

THE LUMBERJACK

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HSU student hospitalized with bacterial meningitis

No other cases have been reported

by John Ferrara and Israel LeFrak

A student living in Sunset Hall dorms was diagnosed with bacterial meningitis on Nov. 25 and is improving but in critical condition at a Redding hospital, according to a Humboldt State press release.

The sick HSU student was expected to have made enough of a recovery to leave the hospital on Monday. The test results confirming the specific type of bacteria have not been released, but the illness was treated as meningococcal disease as a precaution.

Following the diagnosis, campus staff contacted about 250 students by phone who were considered to be at the highest risk of contracting the illness. Faculty and staff who may have been in close contact with the student were also notified. No other cases have been reported, but all Sunset Hall residents were advised to be treated as soon as possible with the antibiotic Cipro.

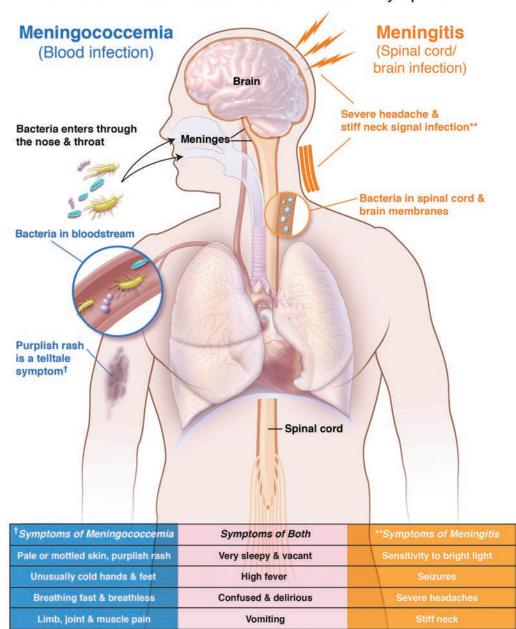
Freshman Bethany Olejniczak, who lives on the third floor of Sunset Hall said she was out of the area for the holiday when the school contacted her. Separate HSU alerts were sent out to inform the entire campus about the health risk.

"I received a personal phone call from someone in the health center and I went to my personal doctor to get a prescription for the antibacterial medication they provided," Olejniczak said. "I told my parents and they were concerned because a couple of my brothers have low immune systems."

The Centers for Disease Control and Prevention defines meningitis as a disease caused by the inflammation of the protective membranes covering the brain and spinal cord known as the meninges. The inflammation is usually caused by an infection of the fluid surrounding the brain and spinal cord. According to the CDC website,

Meningococcal Disease

Two Most Common Manifestations & Their Symptoms*



Courtesy of the National Meningitis Association nmaus.org

*Symptoms can vary and may come on suddenly and/or severely. Please contact your health care provider with questions

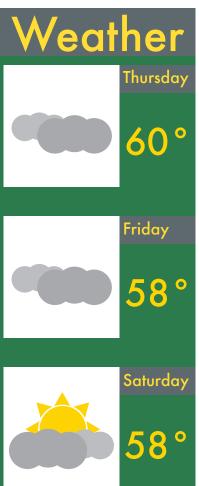
Continued on page 4 Two common forms of Meningococcal disease. | Photo provided by Alembic Health Communications

Yoga with style

Acro-yoga club teaches more than just stretching



Acro-Yoga practitioners at Humboldt State get into yoga with a goofy attitude. | Zirui Dang



Sunday

by Jonathan Hagstrom

Anna Weymann always liked to be right, but it took a practice called acro-yoga to help her realize she did not need to be.

A founding member of the Humboldt State Acro-yoga club, Weymann's journey from acrobatics as a child eventually led her to practicing and teaching this unique blend of yoga and partner acrobatics.

Acro-yoga is meant to promote self awareness, just like traditional yoga and meditation practices. The partner aspect adds the awareness of another person's body as well, which can be both challenging and uncomfortable if the partners are not on the same page. Acro-yoga is

a bit like dance in that it requires communication from both who are involved.

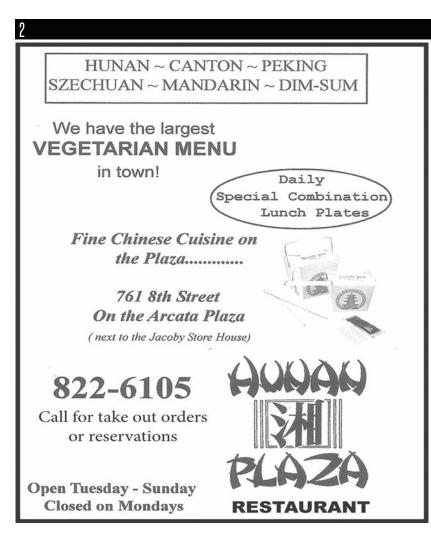
"It has taught me that there is no right answer, which has been huge for me throughout my life," Weymann said. "You learn that pretty quickly. There is no one way to do things."

Weymann is now the club coach. Every Tuesday night,

the group meets to practice their common love.

What makes acro-yoga different from typical yoga is what is known as "flying." This is when one partner, known as the base, holds the other partner, known as the flyer, off the ground. For inexperienced partners trying new poses, there are always

Continued on page 10









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Compiled and written by John Ferrara

Sources: BBC, Al Jazeera

Haiti

Haitian police say 34 detainees escaped from prison in the city of Saint Marc by sawing through metal window bars. Only four fugitives have been captured.



Mexico

Protesters in Mexico clashed with police during a rally in support of 43 students who disappeared in September. Mexican citizens have accused President Enrique Pena Nieto of mishandling the case and his popularity rating has sunk to its lowest point since he took office in 2012.

A woman was arrested in Saudi Arabia for defying the country's ban on female drivers.



NPD BYTES

Compiled by John Ferrara

Nov. 18

Canyon Gazebo

CA out with 10 people and a strong smell of marijuana/ ARRESTED/ student for public intoxication and possession of methamphetamines.

Nov. 24

College Creek Marketplace

Male subject in the smoking area asking females for their phone numbers.

Dec. 1

Trinity Residence Hall

Intoxicated non-resident has locked himself in the bathroom and is refusing to come out.

01:13

ik Jacks

•People who won't eat anything that isn't organic because it's not natural but then go smoke cigarettes amaze me.

•On a date with my hot professor. Not really, but we're both in Rita's.

•I like to sit in class, put my hand up my shirt and cuff my boob.

•Fuck my check engine light. My car is greedy and wants all my money.

Local comments compiled from anonymous social media application Yik Yak.





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Wednesday, December 3, 2014

CivicSpark program aims to fight climate change

by Annamarie Rodriguez

to have a negative effect on the economy in the future. Local Government Commission, in partnership with the state of California and nine regional corporations along the North coast, recognize this as an issue and are calling for action.

The new AmeriCorps program CivicSpark is beginning the groundwork to create climate action plans and prepare the people for what is predicted to come.

area, there are severe impacts of sea level rise," said regional supervisor of Redwood Coast Energy Authority Larry Goldberg. "It has not been maintained in 75 years and there is a possibility of the

Climate change is predicted bay expanding by two times."

volunteers selected for this program through an application pro-

"CivicSpark is a three year program that addresses climate change issues on a local level," Goldberg said.

The volunteers are expected to each put in 1,700 hours, but collectively they aim to reach 60,000 hours. Every year a new set of volunteers is selected.

This program started "In the Humboldt Bay in November and has put five Humboldt volunteers through climate action training so far. During training, volunteers develop strategies to regulate climate change and raise awareness of the impacts climate change has

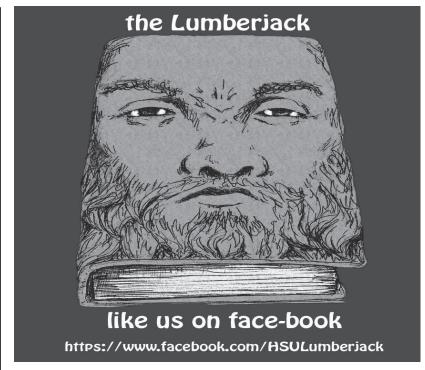
on our future.

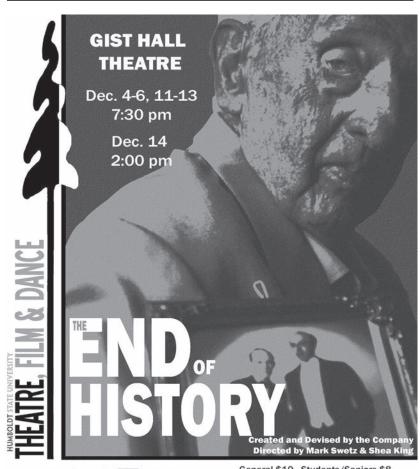
"Working with schools educates students about what the problems are early on," Goldberg said.

The issue that CivicSpark is specifically planning for Humboldt County is the aftermath of the sea level rising tremendously.

"With sea level rise, the infrastructure will be damaged," said CivicSpark volunteer Drew Clark. "Pipe lines are underground, if the area becomes flooded the infrastructure is not set up to hold."

Annamarie Rodriguez may be contacted at thejack@humboldt.edu





General \$10 Students/Seniors \$8 Limited free seating for HSU Students w/ID Tickets @ the HSU Ticket Office

This production is partially funded by the Instructionally Related Activities Fee









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Student recovers from deadly disease

Bacterial meningitis found in Sunset Hall dorms

MENINGOCOCCAL DISEASE SYMPTOMS

Symptoms of the Two Most Common Manifestations



Two common forms of Meningococcal disease. | Photo provided by Alembic Health Communications

Continued from page 1

onset of fever, headache, stiff neck, sensitivity to light, rash, confusion, nausea and flu like symptoms.

Meningitis can be caused by bacteria or viruses, physical injury, cancer or specific drugs.

University of California Santa Barbara and Princeton University both experienced outbreaks of serogroup B meningococcal disease in 2013 and administered vaccines to thousands of students.

Frank Whitlatch, associate vice president for Marketing and Communications said the Student Health Center and the Humboldt County Public Health Office provided the school with information on how to handle the situation.

"University housing did clean as necessary. A complete wash or decontamination of the hall was not called for because meningitis is not particularly contagious," Whitlatch said. "The incubation period is three to seven days so anybody infected would be showing signs by now."

Students were able to request a prescription until Dec.

symptoms include sudden 1 by emailing their name, date families so they can protect of birth, ID number, allergies and pharmacy information to the Student Health Center.

Although the holiday break reduced the number of students potentially exposed to the deadly bacteria, the dispersal of students also created complications with trying to contact each at-risk student individually. The university wanted to ensure students were safe and not spreading the illness to other areas.

"There was a challenge of contacting all the students who lived in Sunset Hall," Whitlatch said. "We used key channels but we need to improve the text message alert system. Only 25 to 33 percent of students are in the alert system."

HSU's press release states that bacterial meningitis is less contagious than the common cold. However, National Meningitis Association President Lynn Bozof urges people to take advantage of the vaccine that is available.

"If I had known about a vaccine, my son would be alive," Bozof said. "There is nothing I can do about that today. But what I can do is provide information to other

their children. With this disease, one day you can be healthy and the next day you can be dead. This student is so lucky to be alive."

Bozof's son Evan was a 20-year-old pre-med student at Georgia Southwestern University when he contracted the illness. Evan Bozof died of meningococcal disease 26 days after contracting the virus. Since then, Bozof has dedicated her life to spreading vaccination awareness.

"If my husband and I didn't do anything we still would have lost our son and there would still be people dying from this disease," Bozof said. "So we had an opportunity to make a difference with this disease and that's what we did."

> John Ferrara and Israel LeFrak may be contacted at thejack@humboldt.edu

Wednesday, December 3, 2014 5

Rewriting History



Castmembers from the End of History perform during their dress rehearsal. | Kellie Brown

Campus by Katelyn Roudebush

Shea King's thundering voice brings the room to a calm silence as the cast and crew of The End of History scurry around the rehearsal space.

King, a senior theater arts major, is the co-director of Humboldt State's most recent student play "The End of History". The actors were cast last spring before a script was even in the making.

"It's a devised project. It's definitely something new," cast member Ambar Cuevas said. "The directors have the ultimate say but we get a lot of say about our characters and what they see and how they feel."

Although the script does not have a defined time period and was brought together character by character, the central theme is evident throughout the play. It highlights the cycle of what happens when someone is oppressed and then is given a voice.

"It's about love and revolution empowering the individual and that you as a person have power," King said. "We are showing people that people our age in their twenties have made a change."

Junior political science major Thsnat Berhe created his character, Roy, loosely basing him on his own life experiences.

"I relate to Roy in terms of how he holds everything and how he doesn't trust anyone," Berhe said. "He's very passionate about what he wants to be. He's taken what's happened in his life to motivate him."

The actors also had a say with the character names, giving them the ability to connect the names with the characters' actions. Sophomore Izzy Ceja, a theater arts major, utilized the opportunity with her character, Janet Orr.

"She will dress up as a janitor to go and see people's opinions of the world," Ceja said about her character. "Her motto is 'I'll clean up the mess for you,' she means that both figuratively and actually."

Cuevas' character Rebecca is someone who can be very caring, but so far in her life she has not found anyone or anything worth caring about. That is, however, until she meets Sarah, another character whom Rebecca finds a real connection with.

"I think one of the most important things to her is honesty and truth," Cuevas said. "I definitely value those things, without trust and honesty I don't see anything happening beyond a friendship."

The love of Rebecca's life, Sarah, is played by senior Aurora Commeree, a child development major. Commeree described her character as someone who goes through a daily tedious routine and likes things a certain way but through it all has a bubbly personality.

"I really relate to her, I'm pulling from things in my

life," Commerce said. "She's more close-minded but other than that it's pretty parallel."

Although the actors brought their characters to life, King and his co-director, faculty member Mark Swetz, made sure that the final product was ready for an onstage performance.

"[Directing] is about wanting to be the leader of the stage, the ambassador for the audience," King said. "I love it."

"The End of History" is King's first time as a director on the main stage. At only 21, King is one of the youngest directors in the CSU system, especially because undergraduates rarely direct on the main stage.

"The biggest thing is that I'm being self aware when talking to faculty and asking for things that we need while dancing around the fact that I am a student," King said.

The completely new and never before seen play will premiere tomorrow night. After months of preparation, the entire cast and crew is ready to perform.

"I think that no matter what your viewpoint is in life, religion or politics, you will find something to relate to," Cuevas said.

Katelyn Roudebushmay be contacted at thejack@humboldt.edu 7th & I Street, Arcata Ph-499-7146

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by Katelyn Roudebush

My birthday was this week so naturally I endured the Happy Birthday song accompanied with blowing out candles, making a wish and digging into a delicious homemade pineapple upside down cake. This recipe is one of my favorites and is surprisingly quite simple and a lot more delectable than a Betty Crocker mix. So roll up your sleeves and get baking.

Ingredients:

Topping:

Sliced pineapple (canned or fresh) Maraschino cherries (17 or so) ½ cup of brown sugar

1/4 cup of melted butter

Cake:

1 and 2/3 cups of flour

½ teaspoon of baking powder ¼ teaspoon of baking soda

½ teaspoon of salt

½ cup of melted butter

1/4 cup of sugar

3/4 cup of brown sugar 1 large egg

¹/₄ cup of yogurt (vanilla, greek or regular)

½ cup of milk (or buttermilk) ¼ cup of pineapple juice (left from the canned pineapple or use fresh)

1 tablespoon of vanilla extract

Pineapple Cake

A deceivingly simple cake



| Katelyn Roudebush

1. Preheat oven to 350 degrees.

2. Place the melted butter for the topping into a round cake pan. Next sprinkle the brown sugar until it neatly coats the pan. Add the pineapples and then the cherries in any spaces between the pineapple slices. Set aside.

3. In a medium bowl mix together the flour, baking powder, baking soda and salt and then set aside.

4. In a large bowl whisk the melted butter with the sugars until all lumps are gone. Next whisk in the egg, yogurt, milk, pineapple juice and vanilla

extract. Slowly add the dry ingredients and mix until no lumps remain.

5. Pour the batter into the prepared pan and bake for 20 minutes. Cover the cake loosely with foil and continue baking for another 20 minutes. Take it out and allow to cool for 20 minutes or so before flipping the cake onto a plate.

Slice while warm or cold and enjoy.

Katelyn Roudebush may be contacted at thejack@humboldt.edu



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 $\underline{\textbf{Monday}}\textsc{:}$ Explore the basics of computer programming with JavaScript.

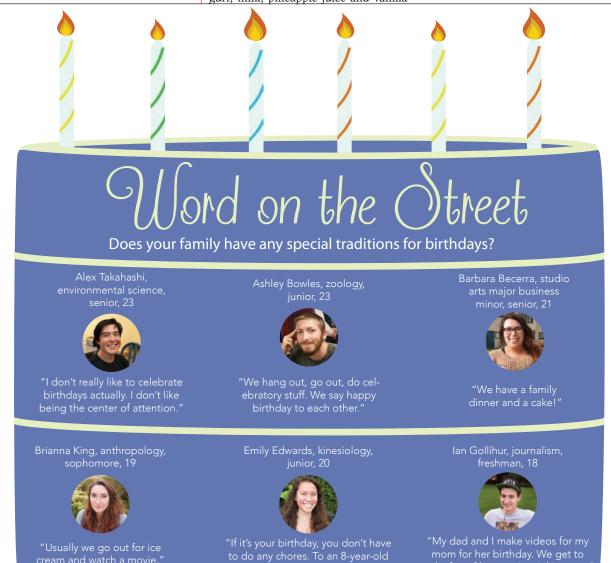
<u>Tuesday</u>: Learn the basics of programming with a fun game involving Mark Zuckerberg and Zombies.

<u>Wednesday</u>: Experiment with navigating the web & design your own customized search widget.

<u>Thursday</u>: Learn how to make a webpage by designing your own book cover for this year's Book of Year- 'War Dances' by Sherman Alexie.

<u>Friday</u>: Learn Python and make a robot you can have a conversation with.

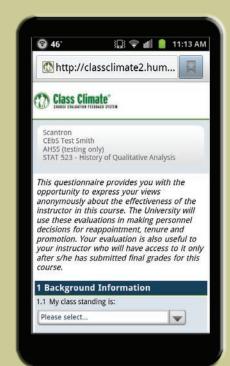
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Compiled by Jami Eiring and Sarah Bradbury

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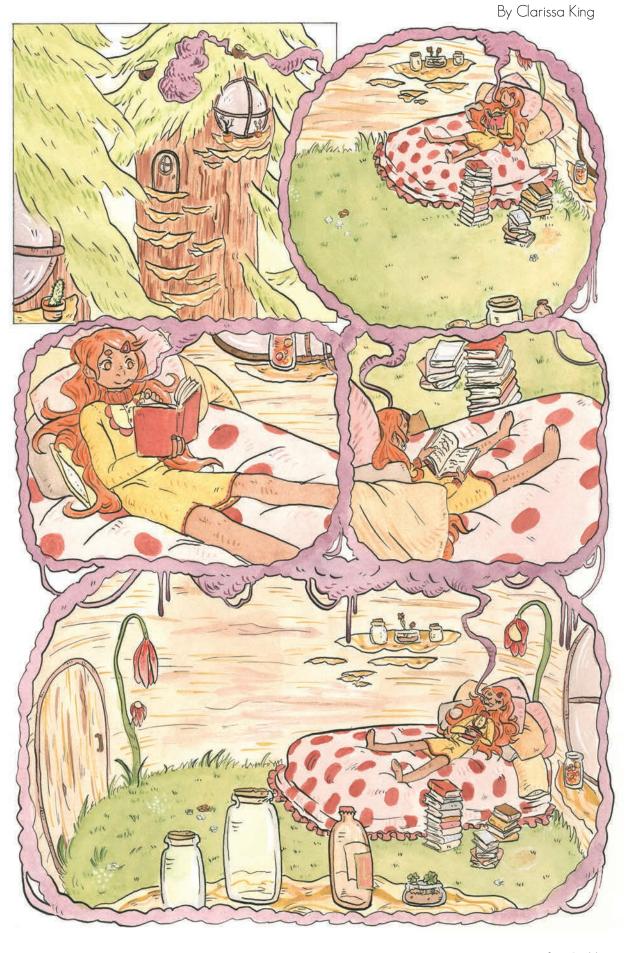
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Wednesday, December 3, 2014



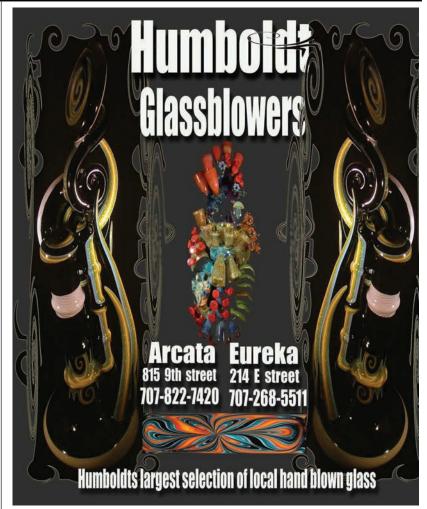




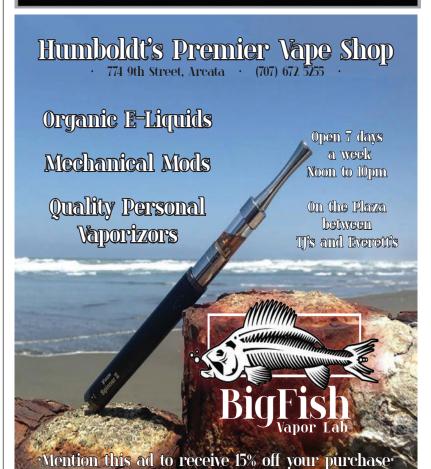


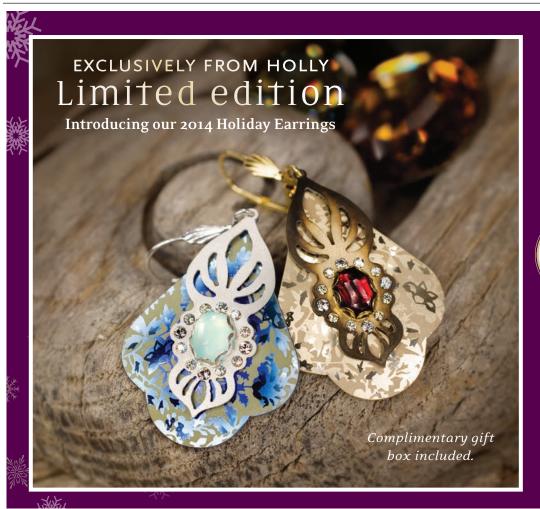












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By Hannah Ayala

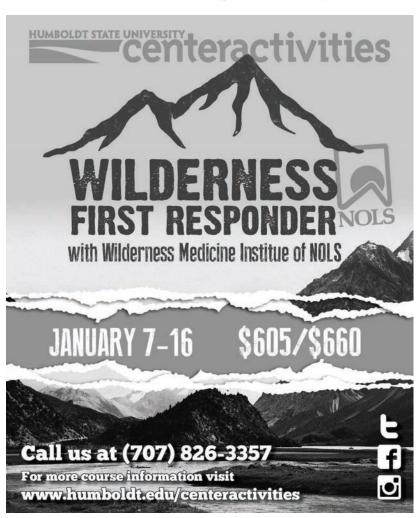




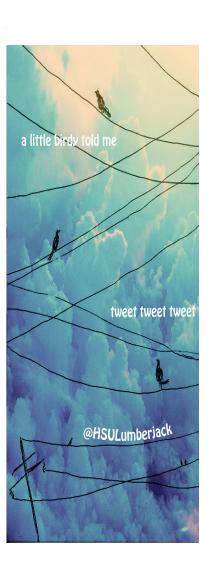












SPORTS

Just keep running

Runners break mental boundaries

Sports

by Annamarie Rodriguez

Nothing but an open path. Through the woods, up a hill, on gravel. Repeat. The race has begun and so have the thoughts in Humboldt State cross country runner Dustyn Saloman's head.

"I think about representing my team well," Saloman said. "I have to do well."

But even with those lingering thoughts, the freshman runner tries not to stress out. Instead he finds things to keep his mind off the long distance ahead of him. Sometimes it is just an upbeat song and other times he has to coach himself through it.

"I just tell myself to push through it, how tired I am and to run for my team as well as myself," Saloman said.

Cross country runner Kori Gilley, talks to herself during the race encouraging herself to finish strong. She says two specific phrases to motivate herself to keep her head in the race.

"I didn't work this hard to give up now," Gilley said. "I do it for the team not myself."

Gilley finished in the top 15 at the National Collegiate Athletic Association Division II West Regionals and was named conference champion.

For Gilley her success did not come easy as she has had to learn and adjust to running long distances that can be tough on the body.

"You want to keep breathing as hard as you can to send

oxygen to your muscles," Gilley said. "But after you are exhausted it becomes painful to breathe."

Posture during a race can reveal either weakness or confidence. Cross country athlete Imogene Carson said a runner shows weakness when they have a slouched stance, tilt in the head and are breathing heavy. When Carson notices this in her competition it immediately builds her confi-

"You have the upper hand knowing that you are not as tired as them," Carson the 21-year-old junior kinesiology major said. "I do a 10 step surge to see if they will do the same thing or fall off."

Saloman said that cross country is about having mental toughness. Running long distances is a tough task but preparing mentally for a meet is especially challenging. In order to get rid of the nerves, Saloman pretends that he is taking a road trip instead of going to a race.

"I try not to think about the race until about an hour before," Saloman said. "I do this so I can stay calm and collected."

This method has been working out for Saloman so far. He was surprised that he earned the California Collegiate Athletic Association men's freshman runner of the year on Nov. 8 at San Bernardino College.

"I looked at the times of ley said. the most recent race and did not think I would get it," Sa-

loman said. "But I guess it was awarded based on over the course of the season."

Often times runners check out of the race when they get to the two mile mark. Gilley noticed this and created a strategy to keep herself from giving up.

"I pick a spot on the course and get to it," Gilley said. "When I get to that point I pick another spot and so on."

Before every meet, the cross country team gets together and does team visualization. They go in a dark room, everyone lays down and relaxes every part of their body. The coach then talks them through the race.

"We visualize ourselves winning the race, we visualize every step," Gilley said.

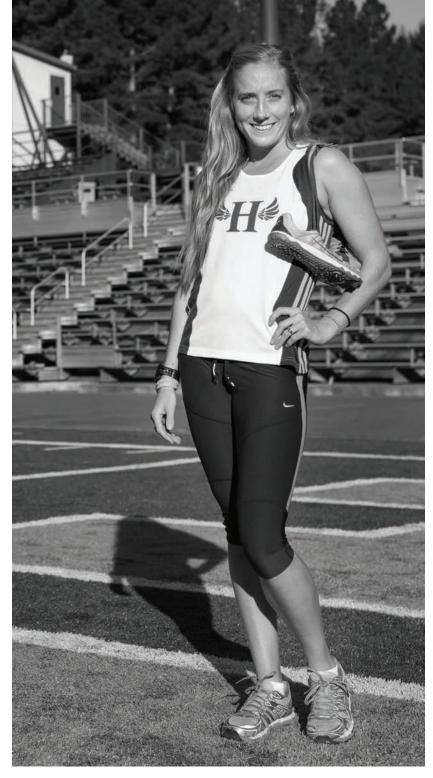
Visualization helps the runners better prepare both physically and mentally for their races. They not only envision running in their favorite place but they also picture obstacles they may encounter throughout the course.

"You visualize how a race might play out and how you would cope with something you wouldn't expect to happen," Carson said.

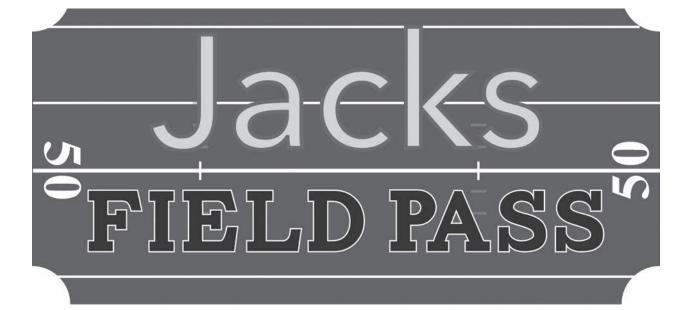
This year only one senior is graduating. The majority of the team planning to return next year are hopeful to qualify for nationals.

"I look forward to everyone improving, building and growing over the year," Gil-

Annamarie Rodriguez may be contacted at thejack@humboldt.edu



Kori Gilley looks to make significant strides for Humboldt State distance running this season. | Alexander Woodard



Bringing you the games to look out for and what to know about everything Jacks this weekend.

by Javier Rojas

Men's Basketball

Men's Basketball (3-2) at San Francisco State University (2-2) -Friday 7:30 p.m.

Men's Basketball (3-2) at Sonoma State University (2-1) - Saturday 7:30 p.m.

For the men's basketball team the season has not started the way they would have liked. The team dropped two games against Cal State San Ber-

nardino. This weekend's road games continue as the Jacks' first real road trip this season. The team will travel to Alaska after this weekend as well. A few players to look out for are freshman guard Malik Morgan and senior Allen Guei who have been pleasant surprises for the team. Morgan is averaging 9.0 points per game and Guei is averaging 13.0 ppg this season. Guei has left an early mark on the conference leaderboards as he is currently eighth in field goal percentage and third in 3-point percentage in the California Collegiate Athletic Association.

Women's Basketball

Francisco State University (0-4) -Friday 5:30 p.m.

Womens Basketball (4-1) at Sonoma State University (1-2) Saturday 5:30 p.m.

The Lady Lumberjacks have started the season with an impressive 4-1 record. With wins over Western Oregon University and Dominican University of California, the Jacks are

playing to the expectations that many hoped this team could reach before the season ends. Megan Shields and Womens Basketball (4-1) at San Kersey Wilcox have provided the offensive boost with strong 3-point shooting and high percentage shots. Shields is currently fifth in the California Collegiate Athletic Association in field goal percentage at 59.5 and Wilcox is also fifth in 3-point percentage at 45.5. With this array of shooters, the Jacks should have no problem in this weekend's road games.



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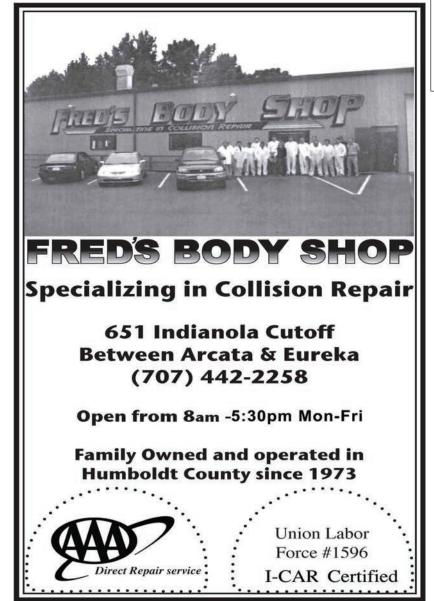
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Acro-Yoga is a new form of yoga, and only 15-years-old. | Zirui Dang

continued from page 1

spotters to catch someone larity and is being incorpoin danger of falling.

Lively warm-ups and the US and Canada. games are a regular part of the club's weekly meeting. Members sit in a circle sharing with each other one moment, then running and rolling around from one room to the next.

Club member Dylan Mcdermott enjoys the less-serious side of disciplined practice that acro-yoga presents.

"It brings joy and happi- the practice. ness to yoga! Yoga can be very serious, while acro-yoga's acrobatic side is kind of goofy and playful," Mcdermott said. "It is about having with it."

Acro-yoga is only about 15-years-old and combines ancient practices that have been around for centuries. It has since exploded in popu-

rated into yoga studios across

Acro-yoga can be intimidating for many new participants, as it looks very complex when experienced practitioners do advanced poses. The spotting position can be done by anyone willing to watch and provide themselves as a safety net. It is a way to comfortably get involved and learn more about

Madison Whaley has been practicing acro-yoga with the club since it began and has seen first-hand what team building can accomplish. She correct form but having fun has also experienced the confidence it can give.

> "It made me a lot more open and trusting," Whaley said. "It also has allowed me to feel more comfortable with mvself."

Jonathan Hagstrom may be contacted at thejack@humboldt.edu



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EDITORIAL

The United Nations Committee against Torture (UNCAT) released its observations and suggestions for the United

The 16 page report focused on the prevalent mishandling of all kinds of prisoners at every stage of the criminal justice system. There were 30 points of contention altogether. One section was about excessive use of force and police brutality.

For Humboldt State University and the surrounding community, this may mean rethinking the continued employment of officer Delmar Tompkins at the University Police Department. Tompkins has two separate instances of excessive force.

"The Committee is con-

cerned about numerous reports of police brutality and excessive use of force by law enforcement officials, in particular against persons belonging to certain racial and ethnic groups, immigrants and LGBT individuals, racial profiling by police and immigration offices and growing militarization of policing activities," the UNCAT report said.

The UNCAT has effectively called the US justice system racist and "draconian." Its suggested solutions are straightforward.

"Ensure that all instances of police brutality and excessive use of force by law enforcement officers are investigated promptly, effectively and impartially by an independent mechanism with no institutional or hierarchical connection between the investigators and the alleged

perpetrators," the report said.

Thankfully in Tompkins' cases from 2009 and 2012, race does not appear to be a factor.

With weekly reports and stories of police brutally in the wake of Ferguson protests, it is impossible to disagree with UN-

Tompkins has yet to be convicted of any crime because of out of court settlements, paid by entities other than Tompkins. Since Tompkins has suffered no legal consequences, there is little incentive for him to change his behavior in the future.

"Over the past five years 20 investigations were opened into allegations of systematic police department violations, and over 330 police officers were criminally prosecuted, the committee regrets the lack of statistical

data available on allegations of police brutality and the lack of information on the result of the investigations undertaken in respect of those allegations," the report said.

These are only reported instances that made it to the UNCAT. There are many more reports and many more incidents that have no official record of happening. People now turn to social media, as the government fails to keep accurate records.

With this history as a backdrop, HSU has a greater responsibility to protect students from rogue police by holding Tompkins responsible for his actions, especially if he is accused of excessive force again.

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"Race" in America

By Tina Sampay

It was Monday, Nov. 24, around 5 p.m. and I was home preparing dinner. I grabbed my computer and pulled up a live broadcast of a news station in St. Louis, Miss. Soon, I was tuned in like every other interested American, awaiting the grand jury's decision. I witnessed in 2014, yet again, the injustices done by our justice system to black people in America.

I only speak of something so made up, such as the terms "black" and "white", to show the injustices that a particular group faces, while others have the privilege of not facing this same reality. It is so sad to see how in 2014, people are still so divided and confused about each other. All by something as made up as "race." There is only one race, the human race. With respect to people's countries and cultures, people are different, true. But terms like "white" and "black" are not RACES, but are instead terms made up by the

power structure to keep us at the bottom, divided amongst each other. The idea of people being different because of their "race" and one race being superior to the other is crazy and untrue. The main thing that makes people different are their experiences in life and where they come

With that being said, Americans have gotten lazy. Too lazy to conduct proper analysis and form their OWN conclusions. Too lazy to check themselves and perceive people in the proper light. Not based off of stereotypes, pre-conceived notions and dominant depictions. Perceiving people, instead, on the basis of a commonality, which is the fact that we are all human beings. Why do we all not have empathy for each other? Empathy is not saying, "I feel sorry for that guy." It is saying, "I AM that guy." It is putting yourself directly in their shoes.

We will never know what happened in Ferguson for sure but I have been following the Mike Brown situation since it

broke — two days before any major news station like CNN picked it up and it became a high profile story. Media has a deep power to shape public opinion. Let us not forget the fact that Mike Brown was with his friend Dorian Johnson, who saw first hand what happened. How he described it, the emotion and the detail is something that did not seem coerced. There was also a girl who had started filming on her phone and said that Mike Brown had his hands up in a surrender style, hence the protest chants: hands up, don't shoot.

People really showed their true colors during this whole ordeal. The media showed me their deep power of shaping public opinion. The way people on Facebook were posting, you would have thought they were America? eyewitnesses. People who I thought were my 'friends' turned to sound intelligent. I do not expect to read scholarly opinions under comment threads on the Internet, just the opinion of my

fellow man.

Shocked is an understatement. "Can't we all just get along?" Mike Brown may have stolen some swishers from the store that day, but I do not believe that he went Hulk Hogan on that cop. He knew he could get away at the store, but this policeman had a gun and authority. What would he gain by grabbing a policeman's gun and shooting him?

I care not about ignorant people's flimsy opinions. People are really confused and need to pick up books and start studying history and sociology to better understand the true conflict. The opinions I am concerned with are that of the history books. What will they say about Ferguson and the countless murders of unarmed black men in

"Those feared and hunted by out to be a bunch of fools trying a system that won't recognize its flaws, commit now to being historians."- Erica Williams.

The Lumberjack Submission Policy

Send submissions to Opinion Editor Jake Wetzstein at jtw229@humboldt.edu

Include "Attn: Opinion" in the subject line for submissions. Guest Colums may not exceed 750 words. New contributors may be given preference over

returning contributors.

Include your name, telephone number, city of residence and affiliation with relevant campus or community organizations

HSU Students: please provide major or class standing. We also welcome cartoons, spoof articles and other items

Send letters to the editor to thejack@humboldt.edu

Include "Attn: Letter" in the subject line for e-mail submissions.

Letters to the editor may not exceed 350 words.

All submissions must be received by 4 p.m. the Friday preceding publication.

All letters and colums may be edited for grammar, spelling and

We reserve the right to edit pieces that contain libel, slander, hate or discriminatory speech and pieces that may incite violence

The Lumberjack is a student-run publication on a limited budget. While we are able to distribute the paper every week, there are still a lot of things we need and could use. Any donations of scissors, highlighters, cameras and camera lenses, tripods, computers, a new couch, food, sleep, a red Ferrari and a group vacation to the Bahamas would be greatly appreciated. Donations can be brought by the office on Humboldt State campus at 227 Gist Hall, or email us to set up an arrangement at the jack@humboldt.edu. Thank you for your continued support

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.

12 www.thelumberjack.org

LETTER FROM THE EDITOR

"Is this paper going out with a bang or a whimper?"

Lumberjack faculty advisor Marcy Burstiner directed this question toward me as she strolled into the newspaper office as she sometimes does to check on the student staff.

To be honest, I did not really know the answer to that question. Even while counting down the days until the last issue I would be responsible for, it did not seem like it was real until about 9:00 last night. There have been times the LJ staff thought they did great and others when the paper was a dud. Most times it was a horde of 20-some-odd people coming together to create the first drafts of history. For better or worse.

The one thing that was the driving force was the dedication to get the newspaper out there. Long Tuesday nights fueled by pizza and caffeine became a weekly addiction and release for us journalism junkies. The paper represented an outlet — every week a new adventure and learning experience.

Three semesters of being on staff have provided experiences I will never forget, even if I wanted to.

Between covering the murder of HSU faculty member and Catholic priest Father Eric Freed, the terrible bus crash last semester during Spring Preview, what has happened last semester and this one with Jacquelyn Bolman and the INRSEP house, all of these stories were a glimpse into someone else's life. After the story was done though, it was on to the next one with almost no time to reflect on what I had just learned.

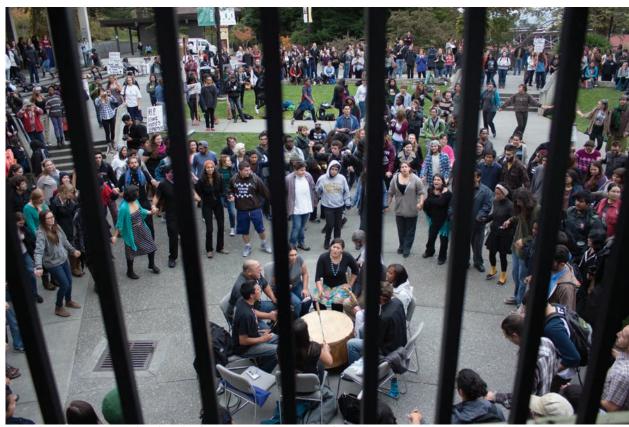
It is those quiet moments, those moments of reflecting on conversations I had with those people in the stories that would bring the memories back. I may have only shared brief moments with my interviewees, but each one stays with me forever.

In a conversation with HSU student Conor Handley, one of the main voices for the protests this semester, I mentioned how it was a long week with everything that had been happening with the demonstrations. Between that and finding time for school, work and life I could not wait for that specific week to be over.

"How are you holding up through all of this, what has this been like for you?" I asked him casually.

"This is every day. It's all we've known," Handley replied.

This was a moment of realization. This was why I was drawn to this profession. Empathy and understanding.



Dancers and demonstrators circle in solidarity on campus at HSU. | Israel LeFrak

Two weeks left. That is all I have left in college. Before I go though, I would like to share one last story.

Last semester I had the pleasure of speaking to now retired HSU photography professor Don Anton. When I spoke to him, there was a lot of discussion about what was going to happen with the INRSEP house. We also discussed the "Super Taco" painting that caused some controversy. I asked him

about what his thoughts were on the tense feelings that permeated the campus. He simply replied, "teach."

What he meant was that we all come from different backgrounds, we all have different things we know, we all have our own definitions of what we love and hate. Instead of placing blame and anger, use those differences to help each other learn. Have honest conversations. Listen. Share. Teach.

This is your school. This is your paper. This is your voice.

Thank you to everyone that has supported The Lumberjack, student media and those in your life

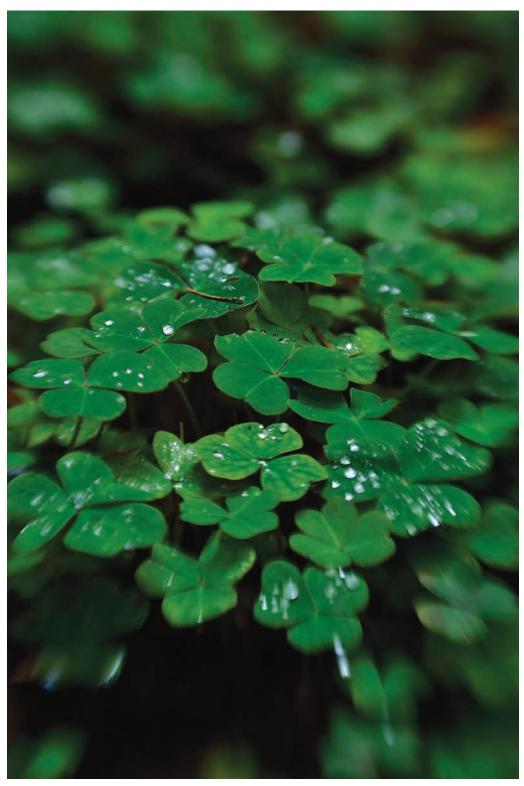
One love.

Israel LeFrak may be contacted at thejack@humboldt.edu

PHOTO OF THE WEEK

To submit your photo of the week send them to thejack@humboldt.edu

All Photos should be in JPG, TIFF, or DNG format and be at least 150 dpi



Dew drop speckled clover. | Steven Howard





Where is this?



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

Last week's photo was taken outside of the art building near the Van Duzer Theater

Last week's winners

Where Is This? Edrees Nassir

Stumping Lumberjacks Shannon Murphy

> Trivia Leslie Farrar

Winners get a \$5 gift certificate from Arcata Scoop. Winners can pick up their prize in our office located in Gist Hall 227.

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Rearrange the letters to form a word. Set aside the double underlined letters on the line below.

Rearrange those letters when all words are solved to find this week's answer! Plurals allowed, no proper nouns though final answer may be a proper noun. Last Week's answer: April Fools

SUHTLE OFCFEE GIILTNED NRNIAWG **FEULPOH**



Compiled by Ian Bradley

1. What percentage of students are part of HSU's emergency alert system?

Trivia Questions

- 2. When and where was Dustyn Saloman named runner of the year?
- 3. About how long have people been practicing acro-yoga?

Weekly Sudok 0 6

Weekly Brain Teaser

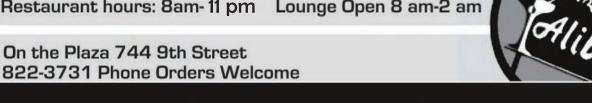


Use the image to guess the word or phrase. Pay attention to the size and position of the clues (top/bottom/left/right), repetition, direction (up/down/backwards/fo wards), and the style.

Examples: "P walk Ark" would be "walk in the park" or "DEAL" would be "big deal" ck@humboldt.edu with the subject "ATTN: Stumping

Last week's answer was "eyes bigger than stomach

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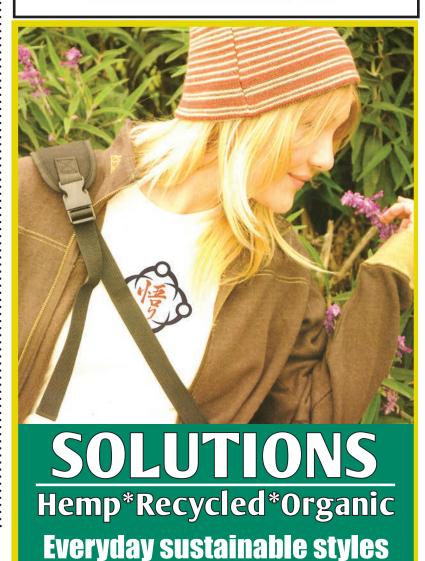


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