

# THE LUMBERJACK

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Cyril Oberlander standing in the basement of the library where some of the books have already been relocated. | James Towney

## Plaster Disaster

*Student crashes car through HSU sign*

by Sam Armanino and Andrew George Butler

A vehicle driven by a Humboldt State University student barreled through the HSU sign on the intersection of LK Wood Boulevard and Sunset Avenue early Sunday morning.

Arcata Fire first responded to the scene of the accident, which occurred at 6:20 a.m. According to the Arcata Fire report, they found the driver face down on the sidewalk. The student was then assessed and found to have minor injuries.

“He was able to walk to the back of our vehicle for further assessment,” Fire Battalion Chief Sean Campbell said.

The vehicle passed completely through the sign and crashed into the ditch on the other side. Both of the car’s front airbags were deployed, and the driver was assessed again by the ambulance before taken from the scene.

According to HSU Marketing and Communications, the repair estimate of the sign is between \$7,000 and \$10,000 and will not be fixed until after the rain season, in a couple months. A temporary patch has been placed until the weather allows for a fresh coat of stucco.

In a press release from HSU, there was a witness at the scene that said the vehicle may have been traveling as fast as 40 mph.

*\*The Lumberjack has not confirmed the name of the driver at this time. The Lumberjack will be updating as we receive more information. Log on to thelumberjack.org for updates.*

## Inside the bookcase

by Andrew George Butler

Tumbleweeds tore through the nooks and crannies of the Humboldt State University library. Meandering college students stumbled through mazes of 10-foot high shelves adorned with an assortment of texts unopened this millenia.

And then Cyril Oberlander became dean of the library.

“The library was a wasteland in a sense,” Oberlander said. “There was very little functionality and very little foot traffic coming into the library from our HSU community. It was dead.”

The task of reinvigorating a dead library is one without a clear beginning... or end.

“But we have to start somewhere,” Oberlander said. “So we began by simply asking the community who uses the library what they would want to see change.”

Ideas for redesigning the interior of the library are a summation of brainstorming sessions between library administration, the library seismic retrofit team and sit down discussions open to anyone.

The discussions consisted of students, faculty and community members. The objective, Oberlander said, “was to get an idea of how the library could evolve into a space that best supports its users.”

*continued on page three*



Students study in the Creative Commons are on the second floor of the library. | Jared Funk

## Why does rain make you SAD?

by Emily Owen

Humboldt County’s weather is almost as iconic as its redwood trees. However, all that rain can start to take a toll on students. Seasonal affective disorder, or SAD, occurs when otherwise healthy individuals experience changes in mood at the same time each year.

When people are outside and exposed to the sun, light gets filtered through our eyes and activates our pineal gland. The gland then produces serotonin, a neurotransmitter that helps to manage sleep and moods. It additionally produces melatonin, a hormone that regulates circadian rhythm, which regulates your sleep cycle.

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Photo taken by Philip Santos

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Weather

Thursday  
  
60°

Friday  
  
59°

Saturday  
  
62°

Sunday  
  
58°

Source: National Weather Service

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# Lumberjack bulletin

The guide to now

by Andrew George Butler



## Flipping to the back

In an effort to crackdown on sex trafficking, the California attorney general issued arrest warrants for the CEO and top shareholders of the website Backpage. Carl Ferrer, CEO of backpage, and several shareholders were arrested within the last month. Backpage, a site for prostitution advertising, sees about two to three dozen postings from escorts in the Humboldt area on a weekly basis.

## Wet-tober

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## National

### Trump taxes

Newly gathered documents show Donald Trump used a legal loophole in the ‘90s to avoid paying taxes on hundreds of millions of dollars. The loophole, since outlawed by congress, toes the line between legality and tax evasion so thinly that Trump’s lawyers advised against using it at the same time.

### Trade falls

Trade, a topic of much dispute across the media and presidential election, has a dirty little secret. Exports from the U.S. to the rest of the world have fallen by 0.8 percent in 2016. This adds up to a \$470 billion loss this year, on top of a \$200 billion loss last year. This is the first time since World War II that trade has fallen in a period of economic growth.

## International

### A piece of peace

Colombia’s president, Juan Manuel Santos, was awarded the Nobel Peace Prize on the heels of a stunning referendum vote that rejected a proposed peace deal between the country’s government and Revolutionary Armed Forces of Colombia guerilla rebels. The award was given to Santos for his persistence over the past four years through trying to reach a peace deal.

### Straight to the point

Philippine president, Rodrigo Duterte, in light of the recent condemnation from the European Union over his bloody drug war, said of the EU, “I will tell them, fuck you.” Duterte, known for his brazen remarks concerning his nation and foreign policy, does not appear to have any intention of retracting this or any remark.

Sources: Times Standard, New York Times, and VICE

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

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.....•••••Upcoming Shows•••••

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www.thealibi.com

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The Rocketz

(punk rockabilly from Los Angeles)

Lord Ellis

(Humboldt Heavy Rock)

Alibi

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music at 10 p.m.

21+

\$8

# Peace Corps Extravaganza at Humboldt State University

Information Session

Wednesday, November 2

6:30 to 7:30 p.m.

Founders Hall, Room 177

Panel Discussion

Thursday, November 3

6 to 7 p.m.

Wildlife Building, Room 258

Application Workshop

Friday, November 4

2:30 to 4 p.m.

Gist Hall, Room 114

Returned Peace Corps Volunteers will share inspirational stories of service and discuss how you can make a difference overseas. You'll also learn how to strengthen your resume, select an assignment that fits your skills and gain valuable tips to guide you through the application process.

Life is calling.

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PEACE CORPS



# A new age for the library

continued from page one

White boards inviting students to write their favorite library locations, as well as any suggestions they had for improvement, could be seen scattered around common areas in the library.

What Oberlander found was an overwhelming call for more group collaboration areas, and more opportunity to utilize technology to learn in favor of hardbound pages. There was just one glaring problem: Where do you put new installations in a library filled wall-to-wall with labyrinths of book shelves, stocked with texts more accustomed to dust than touch?

You do away with the books, of course.

“It’s not as if we are just throwing out all the texts,” Oberlander said. “We are digitizing

much easier.”

The way in which students sit is also changing. Most of the common areas have been rearranged based on months of data collected on where students sit.

The math and writing labs have been moved from the basement to the first floor, the goal being to make these services more accessible to students. The information technology desk is in a new location as well, for the same reason.

The IT lab moved from room 120 to the center of the first floor. In its place is a digital media lab open to all library-goers, the purpose being to allow community members who do not normally have access to multimedia projects to explore the craft. The

This should be a place where the community comes to work together and learn, and I think these changes support that.

— Cyril Oberlander  
Dean of the Library

many, and selling the rest to help pay for all the collaboration stations and group areas replacing them.”

So exactly what is replacing the books as they leave the shelves, and as the shelves leave the library?

A whole lot of whiteboards and computers.

More than 70 whiteboards have been added to the library. As Oberlander walks around the first floor commons, it is clear his vision of harmonious group think hot-spots is on its way to reality.

It is rare to see a whiteboard void of students in the midst of work, or without the remnants of work passed.

“This should be a place where the community comes to work together and learn, and I think these changes support that,” Oberlander said.

Group collaboration stations, many complete with large computer screens, have been and will continue to be added to every floor of the library as well.

Sociology major Indeah Farquhar is impressed with the new library look.

“The change I have noticed at the library is the new layout on the first floor, which is really nice because it gives lots of space for study groups,” Farquhar said. “I use the study rooms at the library. It makes group work

library additionally began renting cameras to students.

Near the stairwell on the second floor is a pair of exercise bikes with small, flat desk-like surfaces. Librarian Marissa Mourer is responsible for the energetic addition.

“The bikes are a part of the ever-expanding field of creative pedagogy,” Mourer said.

Mourer wrote a grant and received the funding for the twin set of bikes. The reasoning behind the acquisition comes from new studies that suggest exercise, in tandem with studying, makes learning easier.

The bikes are just one of several innovative moves the library administration is making. On the third floor where many of the original source documents within the library are kept, will soon live a large glass-walled room. The Special Collections and University Archives room will house student-created research work and other student projects.

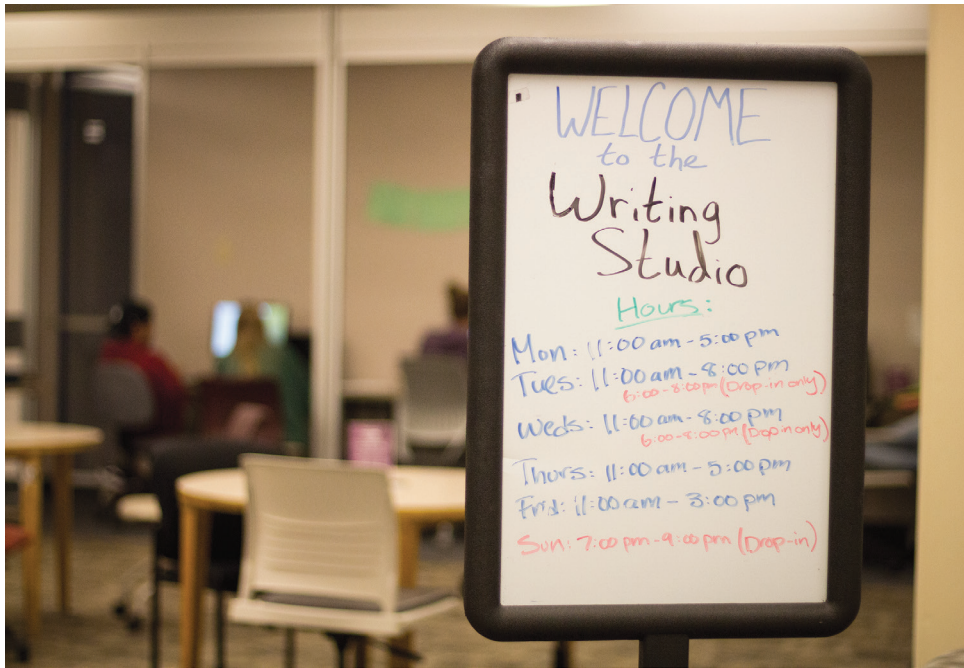
Believe it or not, all of these additions are not free. For every addition, the library must come up with funding.

“We are trying to redesign three floors on the same budget as the first floor remodel eight years ago,” Oberlander said. “Some things have to go.”

Read part two of “Inside the bookcase” in the next issue of the Lumberjack



Map of where students sit in the library. | Cyril Oberlander



Writing studio welcome sign on the first floor of the library. | Jared Funk



Exercise education bikes on the second floor of the library. | Jared Funk

Andrew Butler may be contacted at thejack@humboldt.edu

# What do you think about the hole in the sign?



Oliver Gonzalez - Cellular Molecular Biology  
“They are going to raise tuition because of this, I know it.”



Garrett Jaquysh - Unknown  
“I know this a freak occurrence but wow, I can't believe it happened.”



Brooke Holdren - Environmental biology  
“I was very tickled. I'm not surprised though, every college parties.”



TJ Johnson - Botany  
“That shit looks ridiculous, that kool-aid meme killed me.”



# Arcata Theater Lounge

Upcoming Events

**Wed. Nov. 2: Sci Fi Night: The Ape (1940)** Doors @ 6 PM  
All ages, Free w/\$5 food & bev purchase.

**Thurs. Nov. 3: Ocean Night Film Screening** Doors @ 6:30 PM  
All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under

**Fri. Nov. 4: Shook Twins** Doors @ 9 PM  
\$15 lim adv tix @ ATL, \$20 adv tix @ Wildberries/People's Records/The Works, 21+

**Sat. Nov 5: Autograf** Doors @ 9:30 PM  
\$15 lim adv tix @ ATL, \$20 adv tix @ Wildberries/People's Records/The Works, 21+

**Sun. Nov. 6: Humboldt Roller Derby**  
Check [www.arcatatheater.com](http://www.arcatatheater.com) for more info

**Wed. Nov. 9: Sci Fi Night: Stephen King's It (1990)** Doors @ 6 PM  
All ages, Free /\$5 food & bev purchase

**Thurs. Nov. 10: On The Spot Improv Comedy** Doors @ 7 PM  
\$6, Ages 10+

**Sun. Nov. 13: The Jungle Book (2016)** Doors @ 5:30 PM, Movie @ 6 PM  
Film is \$5, Rated PG

arcatatheater.com

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Vodka  
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# Breaking bread: Rodney K. Nickens Jr.

## Why civil rights still matter in the Black Lives matter era

Rodney K. Nickens jr. speaking in the Kate Buchanan room about the racism that occurs throughout the justice system. | Iridian Casarez

by Iridian Casarez

As a person of color, senior environmental science major Eboni Rhone fears not being able to find off-campus housing, because housing applications now sometimes requires applicants to submit a photo.

Rhone has experienced microaggressions both on campus and off.

These microaggressions include not being able find housing off campus due to housing applications requiring a personal photo, and classmates that look at her like she's a germ, Rhone said.

"This semester has been a tough semester, so I came for some encouragement," Rhone said. "It reminds me that the world is a lot bigger than just Humboldt."

As Rodney K. Nickens Jr. watched the jury read the verdict of George Zimmerman in the Trayvon Martin case, tears rolled down his eyes when he heard the words "not guilty."

"My life flashed before my eyes. I saw my funeral," Nickens said. "That could have been me."

As part of the Breaking Bread lecture series provided by the African American Center for Academic Excellence, Rodney K. Nickens Jr. described the importance of civil rights advocacy and social justice activism to Humboldt State students, staff and Arcata community members.

"I can't believe it is 2016 and we are still telling people that our lives matter," Nickens said.

Nickens is a recent graduate of University California Hastings Law. He is a LGBTQ advocate and an aspiring civil rights lawyer.

"In our society, the need for an aggressive civil legal residency matters. Racial profiling in the criminal justice system exists," Nickens said. "Civil rights still matters."

Rodney K. Nickens Jr. speaking in the Kate Buchanan room about the racism that occurs throughout the justice system. | Iridian Casarez

My life flashed  
before my eyes,  
Nickens said. That  
could have been me.

— Rodney K. Nickens Jr.  
Aspiring civil rights lawyer

More than one out of six African American people have mysteriously disappeared from day-to-day life, gone from neighborhoods and communities, Nickens said. People of color are deprived of their civil rights when they are put in jail.

"Communities are suffering. People are in despair. Children have grown up without their mothers or fathers. It has disrupted families," Nickens said. "Generations gone that could have contributed to society."

Nickens stressed the importance of being involved in the community and being involved in any local and general election. He said we are all the hope of change. It's important for students to be a part of the community.

Taiden Partlow is a junior international studies major. Partlow attended the event.

Partlow said he has had family members who've been disenfranchised.

"It's important to know our rights," Partlow said, "to be active and fight for what we believe in."

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



# Salacious Cirque

## *The Humboldt Circus annual show*

by Megan McDaniel

You have to be 18 or older to attend this Salacious Cirque circus show. There will be no photos or refunds once the show begins.

The Humboldt Circus put on the three day show complete with nudity, funky costumes and spontaneous personalities. The show used acro yoga, jugglers, skits, live music and hoopers to raise awareness about the threats humans have on the environment.

The Marching Lumberjacks instruments blared as they welcomed guests into Gist Theatre while occasionally screaming “bloody murder” when it got quiet. The show kicked off with the Marching Lumberjacks yelling out to the crowd, “What a band,” as they responded, “Where!”

The first act ‘Juggle Juggle Strip,’ got the audience real excited as each time a juggler dropped a ball they removed an item of clothing. They confidently shook their clothless bodies off the stage as the lights got dark and giggly animal noises blared throughout the crowd.

Acro yoga club presented a sexy sea life performance where their underwater themed bodies climbed on top of each other and gracefully formed pyramids. Once the ladies were high in the air they removed their shell like tops. Darienne Highsmith, president of the acro yoga club, wasn’t at all intimidated by the nudity in the

performance.

“I wasn’t scared to be naked in front of a lot of people, I was nervous to do acro yoga in front of everyone,” Highsmith said. “We put a lot of work into this performance but it was the most fun show I have ever been in.”

Marching Lumberjacks member and Humboldt State student Jack Lundberg says circus events are a guaranteed good time and very convenient since they don’t cost very much and are usually on campus.

“The acrobatics that acro yoga club did amazed me, I didn’t know people could even do that with their bodies,” Lundberg said.

The naked bodies never seemed to disappear throughout the show. Community member Brillan Del said he couldn’t have foreseen the show in any other way.

“The show was a fantastic portal that took me into abysmally deep poetic orgy of good times, shit was weird,” Del said.

As members of the circus took their final bow they invited the audience to the floor for a dance party. The audience joined

Megan McDaniel may be contacted at thejack@humboldt.edu

# Students celebrate Día de los Muertos at the Multicultural Center

## *People of many different cultures came to attend*

by Reyna Wilcoxon

Students of many different cultures stopped by the Multicultural Center (MCC) on Friday to celebrate Día de los Muertos.

There was lots of delicious food, friendly conversation, and fun music blasting as students and staff came together to celebrate and honor loved ones that have passed away.

Coordinator for Latinx Community Events at the MCC Emely Garcia was one of the people that helped get this event together.

“This is a celebration about connecting and remembering the lives of those that are no longer with us,” said Garcia.

Día de los Muertos is officially celebrated on November 1 and 2, but the Campus Dialogue on Race week is happening then so, according to Garcia, “we didn’t want the events to overlap and it’s a Friday so it’s a nice day to celebrate.”

Humboldt State University CRGS major Armando Peña has gone to every Día de los Muertos event at the MCC for four years and says that it’s gotten better every year.

“I feel like we don’t spend enough time honoring our loved ones that have passed,” said Peña. “It’s a nice space to come together and celebrate those that have influenced us.”

Día de los Muertos doesn’t have to be limited to the Mexican or Latin community. Coordinator of the MCC Amy Salinas Westmoreland has seen a good amount of people coming to celebrate throughout the years.

“There’s always a really good turnout with all different types of cultures coming by to celebrate with us,” said Westmoreland. “This is a time to reflect and celebrate what our loved ones have gone through in order for us to be here.”

The atmosphere was very inclusive and everyone that went felt more than welcome to enjoy chips and salsa, pozole, and rice.

“I love that I can really enjoy the music and the people here look like me,” said Peña. “It makes me feel like I’m part of a community.”



Criminology major Jazmin Ocegueda wears traditional sugar skull makeup in honor of Día de los Muertos. | Reyna Wilcoxon



Candles and flowers adorn the altar inside the MCC. | Reyna Wilcoxon



The altar at the MCC included pictures of loved ones who’ve passed away. | Reyna Wilcoxon



Altars are used to honor those that have passed and are decorated with sweets, fruit, handwritten notes, and photographs. | Reyna Wilcoxon



Students stand in line in order to grab some delicious food. | Reyna Wilcoxon



Students gather to celebrate, chat, and eat in the parking lot where music blasted. | Reyna Wilcoxon

Reyna Wilcoxon may be contacted at thejack@humboldt.edu

# Anderson .Paak & Knxwledge, Yes Lawd!

Music review by Selena Rose



Yes Lawd! album cover | Taken from Google

What on earth did we do to receive not one, but two full length projects from Anderson .Paak in 2016?

He may not be a household name yet, but Anderson .Paak is sure as hell on his way to becoming one. After his masterpiece of a sophomore album, Malibu, he came around again to surprise us all with a collaborative album

with producer Knxwledge. Together they are under the name NxWorries. With the most soulful and sultry voice in the R&B game now, accompanied with instrumentals hidden with old school samples that make you question which decade you belong to, is what makes the latest creation from the two: “Yes Lawd!”

After combining their talents last year on the EP “Link Up & Suede,” NxWorries’s creative chemistry goes to show on their recent 19-track album, named after Paak’s notorious catch phrase -- Yes Laaawwddd!

Even though the album has a long tracklist, NxWorries did re-release a few songs including “Link Up” and

continued on page six



# The duo teamed up under the name NxWorries and recorded their debut album

continued from page five

“Suede” off of their previous EP, and includes a couple of interludes throughout, making this feel more like a long mixtape. But regardless of the format, NxWorries cultivated together their unique talent of neo-soul, funk, jazz and hip-hop influence and brought back the sound of old school music to the popular masses.

Paak starts the first full track, “Livvin,” off smooth, channeling the experience of his rags to riches story, going from being homeless playing music on the streets to answering a phone call with Dr. Dre waiting for him on the other end. This song takes you through Paak’s journey with some words of wisdom, “They say, ‘how did you do it?’ Nothin’ but the ambition/ I’m livin!” His spark of ambition through trial and error is what brought Paak to where he is, and is what will bring him to mega heights.

The theme through the entire album is their deep, undeniable love and passion for music. Psychology major at Humboldt State Allison Pearson loved this project and has been following Paak for a while now.

“I would say the artistry of Knxwledge’s laidback yet upbeat production provides Paak with

## They say, ‘how did you do it?’ Nothin’ but the ambition/ I’m livin!.

— Anderson .Paak  
lyrics from the track *Livvin*

the foundation to show his soulful, funky side,” Pearson said. “This album pays homage to those it samples while going one step further in their interpretation of what today’s music should sound like.”

They are both geniuses at their craft, however it did seem a little rushed. Maybe they felt pressure to release it early to maintain the exponential popularity and image of the uprising star, Anderson .Paak, but the best songs on the album were already released sporadically throughout the year.

“It’s a great concept, but it seems like no one finished it. There is a lot of recycling of beats and lyrics that takes us back to a field that they already created,” HSU student Greg Specht said.

“Sacred Money” and “Kutless” leave you reminiscing of what the days would be like in New

York City in the ‘80s. A synthetic keyboard and a whole lot of funk bring you back to the time of disco, and the new era of vinyl sampling which heavily influence both tracks.

“Get Bigger/Do U Love” highlights the fact that there is no better pairing than an MC working alongside his favorite producer. This song is a reminder that the life they chose isn’t always easy and that making music successfully is one rocky road that usually faces a lot of failure in order to reach the light.

While Paak’s words are witty and paint a vivid picture of his life and love, “Lyke Dis” breaks it down to simplistic how-to instructions on making loooooove. With his repetitive phrase, “just like this,” he tells you exactly how he likes it: “Eye contact... Just like this/ Bring your arms back, just like this.../ Everything you do, oh when you do it, just like this...”

The duo compliments each others greatest assets and together they have the power to be well on their way to transform and navigate the direction of today’s music.

Essential Tracks: Best One, Get Bigger/Do U Love, Suede.

Selena Rose may be contacted at thejack@humboldt.edu

## Costumes on campus

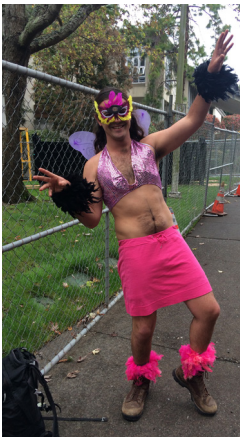
by Ashley Groze



Emily Price  
History major

Ice King from  
Adventure Time

Price pieced this costume together from things she found in her closet



Dylan Keel  
Fisheries major

Fairy shrimp

“For my invertebrate zoology class we had a costume competition to see who can come up with the best invert. I had all this fairy stuff laying around so I figured I could be a fairy shrimp. I came in third place.”



Cynthia Baltazar  
Psychology and Spanish Education major

Sailor

Baltazar had a sailor hat from a previous year’s costume which led to her choice of a sailor.



Steve Lee  
Gardening specialist

Edward Scissorhands



Cecilia Ledesma  
Zoology major

Scooby-Doo

Kristin Wood  
Biology major

Velma Dinkley

Ledesma found out that Wood was going to be Velma after she decided to be Scooby-Doo. The two have some classes together so they decided to hang out together and be a duo costume.

Ashley Groze may be contacted at thejack@humboldt.edu

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Good luck with your trades Lumberjacks. Make me proud.



# Jackpass

by Brian Cohen

It was a big week in Arcata for the Jacks. Arcata was host to four soccer games, two volleyball matches and a football battle. Both men's and women's soccer played their last games of the season on College Creek Field. Volleyball held a breast cancer event on Friday. Football followed that lead and held their annual breast cancer game on Saturday. Here is a breakdown of Lumberjack sports for the week:



by Tyler Boydston

### Volleyball

The Lumberjack Arena was host to two games. The first game saw the Jacks lose to Cal State Dominguez Hills in four matches. On Friday, it was their annual Dig for the Cure game, a breast cancer awareness event. The Jacks invited Cal State Los Angeles to the arena, who came out with a win in four matches. The Jacks now hit the road for the last time this season. They travel to San Francisco Nov. 3. Then, on the road again to Sonoma Nov. 4. On the year, the Jacks are 10-12. They have four more games before conference championship play.



by Tyler Boydston

### Football

The Jacks got their first victory in the Redwood Bowl of the year. In a dominate performance in front of their home fans, the Jacks were able to pull off a win of 47-9 against Simon Fraser. The Jacks played a great game on both the defensive and offensive sides of the ball. It was a true team effort in the win. Another bright note for the Jacks: They have five players that were selected for the GNAC All Academic team on the season. Those five are: Alex Cappa, Gus Johnson, Chase Krivashei, Jared Layel and Jacob Sutton. Kicker Cameron Southward was awarded the GNAC special teams player of the week honors for his contributions against Simon Fraser. On the year, the Jacks are 5-4 overall and 3-4 in conference play. The Jacks remain at home for the week as the get ready to host Western State Colorado for Senior Day. The game will be in the Redwood Bowl on Nov. 5. Kickoff is scheduled for 6 p.m.



by James Towney

### Women's Soccer:

The Jacks put up a great fight in their home and season finales. In game one, the Jacks were unable to come out on top but forced a tie against Cal State Los Angeles. Freshman Rose Harman scored the only goal for the Jacks. It was her first in her career for the Jacks. The game ended in a 1-1 tie. The Jacks could not close the year out on a win. The offensive did not find the back of the net. They lost to Cal State Dominguez Hills 1-0. It was the last time seniors Samantha Morris and Kylie Forbes will play for the Jacks. The women's team finished 4-12-2.



by James Towney

### Men's Soccer:

The Jacks were back to action on their home field. However, there was no home field advantage here. Both Cal State Los Angeles and Cal State Dominguez Hills left Arcata with wins. On Thursday, the Jacks lost to Los Angeles 2-1. They bounced back for another game Saturday. The Jacks dropped their season finale to Dominguez Hills 1-0. The finale also marked the last game for HSU's lone senior Trice Smith, who was honored on the field. The Jacks finish the year 4-11-1.

### Cross Country:

After the conference championships on Oct. 22 the Jacks have been looking toward to NCAA Regionals. The event will be held in Montana on Nov. 5. Both those on the men's and women's teams will be attending the event.

GO JACKS!

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## The facts behind seasonal affective disorder

continued from page one

It additionally produces melatonin, a hormone that regulates circadian rhythm, which regulates your sleep cycle. In addition, vitamin D can only be manufactured through sunlight, and when there is a lack of both melatonin and vitamin D, it will oftentimes have a negative impact on our emotional processes and cause a dip in mood.

Dr. Brian Mistler, Humboldt State's director of Health and Wellness, explained that when we're functioning well as individuals, we are deeply connected to and in harmony with our environment, while also effectively managing its impact on us.

"Each of us responds differently to the environment and the weather," Mistler said. "For some, serious mood change can be a risk when seasons change."

Symptoms range from drastic changes in mood to trouble waking up or lack of energy, even when getting enough sleep. Seasonal changes can even lead to loss of pleasure in things like food, friends, or sex. Vitamin D and omega-3 supplements can be taken to counterbalance the depression that is sometimes brought on by gloomy weather.

Dr. Melinda Myers, a practicing clinical psychologist and psychology professor here at HSU, emphasized the importance of being proactive in order to mitigate the effects of seasonal affective disorder.

"There's no such thing as bad weather,

There's no such thing as bad weather, just bad equipment.

— Dr. Melinda Myers  
HSU Psychology Professor

just bad equipment," Myers said. "Buy a rain jacket, get outside and exercise anyway, it's the most effective antidepressant. Learn to make new associations with the rain. Stay home and make cookies. Turn it into something positive like when you were a little kid. Go jump in some puddles."

Evan Gamman, a junior majoring in environmental planning and policy, is new to Arcata this year but hasn't let the weather keep him from his love of surfing.

"The waves are better when it's raining," Gamman said. "Surfing connects me to nature, so when it's raining that's just a deeper, more spiritual connection. I'm learning to embrace the rain."

*\*If you are concerned about seasonal affective disorder and any of its symptoms, reach out and call Counseling and Psychological Services at 707-826-3236, or come into the Student Health Center to make an appointment.*



Illustration by CLaire Roth

Emily Owen may be contacted at thejack@humboldt.edu

## The Salmon are Leaping?

by Nathan Owain

According to the Eel River Recovery Project (ERRP), Chinook salmon population estimates have been declining. Estimates ranged from roughly 20,000 to 50,000 salmon in 2012 to 10,000 to 15,000 as of last year. In the first two weeks of October of this year, Chinook salmon have already been spotted, swimming up out of the estuary, and moving into a few of the larger Eel River pools. During this time, ERRP documented Chinook salmon in the deepest of pools as well as all the way upstream to Scotia. The largest concentrations have been found in Fortuna, a total of easily over 1,000, remarkable during this early fall season.

This count is significant to understanding the health of the Chinook salmon population. Last year, ERRP documented problems with parasitic infections in the eyes of Chinook salmon, causing blindness. So far this year, there is no evidence of the disease. The problem seems to have coincided with the proliferation of the non-native snail known as Radix auricularia. It is believed that the eye fluke, a parasite, uses this snail to act as an intermediary host to infect the eyes of the Chinook salmon. Dive observations in October of this year found that Radix auricularia abundance was substantially down. The flowing of the river over last winter may have pushed the snails and their eggs mostly downstream into the ocean. This will hopefully result in mostly parasite free Chinook salmon.

ERRP is preparing for their fifth annual effort to monitor the abundance of Chinook salmon throughout the watershed. Dozens of people already participate as volunteers, but the project is always looking for more help. Patrick Higgins is the managing director for ERRP. "It would be great if we had more students volunteer with our program," said Higgins. He explained that currently, the river levels are too high to collect solid data. The earliest possible dive date might be as early as Saturday, October 29 and then hopefully run into the next year.

Volunteers will collect data by doing dive counts in the lower parts of the Eel River while the main river will be monitored using kayaks. The expeditions seek to count salmon nests, known as redds, to get an idea for predicting

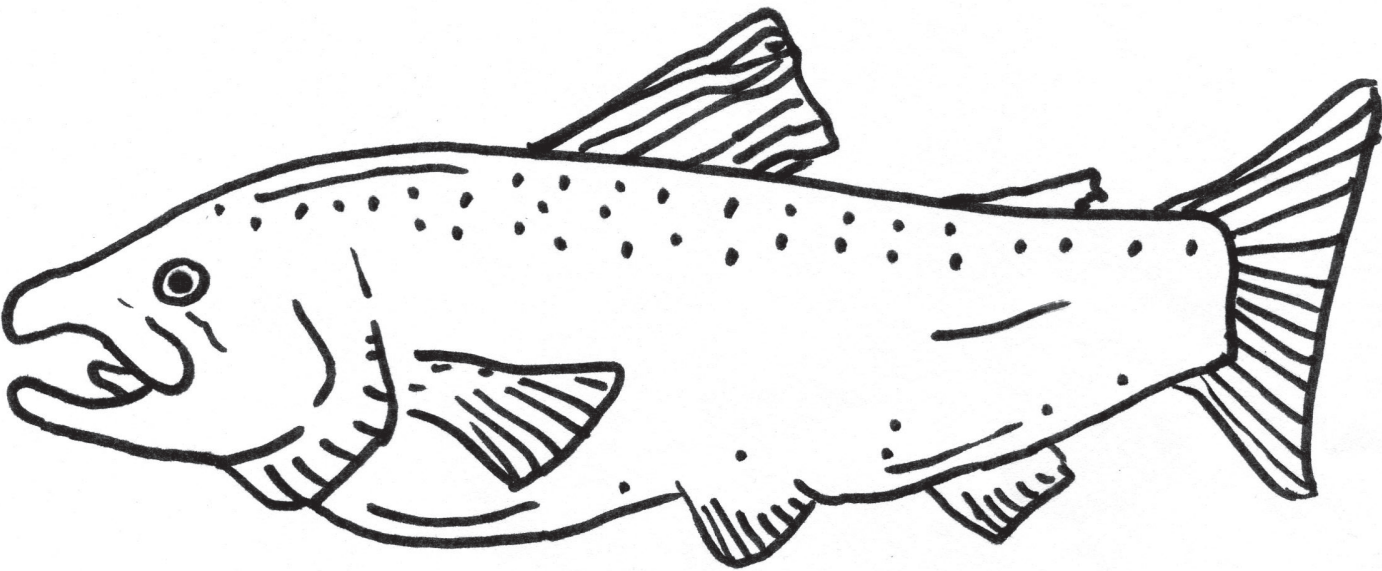


Illustration by CLaire Roth

Using drones is a great way to get a look at the watershed without breaching the habitat.

—Patrick Higgins,  
Managing Director for ERRP

salmon population numbers. Annual dive counts in the lower Eel River are the core of ERRP population estimates. There has to be enough river water flowing to flush out the algae to make conditions suitable for diving. The river also needs to drop and clear for teams to get an effective count. "If the river levels don't drop a bit, we'll just have to wait it out," Higgins said.

The Wiyot Tribe is an annual co-sponsor of the fall Chinook salmon count. Their staff participates in dives, including plans to use scuba gear and multiple high resolution GoPro cameras. If the river rises and then drops to where salmon are spawning in main river reaches,

kayak surveys to count salmon carcasses and redds will be organized.

ERRP has added the use of drone technology to estimate the number of holding Chinook in selected pools. Drones are being made available by the Friends of Van Duzen River and were purchased as part of a U.S. Forest Service "More Kids in the Woods" grant that got dozens of elementary school students involved in Van Duzen River studies in 2016.

"Using drones is a great way to get a look at the watershed without breaching the habitat," Higgins said.

People interested in diving or boating counts can call ERRP Chinook Assessment Coordinator, Eric Stockwell at 707 845-0400 to sign up to volunteer and follow the ERRP FaceBook page for more information.

The public can also learn more about this year's Chinook salmon run and other fish related studies ERRP has been conducting in 2016 by attending the ERRP 5th Anniversary Fish BBQ on Sunday, November 6 from 5 to 8 PM at the Monday Club in Fortuna. There is no charge for admission and the event will be preceded by an ERRP Board of Directors meeting.

Nathan Owain may be contacted at thejack@humboldt.edu




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THIS WEEK  
IN  
SCIENCE

by Claire Roth

Paleontology – Dino brains

They may be long gone, but it turns out that even dinosaurs had brains. Originally discovered in 2004 by someone walking on the beach, the first ever fossilized dinosaur brain has been recently confirmed by scientists. The fossilized specimen is said to have once resided in the head of a massive herbivore the size of a car known as a Beryllium, and was identified by its brain-like appearance, complete with blood vessels.



Source: Society for Science & the Public

Geology – Mount St. Helens’ chilly seat



In 1980, Mount St. Helens displayed its might through doing what volcanoes do best -- spewing a fountain of hot volcanic ash into the sky and devastating the surrounding landscape. However, unlike its fellow volcanoes, Mount St. Helens does not reside above a pit of lava, but instead sits on a seat of cold solid rock. This discovery took geophysicists by surprise due to the fact that most active volcanoes obtain their heat source from a lava bank beneath them. Using a technique known as thermal modeling, they determined this was not the case for Mount St.

Helens, and that the most active volcano in the Cascades obtains its heat from elsewhere. The mystery, for now, is where.

Source: Science News

Health – Ride a rollercoaster, pass a kidney stone

A recent and successful experiment has brought an entirely new meaning to the phrase two birds, one stone, with one key change: replace the birds with roller coasters. After a patient afflicted with kidney stones reported passing three of them, each one after a ride on a roller coaster, research commenced into this odd yet promising occurrence. Kidney stones are a painful nuisance for much of the population. The Centers for Disease Control and Prevention reports that 1 in 10 Americans have a kidney stone during the course of their life, some even resulting in death. The study conducted featured researchers riding a roller coaster 20 times wearing a backpack that contained a 3D-printed kidney with stones and authentic human urine inside. They found that the erratic, jolty move-the roller coaster aided in the dislodging of the stones, and that this was most effective at the back of the coaster. If you’re one of many suffering from kidney stones, it may be time to book that trip to Six Flags.



Sources: Kidney.org, Society for Science & the Public

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Editorial

Are HSU’s food options healthy?

Humboldt State University often claims we are a green and environmental school. The Lumberjack thinks if the school really meant, this they would buy local produce and food from our very own farmers in Humboldt County.

Recent studies conducted by the California State University system have shown that the numbers are rising for college students who are experiencing homelessness and food insecurity. It has become apparent that college students’ access to healthy food options on campus are at risk.

This brings into question the food options that students on campus do have. The main food courts at HSU are The Depot and The Marketplace, which are filled with processed food and not a lot of local organic produce.

Large amounts of the food served in The Depot and other food courts is premade. HSU orders a lot of its food from Sysco, a large food distribution company that offers pre-cooked food that contains many preservatives.

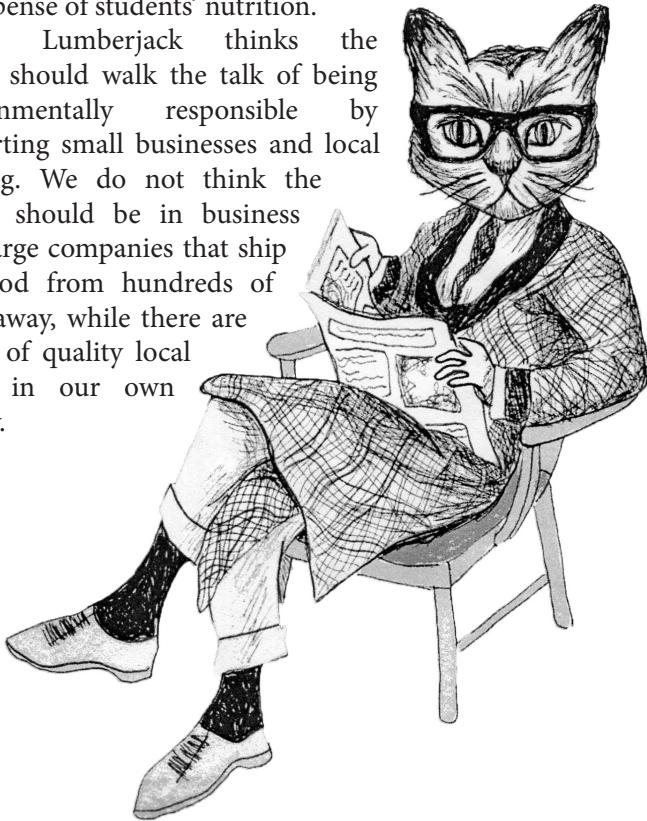
HSU should try to adapt new avenues of accessing food for its students, especially since the school prides itself on being socially and environmentally responsible. One option the school could take to making sure they are buying sustainably and healthy would be to purchase a local farm share, which would supply the school with fresh produce.

An additional option is having a college farm. Universities across the U.S. have started to grow their own food for the

university community; HSU could do the same. Not only would it be a better method environmentally, it would also produce healthier food for students. This method could also be used as an educational opportunity for the campus community to learn sustainable farming techniques.

It may make sense in terms of convenience and cost-cutting why HSU would operate on a system of ordering pre-cooked items from a company like Sysco. Often, students do not have the time to fully assess the quality of the food they grab in between classes, and the university should not take advantage of this fact. Cost-cutting should not come at the expense of students’ nutrition.

The Lumberjack thinks the school should walk the talk of being environmentally responsible by supporting small businesses and local farming. We do not think the school should be in business with large companies that ship the food from hundreds of miles away, while there are plenty of quality local farms in our own county.



A song that sums up your life



- 1. Samuel Armanino- “Born with Stripes”- Donkeys
- 2. Raymond Garcia: “Fly Guy”- I Am Su ft. Show Banga
- 3. Brian Cohen: “Banana Pancakes”- Jack Johnson
- 4. Andrew Butler: “Don’t Take Days Off”- Nipsey Hussle
- 5. Jared Funk: “Let It Be”- Beatles’
- 6. Robert Perez: “I Could Fall in Love”- Selena
- 7. Charlotte deJoya: “Gucci Gucci”- Kreyashawn
- 8. Rolando Mora: “Apparently”- J. Cole

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# This is Not a Riot

## The False Portrayal of the Peaceful Protectors at Standing Rock

by Philip Santos

There is a pattern that emerges when civil disobedience is employed in the United States. The peaceful participants are labeled as violent criminals, the cause for which they stand is framed as a security threat and the authorities responsible for the suppression of such movements are knighted as peacekeepers.

Think about the civil rights movement. Think about the environmental movement. Most recently, think about occupy. The story which is being told by corporate media in regard to the protectors of Standing Rock follows this pattern with sickening accuracy.

The local law enforcement (Morton County) policing this movement is a large driving force behind the language being used to describe the actions of protectors. The Morton County sheriff has been calling the peaceful assembly of protectors “riots.” On a recent segment of Democracy Now!, Amy Goodman said, “I was on a North Dakota radio program right after Sheriff Kirchmeier, and he was very clear.”

Why would Kirchmeier label these peaceful protest as riots? I think it is because he knows that by arresting protectors who are peaceful, he is violating the First Amendment, which grants us the right to peaceful assembly and free speech. If you frame it as a riot, rioting is not a constitutional right. So the next time you’re in North Dakota, be sure you don’t assemble in groups of five or more, otherwise you might get charged with engaging in a riot.

Kirchmeier is also stating protectors are escalating criminal activities. Who is truly escalating things when law enforcement approaches unarmed protectors with bone breaking batons, firearms loaded with rubber (and sometimes fatal) bullets, industrial strength pepper spray,

military vehicles and sound cannons?

I spoke to a child the other day who had an officer point a gun at his head. This kid was less than 10 years old. I won’t use his name because they are charging parents

“The claim that law enforcement is escalating this situation is simply untrue.”

— Sheriff Kirchmeier  
Morton County law enforcement

with child endangerment for having their children attend peaceful prayers. Who is endangering who? Law enforcement is carrying armaments into prayers, turning them dangerous, not the protectors.

The Morton County sheriff’s office is also claiming that a drone was used to attack their helicopter. It is hard not to laugh about that one. Will someone please photoshop a picture of a small drone trying to attack a helicopter? It’s just preposterous, but this is the way they are framing things.

According to Kirchmeier, arrows were fired in the direction of law enforcement as well. That’s outright racist. So in the sheriff’s eyes, it’s the protectors who are violent, not law enforcement. Kirchmeier actually

said he thought law enforcement has shown “incredible professionalism and unbelievable restraint” in a recent news release. Never mind the macing, the wrist breaking, the tackling, the baton bashing or the recent war crime of hooding restrained protectors.

But I must be wrong, because Kirchmeier said, “The claim that law enforcement is escalating this situation is simply untrue.” Yes, those noble knights of society. Did you know they are referred to as peace officers? Fascinating. If you said that in a vacuum, I would think you were referring to the protectors. After all, what they want is planetary unity and harmony with our earth.

Tomorrow, there is a good chance there will be a large sweep conducted by law enforcement in an attempt to disband the latest expansion of the Oceti Sakowin camp. I passed their staging ground today. There were at least five tan military Humvees, two or three semi-trailers, a few school busses, two MRAPs (Mine-resistant ambush protected), dozens and dozens of police SUV’s and squad cars, a “stingray” (a truck that houses a device which monitors communication) and a mobile command center that is the size of an 18-wheeler.

Protectors are getting ready for whatever happens tomorrow. Before the sun comes up they will be praying and singing, hand-in-hand, side-by-side, channeling their hearts and minds into ushering a new future.

Whatever you hear from the news, know this movement is to protect our future as a society. This is not a riot.

Philip Santos may be contacted at thejack@humboldt.edu

# Surviving and Healing

## Annual consent-centered event takes place next week

by Celene Lopez and Lizzie Alvarez

A place of warmth, compassion and support: The Consent Project is an annual event that has been happening on HSU’s campus since 2010. It is a consent centered space that explores the different paths of survivorship and healing in regards to sexualized violence. The event will take place next Wednesday, November 9th, in the Kate Buchanan Room. Starting at 5 p.m. interactive art projects, a speak out, and community building will be taking place.

Skye Peredo, social work major at HSU Humboldt State University and Consent Project volunteer believes events like this are beneficial to students who identify as survivors.

“Spaces like The Consent Project are important because it gives survivors a safe place to be and relate to other people who have been through what they’ve been through, Peredo said. “It also gives them support from people in the community who may not have been victims but support them and want them to feel safe and heal again.”

One in five college students experience sexualized violence and that statistic remains true at HSU. For some of us, this is our lived reality. For others it is the lived reality of people we know-our friends, family, and loved ones. People of ALL gender identities can experience harm, and we know that our multiple identities and differing systems of privilege and

oppression shape our personal experiences within sexual violence. This also shapes the barriers we may experience in accessing support and resources, and our own survivorship.

“It opens a very comfortable environment where people can hopefully open up and at the same time we provide them with the help they need and the proper resources, it allowing allows them to not feel judged, you know?”

— Jen Garcia Biological anthropology major and Consent Project volunteer

The Consent Project honors that every survivor’s path to healing is their own. This may or may not include choosing to make a report or take legal action, seeking therapy, speaking out publicly, journaling, or a combination of some or none of these. No specific set of choices works for every person, and it ultimately comes down to what the survivor is comfortable doing so that they can receive the best support possible for their own unique journey towards healing.

The Consent Project hopes to create a culture on campus that is supportive of survivors and makes it clear that harm is not acceptable.

Biological anthropology major and Consent Project volunteer Jen Garcia, thinks the event will be a welcoming place for everyone.

“It opens a very comfortable environment where people can hopefully open up and at the same time we provide them with the help they need and the proper resources,” Garcia Said. “It allows them to not feel judged, you know?”

Celene Lopez and Lizzie Alvarez may be contacted at thejack@humboldt.edu

# Comics with Machado!





**puzzles**  
page

by Vanessa Rodriguez

TRIVIA

- 1.) What do you celebrate on Dia de los Muertos?
- 2.) How many new white boards have been added to the library?
- 3.) Where does HSU get most of their food from?
- 4.) What does SAD stand for?
- 5.) What should you do before you trade a player in fantasy football?

RIDDLE

What room do ghosts avoid?

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

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

JOKES

I don't always keep up with politics, but when I do, I laugh at Donald Trump

Trivia Answers: 1) remembering the lives of those that are no longer with us 2) 70 3) SYSCO 4) seasonal affective disorder 5) Negotiate

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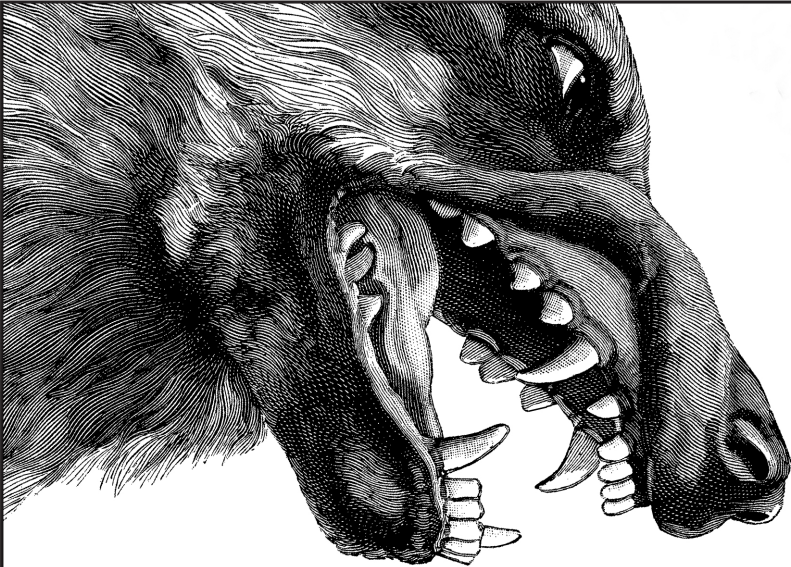


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# WHAT'S GOOD 'BOLDT?

Compiled by Vanessa Rodriguez

## November 2

Dia de los Muertos @ Arcata Plaza  
6-7 p.m.

## November 3

Matthew McNeal @ Six Rivers  
Brewery 9 p.m.-Midnight  
Free

## November 4

Fifth Annual Joni Mitchell Tribute Show  
@ Arcata Playhouse  
8-10:30 p.m.

King foot CD Release Party @  
Redwood Curtain Brewing Company  
8-11 p.m., Free

Shook Twins, Rabbit Wilde @ Arcata  
Theatre Lounge  
9:30 p.m.-Midnight, \$15 in adv., \$20

## November 5

Hike and Bike the Newton B Drury  
Parkway @ Prairie Creek Redwoods  
State Park 5 a.m.-9 p.m., Free

Arcata Farmers' Market @ Arcata Plaza  
9 a.m.-2 p.m.

Raiders of the Lost Ark @ Barkley Cen-  
ter for The Performing Arts 3 p.m.  
\$5, \$25 5-pack of movie tickets, plus  
FREE popcorn tickets

Stringtown Ambassadors and  
Musicians Exposed @ The Siren's Song  
Tavern 6 p.m.-Midnight

Arts Alive @ Eureka 6 p.m.  
Free

Fifth Annual Joni Mitchell Tribute Show  
@ Arcata Playhouse  
8-10:30 p.m.

HFS Barn Dance @ Arcata Veterans Me-  
morial Building  
7:30-11 p.m., \$15, kids under 12 Free, \$5  
HFS Members, \$5 seniors, \$5 students

Autograph, Goldroom @ Arcata  
Theatre Lounge  
9:30 p.m., \$20, \$15 in adv.

## November 8

\*\*Election Day\*\* Choose wisely, please & thank  
you.

LoCO's 2016 Presidential Election Funeral @ Rich-  
ard's Goat Tavern 4 p.m.  
Free

Welcome Kappa Sigma's new brothers from their  
Epsilon class @ The Banana Hut  
5:30 p.m.-Closing time  
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THE  
JEWELS**

**FEBRUARY 5  
2017  
8:00 P.M.**

**VAN DUZER THEATRE  
HSU**

**HSU STUDENT  
PRE-SALE 11/2-3  
GENERAL ON SALE 11/4**



**AND FEBRUARY 9  
ALICIA GARZA**



**MARCH 25  
JEFF CORWIN**

**APRIL 10  
W. KAMAU BELL**



Funded by  
**AS**  
Associated Students

**CALL 826-3928 FOR INFORMATION  
WWW.HUMBOLDT.EDU/ASPRESENTS**

DISABILITY ACCOMMODATIONS MAY BE AVAILABLE. PLEASE CONTACT CENTERARTS FOR MORE INFO.