

THE LUMBERJACK

Free

by the students – for the people



Q&A with DeeJay Tana Glo



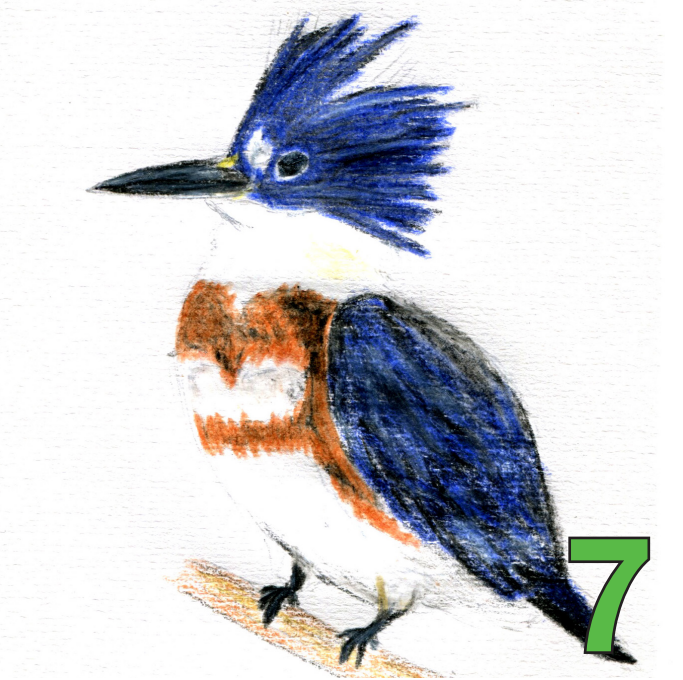
Lacross in action



Recyclemania days at HSU



Check It annivesriery



Beautiful birds of the marsh



Media start up weekend coming soon

Arcata city council to discuss becoming sanctuary

by Morgan Brizee

The City of Arcata is looking into joining other cities and potentially becoming an official sanctuary city for undocumented immigrants. The city of Arcata already has policies in place stating the city will not help or join forces with the U.S. Immigration and Customs Enforcement and will not question undocumented immigrants. Arcata proclaiming itself as a sanctuary city feels to some just a label since it will not necessarily change any policies the

city already has in place. Sofia Pereira, the vice-mayor of Arcata, addressed those concerns. “I think it is an important statement to make of one showing a solidarity with other cities that have put themselves out there to take this position,” Pereira said. “Also I think it clearly communicates to our residents, especially those that are undocumented that we value them and we are going to fight for them and that they are a valuable part of our community.”

continued on page three

KRFH DJ Tana Glo on the Rise

by Onaja Waki

Sharrod Richard won Best Music Show Award for the fall semester of 2016 from RadioFlag’s Radio Star Awards. In the spring of 2015 he was also awarded Golden Voice and Best Safe Harbor Show from KRFH. His journey at HSU involved being the communication liaison for the Brother’s United Club, a member of the school’s debate team and last but not least a Defensive Back for the HSU football team. With all his extra curricular activities he still manages to do what he likes best, to deejay his show. With his various selections

of hip hop and rap music, he gets the listeners going and keeps them tuned in. Going by the DJ name DJ Tana Glo, he gives us music from artists like Nipsey Husle, Young Dolph, Young Thug, and so many more who are dominating in the rap industry right now. However, he likes to let upcoming artists get a chance to shine so you can even catch local rappers he knows from California being played on his shows. Hoping for a career in radio hosting and deejaying, Sharrod goes day by day living by his motto “Glow Up or Blow Up”.

continued on page five



by Keaundrey Clark

Men’s Basketball

Humboldt State men’s basketball closed out the regular season with a home loss, 88-74, to San Francisco State. Freshman Tyler Green had a career-high 28-points. Green finished the game with eight treys, two shy of matching Issac Gildea’s single-game record of 10. Despite Saturday’s loss, the Lumberjacks clinched a spot in the California Collegiate Athletic Association Tournament. HSU will travel to face No. 1 seed UC San Diego next Tuesday in RIMAC Arena.

Women’s Basketball

Humboldt State women’s basketball ended the 2016-17 season on a high note with a strong performance in Saturday’s 58-51 win over San Francisco State. Juniors Mikaela Shannon, Ashlynn Cox, and Kindall Murie all scored in double figures for the Jacks. Shannon scored 14 second half points to turn the tide in the Jacks’ favor. She finished with a career-high 17 points.

Softball

Humboldt State’s softball team is the number one team in the National Fastpitch Coaches Association. Humboldt took all four games against the San Francisco State Gators. The Lumberjacks dominated with a 18-4 advantage. Senior All-American Madison Williams recorded two wins. She went 16 innings and had 22 strikeouts over her two starts.

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Weather

Thursday
49°

Friday
53°

Saturday
50°

Sunday
48°

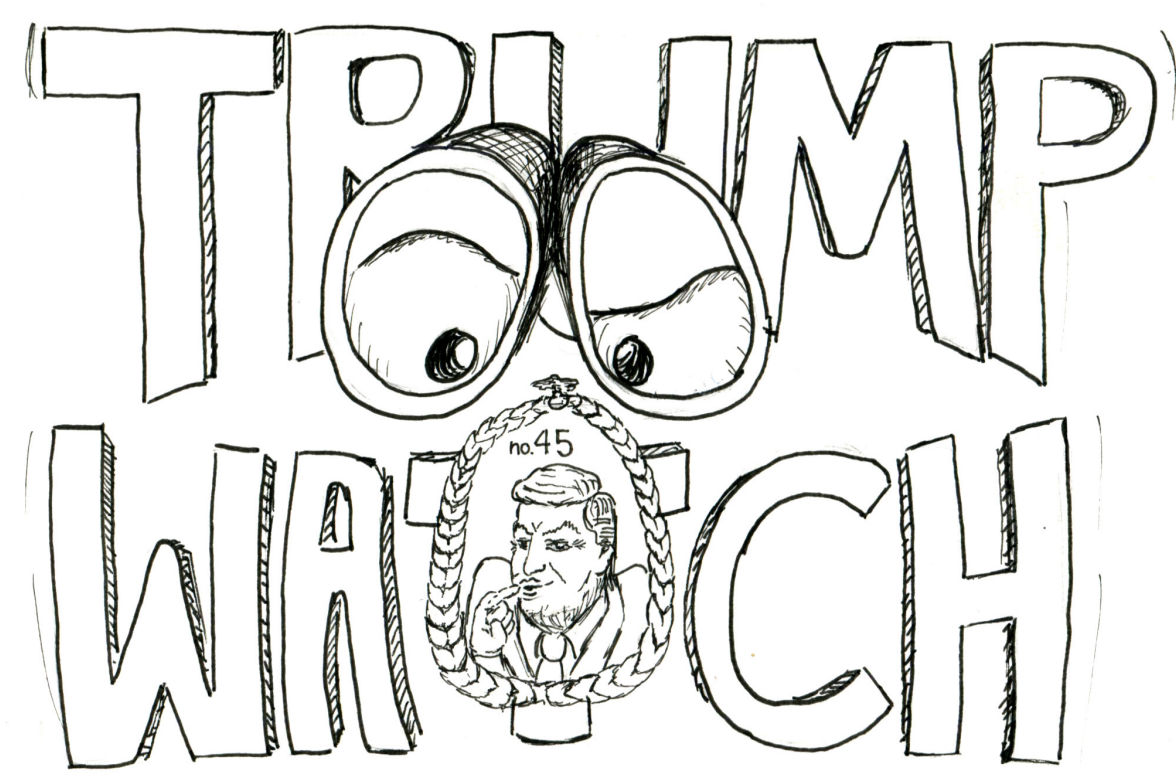
Source: National Weather Service

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by Iridain Casarez

The city council of Richmond, California was the first form of government to formally support the impeachment of President Trump. By passing this resolution, the Richmond city council is now hoping it'll inspire other cities to do the same.

President Donald Trump on Tuesday issued an executive order targeting a rule expanding federal oversight of the country's waterways. Trump's executive order fulfills a campaign promise to undo the 2015 Waters of the U.S. rule. Trump directed the Environmental Protection Agency (EPA) and the Army Corps of Engineers to "review and reconsider" the rule.

President Trump has signed executive orders aimed at recruiting more women for the fields of science, technology, engineering and math. Trump said at an Oval Office ceremony that it's unfair that only 1 in 4 women with a degree in one of these areas works in the field. One measure authorizes the NASA administrator to encourage young women to study STEM fields and pursue careers that will help advance science and space exploration. It also requires NASA to report to Congress on its plans for achieving the goals spelled out in the legislation.

President Trump blamed the death of Navy SEAL officer William "Ryan" Owens, who died in operation, on the military and Barack Obama's administration. Trump repeatedly said in an interview "they" were responsible for the outcome of the mission, in reference to the military.

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Thurs Mar 2 - Ocean Night Film Screening
Doors @ 6:30 PM, All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/ children 10 & under.

Fri Mar 3 - Waiting...(2005)
Doors @ 7:30 PM, Movie @ 8 PM, \$5, Rated R.

Sun Mar 5 - Dirtwire
Doors @ 9:30 PM, Advanced tickets at World Famous Productions, 21+.

Wed Mar 8 - Pimps of Joytime
Doors @ 8 PM, Show @ 9 PM, Check arcatatheater.com for ticketing information, 21+.

Fri Mar 10 - Twister (1996)
Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated PG-13.

Sun Mar 12 - Harry Potter and the Sorcerer's Stone (2001)
Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG.

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Thursday March 9th

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Local

Flood response plan

-Arcata Fire District and other local agencies are working to find a plan to respond in the case of a massive flood from a dam failure at Ruth Lake, tsunami or massive rainstorm happens. They are calling it "North Humboldt Bay Flood Response Tactical Plan."

Source: Mad River Union

Waterfront trail

-The waterfront trail in Eureka is expanding. Phases B and C will connect from the end of Phase A at Del Norte Street, north along the marina, through Old Town and eventually run under Highway 101 to Tydd Street.

Source: News Channel 3

Labor laws for pot farming

-New California laws will place new labor standards on the marijuana industry and begin treating it like any other agricultural industry. The laws will take effect in 2018.

Source: Times Standard

U.S.

Correlation between same-sex marriage and suicide

-The journal JAMA Pediatrics published a study on Feb. 20 that showed the number of suicide attempts among high school students decreased in states where same-sex marriage was legal. The study was done in 32 states that legalized same-sex marriage from 1999-2015. The study was based on correlation and not causation.

Source: CNN

Plane crash in California

-A plane crashed in Riverside, Calif. killed three people and injured two others on Feb. 27. The plane, identified by the Federal Aviation Administration as a Cessna 310, was flying five people to San Jose after a cheerleading competition.

Source: NBC News

Bomb threats in Jewish Communities

- A widespread series of bomb threats that have targeted Jewish Community Centers and schools in 33 states in the United States and two provinces in Canada. So far none of the threats have been legitimate. The bomb threats have targeted 81 different locations.

Source: CNN

World

French sniper injures two

-A French sniper mistakenly fired his weapon during a speech by President Francois Hollande in south-western France on Thursday Feb. 23, slightly injuring two people. The sniper belonged to the Peloton Spécialisé de Protection de la Gendarmerie (PSPG) an elite protection platoon. The sniper had fired accidentally when he changed his position.

Source: The Sydney Morning Herald

Hippo in El Salvador zoo dies

-A cherished hippo died after being brutally beaten in a zoo in El Salvador on Sunday Feb. 26. Investigators linked the beating to current gang related crimes happening in El Salvador. The attack occurred on Tuesday night but zookeepers did not notice the injuries until Thursday. Zoo director Vladan Henriquez said at a news conference that the hippo was covered with bruises and puncture wounds after apparently being attacked with metal bars, knives and rocks.

Source: Chicago Tribune

Citizens flee Mosul

-Since Iraqi government forces launched the push to take the western half of Mosul from the Islamic State of Iraq and Syria (ISIS) last week, about 8,000 people have fled from that part of the city and surrounding villages, the U.N. humanitarian aid agency said Tuesday. The United Nations Office for the Coordination of Humanitarian Affairs said it is expanding displacement camps to cope with the increasing numbers of those fleeing Mosul.

Source: CBS News

Iridian Casarez may be contacted at thejack@humboldt.edu

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Council looks to label Arcata an official sanctuary city.

by Morgan Brizee

Susan Ornelas is the Arcata city mayor and is worried that should President Trump’s threats become true, federal funding may be cut in the event Arcata becomes a sanctuary city.

“I’m weary of it because it is like taunting a bully and it’s like what’s the point,” Ornelas said. “Our policies are already that we don’t turn people over to immigration just for being undocumented.”

But to some people, the words sanctuary city is more than putting a label on a city, more than just some words. To some the words “Sanctuary City” are powerful and have meaning behind them.

Dave Meserve, 67-year-old former Arcata city council member from 2002-2006, is for Arcata becoming a sanctuary city and thinks that becoming one would help our immigrant residents tremendously.

“I think that it’s important to do it [make Arcata a sanctuary city] both to protect the immigrants in the city and to make a strong statement to them and to the world basically that we are a sanctuary city,” Meserve said. “We do have certain law enforcement provisions in effect that are



Arcata plaza | Wilson Hartsock

the same ones that are shared by some sanctuary cities but I think it’s important to get the whole array of protections in place which includes not sharing information with ICE, not allowing our officers to be deputized to ICE, not allowing any city funds to be spent on federal enforcement of sanctuary laws or immigration laws.”

Arcata becoming a sanctuary city could help those undocumented feel more safe and comfortable with the city and the local law enforcement. Some undocumented immigrants feel unsafe to report crimes to law enforcement because they

are undocumented. Kimberly Manriquez, 22-year-old Roosevelt Chapter President at HSU and senior political science major, said that Arcata becoming a sanctuary city could help immigrant HSU students feel more at peace.

“I think that if Arcata does become a sanctuary city that just is truly going to allow undocumented students that are currently attending HSU to not be so afraid to report an incident to whether that be UPD [University Police Department] or Arcata Police Department and that allows fear to go away,” Manriquez said. “I think there is a lot of fear when it comes to the police in

general especially with what’s going on the last few years and I think it will bridge that gap of a community trusting their police department once again.”

The city council has the sanctuary city discussion on the agenda for April 5 which is not set in stone and could change. The members of the city council would have to have a majority vote of three out of the four members voting yes for Arcata being a sanctuary city. The city council is down a member and are actively trying to find a replacement. On April 5 the public will have time to talk and give their opinions to the council and public on what they think about the sanctuary

city idea.

The city council has to discuss what they think is best for the city whether that be labeling it a sanctuary city and joining others or taking a step back and not.

“As well as protecting immigrants as well as making a public statement it’s really doing the right thing and standing strong for human rights which is something Arcata has been known for,” Meserve said.

Morgan Brizee may be contacted at thejack@humboldt.edu

Jill Stein is coming to HSU

by Iridian Casarez

Jill Stein is coming to HSU as part of the Community Grassroots Day of Action, an event held by Climate Crisis and HSU Greens. As part of a speaking tour Stein will be speaking at the KBR on March 8. The doors open at 5:30 p.m. and the event starts at 6 p.m.

Tickets are available for free at the Center Arts desk. During the event, local activists will talk about other issues happening in the community.

Chad Friefeld is the president of HSU Greens, a club at HSU that focuses and supports the goals and values of the Green Party through grassroot activism. Friefeld helped put the event together.

“This is a really great opportunity for the community and I feel really honored to have the responsibility to put on this event,” Friefeld said.

Friefeld said he hopes this event will bring people and ideas that will strive to make change in local politics.

It’s currently unclear what Stein will be talking about but according to Friefeld

there is expected to be 150 people attending based on the Facebook event page. There will be a Q&A portion of the event where audience members could ask Stein questions.

Ava Briscoe is the president of Climate Crisis, an environmental justice climate activist group. Briscoe is excited to be able to ask

Stein questions about climate change.

“Stein is a successful woman in science and politics. She has a bold stance on caring for the environment,” Briscoe said. “Just to be able to ask her questions and be able to have a conversation with a political figure is a great opportunity for everyone.”

Iridian Casarez may be contacted at thejack@humboldt.edu

Tax season is here for free

by Charlotte Rutigliano

For the past ten years, Sandra Rowan has been the coordinator of the volunteer income tax assistance program. The program offers free tax assistance to students, staff, faculty and community members. The tax assistants are current junior and senior business majors who have all been certified by the IRS to be tax preparers.

“Going through this process is helpful for people to learn how to be more financially responsible,” Rowan said. “I’ve had clients come in to discuss

how to better their financial planning.”

This program is one that is mutually beneficial for the student assistants and clients. The students preparing the taxes gain firsthand experience in the field they are majoring in. The clients are able to work one on one with the assistants to go over all of their tax information.

Tax assistants Brisa Bassett and Amanda Arneson both joined the program to gain the experience of doing taxes. Bassett, a first-time tax assistant, said that the tax accounting class she took last fall helped prepare her for this

real-world experience.

Arneson, a finance major who is in her second year with the VITA program, said she knew this program would be good experience even though she wasn’t planning on majoring in accounting.

“I knew the program would be a great introduction into the business world while also serving the community,” Arneson said.

The program has had many repeat clients over the years. One client has been using this

service for the past five years.

Full Story at
thelumberjack.org



Illustration | Joe DeVoogd

Charlotte Rutigliano may be contacted at thejack@humboldt.edu

Humboldt gets its first Startup

by Charlotte Rutigliano

Imagine an entire semester’s worth of work crammed into one weekend. Building a business from the ground up in just 54 hours. Communications and marketing major Cindy Castillo did just that when her idea for an app to help parking on college campuses placed third at a previous startup weekend in Chico.

Since July 2007 Google for Entrepreneurs has been helping people all over the world do just that.

Entrepreneurs club advisor Nancy Vizenor said that these google events happen all over the world, as a way for regular people to start a business and keep it in the community.

Humboldt students like Castillo have traveled to these events in the past to gain the experience. Castillo has been to two different startup events, one in Chico and one in Redding.

“Startup weekend is so thrilling and inspiring,” Castillo said. “You create ideas and are able to work with people that are relatable.”

Castillo said she loves the Sunday night events the most because you get to hear and see all the teams pitches. Like her

idea of an app called U-Park.

“With this app U-Park, you would be able to link your school I.D. and it will alert you when your time is running out,” Castillo said. “Then you can charge your card and it would automatically refill.”

The weekends normally start off with a Friday night dinner, ice breaker activities, guest speakers and “pitchfire” where participants pitch any idea they might have in 60 seconds, the best ideas will be chosen to continue on for teams to form businesses around those ideas.

Saturdays are when the teams work all day on their idea, with breaks to eat and listen to guest speakers, they are also able to get advice from experienced coaches.

Sundays the teams wrap up their ideas and have the presentations in front of a panel of judges.

According to Vizenor the business ideas that participants have cannot be in a development stage.

“They are expected to start a business from the ground up,” Vizenor said. “They should be starting a website, doing all the research and planning during the weekend.”

Students like Jeremy Chafe and Trisha Keim are both new

to the startup experience, but are very excited about the upcoming event that will take place on March 3.

Keim, a marketing major, said the she is excited to implement the skills she has learned while at HSU and contribute in any possible way.

“I have not participated in an event like this before,” Chafe said. “Once I heard about it I got pretty excited since I have always wanted to participate in an event like this.”

Most of the participants that will be at this upcoming event are all local in Humboldt county, ranging from HSU students, College of the Redwoods students, Arcata High school students, and even some community members.

“It’s not unusual for events like these to be local people only,” Vizenor said. “These events are really grassroots events.”

While it is hard to say for certain what type of business ideas we will see coming out of this event, but one thing is for sure participants will have a great learning experience that can carry on into future careers.



Left to Right: Asia Johnoson, Cindy Castillo, Reggie Williams. Speaking with the CEO of Mindbox Studios at a Startup Redding Event. | Cindy Castillo

Charlotte Rutigliano may be contacted at thejack@humboldt.edu

Health vs grades

by Erin Chessin

The amount of HSU students with runny noses and cold symptoms is staggering, yet people are still going to class. Students fear that missing a single class will greatly affect their grade.

It’s difficult to avoid getting sick on a college campus where germs and bacteria can manifest easily. Classrooms are stuffy and students are constantly coughing and sneezing.

Panda Viera, a kinesiology major at HSU, could not afford to miss class despite her health.

“Sitting in my classes the whole week was miserable,” Viera said. “I felt my head swimming, my sinuses out of whack, and my head hurt.”

Viera forced herself to go to all her classes throughout the week even though she got sick on Monday. She missed one evening class on Friday and chose to rest instead.

“I was taking notes aimlessly and writing things down, but not necessarily processing the material,” Viera said. “I was falling asleep in my classes, just staring at my teachers and nodding off. It would only be one in the afternoon.”

Instead of waiting in long lines at the HSU Health Center on campus, Viera has a natural remedy for curing her sickness. She advises students to drink plenty of water, but also to try adding other ingredients into water that are great cold symptom fighters.

“I like to put lemon slices, cinnamon and honey in a

mason jar then add boiling water to it,” Viera said.”When I drink it, the liquid is soothing and the ingredients help fight sickness. For example the honey helps kill bacteria. The drink keeps me hydrated which is important when you’re sick.”

It is common for professors to remind students that they should not attend class if they have flu symptoms.

However, students fear that if they choose to stay in bed and not go to class, they will find themselves behind in their schoolwork.

Full Story at
thelumberjack.org

Erin Chessin may be contacted at thejack@humboldt.edu

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Sharrod Richard wins RadioFlag award

When did you first start Deejaying?

I actually first started deejaying in 2015 in the spring semester. I had never used a DJ board or anything, I had took a course here at HSU.

What was your first time going live like?

It was kind of nerve racking. It actually felt like the start of a football game, I had a lot of butterflies. I didn't know if the community would accept my style of music being that it is hip hop.

Where did you come up with your radio name DJ Tana Glo?

I actually was named DJ TeezySosa before I was named DJ Tana Glo. One of my friends had called me DJ Tana Glo and I liked it. On one of my shows, I had asked my listeners to vote on which named they thought had the best ring to it. The phone was ringing off the hook, and the vote was DJ Tana Glo by a landslide!

Who or what has been your inspiration in what you do?

I have a lot of DJ friends so it was pretty natural to have a good ear for music. One of my high school friends, London on The Track, is now a producer for Young Thug and Cash Money. So I have inspirations from all over the place.

How did you know you were nominated for best show, how did it feel when you won?

I didn't know I was nominated for this award at all! I don't remember getting a notification saying I was nominated. I

remember getting an email a couple days before this Spring.

What do you think it was in your shows that got you the award? Your music selection? Your hosting?

I think it was mostly my charisma. I have a great sense of energy and that's what I try to bring to each and every show. Also I would like to think my song selection would have played a great deal in me winning best Music Show. I brought a lot of new artist into my show to interview and play their music. Two of them being King Tre and Paris Francis, two HSU students, who have some great songs. So with a combo of those traits, it made me the best. All Smiles!

Are you looking for a career in Radio Hosting? If so are there any big Radio stations you are interested in working for besides KRFH?

Yes I do plan on graduating from Humboldt State and KRFH, and going to a major radio station. I am from Los Angeles so I would love to be on Real 92.3 with DJ Charizma and Young California. I love their style and ambition to cover all of California, North and South.

Where do you hope to see yourself in the next 5 years?

In the next 5 years I see myself on tour with an artist or with the radio station. I have big concert plans that I don't want to comment on due to privacy, but I see myself being successful in 5 years. My motto is "Glow Up or Blow up", meaning to enlighten yourself, better yourself, or Die!



Richard deejaying on his DJ board for his listeners. | Liam Olson



Richard interacting with his listeners on Periscope. | Liam Olson



Richard speaking to a caller on the phone. | Liam Olson

Onaji Waki may be contacted at thejack@humboldt.edu

The map of naps

The best places to grab a nap on campus

by Domanique Crawford

The morning arose with a dullness that had you wanting to fall back into the warmth of your bed and wishing for a couple of more hours of sleep.

Grunting, you roll over and reach for your pipe deciding that a morning wake and bake 'sesh' is the perfect way to start your day on a high note. As the bowl is lit, you know by noon that you are going to be in need of a nap and yet, you still can't resist.

At last, there are a thousand things you need to accomplish today and there is no time to indulge even for few more minutes. Plus, if you miss another class, your professor could take away precious attendance points that keep you from getting that A in your class.

As predicted, by noon you are ready to perish. There is absolutely no way you're going to make it home and back and be on time for your next class. And no way you want to be the fool who falls asleep during a lecture.

A nap is definitely called for. But where?

There are key places on HSU's campus to have a good nap. These places are listed according to your nap needs.

Places with amenities. These places serve as quality rest areas. They also have a bathrooms, cafes, and comfy couches.

- The Library
- The Depot
- Kinesiology & Athletics
- Jolly Giant Commons

Open spaces places (places that are not so quiet and secluded, but still viable options for a good rest for people who are not disturbed by noise.

- Harry Griffith Hall
- University Center
- The MCC
- Behavioral and Social Science

Safe Havens (places where you can sleep and snore while no one is watching). Quiet, but not so secluded.

- The Library floors 2 and 3
- Karshner Lounge



Graphic by Kelly Bessem

Domanique Crawford may be contacted at thejack@humboldt.edu

by Ali Osgood

Check It is a Humboldt State student run program working to prevent sexual assault on campus. On their third birthday, the program hosted a “lounge night”. Attendance was free, and they provided guests with food, stickers, a photobooth, and a rockin’ dance party.



Check It Peer Educators stand outside the Kate Buchanan room on Friday, Feb. 24 during a successful celebration of their three year anniversary. (From left) Mike Tjoelker, Celene Lopez, Mary Sue Savage, Carmen Peña-Gutierrez, Yvette Cerna, Jayda Kosar, and Marco Gonzalez. I Ali Osgood

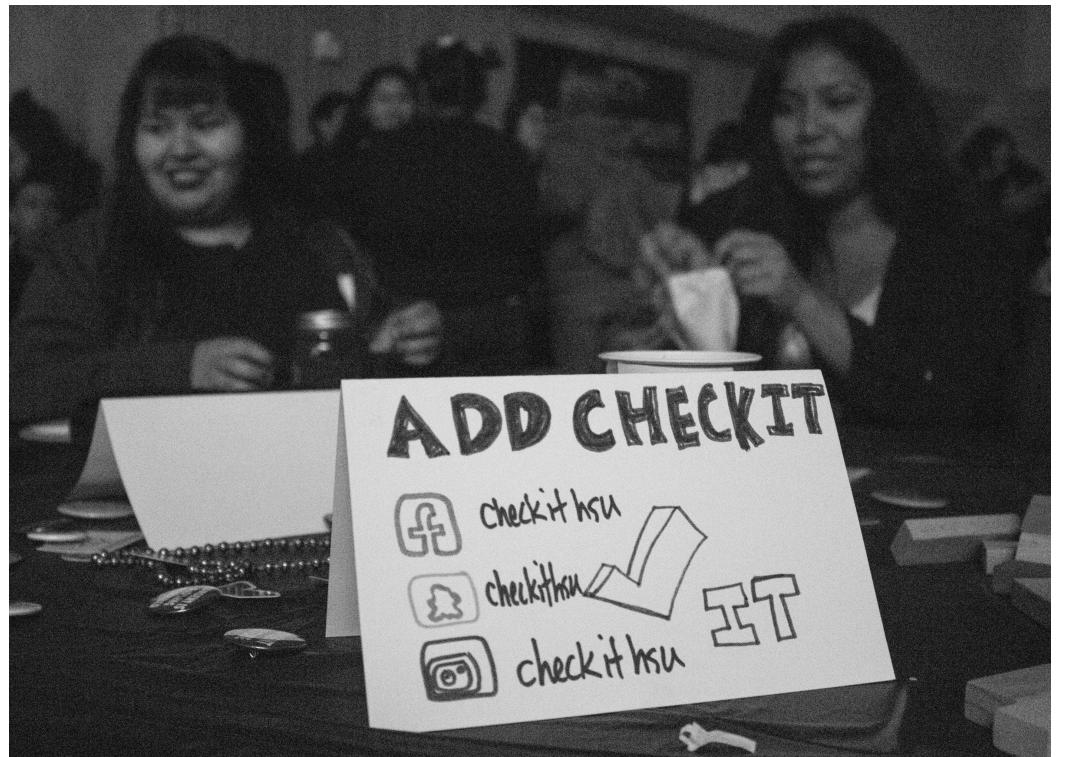


HSU alumnus Jacob Stadfeld DJ's during the three year anniversary Check It celebration. Nearly 300 students attended the party and enjoyed karaoke, a photo booth, button making, and an epic dance party.
I Ali Osgood



Check It volunteers slice a chocolate cake while guests line up to get a piece. The Check It crew also offered free pizza and snacks for that anniversary party guests.

I Ali Osgood



Check It promotes consent and reaches out to students on campus through multiple social media accounts. According to their Facebook mission statement, they are a “student led project that’s about preventing and responding to sexual assault, dating violence, and stalking here on campus.”

I Ali Osgood

Ali Osgood may be
contacted at thejack@humboldt.edu

by Liam Olson

During a pre-Oscars interview having to do with Studio Ghibli's Oscar-nominated film, "The Red Turtle," anime film producer Toshio Suzuki announced that

Miyazaki is most well-known for his Oscar award winning movie, "Spirited Away." Suzuki said that Miyazaki has come out of retirement to make a feature movie.

Source: Kotaku, The Verge

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Liam Olson may be
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Crazy as a loon

Birding at the marsh may cure those midterm blues

by Ali Osgood

Right now you’re probably enduring the long, drawn-out end to a wet Humboldt winter. You’ve been cooped up inside for months and you’re almost certain that you are on the verge of a psychotic break. Midterms are threatening to push you over the edge and you’ll do anything to get away from that 3-inch thick chemistry book. Have you considered bird-watching?

Just a mile and a half from Humboldt State campus is a safe haven for over 300 bird species. According to its web-



A great blue heron. | Ali Osgood

site, the Arcata Marsh and Wildlife Sanctuary, located on the southwest corner of Arcata, is 307 acres of freshwater

marshes, brackish ponds, salt marshes, mud flats, grassy fields, and over five miles of trails. This makes it an excellent location to observe birds and enjoy a quick escape into nature.

HSU wildlife senior, Cedric Duhalde, walked through the Arcata marsh with his roommate as he gripped a spotting scope over his shoulder. He has been coming to the marsh to bird watch since he was a freshman.

“It’s training grounds of what Humboldt birding is like,” Duhalde said.

He explained that because it has open wetlands and easy viewing points with a large number of bird species it is a great place to cultivate appreciation for avian wildlife.

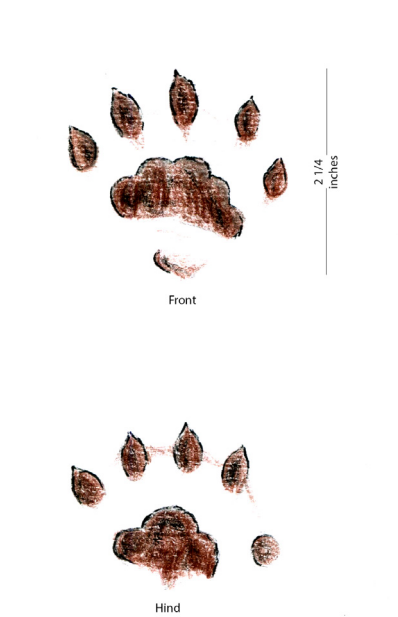
The marsh is a popular stop-over point for migratory bird species. This is a chance for birds traveling north or south to stop and rest for a while before taking flight once again. It also means that birders have a great opportunity to observe different birds throughout the seasons.

As walkers pass by George Allen Marsh or Klopp Lake located in the marsh, they might see six different bird species foraging on the glassy waters. As the mallards pluck

through grass and a pair of Ruddy Ducks dive underwater in search of food, a Great Egret stands patiently waiting to strike at a juicy frog. Marsh Wren’s sing in the brush along the path, while groups of shorebirds pick through the muddy shoreline for bugs.

Sara Schneider, a recreation and administration major regularly runs at the Arcata Marsh on the weekend. However, on Saturday she walked around just to observe wildlife.

“It was cool because we were looking at this bird, and it



A North American river otter track identified by webbing between the toes. | Ali Osgood

was almost like it was looking



A belted kingfisher. | Ali Osgood

at us, and then people were walking on a path behind it,” Schneider said. “It didn’t seem agitated by the people, but then after they passed the egret caught a fish!”

For those visiting the marsh who are unsure about where to go or what to look for, the Arcata Marsh Interpretive Center is a great place to start. The center offers maps and brochures, field guides, interpretive exhibits, and a log of recent bird sightings.

The Audubon Society, a non-profit organization dedicated to wildlife conservation, hosts a guided birding walk at the marsh every Saturday at 8:30 a.m. at Klopp Lake. It is free to join

and helps visitors new to bird watching identify the many species inhabiting the marsh.

“It has great leaders and is always a good time,” Duhalde said.

So before you lose your mind studying what constitutes an alkaline earth metal or the quirks of quantum mechanics, try putting the book down and taking an hour to explore the marsh. Birding is a hobby that requires nothing more than an open mind and a will to be outside, though a field guide and binoculars may enhance your experience. Your mind will thank you, your roommate will thank you, and the birds will...well they probably won’t care either way.

Ali Osgood may be contacted at thejack@humboldt.edu



WRRAP intern Molly Gilmore tabling at the Recyclemania outreach event. | Shohei Morita

Recyclemania hits HSU

by Molly Gilmore

Humboldt State is participating in a 2-month-long waste diversion competition against hundreds of other eco-conscious schools across the US and Canada. The goal of the competition is to see who can not only reduce the most waste

going to the landfill, but also to educate and call attention to the waste habits of students and faculty everywhere.

With HSU’s efforts being organized by the Waste-Reduction & Resource Awareness Program (WRRAP), Recyclemania is not necessarily about achieving first place. It is more important to use this op-

portunity to make a true, lasting difference for our campus. The competition’s platform has the potential to increase awareness of our waste habits and how these detrimental habits can be improved by through recycling, composting and reuse.

Shohei Morita, Education Director for WRRAP, sees po-

tential in the contest.

“Recyclemania helps encourage the HSU community to work together to be active participants in practicing zero waste principles,” Morita said.

An important reason for HSU’s participation in Recyclemania is that one of California State University’s sustainability policies calls for all

campuses to have a minimum waste diversion rate of 80 percent by 2020.

Full Story at
thelumberjack.org

Claire Roth may be contacted at thejack@humboldt.edu

Deadly mussels in Humboldt County

Paralytic shellfish poisoning causes a quarantine of locally harvested mussels

by Alexandria Hasenstab

Eating only four locally harvested mussels in Humboldt County could be fatal. On Feb. 14, the Yurok Tribe’s Facebook page released a warning about consuming mussels that read, “Important Mussel Update. Do not eat mussels right now. Please help get the word out.” The message also said that mussels from Wilson Creek Beach were sampled by the Yurok Tribe Environmental Program on Feb. 7. Mussels from this area had detections on paralytic shellfish poisoning. Native American Studies assistant professor Kayla Begay said that mussels are not only an important food source, they are also a big part of the

Yurok Tribe’s culture. According to Begay, eating and gathering mussels is a way to keep tradition alive. “It’s an important part of the culture to know how to do these things and to still do them,” Begay said. Begay said that the mussels the Yurok Tribe gather are different than commercial mussels that are sold in stores. Although restaurants and grocery stores can still safely sell mussels, locally harvested ones must be carefully watched. “It’s something that the tribe monitors for the safety of the people,” Begay said. This isn’t the first that paralytic shellfish poisoning has been found in mussels and it won’t be the last. According to Pete Kalvass, the senior marine biologist for the California

Department of Fish & Wildlife and an HSU alumni, the phenomenon happens annually. Kalvass said that paralytic shellfish poisoning in mussels is caused by a group of algae they eat called diatoms. This algae is always present in the water but increases in warmer temperatures. “This tends to be a seasonal thing,” Kalvass said. “Its unusual to see it this time of year. We always used to say the months with the letter R in them are safe.” Contrary to usual patterns, February’s waters were not safe from high levels of diatoms. Kalvass believes this

is due to increases in oceanic temperatures over recent years. The diatoms that cause paralytic shellfish poisoning are consumed by mussels through filtration. The diatoms produce a biotoxin that is harmless to mussels, but with enough accumulation in the human body it can cause serious problems. “This biotoxin affects the central nervous system,” Kalvass said. “You lose muscle control and that would essentially mean death by asphyxiation. That would be in a very rare and severe case.” According to Kalvass, less severe symptoms of paralyt-

ic shellfish poisoning include tingling around the mouth and fingertips. The California Department of Public Health and the Yurok Tribe Environmental Program test local mussels once a month. Both of their websites post updates on the safety status of local seafood. Kalvass is unsure whether next month’s oceanic concentration of diatoms will allow for safe local mussel consumption. “It’s possible they’ll all be fine next month, but since we’re coming into the normal quarantine season they probably won’t be safe to eat until fall,” Klavass said.



Graphic illustration. | Joe DeVoogd

Alexandria Hasenstab may be contacted at thejack@humboldt.edu

Voices of student science

by Bryan Donoghue



HSU general biology major Brittany Myrhang and her pug, Molly. | Bryan Donoghue

Brittany Myrhang is a junior general biology major from San Jose, California. Myrhang has been interested in science ever since she could remember and holds a fondness for animals. “I’ve always liked science and had a curiosity for the world. I like how everything breaks down in the world, even down to the smallest molecule, to the atoms, and down to cells,” Myrhang said. “I have a passion for animals, so what better way than learning about life and about animals than learning about all of it together?” Following her passion, Myrhang hopes to pursue an internship that allows her to work with animals. “I’m hoping to get into an internship, working with wildlife possibly, or doing some shadowing for some vet schools.” Myrhang hopes to fulfill her ambition once she graduates. “Once I get my own degree, I hope to go to veterinary school, and then go on to have my own practice.”

by Claire Roth



Ryan Sendejas, HSU environmental studies major. | Claire Roth

Ryan Sendejas is a senior environmental studies major in the ecology and conservation emphasis and is minoring in economics. Sendejas is from Riverside, California and is interested in social and environmental justice. He chose his major as a reflection of this. “I chose environmental studies to be an agent of change. The world is a beautiful place and there is a whole trove of amazing people. Unfortunately, there is a lot of inequality and injustice that plagues communities and corrodes the environment.” Following graduation, Sendejas hopes to help spread equality to those in need. “Every person today and tomorrow are entitled to live a life with equal access health, peace, and happiness; I want to assist in the empowerment of communities and assure generations have the ability to have a healthy planet to live in.”

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Humboldt Hogs ready for redemption



Logan Salcuni walking off the field after defending a score from his opponents of Sierra Nevada. | Juan Herrera

by Andre Hascall

Men’s lacrosse player Shane Hayes played one of his best games so far, being awarded with Humboldt’s player of the game sledgehammer on Feb.25. Despite losing 13-3 to Sierra Nevada College at their home field, Humboldt State Men’s Lacrosse, otherwise known as the Humboldt Hogs, still has hope for the season.

“We’ll be in playoffs,”Hayes said.

The Hogs stand at a 2-3 record overall, but their record in league matches is 1-1. Head coach Tony Silvaggio was looking forward to the season immediately after the game.

“If things work out, we’re going to see them again,” Silvaggio said.

With a loss, it is important

to look at what you can improve on. Two of the Humboldt Hogs defenders, Logan Salcuni and Matt Lopez, know which part of their game they would like to work on prior to the next match.

“All day, everyday practice,” Salcuni said. “I feel like we have to communicate in a positive way, and no shitty shots.”

Salcuni wants to switch the focus over to lots of work with an emphasis on taking shots at the net at the right time.

“Work on the basics, passing and catching and definitely conditioning,” Lopez said.

The hogs look forward to a chance to play Sierra Nevada, who were last season’s champions, again as there are high tensions between the two teams. Sierra Nevada seemed to have talk more trash than the amount of goals they



The Humboldt State Hogs Men’s Lacrosse team holding up their sticks as they break away from a timeout. Men’s Lacrosse ended up losing 13-3 against Sierra Nevada College at Humboldt States College Creek events field on Saturday Feb. 25, 2017. | Juan Herrera

scored.

“These guys are wealthy and they recruit, they think they are D-1 [Division One] but they’re not,” Lopez said.

The Hogs will be getting the month off after the loss, giving

them plenty of time to improve before going on to play University of the Pacific on April 1. in Stockton, Calif. This is followed by a match against UC Davis the day after on April 2., at Davis.

The Humboldt Hogs next home game will be on April 15., against San Jose State, on the College Creek Field at 1 p.m.

Andre Hascall may be contacted at thejack@humboldt.edu

Japanese player visits U.S

by Danny Dunn

Miki Fukasawa’s journeyed from Sagamihara City, Japan, to Arcata, Calif. in his pursuit of playing baseball in America.

“My lifelong dream was to play baseball in America and now I am,” Fukasawa said.

Fukasawa is a catcher on the Humboldt State Intramural Baseball team. Fukasawa came to HSU in a study abroad program. He previously attended J.F. Oberlin University, located about an hour outside of Tokyo, Japan. There, Fukasawa was studying English. Fukasawa was also a catcher on the J.F. Oberlin baseball team and hopes to rejoin the his former team after his semester at HSU.

“When I move back to Japan, I want to learn more English, and play baseball as long as possible,” Fukasawa said. “The dream would be to be-

come a professional baseball player either in Japan, or even for Major League Baseball.”

Fukasawa found out about the study abroad program, from some friends at his university back home.

Fukasawa said that so far he cannot complain about the Humboldt life. His favorite food since arriving at HSU has been the pizza from The Depot on campus. Fukasawa said that he feels no added pressure to perform on the baseball team, and that he enjoys his teammates very much

Fukasawa found housing in Arcata with fellow intramural teammate and HSU student Christian Clouthier. Clouthier is a second year transfer student from Sacramento. This is Clouthier’s second season with the team, while also acting as the team treasurer. These duties include getting people reimbursed for away games, collecting the dues of the players,

and estimating the total cost of the season expenses.

Clouthier has done more than that, he has opened his apartment to Fukasawa for the semester. Clouthier lives in the same complex with an international student coordinator at Humboldt State, who told him about Fukasawa.

“It was just me and my girlfriend in the apartment, she is half Japanese and thought it would be a good idea,” Clouthier said. “We had an extra room, so we thought it would be a good thing to do.”

Fukasawa is not the only Japanese ball player on the HSU intramural squad, Shinya Arai is from Kanazawa, the capital city of Ishikawa, Japan. He also plays catcher and a little bit of third base for the intramural team.

“I have always wanted to attend an American university. I chose HSU because I like the California climate,” Arai said.



Left to Right: Miki Fukasawa, Christian Clouthier, Shinya Arai all three members of the Humboldt State Intramural Baseball team. | Danny Dunn

Arai started playing ball around when he was around 9 years old, but stopped around junior high school. He was fortunate to have the opportunity to contribute to the HSU team. Arai has enjoyed his time in Humboldt County, he is staying in an apartment in McKinleyville. His favorite food so far has been from the Chinese restaurants around town.

Arai likes playing on the baseball team, but says at times there can be confusion

on the field with the language barrier.

When Arai returns home he will continue with school, and learn more about travel and english, in hopes of one day becoming a sightseeing organizer.

Danny Dunn may be contacted at thejack@humboldt.edu

Editorial

Testing the Toke'

The problem with cannabis drug tests

Cannabinoids have no business being screened for on drug tests when applying for a job until current drug testing practices are able to accurately detect cannabis usage and consumption. With the legalization of weed in California through the passing of proposition 64, these inaccurate tests criminalize and marginalize marijuana users.

While business owners are rightfully concerned about employees being high on the job, these tests have turned into discriminatory tactics used to turn people away. Medical marijuana users have a right to privacy. They do not need to be forced into revealing anything about their condition. Recreational users have a right to an occasional smoke without losing a job. The purpose of drug testing is to determine if a potential employee has a substance issue. Unlike cocaine or alcohol which can be flushed out of the system in 24hrs, chemicals in cannabis stay in the bloodstream long after the effects have diminished.

Regardless of the method of testing, THC is in the

system long after the activity of smoking has occurred. Whether used medically or recreationally, a positive drug test doesn't guarantee that an employee is going to use cannabis while on the job. Unlike cocaine or alcohol which can be flushed out of the system in 24hrs, chemicals in cannabis stay in the bloodstream long after the effects have diminished. With drugs like cocaine, there is a strict time limit that can be tested for. Because these time standards don't hold true for marijuana, employees are being turned away on the assumption that workers are under the influence on the job.

Cannabis drug test are also unreliable. There are too many factors to account for when testing for cannabis. Tolerance, how it's ingested, body weight, metabolism, and its potency all impact how easily weed is detected in the system.

Held up as one of the most accurate test for marijuana use, researchers have determined hair tests are just as fallible as other drug tests. According to a study published in October 2015 by researchers' at the Institute of Forensic Medicine in Freiburg, Germany, cannabis can be detected in hair without

having consumed it by touching cannabis or simply being around cannabis. The study also debunks the idea that a hair test can provide an accurate timeline of marijuana use by passing proportionately from the bloodstream into hair follicles. The study finds that the actual amount of THC that passes from the blood stream

to the hair follicle is insignificant.

Until science can accurately determine when a person is high as opposed to when a person has cannabis in their system, marijuana drug tests need not be given by employers.



Prison Reform or Prison Abolition?

by Tania Mejia

As a senior currently applying for graduate schools, I have been putting a lot of thought into the future and what is to come. I have spent the past four years studying communication and social advocacy, with an emphasis on the prison industrial complex, but even then I am unsure whether I want to work within the system to bring about change or go outside the system. Beyond that, I keep wondering what will happen to the future of our carceral state and the countless people behind bars.

According to a 2016 Prison Policy Initiative report, "the American criminal justice system holds more than 2.3 million people in 1,719 state prisons, 102 federal prisons, 942 juvenile correctional facilities, 3,283 local jails, and 79 Indian Country jails as well as in military prisons, immigration detention facilities, civil commitment centers, and prisons in the U.S. territories." It's evident punishment has infiltrated every aspect of society while impacting individuals, communities, and society. But as Foucault pointed out in Power/Knowledge, "In 1820 it was already understood that the prisons, far from transforming criminals into citizens, serve only to manufacture new criminals and drive existing crimi-

nals even deeper into criminality."

Prisons as we know them were originally established as a more humane method of punishment, but since prisons have become a site of struggle where society's already marginalized, oppressed, and vulnerable populations end up. With 2.3 million people behind bars and clear racial and ethnic disparities, we need to be asking if they really work and if incarceration actually produces safety.

Prisons disconnect and isolate individuals from their families, communities, and society. The impacts of such disconnection transcend past the incarcerated individual to the 1.7 million children who have at least one incarcerated parent. Having a parent behind bars can have significant impacts on children from mental health to changes in social behavior, which in turn can affect educational outcomes and lead to juvenile delinquency creating a cycle of incarceration. Further, children may feel stigma from their circumstances while experiencing financial hardships as a result of lost income and support.

What is most problematic about prisons is that we have come to believe that one institution can solve some of society's most pressing issues from poverty, homelessness, mental illness, and drug addic-

tion. The truth is prisons cannot address everything from drug possession to serial murder, which means collectively as communities we will have to come together to figure out what works and how to find alternatives to incarceration.

Another problem with prisons is that they do not heal or address the needs of victims and perpetrators. Long prison sentences are not the solution, especially when we know prisons provide little to no rehabilitation or treatment. Prisons do not stop violence and it is reflected in the number of people sexually assaulted and raped, as well as suicide rates behind bars. Incarceration exposes people exactly to the things that increase the likelihood that they will harm others.

As I have previously written about, prisons further stigmatize and disenfranchise people through felon labels making reentry a punishment of its own. Unfortunately, our prison system has built a reputation of failing people, doing little correcting (whatever that means) and rehabilitating. If incarceration actually produced safety, we would have the safest country in the world and that's not what we have as shown in our crime and recidivism rates.

This goes without addressing the costs behind prisons, private contracts, white collar

crime, how prisons create a black market, lack of educational, mindful, and vocational programs, or racial inequalities within the criminal justice system. So, if not prisons then what? What about the murders and rapists as I am always asked when proposing prison abolition? Well, let's remember they only make up a small percentage of our incarcerated population, and, regardless, most will return to society.

Currently, the #cut50 movement, "is a national bipartisan initiative to safely and smartly cut our incarcerated population by 50 percent over the next 10 years." There are many alternatives to imprisonment from drug courts, mental courts, halfway houses, community service, treatment, public housing, and so on. Ultimately, we need radical changes in the status quo. Similarly, to Baz Dreisinger, author of Incarceration Nations: A Journey to Justice in Prisons Around the World, "I envision a system that is grounded in community courts, reparative systems, truth and reconciliation commissions, and 'facilities,' insofar as absolutely necessary, which is always involving a really small number of people."

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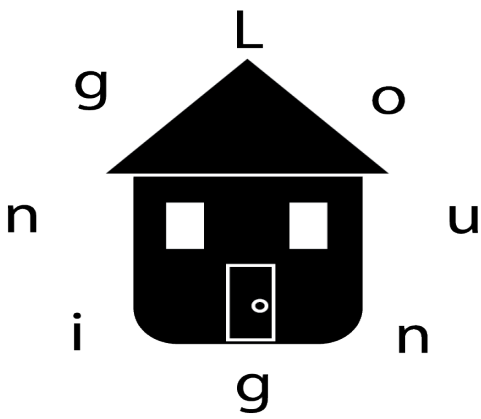
puzzles page

Triva!

- 1. What is the name of the waste-reduction contest that HSU is taking part in?
- 2. What kind of locally-harvested shellfish has been found to be harmful to human health?
- 3. How old is the Check It program?
- 4. Who informed the public of Hayao Miyazaki coming out of retirement

Stumping Lumberjacks
Weekly Brain Teaser

By Ian Bradley



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"

HUMBOLDT JUMBOLDT by Melissa Coleman

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. Answers in the next issue.

MAGMA _ _ _ _ _
AINCH _ _ _ _ _
NESSD _ _ _ _ _
TENIU _ _ _ _ _
LCDIH _ _ _ _ _



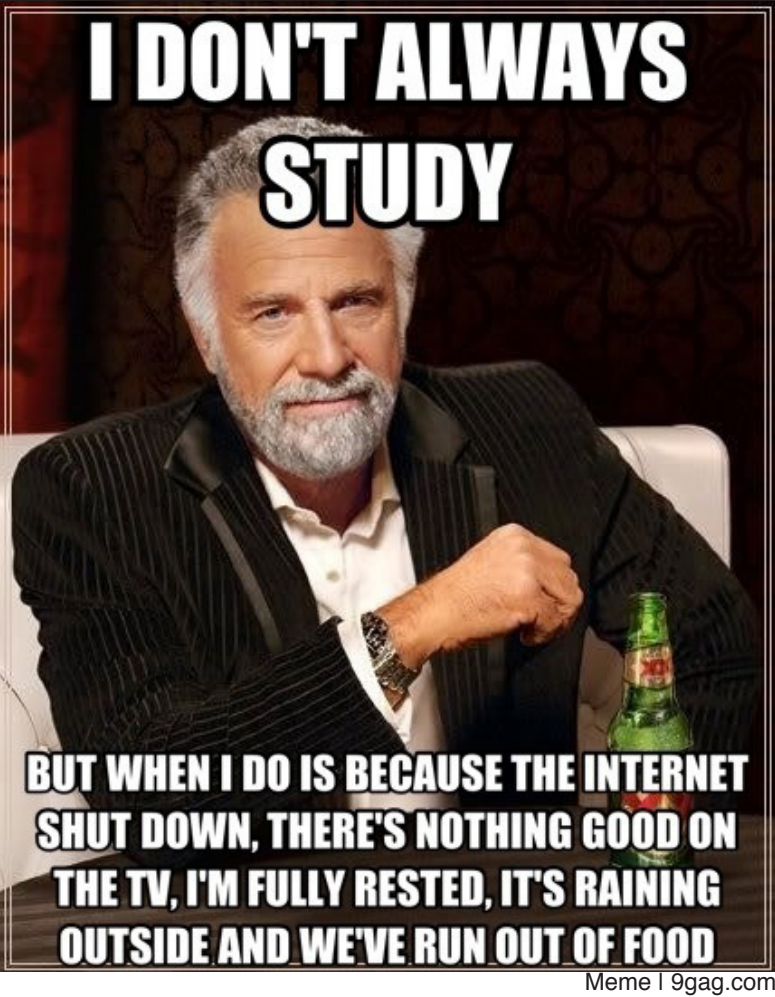
ANSWERS TO LAST ISSUE'S PUZZLE: BLIMP, YACHT, PATHS, RIVET, SHADY
FINAL ANSWER: HAPPY BIRTHDAY!

Weekly Sudoku Difficulty: HARD

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

RIDDLE

- #1
What has four fingers and a thumb, but is not living?
- #2
I have keys but no locks.
I have space but no room.
You can enter but not go outside.
What am I?



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HOW GOES IT?

MARCH 2

19th Annual International Latino
Film Festival @
Minor Theatre / 6 p.m.

Fingal @
Mad River Brewery Tasting Room
6-8:30 p.m. / Free

Ocean Night Film Screening @
Arcata Theatre Lounge
6:30-9 p.m.

Let’s Talk about the Middle East @
Richards’ Goat Tavern / 7-9 p.m.

Poetry Night @
The Siren’s Song Tavern 7-9:30 p.m. / \$5

Open Mic @ Blondies Food and Drink
7 p.m.

MARCH 3

For Kid’s Sake: A Carnival Masquerade Bowl
@ Harbor Lanes / 7-10 p.m. / Free

World Dance Party @ Redwood Raks World
Dance Studio / 7:45 p.m. / \$5

Kingfoot @
Redwood Curtain Brewing Company / 8-11
p.m. / Free / 21+

Greenland Qajaq Building with Maligiaq Pa-
dilla @
Mind’s Eye Manufactory / 8 a.m.-6 p.m.

Object Heavy, Absynth Quartet @
Humboldt Brews / 9 p.m. / \$15 / \$10 adv.

23rd Annual Social Justice Summit @ KBR
3PM- 10PM

MARCH 4

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

For Kid’s Sake: A Carnival Masquerade Bowl
@ Harbor Lanes / 12:45 p.m.-10 p.m. / Free

CASA Big Night Auction@
Sequoia Conference Center / 5-10 p.m.

Pink Boots Society Beer Tasting @ Arcata
Playhouse / 5:30-7:30 p.m. / \$25

Arts Alive
@ Eureka - North Coast Dance / 6 p.m. AND
6:30AM / Free

23rd Annual Social Justice Summit @ KBR
9AM - 6PM

MARCH 5

Bagels and Blintzes Brunch @
Bayside Grange / 9 a.m.-1 p.m. / \$12 / Free
kids 5 and under / \$6 kids 6-12

McKinleyville Land Trust 16th Annual Dinner
and Fundraiser @ Azaela Hall / 5-8:30 p.m. /
\$15 Children / \$25 Students & Seniors / \$30
Adults

Dirtwire, Lapa @ Arcata Theatre Lounge
9:30 p.m.-1:30 a.m. / 21+

Bluegrass Brunch with No Pardon @
T’s Cafe North / 11 a.m.-1 p.m. / Free / Free all

Sunday Meal Prep @ Foodwise Kitchen
1-3 p.m.

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