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THE LUMBERJACK

HSU Student Depression & Anxiety



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Student's Guide to the CFA Strike

by Connor Malone, Kevynn Gomez, Jami Eiring

On April 13 through 18, faculty at Humboldt State may participate in a strike that could be the largest of its kind in U.S. history.

The fact finding process between the CSU and the California Faculty Association has ended with the CSU-appointed fact finder recommending that CSU faculty receive the 5% pay increase. The CSU has rejected this proposal, citing that all funds are already committed to other projects. Unless a last-minute concession is made, faculty will strike.

In response to the fact finding report, the CSU held there are no funds available for the proposed \$70 million increase and \$110 million annual cost.

Michael Camann, Humboldt State CFA chapter president was happy to read the results of the fact finding

"The fact finding recommendations were 100 percent in-line with CFA bargain proposal," Camann said.

No refunds, no certainty

Between the two sides, students are caught in the middle. There is no uniform way for faculty to approach their students about the strike, and students are responsible for knowing which classes will be held and which will be cancelled. Even with the closing of the fact finding process, it's unknown if the strike will actually happen.

Students will not be refunded for cancelled classes, according to a student FAQ published by HSU. The average semester tuition for full time students is \$3,627, according to the HSU Student Installation Payment Plan Contract. There are 73 instructional days this semester, averaging the daily cost of classes to roughly \$50 dollars per day. Most students won't have every one of their professors strike, but if the CFA strikes for five days, students could each pay as much as \$250 for classes that aren't being held.

Camann said faculty decide individually on how to fill their students in. He said he made a short presentation that explains the context surrounding the strike, what it will look like and what they can do. He said he's waiting until a week before the strike dates to tell his students.

"Before I start waving a red flag in my classes, I want a reasonable expectation that the strike will actually happen," Camann said. "But we could reach a settlement."

Douglas Keehner Jr., philosophy, said his professors were upfront about the strike.

"It happened in the first day of school—in the syllabus," Keehner said.

Camann said it isn't a good idea for faculty to assign or have students turn in work while they are striking.

"It's very counterproductive to give students assignments during the strike," Camann said.

Camann said the main reason striking faculty won't be doing any work on behalf of HSU is because CFA members are legally protected during a full strike. If they do any work—including answering student emails—it could be considered a partial strike and they would lose protection. He said repercussions are unlikely, but faculty shouldn't take chances.

"It's hard for me to imagine that the administration would penalize someone for doing their work," Camann said. "But they could."

Natasha La Vogue, junior, said she supports the strike but doesn't want to pay for it with increased tuition.

"I want to participate as a student, but I don't want the costs to come out of my tuition," La Vogue said.

Camann said he doesn't know how the salary negotiations will affect tuition. He said there is no correlation between faculty salary and tuition, though CSU is planning tuition increases next year regardless of the outcome of negotiations. According to the CSU Budget Office, the average cost of basic tuition for undergraduates has increased by \$2,952—from \$2,520 to \$5,472—over ten years, more than double the cost in 2006.

Student organizations support faculty

Associated Students stands in support of the CFA "Fight for Five." However, they also acknowledge student rights and the pressure on students as the strike period draws closer. AS president and HSU student Juan Cervantes urges concerned students to speak with their instructors one-on-one about education-related issues like class projects or grades.

"It's up to students and faculty to have that conversation," Cervantes said. "That's something that we really want to make clear."

While instructors cannot be forced to speak with students about their stance on the strike, students also have a right to get information. Cervantes said this is meant to protect CFA

members who may not want to compromise their standing by revealing their stance on the strike.

Cervantes, external affairs officer Madi Whaley and other AS members plan to picket alongside CFA striking members to act as mediators and to show student support for the movement.

"Our faculty are suffering and they're not able to live non-stressful lives," Whaley said. "There's a reason we came here to learn from them."

AS isn't the only student group to show support to striking faculty. Camann said the Student Sustainability Coalition originally had an event planned during the last days of the strike. He said they proposed to change the dates of their event in solidarity with the CFA.

Faculty Perspective

Philosophy professor Loren Cannon has been a CFA member since he began working at

Who

- HSU faculty represented by the CFA.
- Not all faculty are CFA members, and will hold classes during strike.

What

- The picket line will not prevent people from entering campus.
- Campus will remain open during strike.
- Some classes will still be held.
- Students will not be refunded for cancelled classes.
- Students are responsible for knowing which of their teachers will strike and how assignments will be affected.
- Striking faculty will not do any work for HSU, including answering emails and grading assignments.

Where

- Roads leading into campus.
- No picketing on campus.

When

- 7:30am - 6pm April 13-15, 18, 19

Continued on page 3.

See a Photo Slideshow online at thelumberjack.org



Traditional african guitar and song filled the air of Humboldt State Van Duzer Theater. The artists touring include Habib Koite, from Mali, who plays along with South Africa's Vusi Mahlasela. The band featured high-energy diverse musical traditions from their homelands in Africa. | Sam Armanino



Screenshot from the video. | Catherine Virgen

See the Video

Spotlight on HSU discus thrower Ariel Oliver on thelumberjack.org

The Dumberjack is a product of the JMC Parody News class

all pages with a green border are parody

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Weather

Thursday	Friday	Saturday	Sunday
63°	64°	63°	64°

Source: National Weather Service

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Lumberjack
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Wednesday Mar. 30
Leftover Salmon
 Doors @ 8 p.m., \$25 adv tix @ Wildberries, \$30 tix @ the door, 21+

Thursday Mar. 31
VibeSquad
 @ 9:30 p.m., \$15 lim adv/\$20 adv tix @ worldfamous party.com, 21+

Friday Apr. 1
High Water Mark (2014)
 Doors @ 6:30 p.m., Film @ 7:30 p.m., \$10 tix online @ arcataattheater.com

Saturday Apr. 2
NCAA Final 4 Game
 Check arcataattheater.com for details

Monday Apr. 4
NCAA Final 4 Game
 Check arcataattheater.com for details

Tuesday Apr. 5
NCRCCT Presents: The Hunting Ground (2015)
 Doors @ 6 p.m., Film @ 6:30 p.m., \$5, Rated PG-13

Wednesday Apr. 6
Sci Fi Night: Troll 2 (1990)
 Doors @ 6 p.m., All ages, Free w/ \$5 food & bev purchase

Thurs Apr. 7
Ocean Night Film Screening
 Doors @ 6:30 p.m., All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under

Friday Apr. 8
Election (1999)
 Doors @ 7:30 p.m., Movie @ 8 p.m., Film is \$5, Rated R

This week at Arcata Theatre Lounge



UPD BYTES

Compiled by Connor Malone

Monday, March 21

9:09 - Lot G

[Subject] causing a 415 (Disturbance), yelling and pouring water on himself.

Pretty confident now that HSU is haunted. Call in the exorcist!

10:16 - Art Quad

Male subject yelling profanities causing a disturbance.

It's worse than we feared.

Wednesday, March 23

10:27 - Wildlife Building

Trophy head stolen sometime during the last couple of days.

I don't know anything about this, but I love my new hood ornament.

13:20 - Feuerwerker House

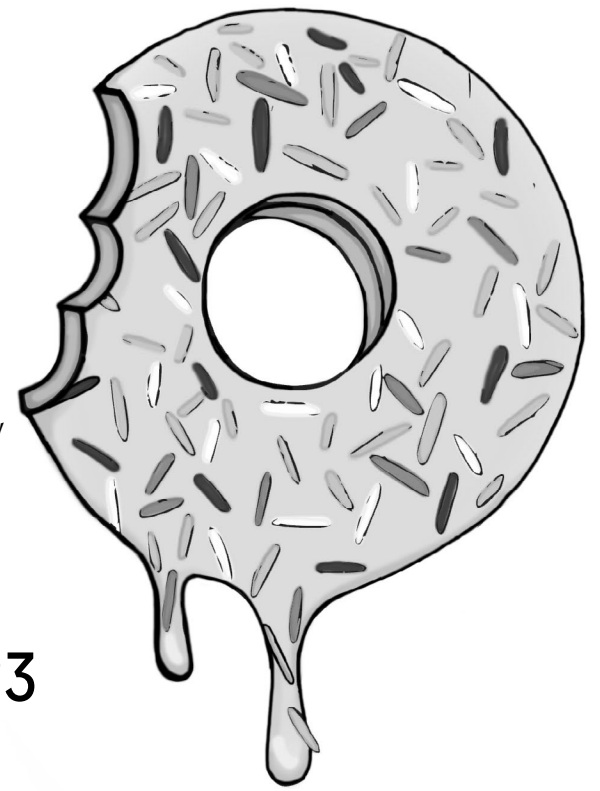
Subject sitting near a tree yelling at no one in particular.

A lot of yelling this week.

15:42 - Plant Operations Building

White male adult transient was seen yelling at the statue. Officers responded, subject advised of complaint.

Can't add a punchline to the punchline.



Bittersweets



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12–11 p.m.

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Compiled by Connor Malone

Sources: Al-Jazeera English, Reuters



PAKISTAN 1

Seventy people, including 29, children were killed in a blast in Lahore, Pakistan on Easter Sunday, Reuters reported. The suicide bombing was claimed by a faction of the Pakistani Taliban which said it was specifically targeting Christians. Five thousand suspected Islamic militants were arrested in the days following the attack amid a crackdown on paramilitaries. The bombing is the worst terror attack since the 2014 massacre of 134 school children.

AUSTRALIA 2

The Great Barrier Reef experienced its worst mass bleaching in years, Al-Jazeera reported. UNESCO's World Heritage Committee said the El Niño event is having an effect in portions of the reef that are within the World Heritage site, which has seen its worse bleaching in history. Coral bleaching is when coral sheds its colored, food producing algae. The 1,800 mile stretch of coral reef can recover after El Niño, but long-term climate change could have a lasting effect.

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Alumni Owned and Operated

What Students Should Know About the CFA Strike

continued from page one

HSU in Fall 2009. He said he has followed the CFA's directions in talking to students and has mentioned the strike will affect students. He said it is important that students know what is going on.

"I teach five days a week," Cannon said. "If there is a strike then all those students will be affected."

Cannon hasn't adjusted his syllabi because he said the strike is still only a possibility.

"We could still get an email saying the strike is off," Cannon

said. "Hopefully there won't be a strike and an agreement is reached. I hope it doesn't affect classes."

He hasn't planned anything specific if it comes to a strike, but he said it has been in the back of his mind.

Whether or not the strike

happens, Cannon said people will see that working conditions are relevant to students' learning.

"Although we love our job, it is a job and there are working conditions," Cannon said.

If the strike does occur, Cannon will support the CFA and participate in it.

"It's good for everyone to become aware," Cannon said. "And if anything, this has historic significance. You need to recognize you're living in a historical time."

Lumberjack Staff may be contacted at thejack@humboldt.edu

Word on the Street

Compiled by Aren Fikes

How do you feel about missing a week of classes with no refund of tuition?



"There are others that are losing out more than me since I get financial aid. I'm losing class time but that's not a big deal because the issue is bigger than that."
- Austin Saldana, 20, Business major

"It's shitty knowing we won't be able to get our holds lifted during the strike and that I'm at risk for registering for classes I need next semester."

- Elise Kallweit, 21, Studio Art major



"Where are our student fees and the money we pay the school going? It should all be publicized and if it's not going to the teachers then where?"

- Kailyn Flowers, 20, CRGS major



"I don't really want to get involved in it."

- Jaquan Gardner, 20, Kinesiology



"I think we should demand a refund and all students need to join HSU SQuID."

- Kelsea Parker, 24, Studio Art major



"I see all of this as a distraction from what I'm here to do. It's going to happen so it's something I've got to deal with."

- Tony MacCarthy, 18, Wildlife major



Noah Zerbe holds a United Nations Flag covered in pins of the countries his class has represented at the Model United Nations Conference over the past 10 years. | Oliver Cory

Who is Noah Zerbe?

University Recognizes Distinguished Faculty

by Oliver Cory

Noah Zerbe likes teaching his Model United Nations class so much, he is teaching it voluntarily this semester.

"It's hard to imagine not teaching," Zerbe said. "I love the exploration of interesting questions."

Zerbe said he never planned to become a teacher, but started doing it while he was getting his Ph.D. and developed a passion for it. Zerbe will get a distinguished faculty award from the university this semester.

In January, the university appointed Zerbe to the position of interim dean of the college of arts, humanities and social sciences. Technically, Zerbe doesn't have to teach, but he teaches his Model United Nations class anyway.

The class lets students represent different countries, and the students try to solve the same real-world problems as the United Nations. But the simulations are not confined to the classroom. Generally, the class travels to San Francisco to compete with about 500 students from other schools in a five-day simulation.

"We're almost always among the top performers," Zerbe said.

Zerbe's class has won several awards at the conference during the time he has taught the class. This year, a few students will travel to a larger conference in New York to compete with about 2,000 students from around the world.

"He's really built this program up from nothing, to us going to nationals, in just 10 years," Ian Harris, a senior international business major, said.

Harris has taken Zerbe's class since he was a sophomore, and is one of the students going to New York. He described Zerbe's class as "the ultimate experience." Harris said he wishes Zerbe could put more time into teaching it, but he realizes Zerbe's new job position makes it difficult for him to do so.

Zerbe started teaching political science at Humboldt State in 2004, and he has taught the Model United Nations class every year except his first two years with the university. He said he even taught the class when he was on sabbatical. Zerbe participated in the Model United Nations while he was a student at Northern Arizona University and enjoyed it so much he brought it to HSU. He keeps a United Nations flag in his office that is covered in pins of the different countries his students have represented over the years he's taught the class. He hopes to completely cover the flag with pins someday.

When Zerbe is not working, he likes to spend time cooking and playing board games with his 9-year-old and 12-year-old daughters. Zerbe said he owns about 30 board games, and he particularly likes German ones. On top of that, he does long-distance bike riding and hopes to do a century -- a 100-mile ride -- someday. He does some bike riding with his daughters, but they usually don't do the long distances he does.

"They'll build up to that if they want to," Zerbe said.

Marilyn Liu, a senior international studies major, said she has taken Zerbe's class since she was a freshman. Even when

Quick Facts

- Zerbe has served as the chair of the University Senate and the chair of the politics department.
- He estimates he has been to 30-40 countries.
- He has two daughters, ages 9 and 12.
- He spends his weekends going on 50 to 60-mile bike rides.
- He earned his bachelor's degree in international relations and a master's degree in political science from Northern Arizona University.
- He participated in the Model UN while he was going to Northern Arizona University.
- He earned his Ph.D. in political economy from York University in Toronto.
- He was a Fulbright scholar in Germany in 2008.

she studied abroad during her junior year she kept in touch with the class -- so much so that she still felt like she was a part of it.

Liu said she can see students change over the course of Zerbe's class. She said it has helped her and other students build their self-confidence. Liu said Zerbe is well-traveled and knowledgeable, but he still manages to be humble and approachable.

"He's very down-to-earth and students get along with him really well," Liu said. "He sort of feels like a father figure."

This is the first of three profiles about HSU's Distinguished faculty award recipients.

Oliver Cory may be contacted at thejack@humboldt.edu

Students Fight Depression and Anxiety

Facing the challenge of depression and anxiety as a college student

by Sam Armanino

In middle school, Bri Carrillo turned her music up and scanned over the items; on her desk she aligned a knife, razor blades, her scarf and her mom's prescription pills trying to find the least painful way to commit suicide.

More than 40 percent of students who filled out an assessment form for counseling and psychological services stated they have or have had suicidal thoughts. Carrillo faces the challenges of depression and anxiety that thousands of people and students face.

"I remember when I was considering suicide," Carrillo said.

Carrillo grew up as an only child with a single mom. She said her mom worked all the time, so the first people to notice her depression were her teachers. They scheduled a parent-teacher meeting.

"My mom felt like it was a backfire," Carrillo said.

Carrillo attended a counseling service and participated in tests and assessments for six months leading to being diagnosed with depression. Carrillo doesn't think meeting with the shrink helped.

"It didn't have an effect," Carrillo said. "So, I started talking to my mom more."

Carrillo felt better talking to her mom than the psychiatrist, and when it was time for her to move out and begin her life in college, she told her mom about the time she had suicidal thoughts.

Carrillo continues to cope with her depression and anxiety. She hit another hard time in her life her sophomore year at Humboldt State. With the stress building from work, school and living on her own, she continues to battle depression.

"I had less time to hang out with friends," Carrillo said. "Less time for phone calls to home and for school work; that is where depression really started kicking in."

Carrillo said she escapes her depression and anxiety by helping others and releasing her energy through dance. She is part of a

swing dance group, Baile Folklorico Dance, and works her hardest to connect with students and people when they need it the most.

Last year Carrillo had to break into her bathroom window to help one of her best friends who was having her own struggles with depression and suicidal thoughts. One way Carrillo helps people out of these struggles is through what she calls "shaking out the sillies." They turned some music up and began dancing out their sillies.

Carrillo said helping other students and community members with their own struggles helps her through her struggles as well.

Carrillo said depression is less like losing your mind, more like being trapped alone inside a room while seeing two lights--one dark and one light--but there's only one direction to look. She said connecting with others and knowing they're not the only ones in this situation is important.

Jennifer Sanford, director of counseling and psychological services for HSU, says students don't always understand that people facing problems with depression and anxiety are all in this world together and there are many others facing the same problems. When students are faced with the new struggles of being on their own they see themselves as alone and don't realize many other people face similar experiences.

"Nationally, all CAPS directors will tell you there has been a rise in mental health issues," Sanford said.

Sanford said eating habits, past experiences, exercise habits, school-related stress, social habits or even just relationship problems could be reasons why a student feels depressed.

78 percent of the students seeking treatment from the center stated they are or were facing problems with depression.

Rosemary Grady grew up mentally, physically and verbally abused in her home on a daily basis. She left her hometown of Riverside to start fresh here at Humboldt State.

"I lived in a house of abuse all of my life," Grady said. "I really didn't

start self-care until I left my hometown and came up here to Humboldt."

Grady found support back home from her AVID (college preparation course) teachers. She said she didn't even know college was a reality until her teachers in high school pushed her to get out. Her family did not want her to leave, but in the end her teachers nudged her.

"My AVID teacher pushed me to be selfish and told me the only way I was going to help anyone was if I helped myself first," Grady said in an instant message.

Grady found help coping with her depression by doing yoga and writing. She started self-care to treat her own depression and history of abuse at HSU.

"Whether you like it or not, the habits of your parents are embedded in you," Grady said. "Being depressed, it's like not being whole, not able to express hate or anger in a healthy way."

Grady recently got herself a puppy which helps keep her grounded and feel comfortable. She is in the process of trying to get her puppy to become a service dog so she can bring it into stores and classrooms.

"Okay, I am out of the abuse," Grady said. "So now I have to get an abuse out of me."

Grady is not seeking treatment from the counseling and psychological services. She doesn't want to take any prescription medicine for depression or anxiety. She views this as a battle with herself and continues to journal, participate in yoga and meditate.

"Anxiety and depression are such a huge thing," Grady said. "It's like a separate entity that follows me around."

She said what is really messed up about anxiety is that it makes you think irrationally and you are unable to control your own thoughts. She said yoga has helped her look at not only her body and mind, but gave her a separate perspective of self-awareness.

"I am in a really great place now," Grady said. "Humboldt is my



Bri Carrillo shaved her head and donated all her hair to an Organization called wigs for kids on January 16th, 2016. Carrillo says donating her hair made her feel good and helped her cope with her depression. | Sam Armanino

sanctuary." **According to the counseling and psychological services assessment form, 73 percent of students receiving treatment on campus say they suffer from severe anxiety.**

Mahsa Zaribaf left her home and community college in Irvine to come up here on her own to work through her anxiety and depression. She said the most defining feeling that comes with having anxiety is feeling alone.

"My biggest thing is social anxiety," Zaribaf said. "I have had it for seven years."

Zaribaf said being here and going to HSU has helped her connect with people and has built her confidence enough to talk about the anxieties she faces. She said she suffers mild panic attacks when she is surrounded by crowds or groups of people.

"I have to mentally prepare myself to do anything," Zaribaf said. "It holds me back from doing most things I want to do. It's like a consistent state of fear because people

are always there."

Zaribaf started feeling the pressures of social anxiety from an early age. It was in seventh grade when Zaribaf started realizing people paid attention to the way she looked and the things she did. She said she started feeling self-conscious about what other people thought and it got worse as she got older.

"I was at that stage when you're just not a kid anymore," Zaribaf said, "where I was constantly thinking about what other people thought of me and it stuck."

Zaribaf practices self-care by meditating, remembering to breathe and taking a step back in order to ground herself, but she also went to group therapy sessions at CAPS. She said she learned she is not alone in this struggle and many others face similar problems with anxiety.

"Depression and anxiety is way more common than you think," Zaribaf said. "People are just really good at hiding their problems."

Sam Armanino may be contacted at thejack@humboldt.edu

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The Girls Got Jokes

Blondies Open Mic Night



A jam band known as The Sleepwalkers took to the stage during Open Mic night at Blondie's Last Thursday. | Aren Fikes

by Joanna Quintanilla

A brunette walks into a bar and heads for the stage. The brunette is Humboldt State student Sarah Driscoll and she is about to perform stand-up comedy for the first time at Blondie's Open Mic Night.

"This feels a lot like when I first did coke," Driscoll said. "Cause my friends pressured me to do it."

The audience begins the first round of laughter that ensures the hilarity of Driscoll's set. After the show she explains the relief to have done her first show.

"I would never do coke but everyone loves a good coke joke," Driscoll said. "My friend Nash dared me a year ago to do [stand-up], it was peer pressure."

Blondie's Open Mic is a weekly affair, filled with a variety of musical styles and performances ranging from spoken word to stand-up comedy.

Freshman Dakota Blackstone has been attending the open mics for months because she enjoys the atmosphere and different music.

"The music changes every week, some people do covers and some write their own stuff," Blackstone said. "It's nice to hear the variations."

Not only does Blondie's offer a wide selection in beer and tater tot toppings, host T.J. Guptan feels the energy is what makes the open mic what it is.

"The positive vibe from the audience," Guptan said. "People talk to each other, people get into bands with each other from shows here—the atmosphere here is just positive."

The room was filled with Blondies' regulars from the beer cases at the back wall to the entrance and Driscoll's friends as each joke and witty remark she threw at them successfully hit their mark. Despite being pressured into performing, the positive experience would bring Driscoll back to the Blondies stage again.

"If I write more material, there is no doubt in my mind I would do it again," Driscoll said.

All kinds of sounds can be heard walking past Blondies on a Thursday night from 7 p.m. to 10 p.m. and people of all talents are encouraged to perform or lend an ear.

Joanna Quintanilla may be contacted at thejack@humboldt.edu

Student Artist Exposure

Meet Shane Donaldson and Trent Franks of Pervert



In a cramped apartment bedroom, Pervert members Trent Franks (front) and Shane Donaldson (background) screen print shirts for supporters of their band. | Aren Fikes

by Aren Fikes

Guttural melodies roar through the mic as bodies collide at the front of the stage. Those too fragile to enter the moshpit seek safety on the sidelines while the blend of perspiration and spilled beer thicken the air. This is a Pervert show.

Vocalist Shane Donaldson, 22, and bassist Trent Franks, 20, are both studio art majors who perform with their four-man band Pervert.

"Our guitar player and I were at a heavy metal music festival down in Oakland, just sitting up against a wall drinking and gambling and throwing names around while we were getting [our band] going," Donaldson said.

Stylistically, Pervert's sound can be classified as powerviolence, a subgenre of hardcore punk music.

"It's loud, fast and grimy," Franks said.

For Donaldson and Franks, putting their creative abilities to use is second nature. Donaldson paints and sculpts, while Franks places his focus on printmaking. The two collaborate on original designs and screen-print T-shirts for their band's merchandise.

"Screen printing is just a sophisticated stencil, honestly," Franks said.

A mesh screen is coated with a layer of photosensitive emulsion. Once dry, the image that is going to be used is printed onto transparent paper and attached to the screen. The screen then gets "burned" or exposed to direct light in order to expose the emulsion. Next, the screen gets rinsed and the emulsion where the design was gets washed away. After drying completely, the desired ink is squeezed across the screen and transferred to the article of clothing.

"It's kind of nice to step out of the academic type of work where you're spending a lot of time working on a certain concept," Donaldson said. "This is a little more aesthetic."

Whether getting a crowd to thrash at their shows or sketching up new designs in their downtime, these band members are satisfied seeing the fruits of their labor being supported by peers and Humboldt's music scene.

"It feels really good to get something done from start to finish, and ideally have people be stoked enough on our music to wear our shirts," Franks said.

Q: How would you describe your artistic style?

Shane Donaldson: "It's fantastical imagery where I create a world of my own. Sometimes controversial and rough, dealing with religion and politics."

Trent Franks: "I usually make stuff up and they're pretty much glorified doodles. They deal with elements of real life and it not being 'together.'"

Q: Do you plan to make a living off your work?

SD: "Ideally I'll find a career and find a way to get by, but still do what I love to do."

TF: "It would be nice to. I think the screenprinting thing could be a good way into that because it's functional."

Q: What is your dream project?

TF: "I'd love to be doing record covers for bands that get me stoked."

Q: Who inspires your art?

SD: "Pushhead's art and music really inspired me when I was little."

TF: "John Baizley who did art for all the Baroness records."

Q: Who inspires your music?

TF: "Mainly heavy metal music, grindcore and stuff. Black Sabbath of course, and all the bluesy, stonery, doom, music that influenced them."

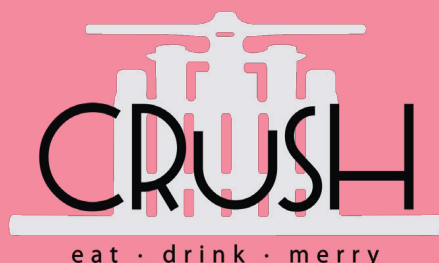
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Lumbercraft: Big Stick

It's just a big ol' stick

by Nick Garcia

WHAT YOU NEED

- Stick
- Knife
- Sandpaper

“Speak softly and carry a big stick.” Teddy Roosevelt popularized the phrase, speaking on the virtues of being cautious and staying prepared. When taken literally, it’s still very useful advice. Because as deceptively simple as it may seem, a big stick is an invaluable tool to have.

Being situated in the middle of a redwood forest gives us access to sticks from the biggest trees in the world. There’s no need to even chop a branch; the forest floor is littered with them. And they come in all sizes, whether you are looking for something about as big as a club or a full-on staff. But, don’t take a stick that’s not yours. Be considerate of the area and be sure you aren’t taking a stick from somewhere you shouldn’t.

This project could be as simple as picking up a big stick and calling it a day, but if you truly want to make the stick yours, take some time to give it a personal touch. A good starting point is to whittle away the outer layer of bark, until you’re left with a mostly smooth piece of wood. Nobody likes splinters, so sanding it down is essential to make sure the stick is comfortable to hold. From there, you can decorate it however you want. It could be wrapped with cloth or some sort of fabric, or even bedazzled. You could tie a bandana around the end, making a bindle, in case you plan on leaving everything behind and starting a new life hopping trains like an early 1900s hobo. Stick some googly eyes on it and you’ve made yourself a new friend.

As far as practicality goes, few tools rival the stick. It was one of man’s earliest devices and there are plenty of uses for it, ranging from utility to defense to recreation. Think of the stick as an extension of yourself, like an arm you could stick anywhere. You can use it to test the depth of a puddle, to keep people at a distance, for pointing or stirring. The stick could be used for leverage to move a heavy object or to knock something out of a tree—the possibilities are endless. If you need to make a picket sign for the upcoming CFA strike, you’re already halfway there. If a game of stickball spontaneously breaks out, you’ll be ready. If you ever need to defend yourself, you’re better off with a stick than without one. And when you just need something to lean on, you can believe your stick will be there for support.

The stick is an easily underestimated resource. A stick could be the difference between thriving and suffering in any situation. Its applications extend as far as your imagination. The world is your oyster, the stick is your canvas.

Nick Garcia may be contacted at thejack@humboldt.edu



The Lumberjack staff demonstrates one of the many defensive applications of a stick. | Sam Armanino

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This boat will soon be powered by the sun! | Photo provided by Lori Jones

Sun Fueled Fleet

HSU students participate in annual solar regatta

by Andrew Butler

Dust settles onto the surface of a lightweight silver fishing dinghy, perfect for any tackle box-wielding fisherman.

In May, thanks to Humboldt State's Renewable Energy Student Union (RESU), this vessel will don a set of solar panels and skim along the waves of the Rancho Seco Recreational Area near Sacramento.

Sacramento Municipal Utilities District's (SMUD) Energy and Technology Center's annual solar regatta competition takes place May 13 and 14 in Herald, California. The event features student-made, solar-powered boats. The event is available to students from middle school to the college level and open to schools from Fresno to the top of Northern California. The competition comprises several challenges designed to test the

abilities of the boats, including obstacle courses, endurance races and sprints.

In addition to being 100 percent solar powered, the boats must fit competition guidelines such as length, height and specific safety checks.

HSU senior Jeremy Fischer joined RESU amid the scramble to prepare the boat. The engineering major put his skills to use, helping figure out technicalities that challenged the club.

"We had to get crafty in how we purposed our resources," Fischer said. "We couldn't waste anything."

Funding a project of such magnitude presents a bill that can be hard to afford. The club found alternative ways of affording the project necessities. A GoFundMe campaign, as well as club fundraisers, generated income. SMUD donated the solar panels after meeting with the club and inviting RESU to the event. With all the parts in place, the club got to work.

"It seemed like it would be a lot of work, and that turned out to be an understatement," Fischer said. "Figuring out how to connect the battery and get it to hold a charge, where to place the solar panel, there was a lot of issues that we overcame."

Fischer looks to take his newfound knowledge of solar panels with him in his life after HSU. Teaching students how to equip and design renewable energy platforms is one of the club's main goals.

Understanding how best to use solar energy and discovering ways of implementing the devices is integral to furthering renewable energy systems. According to the mission statement, SMUD holds the event to "promote renewable energy through solar technology and innovation, using a fun way to connect to design and engineering."

Lori Jones, RESU club president

and HSU senior, put her passion for environmental engineering to use in this project. Jones presented the idea to the club last year and RESU has been working on the boat ever since.

"From fall of 2015 to the end of the year, all the work we did was logistical: raising funds, designing the boat, acquiring parts," Jones said.

The club didn't begin building the watercraft until the beginning of 2016. In four months, the vessel is on schedule and looks to do well this May. Jones and the members of RESU learned how to wire solar panels and create zero emission transportation, a skill that is the framework of renewable energy innovation.

"Winning events would be great," Jones said. "The main thing I want RESU to take away from this event is how to equip solar energy to everyday machines. Every step toward renewable energy is a step we all need to take."

Andrew Butler may be contacted at thejack@humboldt.edu



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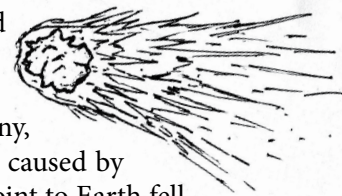
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THIS WEEK
 IN
SCIENCE

by Jeff Gardner

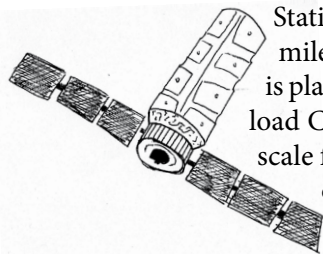
Astronomy - Green Glowing Goodness

During the last few days of March, stargazers saw that the comet LINEAR came with a special green hue. The ice rock's glow turned out to be about 100 times brighter than astronomers predicted, though it was still best viewed with a telescope. Scientists measured the comet's gleam to be larger than the moon, albeit many, many shades lighter. The comet's green tone is believed to be caused by atoms of diatomic carbon surrounding it. LINEAR's closest point to Earth fell on March 21, at about 3.3 million miles away. *The Great Gatsby: Space Edition.*



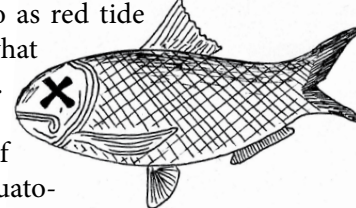
Space - Spacial Delivery!

The unmanned cargo ship Cygnus restocked the International Space Station with 7,900 pounds of supplies Saturday morning. At 250 miles above the planet, this was Cygnus's sixth mission. It's next is planned for the end of May. On the next mission, astronauts will load Cygnus with garbage to be burned in order to see how large-scale fires operate in zero gravity. I wonder how many stamps that delivery needed.



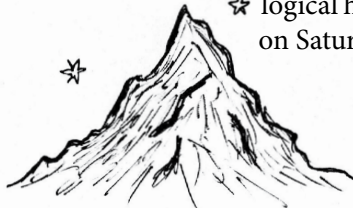
Climate - Floridead

Florida's Indian River Lagoon is filled with thousands of dead fish in what some scientists are calling "the worst fish kill in decades." Large El Niño storms are believed to sweep chemicals and fertilizers into the water system, which in turn caused an algae bloom in the adjacent lakes and rivers. This algae bloom, sometimes referred to as red tide (although they come in many colors), is believed to be what caused the fish kill. Not even the fish want to live in Florida.



Astronomy - Titanic Mountains

NASA's Cassini space probe identified the highest peak of Titan, Saturn's moon, this week. The peak is on an equatorial mountain ridge and reaches 10,948 feet high, just over a third the height of Mount Everest. Examining the topography of a planet not only finds interesting peaks, but can teach scientists about plate tectonics and geological history. Mountaineers trying to climb the peak set up a base camp on Saturn's rings.



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Hogs Life: HSU Men's Lacrosse Team

by Brian Cohen

Humboldt State student Dillion Sheedy has Hog blood in his veins. His father played lacrosse and now his son is the president of the club team, extending the giant, never-ending lacrosse family.

Sheedy has been playing goalie since the fifth grade. He transferred two years ago to play football. When that didn't work, lacrosse was there.

"I knew lacrosse was here because my dad played with them back in the day," Sheedy said. "It is a great group of guys, good program and a tight family."

Four-year player and senior Joseph Schimmel sees the generational family ties.

"It's a family for sure, I still know all the guys from when I was a freshman," Schimmel said. "They come back for the alumni game. It's a lot of fun, even the guys who started the team back in the the '80s come back for the alumni game, bbq and all, it's really a family."

Rain or shine, the HSU men's lacrosse team will be practicing or playing. Their mascot is not the Lumberjacks, but instead Hogs. HSU lacrosse is a club team, which

means it's open to all, those who have played lacrosse their entire life and those who have never picked up a stick before.

"It's a lot of the same techniques as hockey when it comes to the hits, but we are not protected as much when it comes to the gear," Sheedy said.

The Hogs are sporting a record of 1-5 in the Western Collegiate Lacrosse League so far this year, with their lone win coming against the University of San Francisco on Feb. 27. They have played and lost games against University of Portland, Southern Oregon, Cal Davis, San Jose State and St. Mary's.

"It can be hard sometimes because, for instance, in a club sport anyone can join, there is a whole part of the team that is picking up the stick for the first time, then there are the veterans," Schimmel said.

When it comes to on-field play the Hogs are known for the biggest hits.

"We are considered the most physical team in the league, it comes with high intensity," Sheedy said.



Illustrated by Aren Fikes

Cole Aylward leads the Hogs in assists, goals and total points this season and contributes that to his drive to win.

"I love playing with a team, it's a good way to stay active," Aylward said. "We are just a bunch of really good guys."

The Hogs are always looking for more players, whether it be first-

timers or veterans. Sheedy said playing time is a great possibility.

"If they show promise and at least can get the fundamentals then they'll get a chance to play in a game," Sheedy said.

"We will find a spot on the team for anyone who wants to play," Aylward said.

Brian Cohen may be contacted at thejack@humboldt.edu

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by Paul Matli

Humboldt State Softball continues to mash opponents while HSU Rowing had a successful home regatta. Here's what happened this week in HSU sports:

Humboldt State Softball

The team had a successful weekend with the bats, scoring 33 runs in a four game sweep of the Cal State Dominguez Hills Toros. The Jacks won the Friday games by scores of 8-1 and 5-0. They won Saturday's games by scores of 8-0 and 12-3 and improved to 24-2 on the season.

The team is ranked third in the National Fastball Pitch Coaches Association weekly poll. The Jacks travel to Modesto, California for a two-game set on Thursday, March 31 against University of California San Diego, before going to Turlock to participate in the Tournament of Champions, which starts on April 1.

The games against the Toros are scheduled for 11 a.m. and 1 p.m., respectively.

Humboldt State Rowing



HSU's rowing team practices at the Humboldt Bay Aquatic Center for the season that has just begun. | Provided by HSU Sports Information

The Jacks' Blue Heron Regatta at the Humboldt Bay Aquatic Center was successful. The Jacks were first in the varsity 8 boat with a time of 7:20.84, 13 seconds ahead of Mills College. The Jacks' second boat finished third in a time of 7:38.91.

The Jacks placed first and second in the second varsity 8 race with times of 7:38.22 and 7:53.87.

Humboldt placed second and third in the women's varsity 4 race, clocking times of 7:48.38 and 7:56.16.

Other teams who rowed in the Blue Heron Regatta were Mills College, California Maritime Academy and Seattle Pacific University.

The Jacks compete next in the San Diego Crew Classic on April 2 and 3.

Humboldt State Track and Field



Julian Lucas (left) and Kianti Gix (right) sprint during practice. | Aren Fikes

The Jacks are back to competing after a hard week of training. The majority of the team will travel down to San Francisco for the annual San Francisco State Distance Carnival on Friday and Saturday, while seven others will compete in the Stanford Invitational on Friday and Saturday.

This week starts another block of racing weekends for the Jacks, which includes trips to Chico, Davis and Oregon in the coming weeks.

Paul Matli may be contacted at thejack@humboldt.edu



ASSOCIATED STUDENTS COUNCIL
ELECTED POSITIONS AVAILABLE

EXECUTIVE OFFICERS

Each position is elected by the student body and votes on the AS Council.

PRESIDENT

Chief Executive Officer and Representative of the Association. Fills vacancies on the Associated Students Council. Appoints students to campus committees. Proposes legislation to the AS Council. (Non-Compensatory Stipend*)

LEGISLATIVE VICE PRESIDENT

Chair of the Associated Students Council. Appoints students to campus committees. (Non-Compensatory Stipend*)

ADMINISTRATIVE VICE PRESIDENT

Chair of the AS Board of Finance. Appoints students to campus committees. Leads the Associated Students Council and Programs through the annual budget process. (Non-Compensatory Stipend*)

STUDENT AFFAIRS VICE PRESIDENT

Chair of the AS Student Affairs Advisory Committee. Appoints students to campus committees. Plans and executes Associated Students annual events including the Welcome Back B.B.Q., and the Finals Week Study Lounge. (Non-Compensatory Stipend*)

IMPORTANT DATES:

- Elections are **April 19 - 21, 2016**
- Election Packets are available **March 7**
- Election Packets due **April 4**
- Write In Candidate Deadline **April 15**

COUNCIL MEMBERS

Each position is elected and represents students in their constituent group and votes on the AS Council.

COLLEGE OF NATURAL RESOURCES AND SCIENCES REPRESENTATIVE

(3 positions) Departments Include: Biological Sciences, Chemistry, Computer Science, Engineering, Environmental Science & Management, Fisheries Biology, Forestry & Wildland Resources, Geology, Mathematics, Oceanography, Physics & Astronomy and Wildlife. (Non-Compensatory Stipend*)

COLLEGE OF ARTS, HUMANITIES AND SOCIAL SCIENCES REPRESENTATIVE

(3 positions) Departments Include: Anthropology, Art, Communication, Critical Race, Gender and Sexuality Studies, English, Environmental Studies, Geography, History, International Studies, Journalism, World Languages and Cultures, Music, Native American Studies, Philosophy, Politics, Religious Studies, Sociology, and Theater, Film, and Dance. (Non-Compensatory Stipend*)

COLLEGE OF PROFESSIONAL STUDIES REPRESENTATIVE

(3 positions) Departments Include: School of Business, Child Development, Economics, Education, Kinesiology and Recreation Administration, Leadership Studies, Liberal Studies Elementary Education, Psychology, and Social Work. (Non-Compensatory Stipend*)

GRADUATE STUDENT REPRESENTATIVE

(1 position) Elected by and represents students enrolled in HSU Graduate Programs. (Non-Compensatory Stipend*)

AT LARGE REPRESENTATIVE

(2 positions) Elected by and represents all HSU students. (Non-Compensatory Stipend*)

APPOINTED POSITIONS

AS EXTERNAL AFFAIRS REPRESENTATIVE

This position represents HSU students on the California State Student Association and leads the Associated Students lobbying and voter registration efforts. (Non-Compensatory Stipend*) (Springboard Job # 28252)

AS PRESENTS REPRESENTATIVE

Chairs the AS Presents Committee and seeks input for programming. (Non-Compensatory Stipend*) (Springboard Job # 28251)

*All positions are awarded a non-compensatory stipend. All non-compensatory stipends payments must be approved by the Financial Aid Office. Payment will be posted to student's account.

Appointed positions are nominated by the Incoming AS President for Council approval. More information may be found about these positions on the Associated Students website.



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'16 THE VOTE AWAKENS

EDITORIAL

CFA Strike

Faculty have the right to strike and the right to fair wages, but we as students have rights, too. And we have the right to know what is going on. The right to ask questions. This is our education and when things like this are out of our control, the least faculty and administration could do is be straight up with us.

California Faculty Association and management say the strike will not affect students' education but as of now, most students will be missing out on a whole week of classes we have paid for and deserve to have.

Students have voiced this concern and even feel they should be entitled to a refund for the week of cancelled classes. Students are customers who are paying for a service. In any other industry the customer would not be asked to make sacrifices, they would instead be reimbursed for their time and money that will be wasted during strike week.

Administration confirmed this when they sent an email with information about the strike to students on Monday,

March 28. In the email it stated that, "There will be no partial refunds of tuition and fees, housing fees, meal plan fees, or other related costs."

Some CFA members have mentioned they will even be taking down their online Moodle class pages for the week of the strike. While it is understandable that the faculty are attempting to stop all class work and activity including online components, it is unfair for students not to be able to access the site. Teachers can decide to not make any new assignments due on the Moodle website for the week of the strike, but taking down the actual site is frustrating for students who need to look at any kind of future assignments, or who are working on long-term projects and need to be able to access their material on Moodle.

Some faculty have talked to their students about their plans if the strike does happen, but some still have not. This leaves students confused. In this unfamiliar situation, good communication is vital. Students deserve to be in the know.

The Lumberjack

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Letter to the Community

After seven decades of living on our Mother Earth, I have come to understand this: no one would do harm unless we were confused. How could we not be confused? The contradictions abound. We see them all around us and feel them within.

Who are we?!? We are stardust...we are golden. We are born with a capacity for deep compassion and enduring love. Everything in the universe is within us. This is the truth that sets us free. Free of the lies we inherited and believed.

I now know that all life is sacred. Anyone who wants to know this truth knows it. Social facades are a contradiction to this soul knowledge. But our emergencies are wearing facades thin as we are called upon to set our love free to wander and do good.

How do we call for a Global Day of Forgiveness? A global acknowledgement of all the harm our species has done in our confusion. An agreement that if we knew then what we know now we would base our decisions in love, not fear.

In the center of the Arcata Plaza is a statue honoring President McKinley. He and the system that allowed him into power are corrupt, dominator models of governing. We can now see that basing decisions on how they would affect seven generations hence was - and will be - a good governing model.

In the southeast corner of the Plaza are three brightly painted signs. Each one has a quote on forgiveness.

"Forgiveness is an attribute of the strong," - Mahatma Gandhi.

"Forgiveness is about healing the suffering for ourselves and each other," - The Dalai Lama.

"Forgiveness is man's greatest need and highest achievement," - Horace Bushnell.

Please imagine with me a Global Day of Forgiveness.

- Maureen Kane
Arcata, California

This is a list of crappy songs that are actually kind of good.



The Lumberjack Submission Policy

Send submissions to Opinion Editor Desiree Back at dmb860@humboldt.edu

Include "Attn: Opinion" in the subject line for submissions.

Guest Columns 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 contactthelumberjack@gmail.com

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 columns may be edited for grammar, spelling, and clarity.

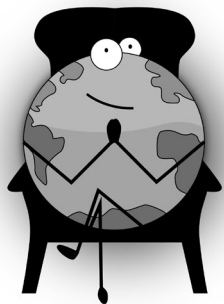
We reserve the right to edit pieces that contain libel, slander, hate or discriminatory speech and pieces that may incite violence

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Climate Corner

DROP THE BAGGAGE: Plastic industry seeks to trump California's plastic bag ban

by Aisha Cissna

As November draws near, most of us are awaiting the election of Trump, cheering for our country to be Bern-ed, or feeling generally apathetic about the impact our vote has in our republican democracy-gone-oligarchy.

However, for Californians, there is more at stake than the presidency. In about eight months we will see the reversal of California's plastic bag ban, also known as Senate Bill 270 if we don't rock the vote.

As of July 1, 2015, the State of California implemented legislation which "prohibit(s) stores that have a specified amount of sales in dollars or retail floor space from providing a single-use carryout bag to a customer." According to the Leginfo website, this law also mandates a 10-cent charge for any carry-out bags you request at Safeway, Wild-berries, Winco and Costco.

Mark Murray, a former Humboldt State student, visited campus on March 4 to discuss impending threats to our plastic bag ban. Once the president of Associated Students, today Murray is executive director of Californians Against Waste, a non-profit advocacy group based in Sacramento that is try-

ing to raise awareness about the plastic bag industry's efforts to reverse this important piece of environmental legislation.

Genevieve Abedon is the Waste Prevention campaign coordinator for Californians Against Waste.

"SB270 passed in 2014, but a few months later, three out-of-state plastic bag manufacturers got enough signatures for a referendum on the plastic bag ban," Abedon said.

In November, we will have the choice to reverse the plastic bag ban by voting on this referendum, which will be located at the very bottom of the ballot.

Vote "YES" on SB270 to keep our ban on plastic bags in California.

Many voters will mark their choice for president and skip voicing their opinion on other matters, but it is key that we vote "YES" on this referendum if we want to continue to curb the use of fossil fuels in our daily lives. Not only does the manufacture of plastic bags require billions of gallons of petroleum per year, but they wreak havoc on marine wildlife and end up in landfills.

What appears to be a simple call-to-action via voting on this referendum is complicated by another strategic political move.

Big Plastic representatives are gathering signatures to get an initiative on the November ballot which would:

"Redirect money collected by grocery and certain other retail stores through sale of carry-out bags, whenever any state law bans free distribution of a particular kind of carry-out bag and mandates the sale of any other kind of carry-out bag. Requires stores to deposit bag sale proceeds into a special fund administered by the Wildlife Conservation Board to support specified categories of environmental projects."

While the text of this initiative sounds environmentally friendly, Californians Against Waste states it is a ploy to get grocer's upset. Grocers were integral to getting SB270 through California's legislature.

Initially, grocery stores did not support the ban because they did not want to incur additional costs associated with providing more expensive paper bags. This is where the 10-cent charge on paper bags came into play; the 10-cent charge was included in the bill to discourage consumers from using single-use bags, but was also included to ensure grocery stores could afford to purchase carry-out bags

Lumberjacks can stay on the look-out and "ban" together by doing the following:

#1 Don't take proposed initiatives at face value.

Signature-gatherers are still on-campus gathering support for various initiatives. Many of these initiatives sound like they will have positive impacts on our society, but this isn't always the case.

Make sure to keep your eye-out for the tricky initiative titled, "**CARRY-OUT BAGS. CHARGES. INITIATIVE STATUTE.**"!

#2 Vote!

While your presidential vote as an individual may seem inconsequential in light of our electoral college system, your vote on state initiatives and referenda will dictate whether the plastic bag ban continues or not.

#3 Know the difference between the carryout bag initiative and the referendum.

On the ballot, the initiative for the redirection of bag fees will come before the referendum. The initiative would effectively hurt grocer's who support the ban.

The referendum would reverse the ban completely. Voting "NO" on the initiative and voting "YES" on the referendum is the best way to uphold the plastic bag ban.

that weren't made from fossil fuels. Essentially, grocers are not generating additional revenue from these fees, they are using the return from fees to replenish their supply of paper bags sold to their customers.

"This initiative is intended to anger grocers," Abedon said. "It is intended to distract voters and

take away the charges that pay for more expensive bags."

Signature-gatherers (who you may have seen in front of the HSU Library in previous weeks) have circulated Big Plastic's seemingly environmental-friendly initiative.

Aisha Cissna may be contacted at atcl78@humboldt.edu.



Lost in Germany

Venice, Italy: city on the water

by Ricardo Cruz

Venice, Italy is a wonderful city that you should all visit if you get the chance. Now, here is why it was hell for me and why I am probably never going back.

Obviously, it is a city on the water. Venice is built on a series of islands in a lagoon. The main center just has canals, winding streets and bridges. There are no cars or buses; the only way to get around is by boat. There is a public transportation service but it is very expensive and you really do not have another choice unless you want to swim. For me, I get really motion sick on cars, buses, etc. I hate being in cars and will only do so if necessary. Boats are the worst. They have to rub it in, too, because the "bus" stop where you wait is this rickety box thing that floats on the water and rocks back and forth. By the end of day two in Venice, I was so nauseous.

I stayed on Lido Island, which is really cool. It is not in the main tourist area, so in the off-season, it is mostly locals. Lido's thing is the gorgeous beach they have. The island is huge, so they actually have some cars and buses there.

The motion sickness was the worst, but something I found in all Italian cities that I do not understand is they seem to have a disdain for street signs, especially in their historic centers. This means there are no street signs to help you find your way. Oh, you have an address, do you? Oh, you think Google Maps is going to help you? Tough luck 'cause guess what, you are gonna get lost.

Venice is infamous for how easy it is to get lost and let me confirm this officially: it is easy to get lost. Venice is packed with people; it was built on the water with only tiny medieval streets and bridges. There is a thing there called "aqua alta," which is when there is high water. This means parts of the city occasionally flood and become impassable. If it is shallow enough, there is a small wooden ramp erected that they expect hundreds of people to walk across.

There is a project the Italian government is working on to save Venice from sinking, but some say it is a losing battle against nature. It is an amazing and beautiful city filled with history: The gondola men singing in Italian, the sound of waves crashing against stone, the murmur of people. All these things are great, but they fade away surprisingly quickly when you make a wrong turn. I am lucky that it is so cheap to get here from Germany; it only cost me 50 euros. So all of you reading this, study abroad and experience cool stuff, too.

Ricardo Cruz may be contacted at thejack@humboldt.edu

The Economics of Needs and Limits

ENL

Submitted by Frank Rotering

In a previous article, I said that solving the ecological crisis will require a new economic theory aimed at the rapid reduction of environmental impacts. I also mentioned that I have developed the outlines of such a theory: the Economics of Needs and Limits, or ENL. Here I would like to briefly describe the main features of this conceptual framework and invite Humboldt State students to critically examine it.

If growth is rejected as the economy's guiding principle, it must be replaced by an alternative -- a theoretical start cannot be made until the economy's purpose is clearly specified. I propose that this be based on the following ethical guideline: all human beings, present and future, are of high and equal worth. If this is accepted, the economy should strive for maximum well-being and equity within the constraint of environmental sustainability. These goals are collectively called sustainable well-being.

The critical requirement for achieving sustainable well-being is to correctly define the core concepts of value and cost. Value in this context refers to the benefits from consumption, and cost refers to the sacrifices required to obtain these benefits. In standard economics, these concepts are defined subjectively -- that is, they reflect the strength of personal desires. ENL instead defines them objectively: value is the physical health gained in consumption, and cost is the physical health lost in production.

Based on ENL's definition of value, an important distinction is made between needs and wants: needs increase health when they are satisfied, but wants do not. Eating bread for sustenance satisfies a need; drinking wine for pleasure satisfies a want. This distinction is critical because needs are limited by the constitution of the human body, whereas wants are potentially infinite. Because indiscriminate

want satisfaction leads to ecological disaster, ENL divides wants into those that society allows to be satisfied and those it does not. This necessary restriction has political implications that should be carefully explored.

Although ENL rejects the value and cost concepts of standard economics, it embraces the discipline's central analytical technique: marginal analysis. This is a broadly applicable method that focuses on an activity's incremental effects. Its economic significance lies in the fact that an output's marginal value tends to decrease, whereas its marginal cost tends to increase. Because production should logically stop when the two are equal, ENL uses this method to determine an output's optimum production rate.

However, this optimum could violate environmental constraints, so further analysis is required. ENL thus includes methods to determine the highest sustainable production rate. If this is greater than the optimum then there is no ecological danger, so the optimum rate is chosen. If it is less, the highest sustainable rate is chosen. This two-step process ensures that well-being is maximized while the biosphere is protected.

With these concepts as its foundation, ENL offers analytical tools to determine the target population level, optimum rates of resource depletion, the optimum level of labor productivity and the rational use of trade. It also defines several types of efficiency to facilitate the shift to sustainable well-being, and it provides an analytical model to help reverse ecological overshoot.

I believe that ENL is a promising start, but it clearly needs informed criticism and further development. I therefore ask students who are interested in economics to examine the framework, assess its merits, and either work towards its improvement or replace it with a superior model.

Frank Rotering may be contacted at thejack@humboldt.edu

the #Dumberjack

serving the Humboldt State University campus and community since about 2 a.m.



HSU plans freshman farming effort & zip-line

Taff Sreport

A joint effort of the HSU Curriculum Committee and the Interdisciplinary Cannabis Institute of the Emerald Triangle could lead to a new place-based educational program as soon as next year. Plans are being rolled out for a program that takes incoming college freshmen out of the classroom, giving them real-life experience in core classes from botany to accounting to marketing.

The HSUCC and the ICIET said the working title for the proposed program is School of Weed (SOW).

"This effort blends our local brand with education and entrepreneurship," said Bhig F Hatti, HSUCC chair. "It puts our university on the map and gives us a chance to do what we do best in Humboldt County."

The program was derived from the successful HSU place-based curriculum called the Klamath Connection. In that program, freshmen test water samples, glean river history from tribal experts, and explore contemporary water issues.

In the SOW, students would get hands-on experience managing optimal growing conditions, learning to run a business and analyzing public policy issues related to legalization.

One student interviewed about the project wasn't impressed with the plans.

"I already know more about growing cannabis than anyone at HSU," he said. "They just want to use students to turn a quick profit."

An ICI member agreed that profit was one factor taken into consideration.

"We think we can use the funds to build a zip-line from Founders Hall to the College Creek Marketplace," she said. "That would be awesome."



photo illustration by Omily Ewen

#Dumberjack explains: CFA Strike *Rossbacher's failing booze empire to blame for financial strife*

To help you better understand all those emails you've been ignoring about the strike, here are the basics of what's going on.

What is the strike and why is it happening?

Although faculty salaries have remained nearly the same for the last eleven years, student tuition, administrative salaries and the California State University budget have all increased. In response, the California Faculty Association (CFA) is threatening to strike in mid-April for a five percent pay increase. If all goes according to plan, the professors' wages will be as high as Humboldt's students.

Whose fault is it?

While most people know that the strike is President Lisa Rossbacher's fault, not so many people know that it's because she is self-funding a failing booze empire. Her self-named herbal liqueur has a total of 1 star on holidaywinecellar.com.

Out of the 13 reviews, only one stands out as positive. User, definitely_not_Lisa_Rossbacher420, writes "This is the best liqueur I have had in my whole life. I highly recommend it. ALSO DON'T STRIKE"

What do the faculty think?

Toto Lange, HSU's Official Parking Permit Hoarder, is overwhelmingly opposed to striking.

"I'm totally against the strike," Lange said, while looking over her shoulder. "Everything here is

great. I love Humboldt State University and I LOVE Lisa Rossbacher. I've never been happier. Rossbacher 2016."

What do the professors think?

Mimi Muffintop PhD, Professor of Mold Studies, has strong feelings about the direction Rossbacher is taking HSU.

"I'm so drunk, I'm so hungry," Muffintop slurred. "I can't remember the last time I got a real paycheck. She only pays us in her terrible, terrible alcohol. I'm so sick of Rossbacher Fine Herbal Liqueur. It just tastes like injustice."

What do the students think?

Adam Smith, Average HSU student, was eager to answer.

"There was a strike," Smith said. "When?"

Chet Kegstand, the self-proclaimed Kombucha King, could hardly contain his excitement.

"Dude! I've had the strike marked on

my calendar for months," Kegstand said. "I'm so stoked!!!! Check us out on G street and 15th. We're going to have a Kombucha stand with April's flavors of the month, Menthol and Patchouli. Be there or be Bacher!"

So, there you have it. Now you can kind of bullshit your way through a conversation about the strike.

by Omily Ewen, Geff Jardner, Melsea Chedlock, Mannah Hoss

Emergency kits to help student survive faculty strike apocalypse

by Mannah Hoss
Senior student safety supporter

Students at Humboldt State were relieved when they received e-mail from President Rossbacher explaining the campus will be open during the faculty strike apocalypse expected in mid-April. Rossbacher promised to supply students with emergency packs containing a branded flashlight and lanyards for protection from potentially vicious faculty roaming campus during the feared event.

With the only weeks to go before the apocalypse, students are horrified by rumors that classes may be canceled. The #dumberjack's interview with business major Michael Scott provides a student perspective.

Dumber: "Do you have any plans lined up for school being ...?"

Scott: "No, no. Oh GOD! NO!"

University president Lisa Rossbacher sent students an e-mail reassuring them the campus would remain open during the apocalypse.

Emergency kits will be available on April 10-11, before the apocalypse will supposedly hit. Kits contain a Humboldt Orientation Program flashlight, a disc golf frisbee from Staples, a special edition Humboldt State lanyard and a dollar-off coupon to It's Alive! Kombucha bar.

Rossbacher said that, despite the increased challenges, the administration promises to keep the campus water-bottle free on behalf of students' best interests.

She also said that students do not need to worry about the costs of these gifts. An additional \$36 per student will simply be added to next term's student fees for zero hassle, because education is HSU's number one priority.

HSU not sure which shitty online platform to use

by cole
local triangle enthusiast

Debates have been stirring lately over what is being called the "Fucking Stupid Controversy" as Humboldt State University staff and faculty are deciding which

online platform to use between Moodle and CANVAS.

Moodle supporters argue that it's free. They complain that they don't want to have to pay to spend a semester getting acquainted with another

system.

CANVAS supporters, on the other hand, think Moodle's a piece of shit for nerds and losers to which the Moodle supporters responded by saying "I know you are, but what am I?"

The other like 8,000 people at HSU couldn't give a damn either way.

Follow the #Dumberjack for more news about people arguing over nothing.

THE LUMBERJACK, BUT DUMBER

ANNOYING ↑

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PARANORMAL UPDATES

Angry visitors attracted by Eureka's narcotics cloud

By D.R. Kenmore
Twain channeler

The mystery orbs seen over Humboldt Bay were confirmed to be paper lanterns, Coast Guard officials said Sunday. Not so, said a local scientist.

"Obviously they were visitors," said Durbal Birdman, HSU astrology professor.

"You see, the thing with science, it's rarely the most obvious answer," Birdman said. "You have to come to the table ready to accept ideas that are completely batshit, but also know how to sift through them. The energy is just right here, the ley lines are strong."

Birdman said Eureka's position under a key ley line leaves it prone to paranormal phenomenon. He said the light's subtle pentagram-shaped movements suggest they were angry.

"Because I'm a scientist, I can't speak definitively but I'm sure they're disturbed," Birdman said. "Ley lines are like portals to other universes."

Birdman said the visitors could be attracted by the fog of narcotics smoke. Whatever the origin, a local resident says the orbs have got to go.

"They took my dog," said entrepreneur Felix Snuffles. Scooter saw that orb in the sky, grew wings and flew out of camp. Snuffles said he isn't worried about Scooter.

"He's a survivor. Carried me eight miles on his back during the war,"

Snuffles said. "He'll be back—hopefully with more cinnamon Ninety-Nines."

In other news—flying three-legged dog spotted over Redway.

Humboldt Invaded by Aliens! Do They Want Our Weed?

By Cexa Alriste
Fan of extraterrestrials

Orange orbs floated over the Humboldt coastline recently, startling the locals and inspiring the believers. Now experts have arrived at Humboldt to explain the facts of the situation and gather evidence as to we were chosen to be "visited."

"There can be a lot of different elements involved in a visitation," Dr. Elias Burns, an alien specialist, said. "In most cases, aliens visit places where there are resources that are unique or descriptive to the area. They like to take, well, souvenirs, if you would. We have documented the abduction of gays from San Francisco, along with wine from Napa. They visited Bakersfield, but they didn't take anything from there as far as we can tell. I suppose there just wasn't enough culture."

When asked what the aliens wanted from Humboldt, Burns replied: "Marijuana would be my first guess, and my second world be liberal vegan college students. Seriously, how are there so many?"

Local agricultural enthusiasts had mixed reactions to this statement.

"I don't know, man," one farmer said. "It'd be pretty fuckin' cool for some aliens to smoke my weed. I'd be down."

DRUGS! FIRES! COPS! CHASES!

Firefighters change tactics for combatting hash lab fires by allowing hash makers firehouse access for butane work

Humboldt County Fire Fighters have decided to change their tactics in combating hash lab fires that have been known to trigger devastating explosions.

Large amounts of butane used near heating sources in residential homes have caused fires to quickly ignite, in some cases destroying entire apartment complexes. As the fires continue to spread, excess amounts of unused butane owned by the resident have been known to

cause fires to quickly intensify, endangering local communities and, what's worse, essentially rendering the THC concentrate unusable.

To lower the risk of fires that could "level the entire neighborhood," as well as preserve that dank hash for our hard working fire fighters, it was announced Thursday morning that all hash would be made in the firehouse itself.

This was determined due to

the constant supervision of fire prevention experts, the lack of excess butane in the firehouses, and so hard-working firefighters don't have to leave the office to get high between shifts.

Hash manufacturers have begun protesting the new regulation, however, stating that they do not have enough end product left to sell due to firefighters' constant "taste tests."

by Bhris Cremer
Conflagration King

Smokey the Bear ditches picnic basket, evades arrest

On Thursday at approximately 3:30 p.m. a CHP made a stop for a large brown bear on the highway 101 South. The bear suddenly veered in front of the officer's vehicle, shouting "dutchie" passing on the left hand side," according to a CHP report.

Smokey was, indeed, not your average bear. Marijuana growers constructed the oversized lint ball in order to transport 1,600 pounds of the smelly stuff in a more "low key" fashion, according to the bear's Facebook page.

Functioning much like the

traditional Trojan horse created to transport Greek men into the city of Troy to win a war, this big stoner bear was carefully crafted into an oversized children's toy in order to fight the war against glaucoma and back pain.

The CHP officer deciphered that Smokey was in fact not an actual bear and went in to get a closer sniff. Humboldt County law enforcement can actually determine the amount and strain of marijuana present just by the scent.

The officer approached the

bear assertively and looked sternly into the mammal's hazy, tinted eyes. "Those are not the doobies you're looking for," said a voice from within.

The officer said he became oddly confused at this point and cannot recall how the bear and its makers escaped.

A search is ongoing. Citizens should consider the bear potentially dangerous and not try to approach it.

by Celly Sheyers
Medicinal maven

Humboldt State Officer accidentally shoots self while protecting students



Suit? Check. Tie? Check. Wallet, keys, phone? Check. Gun shot to the hand? Check.

A Humboldt State University officer accidentally shot himself in the hand during the school's inspection day.

HSU released a statement following the incident: "At about 1:30 p.m., Wednesday, Jan. 13, an officer in the University Police Department suffered minor injuries when his firearm was accidentally discharged. The officer was treated for injuries to his hand. There were no other

injuries or damage related to this incident."

This means nearly everything went according to plan, and Humboldt State couldn't be more ready for the spring semester. Parents looking for a quiet safe place to send a son or daughter agreed Humboldt State is under the constant protection of the absolute best.

Jane Goodman who couldn't be more thrilled her daughter Susy is moving 12 hours away from her to live in such a beautiful, safe environment.

"The truth is, I wasn't sure about Susy moving so far away but after hearing this, with all the gun control talk going on in this country, I couldn't want more for her," said Goodman. "I think she'll really get the best education there and make lots of friends. And trained professionals shooting themselves accidentally happens all the time so I'm not worried!"

By Hiranda "If It Bleeds It Leads" Mutchinson
Dumberjack wordsmith

Man attempts escape in three-wheeled car, police forced to pursue on tricycles for fairness

by Warrett Galters

After enacting a new initiative of trying to be more fair so they can offset the recent bad light on law enforcement, the Eureka Police Department reportedly found themselves in the first occurrence of having to make use of this new initiative.

When a man attempted to escape from law enforcement officers in a three wheeled Jeep, officers quickly acquired tricycles from the local Target as quickly as they could and pursued the suspect.

"It was hard work, but we managed to get in and out quickly, and caught up to him by pedaling especially fast." EPD officer David Sarducio said.

Reportedly caught off-guard by the sight of the pursuing officers, the suspect crashed into a light pole and attempted escape on foot. Luckily EPD officers were prepared, jumping off their tricycles and pursuing him by foot.

After a pursuit through the streets, the suspect was taken in after an unfortunate fall, tripping over the extended leg of a homeless person.

"It didn't work quite as we'd hope, but it worked. That's what matters." Sarducio said in relation to the turn of events.

It is unsure if this new initiative will spread to other police departments.

A product of JMC 480: Parody News - Theory and Practice

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Look out for the second installment next week!



DumberJack

Puzzles page

by Jami Eiring

Where is this?



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

Please send us your selfie at the location!

Stumping Lumberjacks Weekly Brain Teaser

Game created by Ian Bradley
Compiled by Jeff Gardner

POL4ICY

Use the image to guess the word or phrase. Pay attention to the size and position of the clues (top/bottom/left/right), repetition, direction (up/down/backwards/forwards), and the style.
Examples: "P walk Ark" would be "walk in the park" or "DEAL" would be "big deal"
Email your answer to thejack@humboldt.edu with the subject "ATTN: Stumping Lumberjacks"

Last issue's answer was "TWO LEFT FEET"

PUN OF THE WEEK

I stayed up all night to see
where the sun went.
Then it dawned on me.

Last Issue's winners

Where is this?
NO WINNER



Stumping Lumberjacks
Megan McDaniel

Trivia
Leslie Farrar

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

CHALLENGE

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

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

Trivia Questions

- 1) How old are Noah Zerbe's daughters?
- 2) What genre is Pervert's music?
- 3) How close did the LINEAR comet pass by Earth?
- 4) What is the Humboldt Hogs record on the season?

CLASSIFIEDS

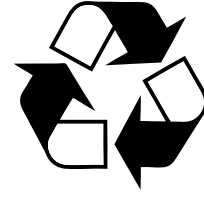
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What do YOU have to say?

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

Be a member of the AS Elections Commission and lead marketing strategies and events in the AS Elections

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

Review student academic issues in the Student Grievance Committee

If there is an issue that needs to be addressed, there is a committee for it. Join Now!

Use this QR code to apply or go to
<http://www.humboldt.edu/associatedstudents/application>



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

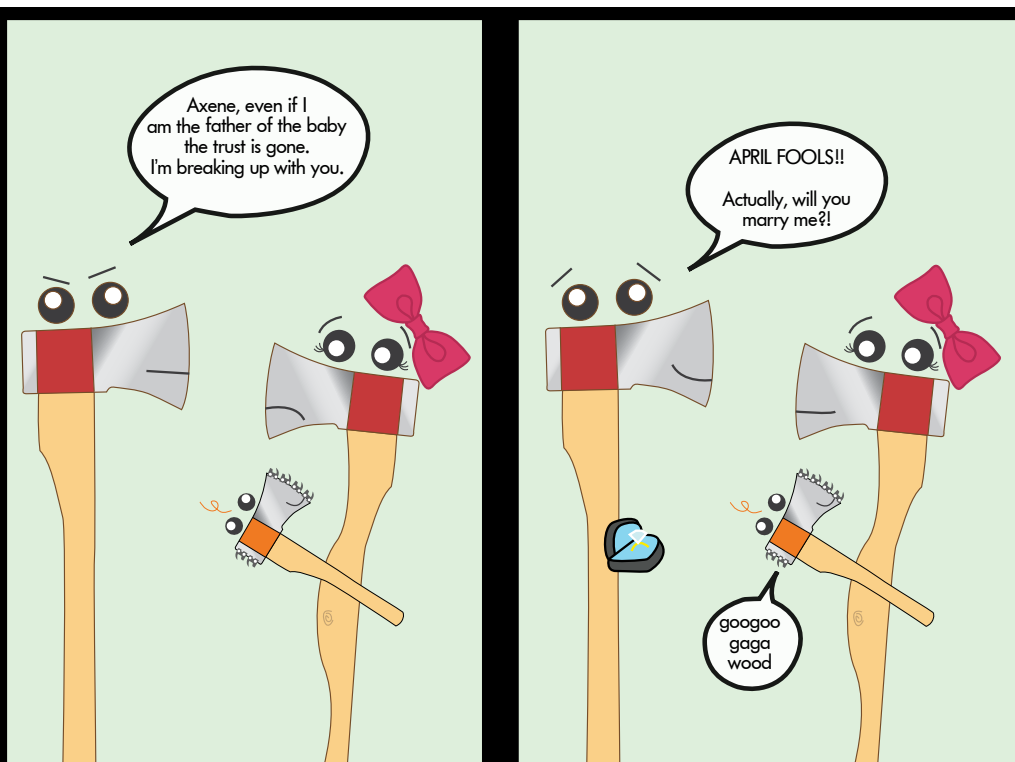
Weekly Sudoku

Difficulty: EASY

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

The story of Axey and Axene

Season 2
Episode 9



Cartoon by Jami Eiring

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Calendar

Wednesday, March 30

Lunch with the Humboldt Harbor Working Group

Enjoy a "no-host" lunch and listen to a brief presentation about "aquaponics on the bay" by Rafael Cuevas Uribe, Humboldt State assistant professor in the fisheries department. Meatloaf is the main course for \$15, or soup of the day and salad for \$11.

Lunch: 12 - 12:30 p.m.
 Presentation: 12:30 - 1:30 p.m.
 Samoa Cookhouse (908 Vance Ave., Samoa)

Cesar Chavez Film Festival

Join the LCAE, CRGS and housing & dining in a screening and discussion of three related films: "The Fight in the Fields: Cesar Chavez and the Farmworkers Struggle" -- 11 a.m. - 12:30 p.m. Chicano! Film Series - "Struggle in the Fields" -- 3 - 4:30 p.m. "Cesar Chavez" -- 6 - 8:30 p.m.

10 a.m. - 8 p.m.
 Goodwin Forum (HSU campus)

Thursday, March 31

Cesar Chavez Day CAMPUS CLOSED

Holly Bowling

The music of Phish and the Grateful Dead re-imagined for solo piano.

9 p.m.
 Humboldt Brews (856 10th St., Arcata)
 \$15, \$12

Friday, April 1

SPRING PREVIEW!

April Fool's Day Trivia Follies

Partake in a trivia competition with prizes at a benefit for Redwood Coast Montessori. Beer and pizza available.

7 - 9 p.m.
 D Street Neighborhood Center (1301 D St., Arcata)

Friday, April 1

Friday Night at the Refuge

In the first installment of Friday Night at the Refuge join David Thomson for a presentation titled "Through the Photo Blind Portal and What Wonders Were Seen There." Then enjoy a walk along the trail!

7 p.m.
 Humboldt Bay National Wildlife Refuge (1020 Ranch Rd., Loleta)
 FREE

Saturday, April 2

Annual California Big Time & Social Gathering

Join HSU's American Indian community for traditional cultural sharing of songs, dance and art. Refreshments available.

11 a.m. - 7 p.m.
 HSU's West Gym
 FREE

Rafting the North Coast

Embark on a day of adventure on class three whitewater intermixed with serene sections ideal for swimming and wildlife viewing.

9 a.m.
 Center Activities (HSU campus)
 General: \$90
 HSU students: \$75

Saturday and Sunday, April 2-3

ArMack Orchestra Benefit Rummage Sale

Arcata and McKinleyville High School Orchestra and Arcata High School Madrigal Choir invite you to a monster rummage sale. The fundraiser benefits the orchestra/choir's 2017 competition trip to New York.

Saturday: 8 a.m. - 3 p.m.
 Sunday: 8 a.m. - noon
 Arcata High School Gymnasium (address)
 FREE admission after 8 a.m.
 \$10 "early bird" admission at 7 a.m.

Sunday, April 3

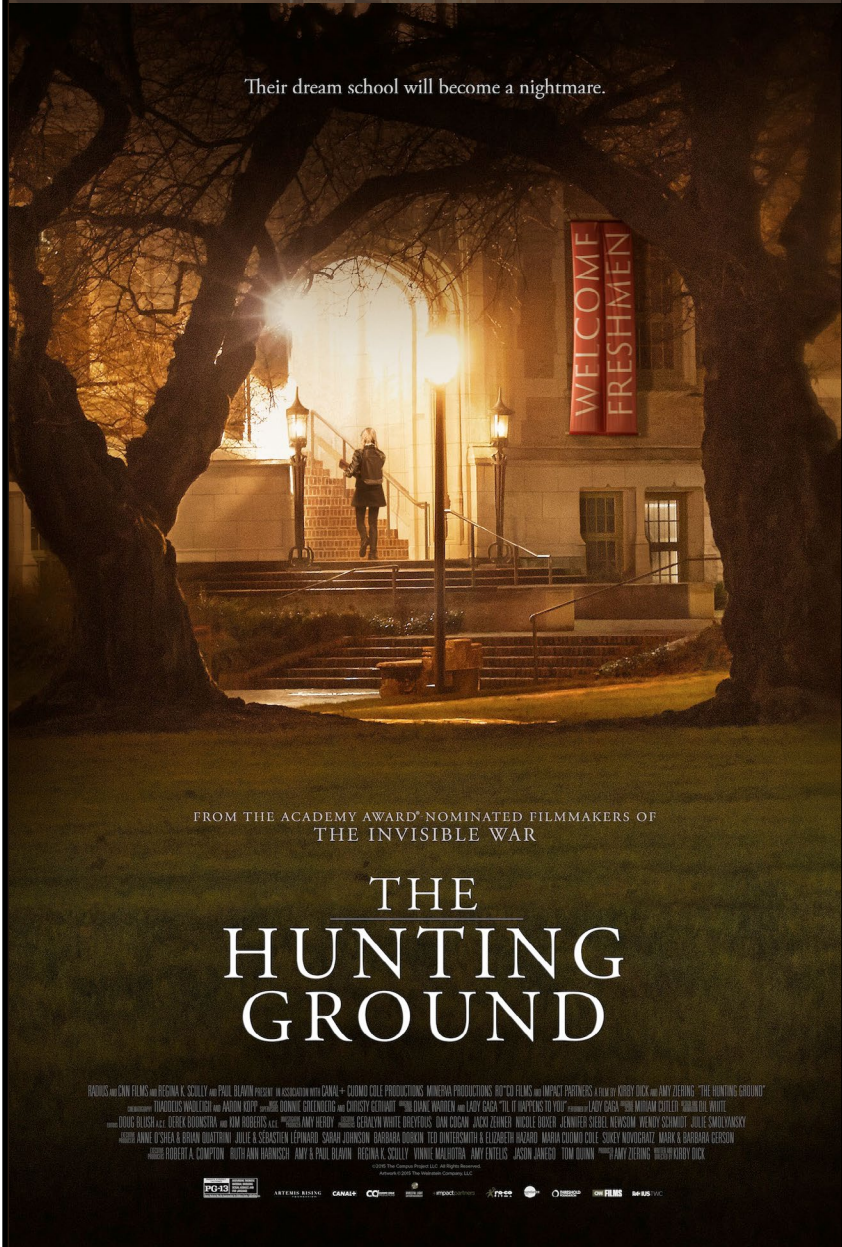
Humboldt Symphony

Explore a queen's romance, a gypsy's passion, a show of force and the legend of a cathedral emerging from the sea through music conducted by Paul Cummings.

2 - 3:30 p.m.
 Fulkerson Recital Hall (HSU campus)
 General: \$8
 Seniors: \$5
 HSU students/children: FREE

This is an ATL Nights for Non-Profits Event

All proceeds go to the North Coast Rape Crisis Team
 Additional donations are appreciated and encouraged.



Their dream school will become a nightmare.

FROM THE ACADEMY AWARD® NOMINATED FILMMAKERS OF THE INVISIBLE WAR

THE HUNTING GROUND

Tickets are \$5.00, available at www.arcatatheater.com or at the door.

Tuesday April 5th at the Arcata Theater Lounge
 Doors open at 5:30 pm,
 film screening is at 6:30 pm

PRIVATE OUTDOOR HOT TUBS TRADITIONAL SAUNA CABINS

FINNISH COUNTRY SAUNA



AND TUBS



Sun-Thurs: noon - 11pm
 Fri-Sat: noon - 1am

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