

# THE LUMBERJACK

Climate Crisis Holds Meeting



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Help Desk Relocating



page 4

Hella Hoops



page 7

Literally Breaking a Leg



page 13

## Got Breastmilk?

by Caitlyn Kaifer

For new mothers trying to receive a college education and raise a child, life becomes a constant balancing act. Carly Strand, a Humboldt State sociology graduate student, is trying to make their lives a bit easier by creating places to breastfeed across campus.

Strand has been a food coordinator at the Children’s Center for the past eight years. As a sociology graduate student she wants to identify retention barriers for student parents.

“A lot of women drop out of school when they have babies,” Strand said. “They do not see it as possible.”

While California State Universities such as Fresno State have breastfeeding policies for students, HSU currently does not. HSU’s Human Resources department is responsible for giving nursing staff and faculty members a place to breastfeed. However, there are no official guidelines on the matter and cases are dealt with on an individual basis.

Elizabeth Wainwright, an employee at the HSU Children’s Center, has found nursing convenient in the Children’s Center but lacking around campus.

“I would pump in the office at work and nurse in the [Children’s Center] classroom,” Wainwright said. “But around campus there did not seem to be many private places to nurse or pump.”

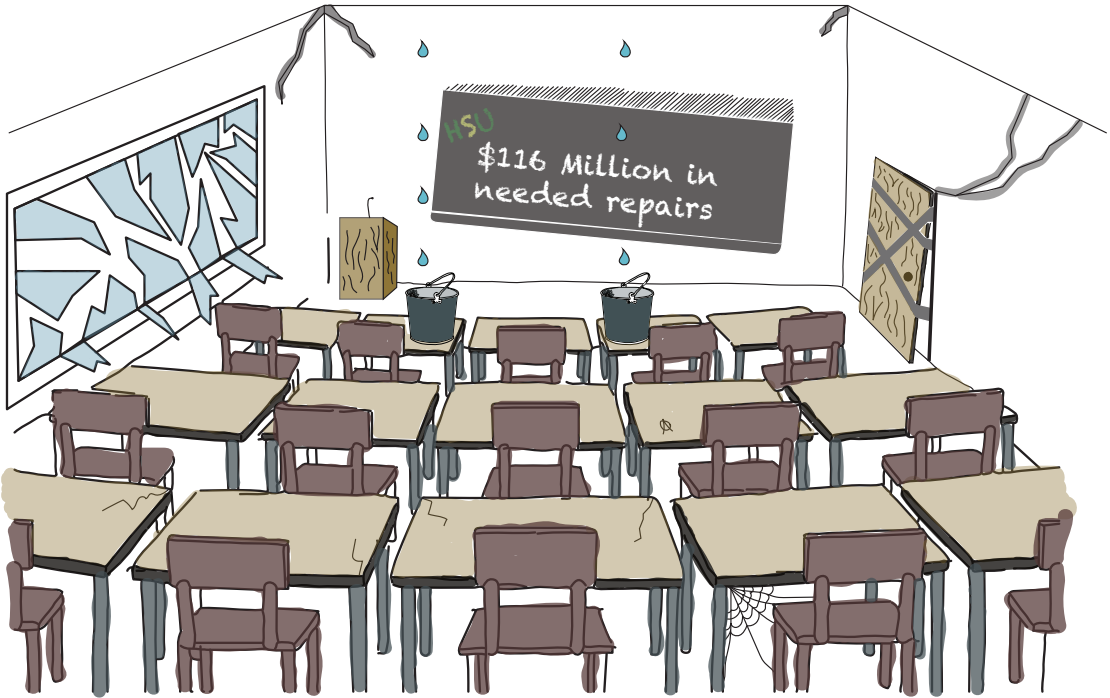
A major goal of Strand’s project is to establish breastfeeding guidelines for university students, staff and faculty alike. These guidelines will designate times and locations available for nursing mothers. By implementing these policies, mothers will be able to breast pump or nurse their children in safe and appropriate environments. These guidelines are currently in draft form.

The Children’s Center facilitates the only private breastfeeding location on campus. However, without proper guidelines in place, the center remains unofficial.

continued on page three

## Repairs up in the Air

*HSU’s buildings have more than \$125 million in delayed repairs*



Graphic by Sam Armanino

by Justin Bell, Laura Bogner, Jacob Cheek, Oliver Cory, Miranda Hutchison, Katelyn Roudebush and Rebekah Staub

When Humboldt State student Matt Bekstrom walked into Room 110 in Theatre Arts for class last spring there was a pool of water all over the floor.

“There was a hole in the ceiling,” Bekstrom said. “We still had class, but everybody was

condensed to one side of the classroom.”

Theatre Arts is not the only building on HSU’s campus with a faulty roof. Mary Jean Wachter has been an administrative assistant for the art department for 15 years. Wachter said the Art A building, built in 1959, leaks wherever the roof

continued on page four

## Reiki Practitioners Healing on Campus and Off



From essential oils to powerful crystals, Brittany Buxton incorporates sacred objects in her spiritual practices. | Aren Fikes

by Kevynn Gomez

When stress runs high, how does a college student handle this burden in a healthy and positive way? If the popular Humboldt way of healing isn’t your cup of tea, then perhaps Reiki practice would be more up your alley. That’s what Humboldt State student Brittany Buxton thinks. Along with other community members, she’s determined to provide opportunities for students to de-stress through alternative healing.

Brittany Buxton is the president of the Healing Vibrations Reiki Club on campus. It is focused on alternative ways to heal, empower and de-stress. Some examples are yoga, guided meditation, partner heal-

ing, sacred mantra chanting and of course, Reiki.

To Buxton, too many students walk around campus with heavy, negative energy weighing them down. But she believes all students can heal themselves by using universal energy channeled into them during quiet, soothing sessions called Reiki circles, part of the larger concept of Reiki healing.

“It’s really based off the premise that everyone is an innate healer,” Buxton said. “I just invite everyone to speak with an open heart.”

As a Reiki practitioner, Buxton wants to help students become an “open channel” to allow the energy

continued on page nine

## We are the Champions



Ja’Quan Gardner runs the ball during the blowout win against Simon Fraser| Gabriele Retzer.

by Rebekah Staub

Chainsaws revved and tore through the air at the Redwood Bowl on Halloween. The massacre that occurred was the Humboldt State Lumberjacks beating Simon Fraser 57-0.

The Jacks’ victory earned them a share of the Great Northwest Athletic Conference (GNAC) championship title for the first time since 2011. If they maintain their standing as top four team HSU will host a playoff game for

the first time in Lumberjack history.

Senior offensive tackle Jarrett Adams has played football for HSU for five years. He said he had a lot of family and friends come into town for what might be the last weekend he plays football in the Redwood Bowl.





“It really was one of the best weekends of my life,” Adams said. “We were able to clinch the GNAC at home in the Redwood

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### Weather

Thursday	Friday	Saturday	Sunday
			
63°	63°	61°	59°

Source: National Weather Service

Follow the Lumberjack Online

[www.thelumberjack.org](http://www.thelumberjack.org)



@HSULumberjack





# UPD BYTES

Compiled by Louis Ramirez

Oct. 30

12:44 Recreation and Wellness Center

Dislocated Knee  
Squat Level: Zero

Nov. 2

10:46 LK Wood Blvd

Second hand from Arcata Police Department, there is a male walking a baby cow on a leash there is a dog biting at it.  
*No words can describe what is going through my head.*

Nov. 2

21:24 Gazebo

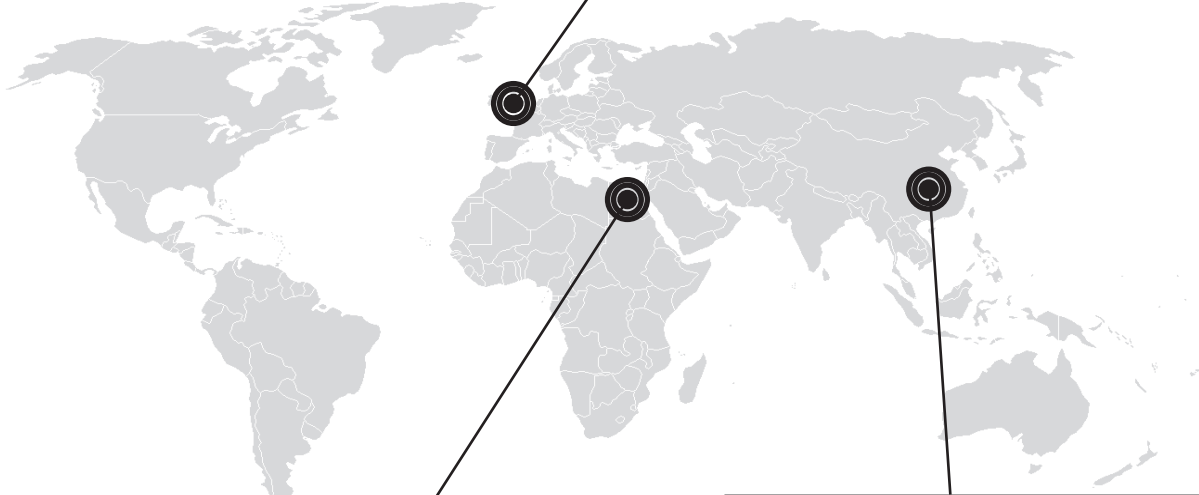
Older male in the Gazebo making the residents uncomfortable. Subject contacted and given a PC.  
*“He doesn’t even go here”*



Compiled by Ciara Emery

### Great Britain

A surveillance bill will be brought to the British Parliament on Wednesday that changes surveillance policy in the region. The Investigatory Powers Act is the attempt at making meaningful reform in surveillance policy since Edward Snowden brought the issue in the spotlight in 2013. Much debate remains ahead in order to move the legislation forward to a vote next year. (Reuters, The New York Times, The Wall Street Journal)



### China

New government data suggest that China emits up to 17 percent more coal than previously reported. That could equal up to a billion more tons of pollutants in the air. However, China’s coal industry is still in decline. It is unclear how this will affect global talks on climate change in Paris later this year. (New York Times, South China Morning Post).

### Egypt

A plane carrying 224 people crashed in Egypt’s Sinai Peninsula on Saturday on its way to Russia. A Twitter account affiliated with the Islamic State claimed responsibility for the crash but United States officials think it is unlikely they were involved. The crash is still being investigated. (CNN, Reuters, ABC News)

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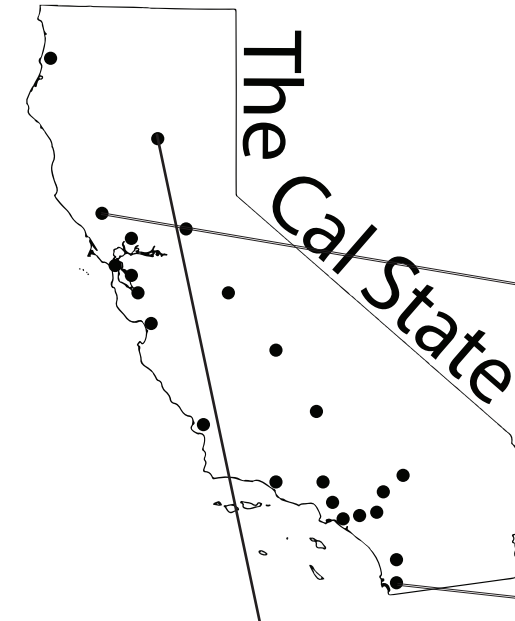
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Compiled by Rebekah Staub

### Sonoma State University, Sonoma - The Sonoma State Star

Sonoma State University students were on alert Friday afternoon when Police Services notified the campus of an alleged gunman between Lot G and the Environmental Technology Center. Students received an alert about the alleged threat to campus at 12:25 p.m. on Friday. (Kayla E. Galloway)

### San Diego State University - The Daily Aztec

Two unknown suspects broke a 12-foot-tall menorah in front of the Chabad House on Montezuma Road around midnight on Oct. 22. The Chabad House is a local hub for Jewish students. It is unsure whether the vandalism was racially motivated. The Chabad House and the President’s office are scheduled to meet some time next week to discuss the anti-Semitic graffiti. (Adriana Millar)

### California State University Chico - The Orion

Six suspects with loaded firearms were arrested by California State University police officers on Halloween after their vehicles were stopped and searched in a parking lot across from campus, according to John Feeney, the University Police Chief. At about 11 p.m. more than a dozen police officers were in a Chico State parking lot on Second and Hazel streets after the routine stop of two vehicles uncovered multiple loaded weapons, including a pistol and shotgun, Feeney said. (Gabriel Sandoval)

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Sipping Rum  
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## Speaking for the Trees

*Humboldt state climate crisis club held a meeting about environmental concerns.*

by Alexandra Turku

The Humboldt State Climate Crisis club held a meeting in the Kate Buchanan room on Nov. 3.

During the meeting there were discussions about clear-cutting practices and the promotion of these practices.

Outside environmental organizations and HSU clubs joined together to share information and discuss how they can work together for a better and more sustainable environment.

Yazmin Lomeli, a HSU environmental science major, would have wanted to see more time for the forestry department to discuss their views on environmental sustainability and clear-cutting practices.

"I think that there wasn't enough time for the forestry department [to speak] at all," Lomeli said. "Know your facts before you decide to attack a department. We're not bribed by the logging companies, it's not at all

bought by an external company. The department is on the right track."

Michael Gallup, the president of the Forestry Club, disagreed with some of the speakers' views.

"In no way, shape or form have [the forestry department] encouraged clear-cutting," Gallup said. "They have always told us there are other ways. The forestry department teaches sustainability."

Jack Nounnan, a member of the Climate Crisis Club, urged people to work for environmental sustainability.

"This is something where everybody must look into themselves and ask, 'Am I doing my part?'" Nounnan said. "This is not about shame and blame, this is about getting out information."

Verbena Lea works with Peoples' Action for Rights and Com-

munity, a donation and volunteer-based organization which focuses on the connection of people and their rights.

Lea said when you get funded by a bunch of logging industries you start teaching that [clear-cutting] is the right thing to do.

"I'm really excited about this exposure of HSU and its forestry department," Lea said. "It's an important thing if we're going to protect the forest and water here."

She thought the meeting provided an opportunity for people to get together and share their thoughts about environmental concerns.

"I think in an industry where the dominant culture prevails a dominant capitalist, earth-

destroying, racist, imperialist culture, I'm glad that people get together and speak out and want to mobilize against it," Lea said.

Gallup thinks the forestry department has developed from how they have been in the past.

"Not that long ago the depart-

ment was what they are saying, but it's not at all like this now," Gallup said. "Their true enemy would be the government."



People sharing information during the Climate Crisis meeting held in the Kate Buchanan room on Nov 3, 2015 in Arcata California. | Alexandra Turku

Alexandra Turku may be contacted at thejack@humboldt.edu

## HSU Graduate Student Pushes for Breastfeeding Locations

*continued from page one*

Kit Myers, an international board certified lactation consultant on the project, has received a grant from First Five Humboldt to help implement the lactation program. This grant has supported developing policies for breastfeeding mothers at different local businesses and government offices. The grant must be used by the end of 2015 and may be used to pay for things such as comfortable seating or fridges to store breast milk.

According to Myers, breast milk is essential to newborn babies and they should only receive breastmilk for the first six months of their lives. Without the frequent removal of milk, the production of breast milk diminishes.

"Milk should be pumped every two hours when away from an infant," Myers said. "This can be of major concern for student [mothers] with a full load of classes."

Mothers can nurse in the toddler room or a comfortable lounge located in Jensen House, which has a small staff and limited space available to them. The center cares for faculty, staff and students' children. Care is provided for children ages 3-months-old to 5-years-old. The center is unable to support all parents in need of assistance, resulting in a long waiting list.

Strand has partnered up with a new club on campus, the Breastfeeding Support Action Team. Together they speak to various departments, Associated Students coordinators and department chairs in hopes of finding available space for future breastfeeding locations. With more locations spread throughout campus, mothers will have a better opportunity to nurse during their breaks. Current possibilities include the University Center, Founders Hall, Bret Harte House and the BSS building. The spaces will most likely

be shared with a schedule of available times.

Terry Hubbard, a HSU criminology major, thinks the additional spaces would be great, as she remembers what it is like to not have a place to feed her baby.

"For HSU to provide a secure place for moms and babies besides daycare would benefit so many," said Hubbard. "It would give moms one less thing to worry about."

Caitlyn Kaifer may be contacted at thejack@humboldt.edu

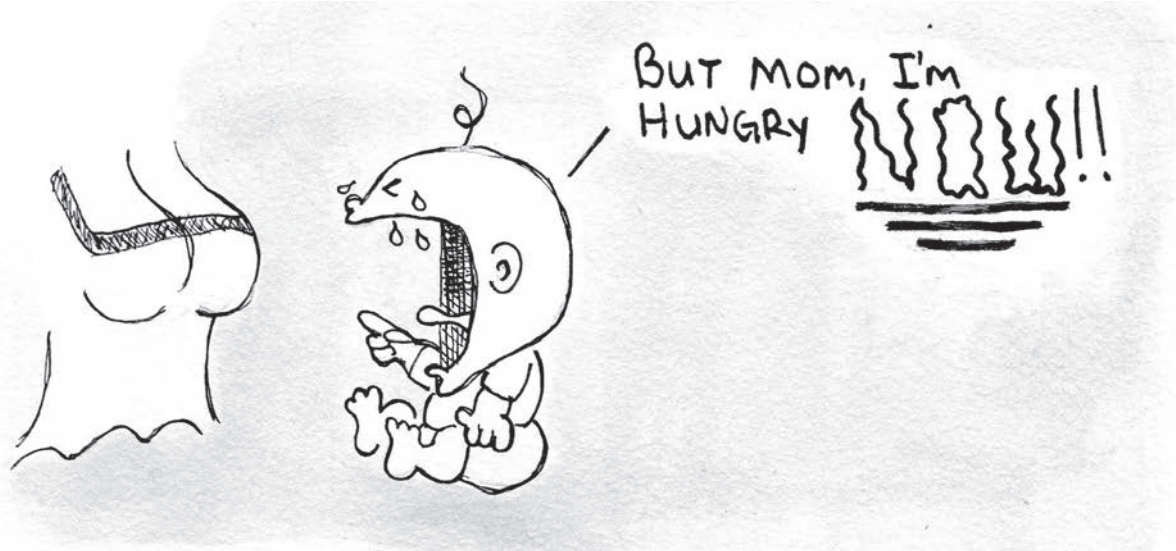


Illustration by Aren Fikes

### Do you agree or disagree with designated breast feeding areas on campus?



Michaela Shrum, 20, microbiology

"I don't know. That's kind of a hard issue. I think it's natural as long as you're not advertising it. I don't think there needs to be designated spaces for it."



Alyssa Krueger, 19, dance and child development

"I disagree. I don't think there should be a designated spot. What if you're across campus? Make your child wait? And it's secluding them. That's not cool. It's important to keep your kid on schedule."



Stephanie Vyers-Castaneda, 21, psychology

"I think it's perfectly acceptable for mothers to breastfeed their children wherever. If it's an area specifically designated for them, I'm fine with it."



Hector Lopez, 25, psychology

"I think it's a great idea. If we can eat in public, why can't children? My thing is equality. Why are breasts so stigmatized? They nurture."



Ricky Garcia, 21, zoology

"I'd say I agree. It's their child. If there's designated spaces it'll make people more comfortable in general."



James Jeon, 24, environmental management protection

"I feel like there shouldn't be one. Having one would make it not okay to do it in other places. I don't want that."

Compiled by Ciara Emery



# Lack of Funds Leaves Campus Buildings in Poor Conditions

*continued from page one*

is flat.

“Wetness is a huge issue,” Wachter said. “[Facilities Management] would try and patch the leaks but it’s an old building so it’s a recurring issue.”

HSU Associate Vice President of Facilities Management Traci Ferdolage said buildings on HSU’s campus have accumulated \$105 million in maintenance repairs that have yet to be addressed. The \$105 million does not include housing and auxiliary facilities.

All buildings on HSU’s campus are victims of repairs that have been put off because there is not enough money to completely fix them. The result is an increasing amount of buildings in poor condition that continue to be pushed off due to low state funding.

HSU uses a customized system, Facilities Replacement and Renewal Model (FRRMS), to determine the \$105 million our campus has of deferred maintenance. Deferred maintenance refers to postponed upkeep on a building, not including aesthetic.

FRRMS is used across the California State University system, but Ferdolage said FRRMS is outdated. Ferdolage said she

looked at a FRRMS report for the West Gym and it said there were fire sprinklers in the West Gym. There are no fire sprinklers in the West Gym.

HSU is in the process of auditing the FRRMS model. They hired Intelligent Systems and Engineering Services Corporation (ISES) to come in and revisit the condition of our facilities. The FRRMS model has never been audited until now.

“I take my job pretty seriously,” Ferdolage said. “I felt like the campus really needed to know where we were.”

Ferdolage said FRRMS classifies things like elevators, electrical systems, roofing and plumbing in deferred maintenance when they outlive their life expectancy. Once a roof that is supposed to last 25 years reaches 25 years, it is logged into the deferred maintenance budget. FRRMS does not include housing for reasons Ferdolage said she does not know.

“The current reporting process does not capture all of the campus facilities,” Ferdolage said. “There’s shared concern amongst the CSU campuses that the system is under-reporting the actual situation.”

All buildings on campus have undergone the new audit as part of phase one and two of the auditing process. The new deferred maintenance backlog for the 100 buildings on campus, including housing and auxiliary facilities, is \$116 million compared to the previous FRRMS budget of \$105 million.

Facilities condition programs like ISES and FRRMS produce a Facility Condition Index (FCI) value for each of the buildings on campus. This value has four classifications: good, fair, poor and suggests beyond useful life. Most of HSU’s buildings fall under poor condition, meaning they need significant attention.

Science A, Science C, Art B, Theatre Arts Building, the Water Tower and the Greenhouse by Jenkins Hall are the worst buildings on HSU’s campus, according to ISES.

Siemens Hall, the building that HSU President Lisa Rossbacher office is in, is rated beyond its useful life at HSU. Theatre Arts still needs significant attention. Out of the main 100 buildings on campus, Founders Hall could maintain current funding with almost \$1 million in needed repairs.

Ferdolage said ISES reported 79 percent of deferred maintenance is in electrical, heating and plumbing.

“There’s an issue that we have not replaced it,” Ferdolage said. “The fact that it’s still running is a testament to facilities management.”

Phase three of the audit will examine the campus’ underground infrastructure and hardscape. Neither were ever included in FRMMS and the audit will be completed this winter.

Ferdolage said about 85 percent of HSU’s campus was built before 1980.

“It’s not that buildings can’t last more than 50 years,” Ferdolage said. “But typically that’s when buildings start requiring a lot of maintenance and renovation.”

Ferdolage said priorities will always come into play when dealing with deferred maintenance. Even the replacement value for these buildings increased with the audit. Siemens Hall would cost almost \$14 million to replace but with a lack of funding, facilities management will have to get creative in finding ways to extend the lives of our old and aging buildings.

“Where’s the most important resource that I need to pay attention to?” Ferdolage said. “We fix it when we see it and where I want to go is to be more proactive in our system.”

Ferdolage said there was a hard boiler in Theater Arts in December 2014 that would cost \$60,000 to replace. She said it made more sense to replace the necessary parts for about \$2,000.

“Whenever we have a dime,” Ferdolage said, “We stretch it.”

Ferdolage said the best thing facilities management can do is have good audited numbers. She said facilities management has a much more accurate sense of where we are.

“It’s already helped us as a team,” Ferdolage said. “It’s information that should help shape some decisions because our buildings are coming of age.”

This is part two in a series of delayed repairs on Humboldt State’s campus.

Justin Bell, Laura Bogner, Jacob Cheek, Oliver Cory, Miranda Hutchison, Katelyn Roudebush and Rebekah Staub may be contacted at thejack@humboldt.edu

## FRRMS versus ISES

The difference between FRRMS deferred maintenance reports and HSU’s audited deferred maintenance reports, ISES.

1. Facilities condition programs like ISES and FRRMS produce a Facility Condition Index (FCI) value for each of the buildings on campus. Most of HSU’s buildings fall under poor.

- Good (Maintain Current Funding)= > .05
- Fair (Functional & Repairable)= .05- .10
- Poor (Needs Significant Attention)= > .10
- Suggests Beyond Useful Life= >.60

WILDLIFE FACILITIES	0.43
FISH HATCHERY	0.43
SWITCHGEAR BUILDING	0.43
CERAMICS LAB	0.43
SCULPTURE LAB	0.43
ART A	0.41
MUSIC COMPLEX - A	0.38
SCIENCE COMPLEX - A	0.36
SIEMENS HALL	0.34
SCIENCE COMPLEX - C	0.34
FORESTRY BUILDING	0.34
GIST HALL	0.34
NATURAL RESOURCES BLDG	0.34
JENKINS HALL	0.33
SCIENCE COMPLEX - D	0.32
STUDENT HEALTH CENTER - A	0.32
PLANT OPERATIONS	0.31
THEATER ARTS BUILDING	0.28
LIBRARY - A	0.28
FOUNDERS HALL - B	0.27
STUDENT HEALTH CENTER - B	0.27
ART B	0.26
LIBRARY - B	0.25
FOUNDERS HALL - A	0.21

2. The current reporting process for deferred maintenance at HSU, FRRMS, classifies things like elevators, electrical systems, roofing and plumbing in deferred maintenance when they outlive their life expectancy. Once a roof that is supposed to last 25 years reaches 25 years, it is logged into the deferred maintenance budget.

3. HSU hired ISES Corporation to do an audit of 18 core buildings on campus as part of Phase 1 of an entire audit process. Phase 1 audits revealed differing FCI numbers and increased deferred maintenance backlogs (in the millions) for 18 core buildings on HSU’s campus.

Building Name	FCI	DM (000's)
SCIENCE A	0.47	\$ 13,858
SCIENCE C	0.38	\$ 1,695
ART B	0.37	\$ 4,137
THEATER ARTS BUILDING	0.35	\$ 7,583
FORESTRY BUILDING	0.35	\$ 2,957
SCIENCE B	0.34	\$ 6,836
NATURAL RESOURCES	0.33	\$ 6,096
HARRY GRIFFITH HALL	0.33	\$ 3,156
UNIVERSITY CENTER	0.3	\$ 4,934
SCIENCE D	0.30	\$ 4,666
SIEMENS HALL	0.27	\$ 3,638
JENKINS HALL	0.2	\$ 1,359
ART A	0.2	\$ 1,343
STUDENT HEALTH CENTER	0.19	\$ 1,481
LIBRARY	0.14	\$ 7,299
GIST HALL	0.13	\$ 2,278
FOUNDERS HALL	0.04	\$ 974
SWITCHGEAR BUILDING	0.02	\$ 302

## CAMPUS BUILDING PROBLEMS

All buildings on Humboldt State’s campus are victims of repairs that have been put off because there is not enough money to completely fix them. The result is more than \$115 million in deferred maintenance and an increasing amount of buildings in poor condition that continue to be pushed off due to low state funding.

- Science A, built in 1962, is one of the worst buildings on campus with \$13.8 million in deferred maintenance.
- Science A is home to many chemicals used by various science students and instructors. If used wrong, the chemicals can be harmful or deadly. Some harmless chemicals are kept in lab rooms whereas dangerous ones are kept in separate storage rooms in the building.
- If a dangerous leak or explosion occurs in Science A, it would take a Hazmat team located in Eureka between 45 minutes and one hour to respond.

*This series started in an investigative reporting class in spring 2015. Since then HSU students Justin Bell, Laura Bogner, Jacob Cheek, Oliver Cory, Miranda Hutchison, Katelyn Roudebush and Rebekah Staub interviewed over 50 people and workers about the conditions on campus.*





\*Based on phase 1 of an audit conducted under the CSU Master Enabling Agreement looking at 18 core buildings on campus.  
Source: Humboldt State University, Map by Harrison Brooks.

# Info-More

## Help desk moving locations.

by Louis Ramirez

There will soon be a new location for the help desk in the Humboldt State library, if students did not already know where it was.

The help desk is set to be moved into a more open area on the first floor of the library. It is currently located in the library Room 120 and will be moved to the south end of the library.

Anna Kircher, chief information officer, said construction is

set to begin during winter break. The move is estimated to be finished before winter break is over. Kircher said the idea was first proposed by the library dean Cyril Oberlander.

She said that since most of the computers are out in the open it would make sense to have a resource like the help desk out in the open where students could easily notice it.

“[Cyril Oberlander] walks

around the library often and his observations helped him with the idea,” Kircher said.

Julieta De Leon, a zoology major, said she has never used the help desk before but sees how it would be beneficial to have it out in the open.

“I didn’t even know where the help desk was,” De Leon said. “ It would be easier access for students if it’s out here.”

Kelsey Summers, an environ-

mental studies major, said she is worried the move might make the library noisier, which would make it hard to study.

“I feel like we need a lot of space to study, to use the computers and have quietness,” Summers said. “And I feel like if an office is in here it would disrupt everything that is around me.”

Kircher said the dean is planning to transform the current

help desk room into a digital media lab where students will have access to a number of different resources. She said a 3D printer and larger scanners and printers are the type of resources the dean is looking into.

“Anything that we can do to help students do their academic work and make it easier for them to do is the goal,” Kircher said.

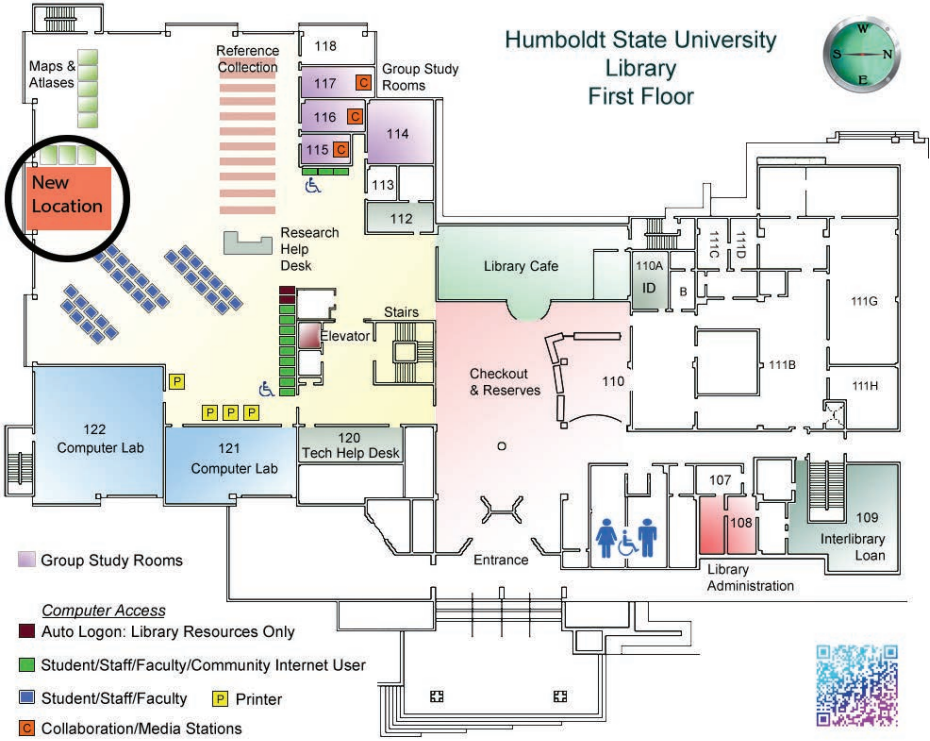
Louis Ramirez may be contacted at thejack@humboldt.edu



The current location of the help desk located in Room 120. | Louis Ramirez



New location for the help desk is set to be on the south end of the library on the first floor. | Louis Ramirez



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**Wednesday Nov. 4**  
**Sci Fi Night ft. The**  
**Amazing Transparent Man**  
**(1960)**  
Doors @ 6 p.m. All ages,  
Free w/ \$5 food & bev  
purchase.

**Thursday Nov. 5**  
**Ocean Night Film**  
**Screening**  
Doors @ 6:30 p.m., All  
ages, \$3 donation, Free for  
OC, Surfrider, & Baykeeper  
members/children 10 &  
under.

**Friday Nov. 6**  
**Stylus Beats**  
Doors @ 9 p.m., \$15 adv  
tix online, **FREE** w/ \$5  
food/beverage purchase,  
21+

**Saturday Nov. 7**  
**Mr. Humboldt Pageant**  
info T.B.A.

**Sunday Nov. 8**  
**2015 International**  
**WFTDA Championships**  
**Game 3 & 4**  
Doors @ 1:30 p.m.,  
Game 3: Starts @  
2 p.m.  
Game 4: Starts @  
4 p.m., Free w/ \$5  
food & bev purchase,  
All ages.

**Wednesday Nov. 11**  
**Sci Fi Night ft. Dead**  
**Men Walk (1943)**  
Doors @ 6 p.m. All  
ages, Free w/ \$5 food  
& bev purchase.

**Friday Nov. 13**  
**The Pimps of Joytime**  
Doors @ 8:30 p.m.,  
\$20 @ Door,  
\$17 adv tix @  
Wildberries/People's  
Records/The  
Works/ATL, 21+

**Saturday Nov. 14**  
**Democratic Debate**  
**Party**  
Doors @ 4:30 p.m.,  
Free, 18+

**Sunday Nov. 15**  
**Terrapin Flyer**  
Doors @ 9 p.m., \$20  
lim adv tix @ ATL, \$25  
adv tix @  
Wildberries/People's  
Records/The Works,  
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# Black Female Athletes are Under Special Scrutiny

*CRGS professor Dr. Ramona J. Bell talks about black female athletes*

by Joanna Quintanilla

The bodies of black female athletes are under special scrutiny.

Dr. Ramona J. Bell, critical race, gender and sexuality studies professor, presented a workshop titled, “Behind the Olympics– Black Women’s Lives” as part of Humboldt State’s Campus Dialogue on Race, which kicked off on Monday and runs until Friday, Nov. 6. The annual event invites students, faculty and community members to present and attend programs that relate to racial justice and its intersections with all forms of oppression and resistance.

“The black female body in the American public sphere makes us question notions of race, gender, class and sexuality,” Bell said. “It really gives an opportunity to talk about those intersections.”

Bell’s workshop focused on athletes like Serena Williams and Caster Semanya who have had to face criticisms about how their bodies do not represent traditional feminine characteristics. Where women are typically soft and light, they have muscles and strength. These are women who depend on their bodies to achieve feats worthy of a gold medal.

“When we look at the female athlete it tells us a lot about what [America] thinks about the black female body,” Bell said.

The way that black female bodies are treated and perceived is nothing new. Bell explains that this issue is something that takes roots hundreds of years ago.

“This conversation about the black woman and once again, this notion of femininity, goes back to... slavery where black women stereotypes were used to justify slave labor,” Bell said. “So black women, this idea of them being masculine, emerged from enslavement to justify labor.”

The image of track and field star Wilma Rudolph sitting next to President John F. Kennedy in 1961 was used as an example to illustrate how institutions of power use the images of people of color to tell a different story. In this case, the photograph was published in the state department pamphlet during the Civil Rights movement to present a different narrative between the state and people of color.

“The stories that we tell, the pictures that we see, the events that happen are all a part of a racial project, in other words, a discourse on race,” Bell said. “As we look at the relationship between the dominant group and the marginalized group, how then are black and brown bodies talked about, and what does this picture tell us in that story?”

Susan Gehr attended the event and vocalized her enthusiasm for awareness being brought to issues like this.

“I was really glad that it was part of this year’s campus dialogue on race,” Susan Gehr said. “Especially [because] I’m also interested in popular culture and representations of people of color.”

Bell encouraged discussion from the audience throughout her presentation. One student, Chelsea Medlock, felt the workshop was a positive event to be held on campus.

“I thought the talk was very inspirational and also it helped with those who were unaware or not knowledgeable of discrimination and black women being deemed masculine or oversexualized,” Medlock said. “It really does shine light on a few of the issues of how the media portrays not only black women but women of color as well.”

Joanna Quintanilla may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

See the schedule for  
Campus Dialogue on  
Race on page 14.



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# Through the Hoops

## A new trend is circling campus

by Alexandra Turku

Brightly colored hula hoops of all sizes are popping up around the Humboldt State campus with hoopers rocking their bodies and doing hoop tricks.

The trend has been spreading on social media sites and hoopers often meet up to hula hoop together. For some, it is a fun thing to do with their friends but for others it is a way for them to get spiritual release and exercise. Bethany Fraga is a hoopdance instructor. She started hooping six years ago with her friends and it has become a part of her everyday life.

“For me, it’s never been an obligation,” Fraga said. “It’s something I do everyday like [it’s] spiritual or medicine. It became something I did by myself. You develop your own style and that helps you figure out why you like it.”

She noticed more people have gotten into hooping.

“It’s definitely something that’s more trendy now,” Fraga said. “But I think it really never will go away. People like me will be doing it our entire lives.”

Fraga teaches hour-long classes every Friday at 5:50 p.m. at Arcata Core Pilates where anyone can join, no matter age or experience. Her classes vary depending on the experience of the student.

“Sometimes beginners just want to learn how to keep the hoop on their hips,” Fraga said. “Mostly it’s seeing someone else doing a trick and learning how to do it. It’s more showing than telling. It helps to have slow-motion videos to break down the movements.”

Many hoopers express a spiritual or meditative connection with the hoop, including Fraga.

“It really helps you express yourself through movement of your body,” Fraga said. “The movement of your body in a circle helps you become more aware of your surroundings. If you’re stressed or anxious you put on your favorite music and just dance it out. You have to relax and surrender your control. You can’t be perfect all the time.”

HSU student Amara Hans started hooping when she moved to Arcata two and a half years ago after seeing other people with their hoops on campus.

“To me it’s a form of dance and body expression,” Hans said. “It is a spiritual release. There is a lot about circles, about life being a circle rather than a straight linear of time.”

According to both Hans and Fraga, having previous dance experience is not needed to become good with the hoop.

“It helps me to get in touch with my body,” Hans said. “It introduces you to how to move with an inanimate object, it is like dancing with another person.”

“It is a very common thing that I don’t see dying out any time soon, but I do see it in many ways as a fad people are jumping on,” Hans said.

There are many different kinds of hula hoops designed for specific tricks or the level a hooper is at. The basic beginner hoops are typically more heavy than an intermediate or advanced hoop and is made from

a more solid material. Intermediate hoops are often made more flexible and are much lighter to spin around your body. There are even more advanced hoops that can be lit on fire and hoops that are designed for weight-loss. Beginners who wish to learn how to hoop should start off with a more heavy hoop to let their bodies get used to the feeling and to work the right muscles.

“I used to get bruises a lot at first but it’s important to the muscle memory,” Fraga said.

Fraga hopes to see more guys join the hooping trend, as it is mainly girls who pick up the hoop.

“I would love to see more guys hooping,” Fraga said. “It is less encouraged in our male society because it is seen as something feminine. It’s refreshing to see a guy be brave enough to do it.”

HSU student Jade Louise Miner uses her hula hoop as a way to relax and release tension and stress.

“It’s really relaxing when you are with your hoop, everything else just disappears,” Miner said. “It is a good stress relief. I didn’t hoop for two weeks, and then went out and hooped for an hour and I felt so much better.”

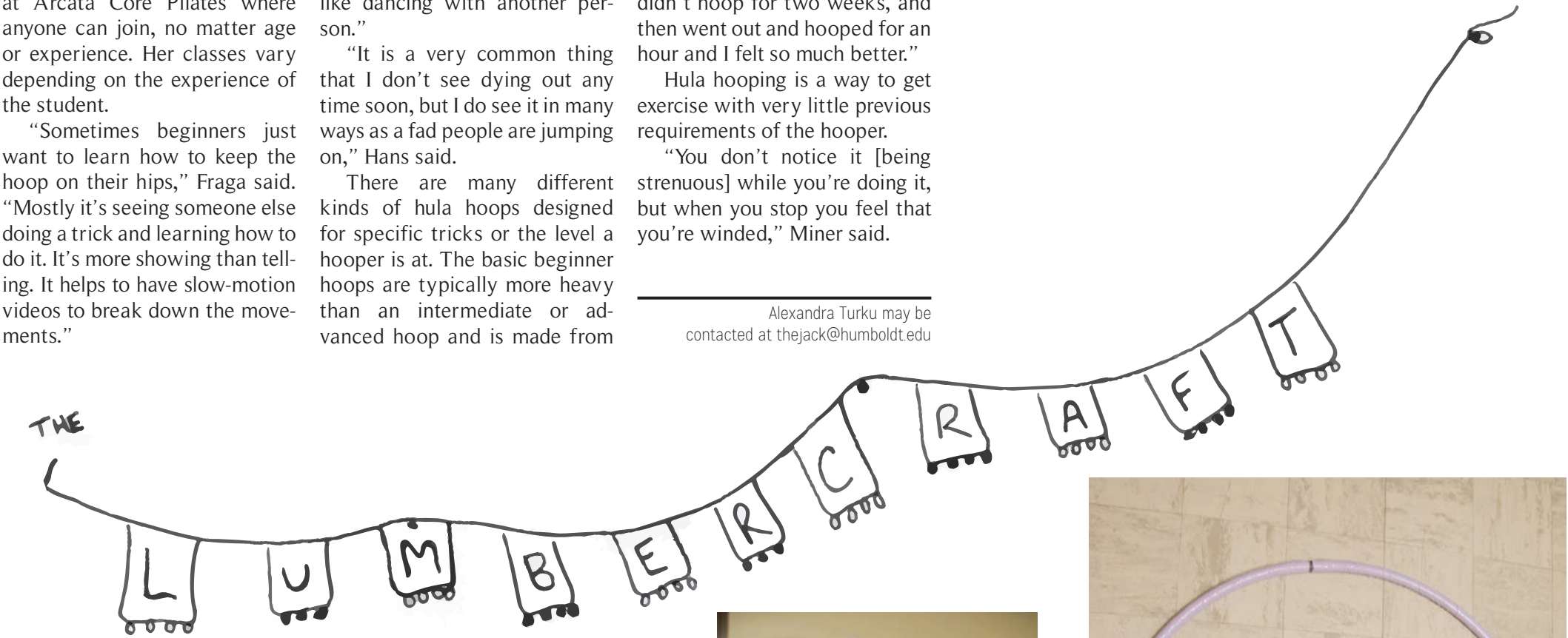
Hula hooping is a way to get exercise with very little previous requirements of the hooper.

“You don’t notice it [being strenuous] while you’re doing it, but when you stop you feel that you’re winded,” Miner said.

Alexandra Turku may be contacted at thejack@humboldt.edu



Kammy Kelly, hula hooping during a beautiful sunset by campus apartments on Nov. 2. | Robert Perez



# Never a Waist of Time

## Cheap Hoop!

by Hannah Moss

I feel like nowadays, any time I come near a hacky sack or soccer ball, I lose all coordination and retract into an invertebrate. Luckily, there’s one thing Spongebob Squarepants and I have in common: we both know how to bring it around town. It’s time to make your own hula hoop and show off that spineless wiggle I know you have deep down. Don’t worry, if anyone laughs at you, hoops double as a super awesome protective shield to keep the haters at bay while also impressing a potential

future bae (;

Here are a few things to keep in mind: The smaller the hoop (length of pipe), the faster it spins, which is better for more experienced hooper. The lighter the hoop (circumference of pipe), the harder it is to control. Choose your experience level as you see fit. If you are a beginner, use a thicker and larger hoop. Make a ton and share with friends. Buy a billion different tape colors and color coordinate with your outfit, you free spirit you.

### YOU WILL NEED:

- 5-10 feet Polypipe - ¾” width 48 cents per foot, ½” width .38 cents per foot.
- Poly insert coupling - 59 cents each (you only need one unless you want a collapsible hoop)
- Duct tape or electrical tape - \$5.99 per roll. Get crazy
- Moves like Jagger

\*Prices relative to Hensel’s Ace Hardware located at 884 9th St.

### THE HOW-TO:

1. Wiggle your way down to Hensel’s and ask for assistance getting polypipe. If you want to make a collapsible hoop, ask for the size you want cut evenly into two pieces.
2. Soak one end of your pipe in boiling hot water. This will expand the plastic so the coupling will fit in easily.
3. Insert the coupling. Be mature.
4. Soak the other end and close your hoop off. If you are making a collapsible hoop, attach the separate pipes.

5. Decorate with tape by wrapping around at a slant. For a collapsible hoop, leave your connecting points bare.
6. Make sure them hips don’t lie and get down witcha bad self.

(To collapse your hoop, hold one of the connecting points, twist gently, and press the hoop into itself. Twist your ‘figure eight’ to create two smaller hoops. For a video example, check out hshulumberjack on Instagram)

Hannah Moss may be contacted at thejack@humboldt.edu





# The Show Must Go On

## "Kiss Me, Kate" lead breaks foot

by Kevynn Gomez

One man's bad luck becomes another man's success. At least that is the thought on one Humboldt State student's mind after breaking his foot performing onstage in a recent HSU musical.

Christopher Moreno played Bill Calhoun in the recently finished musical "Kiss Me, Kate," performed from Oct. 16-25. The musical is a play within a play, with the plot focusing on actors performing Shakespeare's "The Taming of the Shrew" while accidentally incorporating their own entertaining romantic drama.

Moreno's injury occurred on the opening night of the musical, Friday, Oct. 16, during Act 1 of the performance while singing a musical piece.

"I took a single step and I rolled my ankle pretty good," Moreno said about the moment he knew he was injured. "I just kept going until I got off stage."

He says he knew something was wrong after rolling his ankle, but performed until the end of Act 1, when he collapsed and did not continue with the rest of the show.

"I felt energized and I was in the zone," he said. "It was just an accident."

Later, after being taken to the emergency room, Moreno found out his foot was fractured and he would not be able to walk or put pressure on it until late December at the earliest.

The following night, the "Kate" cast performed a modified version of the musical with

Moreno acting while sitting in a wheelchair - accurate for the 1940's time period. Musical director Susan Abbey says she made an announcement of this

Chris's limitations."

"My next reaction was, 'Do we cancel the show? Or is he open to doing it?'" Abbey said.

The "Kate" cast ultimately

not a primary character. The theatre arts instructor says her primary reasons to recast were to keep the artistic accuracy of the script as well as Moreno's safety

"That's like time wasted that I'll never get back," Moreno said. "It's a pretty humbling experience. I'm really reduced to another state of myself"

For Moreno's replacement Jonny Wisan, it also offered an extra learning opportunity in many ways.

"It was a challenge," Wisan said. "It showed me that you can step up."

It is Wisan's first semester at HSU as a transfer student from College of the Redwoods, however, he has performed in HSU theatrical and dance productions in the past as a community member.

An outside judge not associated with HSU also nominated Wisan for the Irene Ryan Foundation student theatre award. He was nominated as one of two regional nominees representing northern California, Oregon, Washington and four other mid-west states.

Wisan said despite being given the role due to someone else's accident, he still took care to craft the character into his own.

"The way I act is very movement-oriented," he said. "I'm not Chris and I don't want to play [the character] like him." He changed the character by making him more upbeat, kind and for Wisan, "very much me and no one else."

Kevynn Gomez may be contacted at thejack@humboldt.edu



Christopher Moreno sitting in a wheel chair on the set of "Kiss Me, Kate," a play put on by the theatre department, about a play based off of Shakespeare's "Taming of the Shrew." | Isabella Ceja

last-minute change to the audience before starting. She says the audience members were extremely gracious and accepting.

"Basically, we had to tell the story," Abbey said. "It was a really positive way to deal with

went through last-minute recasting so the show could go on as planned. Abbey chose to cast HSU student Jonny Wisan into Moreno's role as Bill Calhoun and student William English III took on Wisan's role, which was

and potential liabilities that may come from further injuries.

The decision gave Moreno a chance to recoup without outside stressors to delay healing, but it also had a large emotional impact on the business major.

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# Harnessing Healing Energy to De-Stress Students

*continued from page one*

to heal them.

Reiki is a spiritual practice that uses innate energy present in the universe to heal. In a session, one person lays down and a Reiki practitioner runs their hands over their body without touching them, passing this universal energy into them.

Christy Robertson is a community member and certified Reiki practitioner working in Arcata. Her experience with Reiki began in 1999 when she was introduced to the idea while attending massage school. Robertson says her initial thoughts are very different from how she feels about Reiki now.

“I thought it was interesting but I was pretty skeptical,” Robertson said.

After being channeled with reiki energy, her skepticism changed dramatically. Robertson says one of her first thoughts immediately after being channeled with energy was, “I get what people are talking about now.”

The practice has three levels to attain. The first begins with being “attuned” by a master to be able to channel energy in the first place.

“Once you receive that attunement, then you can just go do it,” she says about the distinctive way Reiki initiations occur.

The second level allows people to heal others as a practitioner and the third level makes them into a master who can then

open the way for others through attunement.

The processes do come with a price tag, with students like Buxton charging a lower price of around \$40, and attunement “opening” sessions costing \$100, Robertson says.

Both women say Reiki can be extremely beneficial for students due to the stressors found in everyday college life.

“It’s an amazing tool I use daily on myself,” Robertson said. “It’s a great tool for stress reduction and also for helping our body stay in balance.”

Although Reiki healing may be a powerful way to help students relax and de-stress from life, a disconnect still exists between the campus population and community members, they say.

Buxton uses her club and the opportunities that come with it, such as club meeting days and email newsletters, to create a connection between students and community healers.

“I really want to be a bridge to the healers in the community,” Buxton said. “The healers have so much to offer.”

Heidi Bourne is one such



The redwood forests of Humboldt County are spiritual locations where Buxton can commune with nature. | Aren Fikes

community member Buxton reached out to. Bourne leads meditation classes at the Community Yoga Center on the Arcata Plaza. She was invited by Buxton to teach her specialty of mindfulness meditation at a Healing Vibrations Club meeting one year ago.

“I thought it was great,” Bourne said. “I thought it was an honor.”

Although the mindfulness meditation classes Bourne leads in the community are only a few blocks from campus, she also notices the gap between the campus community and the local community.

“I think that in many college towns there is often a separation from the students and the community,” Bourne said.

One way she thinks students can minimize this separation is by trying new things such as Reiki healing or meditation.

“Be curious. Be willing to check something out,” Bourne said.

For Buxton, the Healing Vibrations Club can continue to provide ways to link community members with interested students on campus and means more than simply breaking down barriers.

“That’s really a part of my sole mission on this planet,” Buxton said. “I really want to empower, to inspire. They can heal themselves if they want to.”

Kevynn Gomez may be contacted at thejack@humboldt.edu

# Critical Mass Cali Wide Ride

by Katie Lowe

If Arcata roads seemed more crowded on Friday, there is a reason why.

Allen Ng is a Humboldt State senior involved in the biking community at HSU. He attends various critical mass events.

“Sometimes critical mass gets huge and there are 100 people riding their bikes,” Ng said.

Critical mass is a movement of people getting together to ride their bikes around town. In Arcata, community members and students meet the last Friday of every month. This is a worldwide event communities are involved in for differing reasons.

On Oct. 30 bike riders dressed in costumes for a Halloween-themed ride. HSU student Summer McCall dressed as a woodland fairy in front of the pack.

“There were about 50 of us this time,” McCall said. “A lot of us dressed in costumes. We had rainbows, Mario characters and even a cheetah man.”

The bikers have a starting point on 10th and K Streets and stick together throughout the ride. According to McCall, there is no organized leadership. Sometimes people plan the routes. Other times they happen organically.

“We rode around the plaza a few times and down to the marsh. We ended at my house and had some tea and cookies and danced to some funk music,” McCall said.

Many of the riders feel a sense of unity by participating. According to Ng, they get together to promote bike riding in Arcata and to build a community around bike riding.

“It’s enjoyable to get together

with people and make friends outside of the mountain biking club,” Ng said. “We’re bonding over the common interest of biking instead of drinking or something like that.”

Everyone is welcome to be part of the mass. All involved are encouraged to make suggestions to routes or ways to make the ride more enjoyable. McCall said when they see solo bikers the mass will invite the person to join and they often do.

Critical mass started in San Francisco in 1992. Bikers congregated to protest the Gulf War and other wars over resources. The bikers shut down the Golden Gate bridge by being, what they call, en mass. Dr. Hunter Fine teaches about critical mass in his social advocacy course at HSU. He experienced his first critical mass as an undergraduate at San Francisco State.

According to Fine, the causes of engaging in critical mass are specific to the time and city they are happening in. The aspect all critical masses have in common is they disrupt public space. The norm in most places is driving from point a to point b. So, seeing a coalition of bike riders “exposes the political nature of the everyday.”

“It is like an unsanctioned parade,” Fine said. “It’s winning back the festive nature of our everyday lives, taking ownership of spaces we live in that may not be ours and taking ownership of our daily gestures and movements.”

Katie Lowe may be contacted at thejack@humboldt.edu



The redwood forests of Humboldt County are spiritual locations where Buxton can commune with nature. | Aren Fikes

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## The Jacks Clinch The GNAC Title On Senior Day

*continued from page one*

Bowl on senior day. I couldn't have asked for it to go any better."

The Lumberjacks had unexpected guests during halftime: Donald Trump's hair, Bernie Sander's hair, Waldo from Where's Waldo? playing a trumpet, and a drumming banana.

The Marching Lumberjacks performed a half-time extravaganza with a comical narrator describing things like the end of the world complete with a Stars Wars song.

Senior Bryce Hawley-Joanes stood in front of the scatter band as the "axe major." Hawley Jones is like the conductor of the Marching Lumberjacks but instead of waving a baton in the air he had a red axe. He said it is a community effort to produce the halftime shows.

"We just start throwing things at the wall and see what sticks," Hawley-Joanes said.

Although Hawley-Joanes is a senior he is staying for another year and a half. Next year he will play an instrument in the band.

"It's the only band I've been in that everyone's included," Hawley-Joanes said. "The entire town

sees the marching band at the game."

During the game senior Eric Paopao swatted a pass from Simon Fraser in the first quarter while senior quarterback Casey Mintz passed a 26 yard touchdown pass in the third quarter. Sophomore running back Ja'Quan Gardner scored one touchdown and rushed 175 yards.

Senior wildlife major Antoine Chery said the football team looked the strongest they have ever been in his four years as a student at HSU.

"If they didn't have Ja'Quan on their team," Chery said, "It wouldn't be the same score."

Adams said although he has a serious passion for the football, he thinks his time playing is up.

"This really is a great way to cap off my career here at Humboldt," Adams said. "The group of guys that have been here since 2011 have been to hell and back and for us to stick with it through everything really gives us something to be proud of."

*The Lumberjacks will play against Dixie State on Nov. 7 in St. George, Utah.*



Senior Bryce Hawley-Joanes the "axe major" for the Marching Lumberjacks who performed an epic halftime show at the football game on Saturday, Oct. 31. | Gabriel Retzer



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The cymbals crash as the Marching Lumberjacks perform during halftime in the game against Simon Fraser.



The ball almost in his hands, Chase Kivashei during a second quarter touchdown reception in the blowout against Simon Fraser. | Gabriel Retzer



Losses, victories and upcoming games

by Berenice Ceja

Football

The Jacks faced Simon Fraser University on Saturday at the Redwood Bowl and closed its regular season home schedule with a win against Simon Fraser 57-0. The victory gave the Jacks a share of the Great Northwest Athletic Conference championship for the first time since 2011.

Next Match: The Jacks will travel to St. George, Utah to play against Dixie State University on Saturday, Nov. 7.

Cross Country

Next Match: Both teams will travel to Monmouth, Oregon on November 7th to compete in the NCAA II Regional Championships.

Volleyball

The Jacks had an early 12-7 lead against San Francisco State, however the Gators broke their seven consecutive point stretch and took the lead. The match then went back and forth all night until the Jacks fell short at the fifth set and lost to the Gators 3-2.

Next Match: The Jacks will have an away game against Cal State Los Angeles on Nov. 6 .

Soccer

Both the men’s and women’s team played against the Cal State San Bernardino Wolves on final regular season games on Saturday. Both teams concluded their seasons with losses.

The men’s team lost to the Wolves 0-2. The women’s team lost 1-2.

Basketball

The women’s basketball team played an exhibition game against the Bristol Bears on Monday at the Lumberjack Arena. The Jacks defeated the Bears 71-50.

Next Match: The women’s team has an exhibition game on Nov. 7 at UC Davis. The men’s team has their first regular season game on Nov. 17 at the Lumberjack Arena against Southern Oregon.

Berenice Ceja may be contacted at thejack@humboldt.edu

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

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EDITORIAL

If Faculty Suffer, Students Suffer

On the Humboldt State quad with signs in hand, HSU faculty stood in protest of inadequate wages. The California Faculty Association will soon announce the results of a vote to strike in order to negotiate a higher pay increase. The Chancellor’s office is currently offering a two percent pay increase. The faculty say this is just not enough. A recent series of reports titled “Race to the Bottom”, released by the CFA, detail the struggle that some faculty face while working in a profession they love. In the CSU system, 80 percent of faculty feel underpaid and 70 percent have to acquire multiple sources of income in order to stay afloat. Others reported filing for bankruptcy. The “Race to the Bottom” papers also point out that while other university positions have seen salary raises, the faculty salaries have been stagnant for about the last 10 years. Today, HSU faculty say that two percent is simply not enough to make up for the losses. The student body should be disgusted that this is occurring. Nothing on this campus affects students more than faculty. We do our learning, our growing and our future planning in the classroom. We decide what we want to be and we decide what we like. Those early career decisions are directly affected by our experiences with faculty and how they teach. If faculty worry about their family or how to make ends meet, they pay less attention to the classroom. That second job they have takes time away from their classroom prep and makes them less available for students. Worse yet, good faculty are forced to find employment elsewhere, leaving students no opportunity to learn from the best. On top of this, as human beings, we should support each other. The people that run our classrooms are some of the best people that we have met. They should not have to struggle. If the HSU faculty decides to strike, they have our full support.

The Lumberjack

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Mission Statement

The Lumberjack is a student-run newspaper that reports on the campus and community. We strive to report with accuracy, honesty and originality. We hold ourselves accountable for errors in our reporting. We invite all readers to participate.

This is your newspaper.  
Be a part of it.

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

The Comic Strip

Corrections

The photo for “Out of Sight, Out of Mind” on page 6 from the Oct. 28 issue was taken by Connor Malone, not Sam Armanino.

Purely hypothetically speaking, some terrible and incompetent airline manages to ruin every single aspect of your trip abroad. One moment you’re having fun exploring the world, the next you’re trapped in an endless purgatory of delays, reroutes and overpriced airport sandwiches. What song would you play to distract you from Kafkaesque hell of modern travel as you sit in your vacant terminal hoping to whatever deity that you’ll manage to catch the next plane home?

LUMBERJUKE

Rebekah: “Heart Cooks Brain” - Modest Mouse
Miranda: “Hotline Bling” - Drake
Louis: “Coming Over” - Dillion Francis and Kygo (Feat. James Hersey)
Hannah: “Faded” - ZHU
Ciara: “Runaway” - Kanye West feat. Pusha T
Ian: “The Times They Are A-Changin” - Bob Dylan
Jeff: “Shit Luck” - Modest Mouse
Sam: “Funeral” - Band of Horses
Tyler: “I Must Belong Somewhere” - Bright Eyes
Marissa: “Stolen Dance” - Milky Chance
Nikki: “Bohemian Grove” - Ab-Soul
Jami: “Hello” - Adele
Javi: “Evil Ways” - Santana
Berenice: “Bang Bang” - will.i.am
Axey: “Lumberjack” - Johnny Cash



Comic By Jessica Knupper



# In Defense of a Diversity of Forest Practices

by Dr. Erin Kelly & Dr. David Greene

The Humboldt State Climate Crisis Club has petitioned the forestry department, in part “to end their teachings re; ‘harvesting forests’ (clear-cut practices in any form or given terminology) in focusing now upon the crucial part forests play in these unprecedented climate times.”

As faculty in the HSU Department of Forestry and Wildland Resources, we welcome the opportunity to address recent concerns raised by the Climate Crisis Club about forestry, sustainability, and climate change.

Faculty in our department have diverse backgrounds and, as a consequence, ask diverse research questions about the relationships between forest management and climate change. As examples, our faculty have studied the impacts of climate-related drought on stream flows, the ability of different redwood strains to survive under changing climate, utilization of forest biomass as a renewable fuel source, and the ability of large, old trees to sequester carbon.

We bring our research experience to the classroom, addressing the multiple facets and tradeoffs of all forestry practices. These are communicated to our students over years of coursework that involve extensive field experience and observation of different forest types and management practices. Our lessons about the practice of clear-cutting are not uniform, nor should they be: our students deserve to hear the many approaches and perspectives that we have. Our graduates go on to a variety of forestry-related fields. Many become registered professional foresters, working for multiple landowner types – industrial, non-industrial, land trusts, state and federal forests; and many of them work restoring water-

sheds, habitat, fire regimes, and soil productivity.

Clear-cutting is but one important silvicultural practice in forestry, and it is far from the only tool that is used in forest management. There are many ways to harvest and regenerate a forest, and the method depends greatly on the shade tolerance of the species of interest. While a tolerant tree species will regenerate in extremely small openings or the shade of canopy trees, many of our most commercially valuable species (including pine species and some hardwood species such as aspen) require very high light levels to successfully regenerate. Clear-cuts, because they create so much light at the ground, are the only method we have to regenerate these shade-intolerant species.

In California, timber harvests on non-federal lands are conducted under the most rigorous forest practice rules in North America, if not the world, incorporating concerns about watershed resources, wildlife, greenhouse gas emissions, soil productivity, and cumulative impacts into every forest harvest plan. Large timberland owners (over 50,000 acres) are required to prepare sustained yield plans that demonstrate how a balance of harvest and growth will be achieved and maintained. This process ensures that the private forests in California are either in carbon balance or providing a net sequestration of carbon. It is worth pointing out that the majority of wood products (over 75 percent) we use in this state are imported from places that have much less rigorous rules.

We are proud to be teaching the future stewards of the forested landscapes of California. Our department will continue to teach about the impacts of climate

change, and the implications of forest management for mitigating climate change. We invite all students at HSU who are interested in sustainability to attend our seminars, take our courses, and get to know more about forestry in an arena of open inquiry.

Dr. Erin Kelly, assistant professor, California registered professional forester #3001

Dr. David Greene, professor, chair

Dr. Erin Kelly & Dr. David Greene may be contacted at thejack@humboldt.edu

HSU Alumni & Faculty  
Respond to  
“A Clear Cut Criticism”

## Comment on “A Clear-cut Criticism”

by Clarence Hostler

I don’t normally feel compelled to comment on university newspaper articles, but this time I do for some reason. After reading the subject article, I have more questions now than before reading it. Foremost, I agree that clear-cutting has likely been over applied in recent history, particularly in coast redwood forests. However, arbitrarily removing a silvicultural tool from foresters’ reach is ludicrous. Making students less educated is not the solution. The sad truth is that it will be a long time before our community will ever see the grandeur of vast older redwood forests again (aside from small parcels in the Redwood National and State Parks). That hurts me too. Lashing out at clear-cutting is not the answer, and will only slow progress.

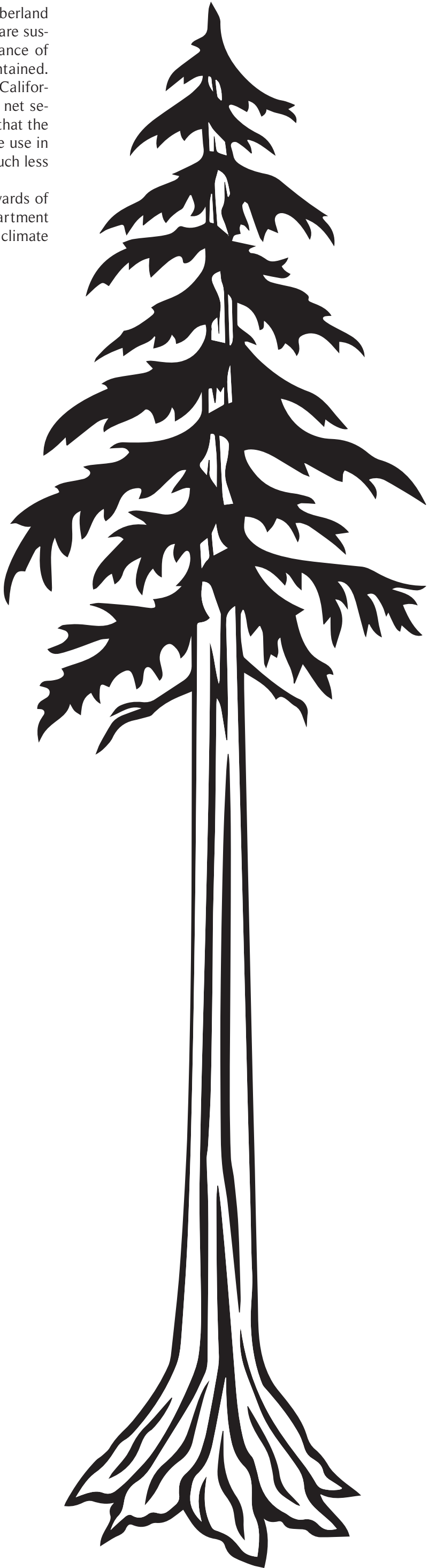
My experience as a Humboldt State graduate and practicing forester in Humboldt County is that HSU forestry professors teach responsible forest management, teaching students how to balance social and environmental considerations (after all, the HSU campus and many other things we all enjoy wouldn’t be possible without clear-cutting ma-

jestic redwood trees).

Clearly, members of the Climate Crisis Club are in need of an education in forestry. I suppose we must give them credit for speaking up and trying to make a change in an issue that they are passionate about and offer them help. Education is a life-long journey, and doesn’t end with a few classes in forestry, a bachelor’s degree, master’s or doctorate. It is our obligation to guide people in search of an education and question their teaching and practice when they veer off track. And the Climate Crisis Club is clearly in need of our help right now in their educational endeavor.

*Clarence Hostler graduated from HSU with a B.S. in forestry in 1994 and has worked in the forestry and environmental conservation profession since 1999.*

Clarence Hostler may be contacted at thejack@humboldt.edu







# Stay Connected... To Nature

by Jacob Cheek

When I was a freshman in high school, I got my first cell phone for Christmas. I could not be happier. I could finally keep in contact with all my friends without having to use AOL. I remember getting a Nokia phone that had the game “Snake” on it, which could be one of the best phone games of all time. My phone was meant to meet up with friends and contact with my family if I needed to. It seems times have changed.

People nowadays remain hidden behind a screen. That screen could be your cell phone, tablet or computer. Instead of waking up and going outside to smell the fresh air, the first thing that is checked in the morning is how many likes you got on Instagram or who posted what on Facebook. The culture has changed toward social media approval. We have become so infatuated with rating our popularity with these “likes,” we forget who we really are.

Now don’t get me wrong, I have all the new gadgets just like everybody else. Humans advance along with technology. And of course, with new technology comes new perks. It’s just the way the world works. With that being said, I still use my iPhone just as I did my Nokia. I keep in contact with my friends and family.

When I was growing up, we didn’t hide behind a screen. We didn’t have time to sit around and come up with memes or watch that new Youtube video. There was no picture to post, no status to update and no place to criticize anybody. We were too busy outside playing sports or going to the beach or just being outside in general.

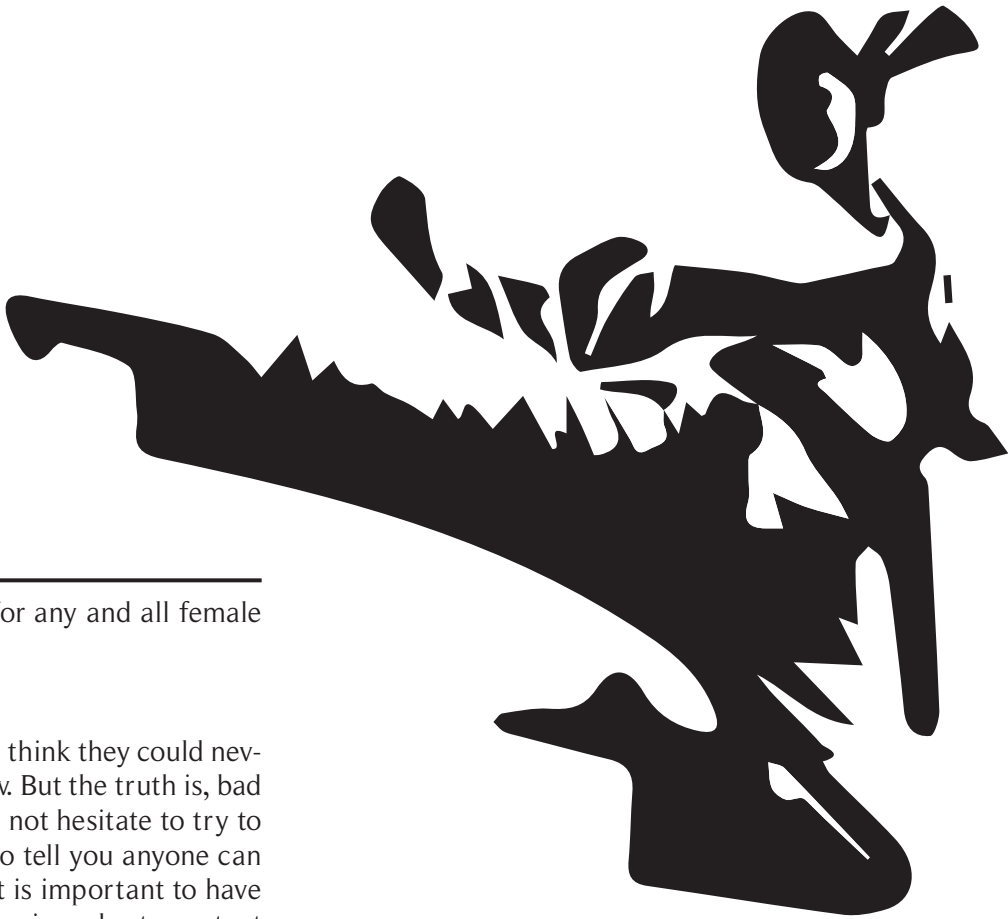
Put the phone down for a half hour and get outside. The view is much better without a device in front of your eyes.

Jacob Cheek may be contacted at thejack@humboldt.edu

# Diolague on Race Schedule

Wednesday, Nov. 4	3 p.m. – 4:30 p.m., Goodwin Forum
Student workshop with Dr. Bonilla-Silva	Workshop Puerto Rico: “The Last Colony” 4:30 p.m. – 6:30 p.m., Goodwin Forum
White Logic, White Methods: How Racism Prevents Social Analysts from seeing the Deep Effect of Race in America 9:30 a.m. – 11 a.m., Goodwin Forum	Keynote with <b>Dr. Edward Brockenbrough</b> Black Queer Pedagogy – Theory, Practice & Research 6 p.m. – 8 p.m., Kate Buchanan Room
Workshops Strategies for Working with Diverse Students 11 a.m. – 1 p.m., Goodwin Forum	Friday, Nov. 6 Workshop Let’s Be Real – Deconstructing the Campus Center for Appropriate Technology (CCAT)* noon – 2 p.m., Goodwin Forum
Staff/Faculty Workshop with Dr. Bonilla-Silva The Sweet Enchantment of Color-Blind Racism 1 p.m. – 2:30 p.m., Goodwin Forum	Workshop Student Identity and Microaggressions in an HSI Institution 2 p.m. – 4 p.m., Library Fishbowl (Room 209)
Workshop Deconstructing Humboldt State’s Assimilation Apparatus* 3 p.m. – 5 p.m., Library Fishbowl (Room 209)	Film Screening Exploring Trans* Lives – TRANS: THE MOVIE 2 p.m. – 5 p.m., Goodwin Forum
Keynote with Dr. Bonilla-Silva  The Diversity Challenge at HWCUs – On the Urgent Need to Move From Formal Diversity to “Deep-Diversity” 6 p.m. – 8 p.m., Kate Buchanan Room	Workshop Campus Dialogue on Race Venting Space 4 p.m. – 6 p.m., Library Fishbowl
Thursday, Nov. 5	Workshop A Dialog on Dialog – The Communication of Multicultural Awareness 4:30 p.m. – 6 p.m., Library 114
Workshop Why You Should Care About Lack of Diversity in Outdoor Spaces 2 p.m. – 3 p.m., Library Fishbowl (Room 209)	Film Screening/ Workshop Untold Story of the Japanese Internment Camps 6 p.m. – 8 p.m., Founders Hall 118
Workshop with <b>Dr. Edward Brockenbrough</b> Teaching LGBTQ Issues in K-12 Schools	

# Self-Defense is Just Common Sense



by Desiree Back

There is a free self-defense class for any and all female Humboldt State students.

Why is self-defense important?

Well, we all hear the stories and think they could never happen to us or anyone we know. But the truth is, bad people are out there, and they will not hesitate to try to attack and victimize us. I’m here to tell you anyone can become a victim and that is why it is important to have at least a little self-defense training in order to protect yourself if the time ever comes.

According to the Corporate Alliance to End Partner Violence website, an estimated 3.4 million people said they were victims of stalking during a 12-month period in 2005 and 2006. Also, according to the National Sexual Violence Resource Center website, 91 percent of the victims of rape and sexual assault are female and 9 percent are male.

So, although I think everyone, both men and women, should take at least some kind of self-defense training, for this writing piece I am mainly focusing on the importance of women training.

I have always believed every woman should take at least some form of self-defense. However, I know it

costs money and takes time, and it can even be hard to find somewhere to get lessons.

For these reasons, I put off taking self-defense for way longer than I should have. Even though I have wanted to take self-defense or at least learn some sort of fighting technique since I was around 12, I am sad to say I also procrastinated on taking lessons until I was 21. But now that I have taken self-defense lessons, I feel confident I can defend myself if I ever need to.

As a girl, the threat of being victimized is always there. But this is mostly because the people who victimize us are people who think we are weak and easy prey for them. This, however, is not the case.

One thing my self-defense class teachers talked about a lot is that we, as girls, or anyone who feels like they are weak, are stronger than we think. They also taught us how to stand up straight and not look scared when alone in public, and also to yell, “NO,” in order to draw attention and get help whenever we are in a situation where we have to do any sort of fighting.

So, once you learn how to do a couple different types of kicks and throw a punch, you will become pretty capable of protecting yourself if the time ever comes.

Also, the fact that people think we are weak and can be victimized means they underestimate us which gives us the upper hand. Since they won’t be expecting us to fight back or put up a good fight, this gives us the element of surprise and the chance to fight, run and get help, or run to safety.

So make sure you check your emails and keep an eye out for the posters that will be plastered all over campus about the self-defense class. Remember, since the class is free, it fills up fast. So get enrolled as soon as you find out about the next one taking place at HSU!

To sign up for the 3-hour intensive women’s self-defense class call (707) 826-4655 or email selfdefensehsu@gmail.com.

Desiree Back 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?"

Repeate image because no one found it last week!  
Please send us your selfie at the location!

## Stumping Lumberjacks Weekly Brain Teaser

Game created by Ian Bradley  
Compiled by Jami Eiring

egsg  
gegs  
esgg

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 "Jaws" ... and it was delicious!

## Last Issue's winners

Where is this?  
No Winner

Stumping Lumberjacks  
Shane Kelly

Trivia  
Leslie A. Ferrar

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.

## 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!*

## Trivia Questions

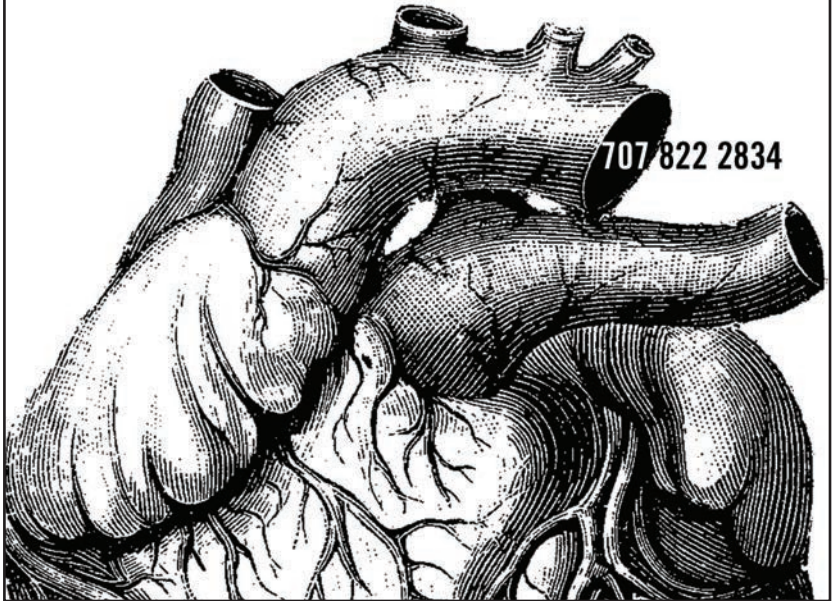
- 1) What room number is the help desk in?
- 2) Who took over the lead role in "Kiss Me, Kate?"
- 3) Who is the axe major in the Marching Lumberjacks?

## CLASSIFIEDS

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Weekly Sudoku Difficulty: MEDIUM			3		2	7			
		6		9		5			
				6		3	5	7	
		4					2		
			6		7		8		5
	9		7						3
		7	8	3		6			
				8		2		5	
				7	1		3		

Here are some cuties to make you smile!

## Autumn



## Kovu



## Luna



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# Calendar

Wednesday, Nov. 4 –  
Sunday, Nov. 8

Wednesday, Nov. 4

**Science on Tap!**

Michael Furniss, who is now retired from the Pacific Northwest Research Station, and M.J. Furniss & Associates will give a lecture about global sea levels changing as the climate scans between glacial and interglacial periods.

FREE  
6 p.m. - 7:30 p.m.  
Blondie's

Wednesday, Nov. 4

**Pints for Nonprofits**

Support the Humboldt State art program by...getting drunk. Grab a beer (or two) because donations will go toward supplying students and faculty with the essentials.

FREE (donations welcome)  
Noon - Midnight  
Redwood Curtain Brewing Company

Thursday, Nov. 5

**Ocean Night Film Screening**

Arcata Theatre Lounge will be featuring two movies about climate change causing floods in a Pacific Island community in 2010's There Once was an Island: Te Henua e Noho and surfing in 2014's Strange Rumbblings In Shangri La.

\$3 suggested donation  
6:30 p.m.  
Arcata Theatre Lounge

Friday, Nov. 6

**A Look at HSU's Academic and Social Integration**

Lisa Castellino will present findings from a decade's worth of student success data and a case study of HSU's class of 2013, along with the current interim provost, Theo Kalikow. Students, staff and faculty are welcome to ask questions about the data as HSU's administration moves forward with a five-year strategic plan.

FREE  
1 p.m. - 3 p.m.  
Great Hall (above College Creek Marketplace)

Friday, Nov. 6

**Small Town Throwdown**

Release your inner country! Dance to country and rock songs all night long this Friday night. Ages 21+

FREE  
9 p.m.  
Shooters Off Broadway

Saturday, Nov. 7

**Used Book Sale**

Friends of the Redwood Libraries is holding a used book sale this weekend. It may not be on your iPad or Kindle, but it is cheap.

Humboldt County Library  
10 a.m. - 4 p.m.

Sunday, Nov. 8

**Trivia Night!**

Grab a bite, a beer and test your random knowledge. Entering trivia night is free and you have the chance to win up to \$50 in prizes.

FREE  
8 p.m.  
Six Rivers Brewery

Sunday, Nov. 8

**Humboldt Bay National Wildlife Refuge Walk**

Interested in birds or wildlife? This is the perfect place to live. Come take a two or three-hour guided Audubon walk and learn the common birds of Humboldt County.

Free  
9 a.m.  
Refuge Visitor Center

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