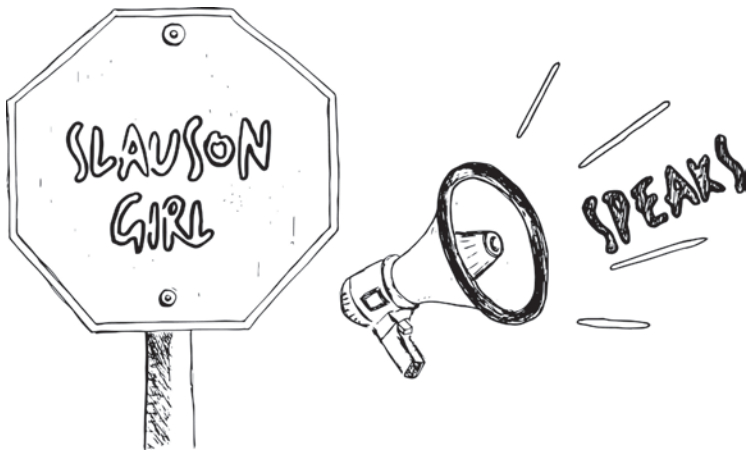
Before college, I never knew ethnic studies existed. During my freshman year, I had to take Ethnic Studies 105 because it was a General Education class. In this class, I was astonished and disturbed by the information presented. Before Ethnic Studies 105, I did not think about America or world history outside of what was taught to me in school. In high school, I got good grades in history class. I knew verbatim that Columbus founded America. I knew about the pilgrims and Thanksgiving. I knew to give props to Lincoln for ending slavery.

I spent 12 years in Los Angeles public schools only to find out in college that everything I thought I knew about America and the world was a lie, watered down, sugarcoated, and truly limited.

Columbus didn’t “find” anything. He came to what would later be named America where he and other colonizers went on a savage rampage of rape and murder all in attempts to clear away the people who were already occupying this land.

After the Indians were a non-threat, the bright idea was to import African people to build up the stolen land. Even though I was taught about slavery in high school, I was never told in depth how slavery was maintained and the reasons why slavery was so important in the making of America. It was only in ethnic studies that I was given an in-depth analysis of this history.

There are many ways to illustrate how important information as it relates to society is only being given to those who major in sociology or ethnic studies in college. This does a complete disservice to society as a whole because it means that only a small percentage of people have this vital understanding.



Ethnic studies is important because it helps us to understand the different groups in society while laying out the history of these people. It gets us to think deeper about how different groups of society fit into this American scheme. Ethnic studies is a general term, where other disciplines fall under such as Chicano, Asian and African-American studies.

Implementation of ethnic studies courses came out of the civil rights movements of the 1960’s, specifically the struggle between administration and students at San Francisco State University. The Black Student Union and the Third World Liberation Front wanted SF state to implement an ethnic studies program and increase its students and faculty of color.

Before these incidents, there were no courses being taught in public schools that centered around ethnic groups in America. When these groups were mentioned, it was either harmful or negative information that was being associated with them.

As students in college and universities became involved in the civil rights struggle,

it became apparent that along with economics and politics, education was also important to focus on. By calling for the implementation of ethnic studies programs, it challenged the eurocentric domination on systems of knowledge.

So I agree fully with Governor Jerry Brown when he says that ethnic studies undermines the current curriculum in public schools. Ethnic studies undermines the ways in which traditional history has been taught in this country. And we can’t have that now, can we?

Slauson Girl may be contacted at thejack@humboldt.edu



Good Vibes

by Jacob Cheek

One big thing I look up to my grandfather for is his outlook on life and how he looks at things. He has given me some great advice on keeping a positive attitude. His perspective on life has grown on me. Grandpa knows what’s up. He spreads the good vibes.

Good vibes are the positive energy you create and spread onto others. Your mood and style is seen and taken kindly by others. I am trying to live this way just as my grandfather does. And I suggest others do as well.

I have developed a new lifestyle for myself. I see things in a positive way and bring good energy into my life. By showing that outgoing and fun attitude, others will see how upbeat I am and will want some of the good vibes too. I can show my good vibes in my actions or verbally spread them. Speaking positively and expressing myself in a good way can also spread the vibes around me.

It only takes a few easy changes to start your journey into the good vibe life. Just keep a smile on your face, make sure you stand tall, walk to the beat of your own drum, be yourself and spread your enjoyment of life with others around you.

Give this lifestyle change a shot. Go ahead and give it a five-day trial. By living the good vibe life you will help relieve stress and influence others around you to think with a positive attitude. The best part about this lifestyle change is the happiness it brings to you and the people in your life.

You already have the good vibes within you, just spread them.

Jacob Cheek may be contacted at thejack@humboldt.edu



Same Privilege Different Country

by Caledonia Gerner

My boogers are black. And it will probably take my lungs a couple months to recoup from all the pollution I’ve been inhaling. But I have always loved cities and being in urban areas. I feel like the world is at my fingertips and a new experience is waiting for me right outside my front door. My roommate keeps our fan on full blast each night so we can drown out the constant noises of the city, and that is how I know I am not in Arcata anymore. Living in Bangalore is almost opposite of living in Arcata but I love both.

Service learning is one of the classes all the students in my program are required to take. In this class, we are supposed to volunteer with a non-government organization for 15 hours. Most of us are pushed into working in a local slum with children in different classroom settings. I, personally, think this whole thing is an intrusion of other people’s space, and I am worried that having my presence there will do more harm than help.

I am so out of place laying here for a couple of months buying plane tickets, studying. People are so proud of me and I’m smiling listening to music on my MacBook when there are kids down the street who are forced to work.

I didn’t choose this life, but neither did they. And what does that mean for me? What do I do, not for any individual, and definitely not for myself and my white middle class guilt, but for human life in general?

I think the first thing is realizing what I have, what I am capable of and using that power I was born with to create awareness. Not everyone is going to get their heads from out of their asses, but maybe some are. I have thought of using my privilege in this way before – especially when thinking about intersectional feminism.

I am a white, straight, cis, young, able, fi-



map by Harrison Brooks

nancially stable, college-educated female. You could add a million more privileges to that list. So what can I do? I can let other people have a voice, other people who weren’t born with all my privileges. Taking a step back and letting other people who have experienced hardships that I will never even be privy to take the spotlight in the fight for change.

Tomorrow I am getting on a plane with my roommate for a long weekend in Bangkok. And sometimes it just hits me like LMFAO I’m in India what am I doing?

I constantly get to do really cool things here and at home, but every once in awhile I have to slap myself out of my pretty little reality and look around so I can remember how fucking good I have it.

Caledonia Gerner may be contacted at thejack@humboldt.edu

Puzzles page

by Jami Eiring

Where is this?



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

Last issue's photo was located on a statue, between the Van Duzer Theatre and the music building.

Please send us your selfie at the location!

Stumping Lumberjacks Weekly Brain Teaser

Game created by Ian Bradley
Compiled by Jami Eiring

PumPkinPie

Use the image to guess the word or phrase. Pay attention to the size and position of the clues (top/bottom/left/right), repetition, direction (up/down/backwards/forwards), and the style.

Examples: "P walk Ark" would be "walk in the park" or "DEAL" would be "big deal"
Email your answer to thejack@humboldt.edu with the subject "ATTN: Stumping Lumberjacks"

Last issue's answer was "I ate some pie" ... and it was delicious!

Design a Jack o'lantern



Weekly Sudoku Difficulty: medium

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

Last Issue's winners

Where is this?

Gary Lester & Michelle Krall



Stumping Lumberjacks Katherine DiSanto

Trivia Leslie Farrar

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

Trivia Questions

- 1) What officer signed up to patrol in Campus Apartments?
- 2) How much do general tickets cost for the Mac DeMarco show?
- 3) Who is the first Humboldt goalkeeper to surpass the 100 saves mark this decade in soccer?

CHALLENGE

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

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

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

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

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

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

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

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

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

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

Wednesday Oct. 21
Sci Fi Night ft. Spider Baby (1968)
Doors @ 6 p.m. All ages, Free w/ \$5 food & bev purchase.

Wednesday Oct. 28
Sci Fi Night ft. At Midnight I'll Take Your Soul (1964)
Doors @ 6 p.m. All ages, Free w/ \$5 food & bev purchase.

Friday Oct. 23
ILL Gates vs KJ Sawkat
Doors @ 9:30 p.m., \$20 tix @ door, \$15 adv tix, 21+

Friday Oct. 30
A Nightmare on Elm Street (1984)
Doors @ 7:30 p.m. Movie @ 8 p.m., Film is \$5, Rated R.

Saturday Oct. 24
Random Acts Of Comedy
Doors @ 7:30 p.m., Hilarity at 8 p.m., Tix \$6, Ages 10+

Saturday Oct. 31
Halloween Extravaganza: Rising Appalachia
Doors @ 8 p.m. \$30 @ door, \$20 lim adv tix online @ ATL, \$25 adv tix @ Wildberries/People's Records/The Works, 21+

Sunday Oct. 25
Hocus Pocus (1993)
Doors @ 5:30 p.m. Movie @ 6 p.m. Film is \$5, Rated PG.

Monday Oct. 26
Monday Night Football
All ages, FREE w/ \$5 food/beverage purchase, check www.arcatatheater.com for more info.

Monday Nov. 2
Monday Night Football
All ages, FREE w/ \$5 food/beverage purchase, check www.arcatatheater.com for more info.



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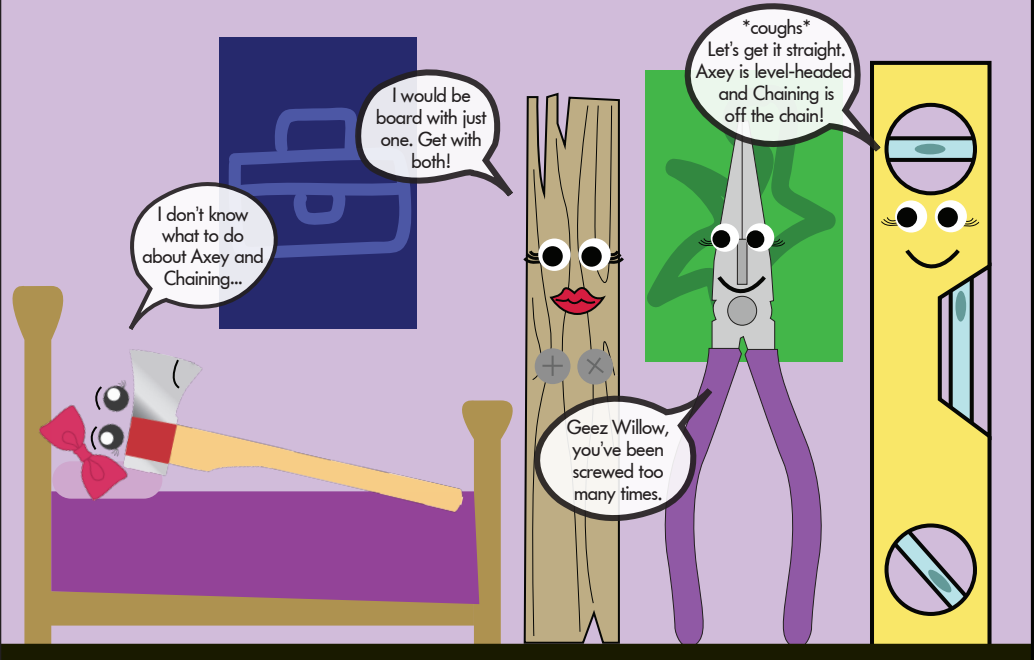
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Episode 8

The story of Axey and Axene



Wednesday, Oct. 21

Pints for Nonprofits

Pints for Nonprofits will benefit the Breast and GYN Health Project in Arcata. \$1 from each pint sold will be donated to BGHP. Music by Old Dog will be performed from 6 p.m. - 8:30 p.m.

All day
Mad River Brewery Tasting Room

Thursday, Oct. 22

HSU Volleyball vs. CSU Domingez Hills

The Jacks take on CSU Dominguez Hills this Thursday! Tickets are available at the gate.

FREE for HSU students with ID, \$5 general
7 p.m. - 10 p.m.
Lumberjack Arena

Thursday, Oct. 22

‘Kiss Me Kate’ Musical

Missed last weekend’s showing of HSU’s recreated 1948 Cole Porter classic romantic comedy musical “Kiss Me, Kate?” Don’t worry, check it out this weekend for its second run at the Van Duzer Theatre. HSU Music Department and HSU Theatre, Film and Dance Department joined forces to produce the show.

\$10 Senior/Child and student with HSU ID, \$15 General
7:30 p.m.
Van Duzer Theater

Saturday, Oct. 24

Samantha Gilweit and William Head Comedy Show

Bay Area comedians and contributors to the comedy magazine “Savage Henry,” Samantha Gilweit and William Head are coming to Humboldt. They will join locals comedians Matt Redbeard and James Stephen for a humorous night hosted by Joe Deschaine.

\$5
21+
9 p.m.
Six Rivers Brewery

Saturday, Oct. 24

SCRAP’s 3rd Annual Rebel Craft Rumble

Four local teams of crafters compete in a live crafting competition to become the next Extreme Ultimate Supreme Craft Master. The fundraiser benefits SCRAP Humboldt’s Education program.

\$15
Happy hour at 6 p.m., show at 7:30 p.m.
D Street Neighborhood Center, Arcata

Sunday, Oct. 24

Hocus Pocus (1993) Showing

Get in the spooky spirit a little early. Enjoy an in-theater experience of the beloved Halloween Disney movie, Hocus Pocus.

\$5
Movie starts at 6 p.m., doors open at 5:30 p.m.
Arcata Theatre Lounge

Sunday, Oct. 25

Sunset-Moonrise Paddle

What could be better than looking at the full moon over Humboldt Bay? Kayak or canoe while you enjoy that beautiful moon. A guided two-hour experience will be offered this Sunday night. It doesn’t get much more romantic than that. Registration deadline: Thursday before the event.

\$25 HSU students, \$35 general
7 p.m.
Humboldt Bay Aquatic Center

Tuesday, Oct. 27

Mac DeMarco

Mac DeMarco is coming to HSU! Mac DeMarco’s “Another One,” a mini-LP, was written and recorded entirely while balancing his busy tour schedule. He also just made a late night television debut on none other than Conan so forget that it’s a Tuesday night of all nights and go have some fun.

\$20 HSU students, \$25 general
9 p.m.
West Gym

Humboldt

Wednesday, Oct. 21 - Tuesday, Oct. 27

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