



These girls bring it
Members of HSU women's crew do more before 8 a.m. than some do all day
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The postmortem report
Checking up on the nursing program one year after elimination
► **NEWS** p 3

The half-shave
A look at one of HSU's trendiest hairstyles from the roots up
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Cigarette waste clutters campus

volunteers collected approximately 4,629 cigarette butts and 19 pieces of other tobacco related trash across the HSU campus. The campus is supposed to be 100 percent smoke-free except in designated smoking areas



by **Rebecca Gallegos**
Staff Writer

This weekend the Colleges Against Cancer Club at Humboldt State picked up more than 4,000 cigarette butts around campus. Colleges Against Cancer president Christina Funches said it is important to bring awareness of how harmful substances can impact not only the HSU campus, but also the environment. Volunteers picked up 1,184 butts near the Art building quad and Music Complex. Jay McCubbrey, a Health Education Specialist from Tobacco Free Humboldt, collaborated with the Colleges Against Cancer Club at

HSU and provided supplies for volunteers. “We have a survey methodology that keeps track of how many cigarette butts we do find,” McCubbrey said. “And that information informs policy makers that are trying to do something to reduce exposure to second hand smoke and also reduce the damage to the environment caused by tobacco litter.” Tobacco Free Humboldt provided containers to hold the cigarette butts and survey papers to keep track of what volunteers picked up. When it rains cigarette butts wash into storm drains and out to the bay and ocean. “It doesn’t seem like much one cigarette at a time, but it adds up and creates a chronic ongoing source of water pollution,” McCubbrey said. “It causes some serious environmental damage. It’s a major source of pollution.” Erika Alcaraz volunteered this weekend. “I didn’t know how much [cigarette butts] could add up. I already have 133 and it’s only a small area,” the 24-year-old general biology major said. Colleges Against Cancer calculates the number of cigarette butts to raise people’s awareness. “Cigarettes are the most littered item in the world,” McCubbrey said. “There are millions of cigarettes washed down the drains every year in California. So that’s a source of water pollution that we are trying to get cleaned up.” The club picked up cigarettes all over campus, not just in the

designated smoking areas. Christina Funches said, “I think [there should be more enforcement] of the smoking areas instead of just smoking where ever you feel like it.” University Police Officer Rodney Dickerson said there is no penalty for not staying in the designated smoking areas. “What we would like for [smokers] to do is to ask people around them if they mind them smoking,” he said. “If someone is out of the designated smoking area [a non-smoker] can contact them and politely ask them to move to a designated smoking

area.” Associated Students Vice President for Student Affairs, Natalie Guest said AS is open to looking into suggestions or finding out what other campuses do concerning penalties. “It’s been a complaint issue, especially for people who have asthma,” Guest said. David Corkett a 23-year-old chemistry major avoids smoking areas on campus when he can. “I personally can’t stand the smell of cigarette smoke. So walking by the designated areas is still a nuisance, but at least I know where the areas are so I can

avoid the smell,” he said. Dickerson said where smoking becomes a problem is when people smoke in front of the doors. “It happens all the time,” he said. “People want to get out of the rain and they stand in a door way so they won’t get wet. We’re not telling people not to smoke, but to smoke away from the doors.”

Rebecca Gallegos may be contacted at thejack@humboldt.edu

Photo by Samantha B. Seglin
Layout by Zoe Berman

SMOKING SURVEY

Two questions asked in the 2010-11 AS elections, with a total of ~870 student votes on this particular topic.

1. Should all forms of smoking be banned on campus?
Yes 40.52%
No 59.8%

2. Should enforcement of smoking areas and smoke fee zones be improved?
Yes 67.9%
No 32.1%

Art department plans to offer new art class to non-art majors

by **Zoe Berman**
Head Layout Editor

Art Department Chair Teresa Stanley hates turning non-art major students away from her courses, but with 50 percent of art classes at or above capacity, she often does not have a choice. “We reserve classes for art majors only all the way through the registration period. It’s only at the very end we open them up to non-art majors,” Stanley said. “That’s a great source of frustration for people, actually. They’re always calling me saying ‘I can’t get into art classes!’”

Studio Art major Felix Quintana said his non-art major friends can never find a spot in the art classes they want to take.

“*It’s a pain in the ass. Impossible, really.*”
— **Felix Quintana, junior studio art major**

“It’s a pain in the ass. Impossible, really,” he said. To alleviate this issue, Stanley said the art department

plans to offer an introduction to contemporary art course within the next year and a half. The class, designed to explore different aspects of the contemporary art world, will incorporate both art history and studio art. Marine biology major Olivia Barry might consider taking this class. The sophomore enjoys art classes and managed to nab a spot in a beginning drawing class in the past. “I just really like art and I think next to all the science classes and stressful classes, I feel like art will de-stress from all the ones I have to take,”

Art, jump to page 2



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WEEKEND WEATHER

THURSDAY	54 41	FRIDAY	54 42	SATURDAY	48 40	SUNDAY	53 41
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Source: Weather.com

@California

The California appeals court ruled in favor of gay marriage Feb. 7. The ruling said Prop 8, passed in 2008, violated the constitutional rights of same-sex couples by placing in the State Constitution a prohibition against same-sex marriage.

YOU SHOULD KNOW...

@CSU

In response to the recent budget cuts to education, the California State Student Association is organizing and sponsoring a Fund our Future march on the capitol March 5. For more information contact CSSA at (916) 441-4514.

@Humboldt County

An article released by the Times-Standard Sunday said Will Smith and son, Jaden Smith, might begin filming M. Night Shyamalan's new movie "After Earth" in May. Graduates make sure to book your hotel reservations early in case movie crews start filling up the rooms.

@Humboldt County

Third District Supervisor Mark Lovelace, 5th District Supervisor Ryan Sundberg and former Supervisor Jill Duffy traveled to Washington D.C. Jan. 31 through Feb. 2 mainly to discuss the removal of the Klamath River dam.

@HSU

The pre-commencement planning event "Get your grad on!" will be held Thursday at 4 p.m. in Founders Hall 125. If you are a graduating senior this is a workshop you won't want to miss. For more information contact Chris DeHart at 707.826.6204 or cpd7001@humboldt.edu.

@HSU

The beer policy in The Depot was reviewed on Jan. 12. It was decided to keep them the same, 3 to 8 p.m. weekdays.

Sources: The New York Times, National Student News Service, The Times-Standard, The Examiner, HSU Events, AS agenda #14: Feb. 6
Compiled by Marie F. Estrada

Art: new exploratory class to be offered for non-art majors

50 percent of art classes offered at HSU are at or above capacity

Art, continued from page 1

Barry said. "The field of art is so much more diverse than just painting and drawing," he said.

Many art majors might agree that the art classes here at HSU are packed, including Shelbi Schroeder, a senior studio art major.

"There's a lot of students in my studio classes," said Schroeder, who sometimes finds it difficult to get one-on-one attention from her studio professors. Schroeder said she does not mind her lecture classes being full. "In lectures, you're not focusing on your own art. You're learning about other artists."

Julia Alderson, an assistant professor at HSU, said that her history classes on modern and contemporary art are generally full. This semester, all of Alderson's courses are filled

past capacity.

"It seems to me that the classes I teach are popular, and that's because of the topic,"

“

I feel like every teacher I've had here has gone out of their way for their students."
— **Shelbi Schroeder, senior studio art major**

Alderson said.

Studio art major Joey Hiller said the size of the HSU art department creates a community and gives students the oppor-

tunity to work with their peers and learn in the classroom.

"It's been a really good environment to learn new technology and experiment with things I haven't tried before," Hiller said. The senior does, however, prefer smaller class sizes. "Smaller classes are always nice, especially when you consider critiques that can go on for three days."

Schroeder, who transferred from a private art school, loves the art program HSU offers.

"There's always give and take and shit that pisses you off," Schroeder said when comparing her former college to HSU. "But I feel like every teacher I've had here has gone out of their way for their students."

Zoe Berman may be contacted at thejack@humboldt.edu

Greece

Despite violent protests, Greek parliament approved an austerity bill early Monday morning to secure a second bailout from the European Union and International Monetary Fund. Hours before the vote, around 100,000 protesters stood outside the building and 6,000 police were sent out. Police used tear gas on protesters as they became more unruly by throwing rocks. More than 40 buildings were set on fire. The bill will allow Greece's international creditors to release \$130 billion euros (\$172 billion USD) in new rescue loans. Included in the bill are 150,000 government layoffs by 2015 and a 22 percent cut in the benchmark minimum wage.

Peru

Peruvian President Ollanta Humala announced Sunday that various government troops had captured Florindo Eleuterio Flores Hala, the prominent leader of one of the two remaining factions of the Shining Path rebel group. The outlaw band was a once-powerful rebel force, heavily involved in the cocaine trade and a bloody war that left more than 70,000 Peruvian's dead in the 1980s and 1990s. Officials said Flores was captured in a small, mountainous village in northern Peru without resistance in a joint operation between Peruvian police and armed forces. The 50-year-old rebel leader was flown to Lima, the country's capital, to undergo surgery Sunday night, after being wounded in a shooting Thursday.

Malaysia

Malaysian authorities surrendered 23-year-old Hamza Kashgari to Saudi officials on Monday. Kashgari faces potential execution for blasphemy that he posted on his Twitter account about the prophet Muhammad. The controversial tweets were taken down six hours after Kashgari posted, but it was too late to repair the damage.

Syria

Three gunmen assassinated military general Dr. Issa al-Khouli in Damascus Saturday, killing the middle-aged physician as he stepped into the residential streets outside his home, according to the state-run Syrian Arab News Agency. Officials believe the attack on the high ranking general, who ran the Hameish military hospital in the capital, may be a sign that armed rebel groups are trying to stir up regime opposition within the tightly controlled capital.

Sources: Reuters, New York Times, Al Jazeera, BBC, The Washington Post, The Associated Press, The Guardian
Compiled by Marie F. Estrada and Brandon Widder
Graphic by Aaron Taveras

Front page photo captions:
[Left] HSU women's crew hits the water for practice. | Jeremy Smith-Danford
[Right] Nursing students protest the April 6 Academic Senate decision to eliminate the program. | File photo



THE LUMBERJACK



General Excellence, 2nd Place, 2010
Best Photo Series, 2010
Best Breaking News Story, 2nd Place, 2010

Best Editorial, 3rd Place, 2010
Best Sports Story, 3rd Place, 2010
Best Back to School Edition, 3rd Place, 2010

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

This is your newspaper. Be a part of it.

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

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Corrections

The illustration below Bryn Robertson's article "Valentines plans for singles and doubles" on page 9 in the Feb. 8 issue of The Lumberjack was not credited. The illustration of various buildings around town was done by staff artist Ian Stewart.

Communications profesor Diana Smith-Young's name was spelled incorrectly beneath her photo on page 10 of the Feb. 8 issue of The Lumberjack. The correct spelling is "Diana," not "Diane" as stated in the caption.

In Scottie Lee Meyers' article "All eyes on HSU alum during Superbowl halftime show" on page 7 of the Feb. 8 issue of the Lumberjack, staff writer Grayson B. Sandy's contact info was at the at the end of the article instead of Meyers'. Meyers may be contacted at thejack@humboldt.edu. Also, Andy Lewis' name was spelled incorrectly in the photo credit. The correct spelling is "Lewis," not "Lews" as stated in the caption.

The Feb. 8 issue of the Lumberjack was vol. 100 no. 3, not vol. 100 no. 2 as stated on the front page.

In Ryan Nakano's article "Students stretch body and mind through yoga" on page 7 of the Feb. 8 issue of the Lumberjack, staff writer Grayson B. Sandy's contact info was at the at the end of the article instead of Nakano's. Nakano may be contacted at thejack@humboldt.edu.

In the cover article, "CSU prepares for the worst," by Cora Vay in the Feb. 8 issue of The Lumberjack, it was stated that the governor's proposed budget for next year, Fiscal 2012-2013, will cut \$750 million. This is incorrect. That is the reduction to the current budget, Fiscal 2011-2012, not 2012-2013.

If you have any **corrections** or **comments**, please contact our office at (707) 826-3271 or thejack@humboldt.edu

An unhappy anniversary



HSU Nursing students protest Academic Senate’s April 6 decision to eliminate the nursing program. | File photo

by **F. Thomas Cardenas**
Staff Writer

Last February, President Rollin Richmond announced a plan to cut the Bachelor of Science in Nursing program at Humboldt State.

Then, in October, the school announced that it would be partnering with California State University San Bernardino to offer an eight seat distance-learning program to fill the 45-seat void.

Christina Pedroza is one of a lucky few. Graduating this May, she is still able to earn her nursing degree from HSU, before the program ends in December.

“Personally, I am terribly sad,” she said. “We’ve had this [sense of] impending doom since we started 2 years ago, [but] our instructors are working hard to graduate everyone out.”

Although her class is learning under a looming cloud, she is glad to be where she is.

“My class is not the last cohort, so we have a safety net,” she said. “The class behind us, however, does not have this safety net, and from what I’ve heard, the people who don’t pass do not get any more chances to move forward.”

Students are not the only ones affected, Pedroza said. The closure will send ripples across Humboldt County.

“This program gives back to the community,” she said, “and the absence of HSU nursing students will be felt in our local hospitals and clinics. I’ve been doing my capstone at Mad River [Hospital], and there are many nurses on the floor with HSU nursing pins.”

Getting “pinned” is a great honor for nurses. It signifies successful completion and graduation from HSU’s nursing program.

Pedroza will be one of the last nurses to receive that honor. After next December, those pins will be reminders of an era past into memory.

Cal State San Bernardino will offer eight spots in their BSN program through HSU’s campus. HSU’s program admitted 45 students by lottery every fall and applicants not admitted were given priority the following year. The last cohort of the HSU program will graduate in December, officially ending the homegrown program.

John Y. Lee, dean of HSU’s College of Professional Studies, said the new program will adequately serve the area’s needs.

“We’re so pleased that CSUSB will be offering their RN-to-BSN and RN-to-MSN programs on the North Coast,” Lee said. “This will truly serve the needs of our local health care and the larger community, and we’re committed to doing our part to make it a success.”

However, not all share Lee’s confidence that the new program will adequately fill the local need for nurses.

“This partnership will not even come close to meeting the nursing needs of the community,” said Piri Ackerman-Barger, a tenure-track assistant nursing professor before the program was cut.

“Humboldt State’s administration has been using the CSUSB partnership as a public relations tactic to try to make the community think differently about the foolish and unpopular decision they made

to close the nursing program,” she said.

Another problem with the new program is that it will only allow nurses who already have a degree to elevate their education level.

“The eight slots will not create new nurses,” she said. “Before HSU administration began its assault on the nursing program we were graduating approximately 50 [new] nurses per year.”

The Institute of Medicine released a report in November 2010 recommending a 30 percent increase in the number of Registered Nurses with BSNs. Those 50 nurses graduating from HSU each year contributed to the nationwide pool, working toward fulfilling the recommendation.

“It is important that we do what we can to train BSNs to meet the recommendation,” said Robert Rosseter, chief communications officer for the American Association of Colleges of Nursing. “It is well documented that better educated nurses have better outcomes.”

There is a reason nurses with advanced education are highly sought after.

Multiple studies have found links between more advanced training and improved care, faster recovery rates and decreased mortality rates in hospitals.

One study found that there were 4.9 fewer deaths per 1,000 patients in intensive care units staffed with higher percentages of baccalaureate trained nurses. The study was conducted by an international team of researchers, led by Dr. Koen Van den Heede, and published in June 2009 by the International Journal of Nursing Studies.

Some hospitals even institute their own advanced training curriculum when hiring new nurses.

St. Joseph’s and Redwood Memorial Hospitals, employers of many local nursing graduates, have created an additional in-house training program for new nurses.

“Since we started our Versant RN Residency program for new graduate RNs in July 2010, we have seen a dramatic increase in the number of applicants,” said Communications Specialist Leslie Broomall, adding that the current class had over 250 applicants for just 17 positions.

St. Josephs and RMH employ about 530 RNs, two-thirds of which

are graduates of local programs.

“At least 150 of our nurses are graduates of the HSU nursing program and at least 200 from CR,” Broomall said. “We have hired approximately 30 new RN graduates per year for the last several years.”

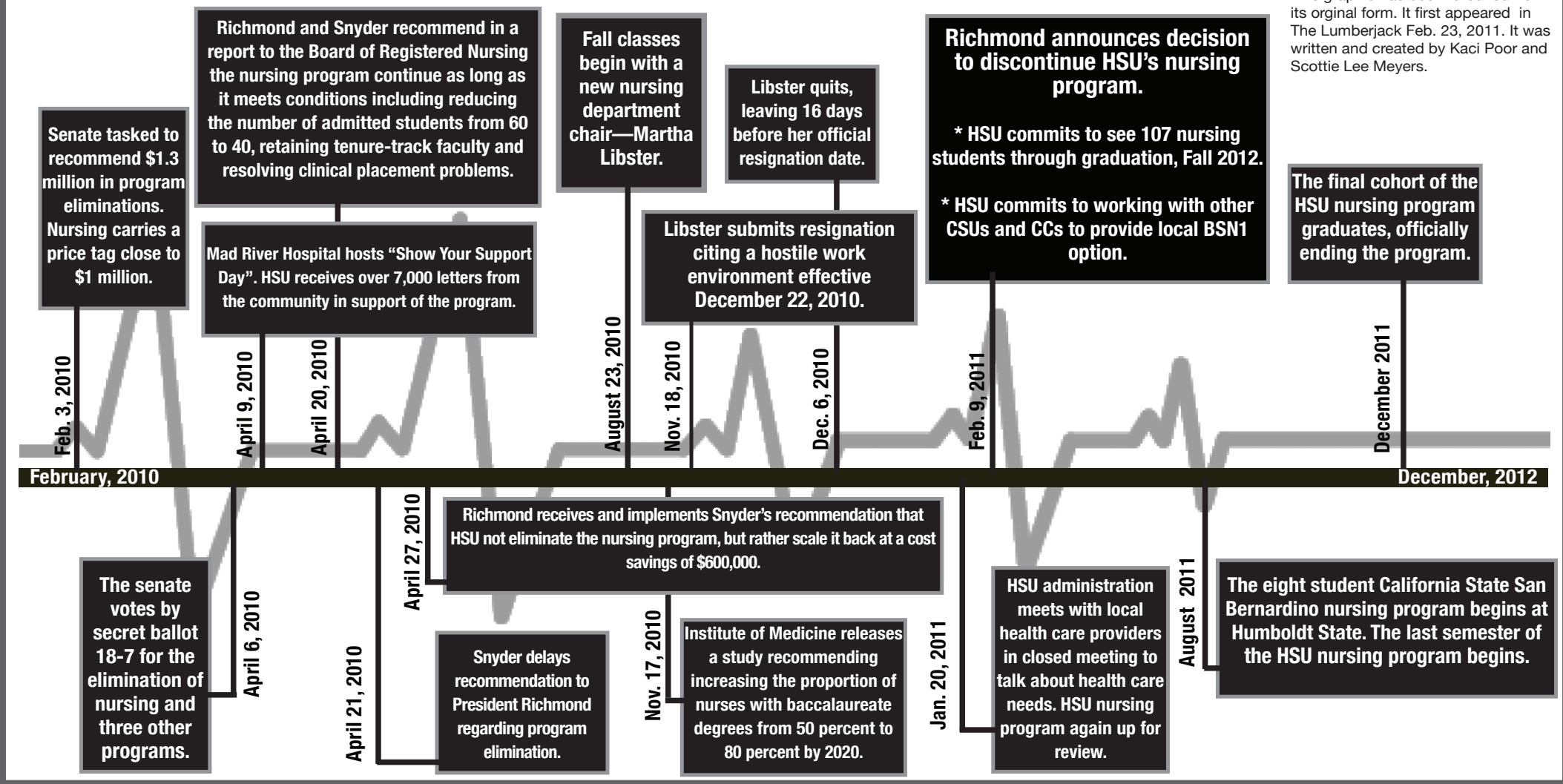
Now that the HSU program is ending, there will only be eight locally trained, BSN level nurses graduating each year. Hospitals like St. Joseph’s and RMH will have to compete with hospitals around the nation for the same highly educated applicants.

F. Thomas Cardenas may be contacted at thejack@humboldt.edu

NURSING: A NATIONAL SHORTAGE

The need for nurses across the U.S. is growing, rapidly. Two main factors play into the increasing demand: an aging population in need of care and a large number of professionals reaching retirement age. The factors are fatefully intertwined. As the large baby boomer generation ages, more health care and attention are required, but many currently employed nurses are part of that same generation and retiring. The U.S. Department of Labor expects employment opportunities for nurses to grow 22 percent between 2008 and 2018. This means approximately 581,500 new jobs on the market. With such a high demand, it is no wonder nursing programs are impacted. A profession with a mean wage of \$87,480 is an attractive option in a state currently facing 11 percent unemployment. Nurses in California make an average of about \$42 an hour as of June, 2010. The middle 50 percent of nurses nationwide make between \$51,000 and \$77,000 a year. Pay often increases with advanced degrees, seniority and specializations. All sources point to a growing need for nurses, especially those at the baccalaureate and graduate degree levels. They are stable jobs with good pay that provide a vital public service.

Decline of the nursing program at HSU



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Contact:
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826-3159 or rsb1@humboldt.edu
World Languages and Cultures Office 826-3226

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Alumni Owned and Operated

World languages switch to save

by Ryan Nakano
Staff Writer

Almost every language class offered at Humboldt State switched its language learning program from Rosetta Stone to Tell Me More last spring semester. So, why the switch?

HSU's World Languages and Cultures Department decided to use Rosetta Stone in 2009 because it recognized that it was not legally set up for disabled students, releasing it from any liability. The Tell Me More program did not offer a legal exemption for students with disabilities, even though, it too, was not set up for those with disabilities.

Students with disabilities at HSU who study a foreign language are assisted on an individual basis by their professors instead of using language

learning programs.

About a year and a half ago, Tell Me More came out with its own legal exemption for disabled students, releasing it from any liability and recognizing the program is not intended for disabled students. In addition, Rosetta Stone raised its prices as a result of becoming publicly owned in 2009. Both of these events factored into the department's decision to eventually switch to the Tell Me More program.

But was it really worth the switch?

Sophomore wildlife major Jillian Soller used both Rosetta Stone and Tell Me More during her three years of Spanish at HSU.

"Rosetta Stone is way easier to follow and has better activities, with Tell Me More I didn't learn a whole lot," Soller said.

"It's proactive studying, it's easy, and I can use it anytime, anywhere."

— Kori Sabalow, junior international studies major

Unlike Soller, many students who are currently enrolled in foreign language classes seem to enjoy Tell Me More as a language learning program.

International studies major, 30-year-old junior Kori Sabalow, recently started using Tell Me More for her lower division Spanish class. "It's proactive studying, it's easy, and I can use it anytime, anywhere," Sabalow said.

For Melissa O'Brien, a 22-year-old senior English major, Tell Me More offers fun activities that make learning a foreign language more enjoyable. "I really like the activities, the crossword puzzles and the word searches," O'Brien said.

Mathew Dean, HSU language lab director, explained why Tell Me More proved to be the better option. "Tell Me More has developed customized content for every language they offer that truly brings in the culture of the language, and language is culture."

Dean, who has been working at HSU for four years, believes that many of the problems students face with the Tell Me More program as well as Rosetta Stone can be easily fixed.

"Sometimes all it takes is adjusting one's mic settings. Students should come into the lab to get rid of any background noise interfering with the voice recognition software," Dean said.

The Chinese program at HSU will make the transition from Rosetta Stone to Tell Me More as early as the fall semester. This process was delayed because Tell Me More just recently developed its software for Chinese, and is expected to come out next month.

Ryan Nakano may be contacted at thejack@humboldt.edu



Alicia Bell, a third year nursing major, works on "Tell Me More" for her French class. | Carmen Ramirez

False alarm for residents



Campus Apartments | Jeremy Smith-Danford

by Marie F. Estrada
News Editor

On Friday evening, approximately 100 campus apartment residents were put out in the rain because of a fire alarm.

College Creek resident Chiam Saechao, a sophomore biology major, said the second alarm went off between 7 and 8 p.m. while he was in his room watching the Laker game.

Amidst the cold and confusion, rumors were spread that that alarm might have been pulled by someone in the building, Saechao said. He and many others stood outside of the building in the adjacent parking lot and on Laurel Drive, but were moved to the lot behind the library so they

would not obstruct the fire and police personnel. After residents checked in with their building community advocates they were told they could leave or wait to be let back into the building.

"It lasted about 40 minutes," Saechao said. "It wasn't raining too bad, but at one point I was getting drenched."

Over in the College Creek apartments, students heard the alarms for a long period of time and were concerned by the commotion.

Environmental science major Cole Wright said the alarms went off while he was in class. "It was still going when I was home doing my homework," Wright said.

When called, employees of the housing desk said they could not confirm or deny any of

Friday's events and directed the Lumberjack to Housing Director John Cappacio. He has not emailed back.

Lieutenant Kristine Mechals said police officers responded to the alarm at 9:35 p.m. and conducted a walk through with negative results so they turned off the alarm and cleared the scene.

"It's typical that we have fire alarms on campus [go off] where no one actually pulled the alarm. It's just actually an alarm with dust on the sensor or someone burning toast which sets off the alarm," Mechals said.

UPD was unable to determine why the alarm went off Friday evening.

Marie F. Estrada may be contacted at thejack@humboldt.edu

Sports

Jacks Roundup

by ‘Alohi Bikle
Staff Writer

If Cal State Los Angeles thought they would leave Humboldt on Saturday night with a win, they were sadly mistaken.

The women’s and men’s basketball teams, suffered tough losses to CSULA back in early January. Both teams were looking for revenge on Saturday, and both teams got it.

Decked out in pink for Play 4Kay night — a game in honor of Kay Yow, the late head coach for the women’s basketball team at North Carolina State who lost her battle with breast cancer in Jan. 2009 — the lady Jacks started off the night right with a 69-64 win over CSULA. The men followed shortly after with a packed arena to help them get the job done, ousting CSULA 74-55.

Both teams are back on the road this week, first against Cal Poly Pomona on Thursday, then San Francisco State on Saturday. They return back to the Lumberjack Arena the following week for each team’s final two season games.

Women’s Basketball:
(2/9) HSU CSU 68 Dominguez Hills 55

It was a defensive game from beginning to end. Junior guard Caitie Richards put up two points and a steal with only one minute into the game. Leading the team with 15 points, senior forward Bree Halsey also had eight rebounds.

(2/11) HSU 69 CSU Los Angeles 64

It was a tough first half for the Jacks, as they were never more than six points ahead of CSULA. They pulled it together in the end to get the win. Bree Halsey had 10 rebounds and currently has 878 under her belt. Halsey, along with forward Whitey Howard and guards Kayla Williams, Caitie Richards and Lisa Petty scored double digits.

Men’s Basketball:
(2/9) HSU 73 CSU Dominguez Hills 63

It was a game that belonged to the Jacks from the start. By the half, they lead CSUDH by 18 points. Senior forward Randy Hunter lead the team with 23 points.

(2/11) HSU CSU 74 Los Angeles 5

Looking like a whole new team than what they were back in January, the Jacks took control of the court early in the first half and lead the whole night. Every Jack played a pivotal role in the win over CSULA. D.J. Broome ended the night with five steals and Brandon Sperling finished the night with a team high of 16 points.

Softball:
(2/11) HSU 0 CSU Dominguez Hills 11 & HSU 0 CSU Dominguez Hills 8

With a total of three hits throughout both games, it was clear the Jacks were not on top of their game. CSUDH had a strong pitching game and capitalized on all of the Jacks’ mishaps. Senior outfielder Felicia Viveiros had the only hit in the first game. Senior second baseman Kristen Nouzoksky and junior first baseman Chrissy Stalf were the only two to see bat action in the second match up.

(2/12) HSU 5 CSU Dominguez Hills 7 & HSU 4 CSU Dominguez Hills 11

Day two of doubleheaders, was the better one for the Jacks who posted 13 hits, five of which were home runs. It still was not enough to beat CSUDH. They are back on the road again next week for a weekend of doubleheaders.

Track & Field:
(2/11) Athletes from HSU and College of the Redwoods, along with unattached athletes (those who are not apart of, nor compete on amateur sports teams), competed against each other on Saturday in the pre-season Green and Gold meet. HSU’s team was split into two, green vs. gold. The green team came out on top with the most first place finishes. Season begins for the Jacks on Feb. 25, when they host the Border Battle meet.

‘Alohi Bikle may be contacted at thejack@humboldt.edu



The HSU women’s crew team practices early Saturday morning. | Jeremy Smith-Danford

by Cora Vay
Staff Writer

A cold, crisp wind blows in coach Adrienne McConnell’s hair as her boat rides side by side the 60-foot “Goddess” racing shell. The sun is only starting to rise, but crew practice is already in full swing. The flickering of the girls’ wrists and the pushing of their legs show no stop — nothing can break their concentration.

“Put every ounce of energy into those oars! Reach that blade in, no hesitation!” Coach Adrienne shouts.

In anticipation of the season’s start in March, Humboldt State women’s crew practices year round — about 17 hours a week. Last season concluded with the team placing 3rd in NCAA Rowing Championships — one of their most successful seasons in HSU history. Deemed one of the oldest Olympic sports, bystanders are often oblivious to the different aspects of competitive rowing — the terminology alone can sound like a different language.

Originally a club sport at HSU, women’s crew emerged as an intercollegiate sport in late 1992 with Title IX — an educational amendment aimed to enforce gender equality. Head coach Robin Meiggs, who has lead the team since its infancy, was honored by the Collegiate Rowing Coaches Association as the CRCA Coach of the Year in 2011.

“My background is with work-Coxswain

ing top caliber athletes from HSU. When Dr. Alistair McCrone decided that women’s rowing would become an intercollegiate sport, they asked me to bring the team through the transition. We were so successful that they asked me to stay as coach,” Meiggs said.

Seats on the 200-pound boats are meticulously matched with rowers to find the right combination — balance and speed come easily with the right mix

“Rowing is about synchronicity and perfecting every motion. It’s the ultimate team sport, we practice a lot in order to find the perfect match for each boat. Everyone contributes; you’re only as fast as your weakest person,” coach Adrienne said.

Coxswains, often considered ‘captains’ of each boat, strategically weigh under 130 lbs and are the only voices heard during a race. Seated in the front of the boat, this high pressure position is key to linking the rowers to ensure balance and speed in the water. Responsible for race strategy and steering the boat, coxswains call out different stroke sets to maintain synchronicity and spirits of the rowers.

“We have to get into the rower’s head to get them out of the ‘pain cave,” said Kaena Sado, varsity coxswain. “They think they can’t do it, but they can. Coxswains give the rowers direction and motivation. We push their bodies to the limit — and then some.”

Facing the coxswain sits the stern pair, two rowers that set the pace and rhythm for the rest of the

boat. Middle seats 6, 5, 4 and 3 serve as the ‘engine’ of the boat, they are often occupied by the tallest and strongest rowers aimed to maintain speed. At the end of the boat sits the bow pair, two highly technical rowers responsible for keeping the boat stable and on course.

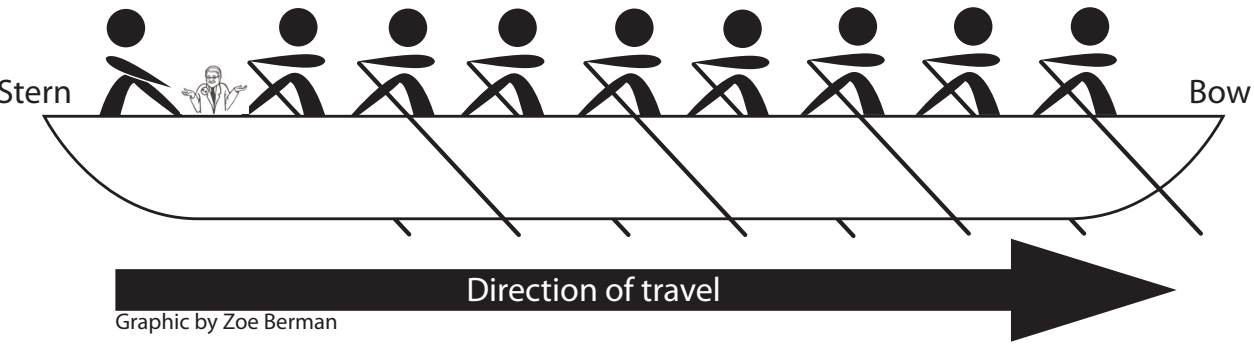
Regattas, the term for races, are typically set on 2,000 meter courses, with an average duration of 6 to 7 minutes, depending on wind and tidal conditions.

“Our sport requires a combination of all three energy systems,” assistant coach Pat Hyland said. “We train for high intensity, cardio and anaerobic, it’s a balancing act. You’ll be in the best shape in your life in crew, and I’ve never had anyone tell me different.”

Reputable for pulling in high grade point average and graduation rates, focus has been a key point in the lives of HSU women’s crew. Between balancing classes, study sessions, practices, work outs and races, the camaraderie built between the girls has set a solid foundation for rowers planning to shed their novice (first-year rower) wings.

“Most of my good friends are on the team, I can rely on them in life just like I can rely on them on the boat,” novice Kristen Miller said. “I would never be able to quit. I fell in love with the sport so quickly. I love the stamina involved and constantly working toward a goal.”

Cora Vay may be contacted at thejack@humboldt.edu



Softball and nursing demand drive and determination

by Kevin Bunch
Staff Writer

Allyson Blenis is an athlete with an incredible center of balance. Although it is in her schedule, not the softball field, where she performs her balancing act.

The senior starting catcher for Humboldt State’s softball team is one of the final 49 students who will graduate from HSU’s soon defunct nursing program. “It’s really hard to do nursing and softball,” Allyson Blenis said. “A lot of the time they run into each other.”

Athletes are given first priority in registering for classes, but that does not help nursing majors. “With nursing you can’t choose your classes, you go the way it’s been set,” Allyson Blenis said.

In her fourth year with the program, Allyson Blenis has a stable foundation of organization. She said time management allows her to maintain her 3.68 grade point average.

An average day for Allyson Blenis during softball season starts at noon when she wakes up to go to class until 2 p.m. when practice starts. After practice ends at 5 p.m., she has one hour to eat and get to St. Joseph’s Hospital in Eureka where she has a

preceptored shift for her capstone class, taking on a registered nurse’s course load. Allyson Blenis then works all night under that nurse’s supervision from 6 p.m. to 6 a.m. learning the ins and outs of the labor and delivery unit of the hospital.

“I do what I love. If you love something you find a way to make it work,” Allyson Blenis said.

Everything is planned right down to the time she spends with loved ones.

“I will go insane if I don’t have time with my friends,” Allyson Blenis said. “Part of what keeps me together is my friends and family.”

Her mom, aunt and grandmother traveled one and a half hours to Turlock, Calif. for the softball team’s first tournament before the conference season. Allyson Blenis was the only catcher throughout the five games that weekend.

“We love to watch her play,” her mom Cindy Blenis said. “She has been in sports all her life, so we have been doing it for a while.”

Allyson Blenis said the support of her family through the years is a big part of why she is able to accomplish all that she does.

“The reason why I am the way that I am with organization and time management is that my

parents have done that,” Allyson Blenis said.

“With the high stress level I have with everything that’s going on I need people around me that will be supportive when I need to be told everything is OK, but also be there when I need to just have a good time.”

Cindy Blenis has more of an effect on her daughter’s life path than either of them would have anticipated. She too, had to learn to balance schedules when she was going through her nursing program, while raising a three-year-old and a four-year-old. “I have a load of softballs,” Allyson Blenis said. “She had a load of kids. I’d rather take softball any day over having two kids.”

That is not to say that Allyson Blenis does not enjoy children; she is considering following in her mother’s footsteps as a labor and delivery nurse. “I always told myself I don’t want to do what my mom is doing, but I kinda’ turned out to be just like her,” Allyson Blenis said.

“It’s cool that she wants to do that,” Cindy Blenis said. “I’m very lucky to be in that area, it’s an honor in a way to be with a family when they have that moment. It’s a very different, more upbeat part of nursing.”

Allyson Blenis is already




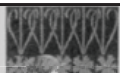

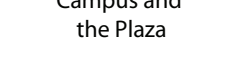
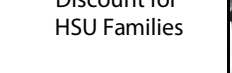
Balancing school, softball, and a nurse’s course load has become an art for senior Allyson Blenis, who maintains a 3.68 GPA. | Samantha B. Seglin

applying to new graduate nursing residency programs. She wants to stay in California to be close to family and friends. Life won’t slow down for Allyson Blenis when she becomes a nurse, but maybe she can retire the balancing act, at least until kids of her own put her back on the beam.

Kevin Bunch may be contacted at thejack@humboldt.edu

CREW BEAT
The first of four installments that delves into the rigor and passion of HSU women’s crew.
First stroke



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5pm to 9pm
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Upcoming Shows

upside down cross presents:

Friday, February 17th
feat. members of Ash Borer, They Came at Dawn,
& Serville Sect
Cerebrate
(crushing vomitous death metal from Arcata)

Vektor
(thrash metal from AZ)

Saturday, February 18th
Fall the Giants
(instrumental metal from Portland)

Hang the Old Year
(Portland heavy psychedelic rock)
ex-Dragged by Horses, -The Hitch, -Grimace

El Yeti
(Humboldt heavy rock)

Both shows: 10:30pm doors • 11:00pm music • 21+ • \$5 cover



Photos by Catherine Wong
Layout by Zoe Berman

career expo
AND VOLUNTEER FAIR 2012

Friday, February 24th

10:00am to 2:00pm

East Gym - Forbes Complex

Go to www.humboldt.edu/career and log onto “Springboard” and select “Career Events” for an up-to-date participant’s list.

OTHER CAREER CENTER EVENTS:

How to Find an Internship - All majors & interests - Thur. Feb. 16 @ Noon (NHW 232)

How to Prepare for Career Expo - Thur. Feb 23 @ 12:00 (NHW 232)

How to Find a Summer Job & Internship in NR & Environment - Mon. Feb. 27 @ Noon (NHW 232)

Job Search Skills for the Graduating Seniors - Tues. Feb. 28 @ Noon (SH 120)

Walk-in Resume Help - Monday - Thursday 11:00 am - 1:00 pm

Register for events on **SPRINGBOARD**: www.humboldt.edu/career



Lumberjacks axe CSULA

Senior forward Randy Hunter completes a slam dunk against the CSULA Golden Eagles. Aside from being an impressive play, Hunter's bold move put the Jacks up 21-20 against the Golden Eagles.



Senior forward Kyle Baxter attempts a layup during the first half the game against CSULA.

Wednesday Feb. 15
Sci Fi Pint & Pizza ft. "Godzilla"
6 p.m. - 10 p.m. | All Ages

Thursday Feb. 16
Heyoka, R/D and Noah D
Doors at 9 p.m. | \$15 | 21+

Friday Feb. 17
Alborosie & The Shengen Clan
Doors at 10 p.m. | \$40/35 | 21+

Saturday Feb. 18
15th Annual Arcata Eye Ball
Doors at 7 p.m. | \$15 or \$20 for 2

Sunday Feb. 19
Gone with the Wind
Doors at 5:30 p.m. | \$5 | Rated G

Wednesday Feb. 22
Sci Fi Pint & Pizza ft. "Krull (1983)"
6 p.m. - 10 p.m. | All Ages

Thursday Feb. 23
Random Acts of Comedy
Doors at 7:30 p.m. | \$5 | All ages

Friday Feb. 24
The Big Lebowski
Doors at 7:30 p.m. | \$5 | Rated R

Saturday Feb. 25
Amélie
Doors at 7:30 | \$5 | Rated R+

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HUMBOLDT BREWS
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Friday Feb. 17th

Miracle Show
10:00pm - \$7
Humboldt Countys' own playing the best Grateful Dead and Jerry Garcia tunes...

Saturday Feb. 18th

Winterfest After Party with MooGot2 10:00pm
Whether you like them for their Downtempo steeped in analog synths, their ability to extrapolate funk themes, or their rock driven songs with lyrical substance, Moogot2 is down to bring a party and leave multitudes of satisfied fans in their wake...

Tuesday Feb. 21st

Howlin Rain & Radio Moscow
9:00pm - \$12/\$15
San Francisco Bay Area-based power quintet Howlin Rain's third album The Russian Wilds passionately protests the currently popular notion that heroically conceived and executed rock music is a thing of golden...

facebook www.HumBrews.com

College of Professional Studies Mixer

March 1st 2012, 6-8pm

Plaza Grill
-3rd Floor of the Jacoby Storehouse
- on the Plaza, Arcata, Ca

Please join the College of Professional Studies and Associated Students for a College Mixer for students, staff and faculty within the College. We look forward to seeing you there.

Please RSVP by Feb 24th
<http://www.surveymonkey.com/s/ZD2Y5HB>
For more information contact:
(707)826-4221
www.humboldt.edu/associatedstudents

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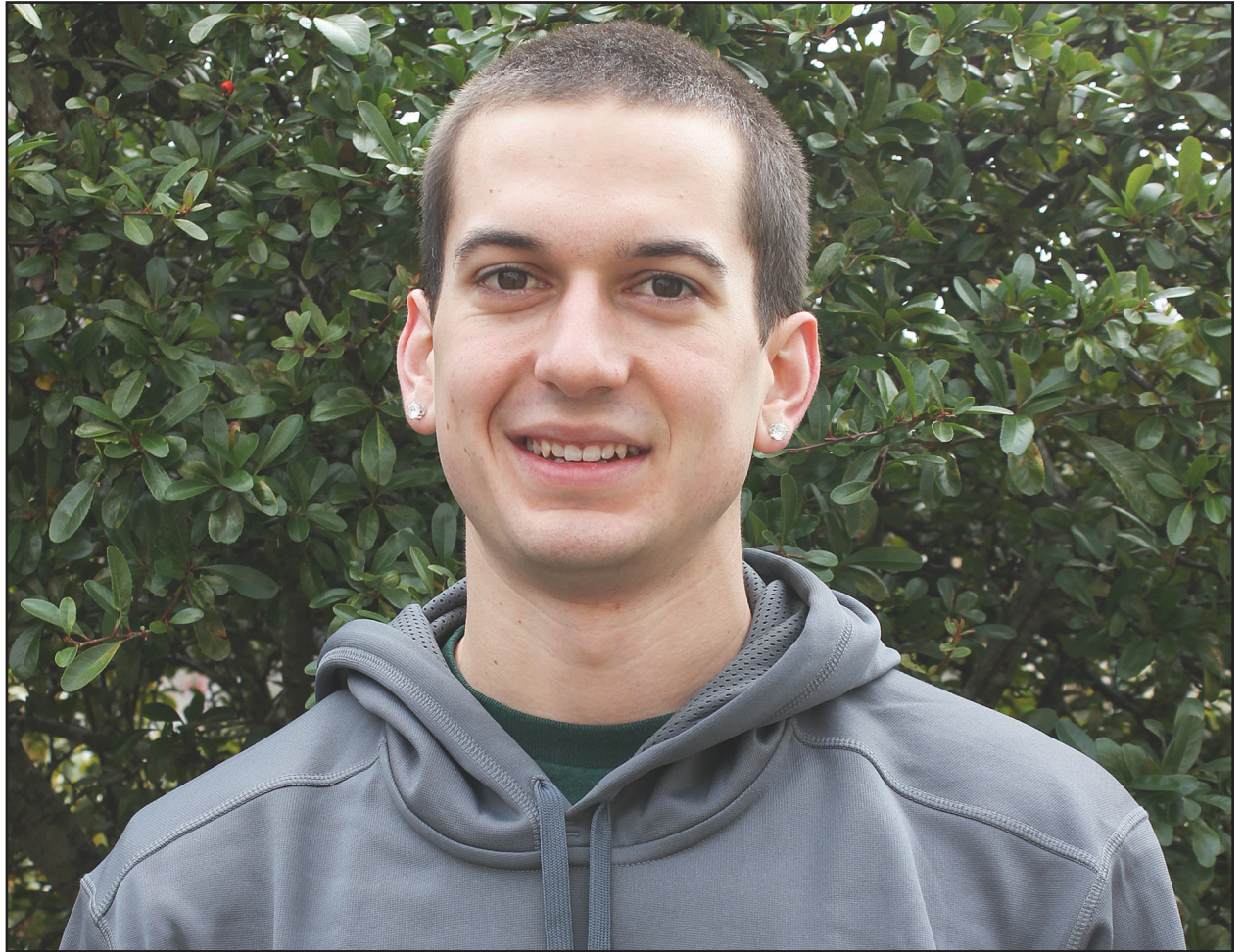
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ATHLETE OF THE WEEK



Spencer Kjos plays a variety of intramural sports while balancing fraternity life, school, and a part time job. | 'Alohi Bikle

by Luis Lemus
Staff Writer

Making the decision to come to Humboldt State was easy for Spencer Kjos. His father is an alumni, and the junior studying pre- physical therapy wanted to follow in his footsteps.

Kjos, a Redding native, attended University Preparatory High School and is a well-rounded athlete. He has a 3.3 grade point average despite a large amount of time spent competing in different sports.

Kjos plays a wide variety of intramural sports at HSU including soccer, softball and basketball. In these sports, the 20-year-old student plays striker, first base and point guard, respectively.

"As a child my parents encouraged my brother and I to participate in sports," Kjos said. "We used to play in the baseball little league."

During his senior year at University Preparatory, Kjos played as a shooting guard on the school's varsity basketball team.

“

If I'm not at the yogurt shop or doing school work, I'm hanging out with one of my brothers.
— Spencer Kjos, HSU student

Under the guidance of coach Chris Combs, Kjos' basketball team went on to win the Division V championship. Kjos was also selected as a Tri-Cities All-League team member that year.

"Chris Combs played an important role in my life," Kjos said. "To this day I still keep in touch with him. He is like a father figure to me."

In addition to playing on three intramural sports teams, Kjos is also a member of the Chi Phi fraternity and holds a part time job at Ultimate Yogurt.

"I love being a part of Chi Phi," Kjos said. "If I'm not at the yogurt shop or doing school work, I'm hanging out with one of my brothers."

All three of the intramural teams that Kjos is apart of, are Chi Phi affiliated.

After college Kjos plans on getting a graduate degree in physical therapy.

"I'm looking forward to graduate school," Kjos said. "I know the work load is going to be tough, but it is something that I'm interested in, so I know I'm going to have to suck it up."

Luis Lemus may be contacted at thejack@humboldt.edu

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HSU Spring Intramural Schedule Week 1



Flag Football
Wednesday, Feb 15

Flag Snatcher vs. WCC - 7:00 P.M.
Execute Stage vs. Los Vatos - 8:00 P.M.
Beastmode vs. The Avengers - 9:00 P.M.
3rdwood vs. Prodigy - 10:00 P.M.



Basketball
Monday, Feb 20

Tigers vs. Livin Legends - 7:00 P.M.
Kings' of the Court vs. WCC - 8:00 P.M.
Warriors vs. Notorious - 9:00 P.M.
The world is ours vs. A Team - 10:00 P.M.



Soccer
Sunday, Feb 19

Ironclad vs. Clinical Finish - 3:00 P.M.
Scratchy Ballerz vs. The Foot - 4:00 P.M.
Cell Block D vs. Santa Ana - 5:00 P.M.
Mac n' Cheese vs. Maton Squad - 6:00 P.M.



Softball
Monday, Feb 20

Keg Masters vs. Tomasos - 7:00 P.M.
Biology Stars vs. Mad River - 8:00 P.M.
6-4-3 vs. The Loggers - 9:00 P.M.

Graphic by 'Alohi Bikle

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Howlin Rain

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Don't Fence Me In

Western swing music comes to campus.

Campus Weekly

HSU Invisible Children Club Meeting
University Center South Lounge
Thursday, Feb. 16
2 p.m. to 3 p.m.
Free

Come get involved with bringing the Invisible Children Roadies and a Ugandan student to Humboldt State. They are bringing a new film, “Kony 2012,” and we need your help to be ready for their arrival. For more information contact Sarah Scudder at 707-832-2018, icclub@humboldt.edu.

Sustainable Futures: Community-Based Climate Justice Movement
Gist Hall 218
Thursday, Feb. 16
5:30 p.m. to 7 p.m.
Free

As part of the Sustainable Futures Speakers Series, Dr. Antwi Akom will present “Race, Power, and the Environment: Using Participatory Mapping and New Media to Build a Community-Based Climate Justice Movement.” For more information contact Peggy Stewart at 707-826-3653, pjs26@humboldt.edu.

Open Improv Workshop
Theatre Arts Building 17
Saturday, Feb. 18
12 p.m. to 3 p.m.
Free

Join the Unscripted Sutras for a low-pressure, high-fun way to learn the awesome skills of improvisational theatre. You will learn how to listen, work with others and create on-the-spot fun.

Paint Your Lab Coat
Science Building B 133
Monday, Feb. 20
5 p.m. to 5:50 p.m.
Free

Personalize your lab coat! We'll provide the paint and brushes, you provide the coat. Don't have a coat? Bring a t-shirt — they work just as well. All majors welcomed. For more information, contact Angela Whittington at ajw44@humboldt.edu.

Peace Corps Recruiter Session
HSU Campus
Friday, Feb. 21
All day
Free

A representative from the Peace Corps will be on campus Feb. 21 - 24 to host an information session and one-on-one interviews.



What did we do for Valentines Day?

by Scottie Lee Meyers

1. Recovering from edible underwear mishap
2. Fat ass ate all the chocolates before I could get one
3. Dinner, a movie... and no sex
4. The flowers he gave me were plucked from campus
5. Mulling over an ex on Facebook
6. Parmesan chicken... for one
7. Told her I loved her for first time, she said I had something in my teeth

A bold new ‘do



Hilda MacKinnon (left), Petra Wilkinson (center) and Colleen Austin (right) all wear a trendy avant-garde hairstyle that sometimes called “the half-shave.” | Jeremy Smith Danford

by **Scottie Lee Meyers**
Features Editor

You might tell someone ‘let down your hair’ if they need to unwind and lose their inhibitions. But a trendy hairstyle flips the common saying on its head.

When Colleen Austin goes out for a night on the town in Arcata, she puts her hair up. That way everyone can see her half-shaved head, carved with geometric patterns. It is the hairstyle de jour and it is growing in popularity on campus.

“I think it’s sexy, even if it is a little bit of a boy haircut,” said Austin, a senior zoology major

at Humboldt State.

Austin’s half-shaved head hides when her hair is down – it is known as an undercut. She likes that she can conceal it if she wants to. But there are more dramatic variations of the half-shaved hairdo, where the whole side of the head is actually shaved while hair flows at a longer length on the other side.

Arcata’s hairstylists call the asymmetrical look an avant-garde design. Kate Holms, owner of Kalos Salon in Arcata, said an increasing amount of women are coming in for the half-shave hairstyle. The shave is a nuance of the hairstyle’s lineage, which Holms said traces back to the flapper girls of the 1920s.

“It can be empowering.

When there’s a big change in a women’s life, they will come in and cut their hair off. Short hair sends the message of strength,” Holms said.

David Pryor is Arcata’s most notorious carver. His artistic background in whittling and lithographs earns the trust of his clientele at Hair Unlimited in Arcata. Pryor said he has several regulars coming in for maintenance on their shaved-head cut or getting a new design carved, which many do every two-to-three weeks.

“It grabs your attention. It’s for women that are less concerned with looking traditionally beautiful,” Pryor said.

There is definitely a certain kind of person that models the

hairstyle, Hilda MacKinnon said. The senior studio art major has been wearing the more dramatic half-shave style since Halloween.

“It’s for the burning man weirdo, someone that takes a lot of pride in their feminine beauty. It’s for the type of person that wants to hold onto their hair but do something edgy,” she said.

Pop singers like Rihanna, Cassie and Willow Smith have brought the look mainstream in the last year. It took a while for it to get from the red carpet to the redwood campus, but it is here.

Scottie Lee Meyers may be contacted at thejack@humboldt.edu

Overcoming trials with styles

Local salon owner overcomes tragedy and an extreme career change

by **Lillian Boyd**
Features Editor

While most twenty-somethings question their career paths and stress over employment, 23-year-old Kayla Brown owns and operates a growing salon business.

After getting her high school diploma through Alder Grove homeschooling, Brown attended nursing classes at College of the Redwoods. The death of her grandfather put a strain on her financial freedom and she left school. It got worse when Brown sustained severe injuries in an automobile accident, putting her on disability. She paid her bills with government checks.

After recovery, Brown attained her cosmetology license at Frederick and Charles Beauty School in Eureka and was offered a position at Beau-Monde Barber and Beauty through her school instructor Matt Sharkie.

The previous owner, Bill Sacchi, passed away and his wife Karen Sacchi took over around the time of Brown’s employment. In July, Karen Sacchi offered the business to Brown for \$20,000.

“She saw how well I was taking care of the shop and offered for me to buy it from her,” Brown said.

Brown said managing the business is easier than



YOGI: SALON DOG

Brown came across a homeless man outside of Beau-Monde Salon feeding marijuana to a 6-week-old puppy. She knew these were not living conditions suitable for the dog. After haggling out an agreement, Brown bought the puppy for \$50 and named him Yogi. Beau-Monde is now accustomed to Yogi lounging around the salon and greeting customers. | Photo by Jeremy Smith-Danford

anticipated, but the job requires a great deal of involvement. A growing clientele base and reduced prices are helping her improve business.

“We are here for the students, we’re in a college town. I don’t think \$28 for a man’s haircut for a whole fifteen minutes is worth it,” Brown said. Hair cuts begin at \$15, but the salon also offers deep conditioning, coloring, highlighting, perms, chemical straightening and waxing. Brown hopes to offer manicures and pedicures in the future.

Sophomore sociology major, Nick West, comes to the salon regularly for a hair cut.

“I go probably once a month and I like it because it is cheap, the barbers are friendly and talkative, and it’s always nice to stay fresh,” West said.

Sharkie has been in the salon business for 16 years and is a current employee at Beau-Monde.

“We just love each other here,” he said. “We all get along really well. We’re like a family. We like to have fun and make people happy.”

Lillian Boyd may be contacted at thejack@humboldt.edu

Those behind Arcata’s sign design

by **Bryn Robertson**
Staff Writer

Starting your own business takes guts. Marian Brady, a Humboldt State alumna, established her own freelance design business in 1978 and has been working successfully out of Eureka ever since.

Brady created the logos for The Arcata and Mad River Transit Service, The Eel River Brewing Company, Loleta Cheese, Rita’s and The Wild Platter Café, to name a few. She develops posters and displays for corporate and small business clients. Some of the logos Brady created changed over time or have been entirely replaced.

“Sometimes businesses get tired of looking at it and want something new,” Brady said.

The original sign Brady created 10 years ago still hangs in Old Town Coffee and Chocolates, a Eureka café. Owner Gail Mentik said she worked with Brady to create labels and boost advertisement.

“She is really good at recognizing what the client wants. She is very professional and has a good way of pulling ideas out of you,” said Mentik.

Brady graduated from HSU with a degree in fine arts.

“I wanted to be a self-made woman. Just me against the world,” Brady said.

Today, she works out of her home, where the cabinets are full of files and her iMac is



HSU alum Marian Brady with a sign she created. | Bryn Robertson

covered in sticky notes. In addition to owning her own business, Brady is a member of the Eureka City Council.

“It’s good to have variety,” she said.

William Wunderlich, an HSU alumni, puts his degree in

graphic design and computer science to work creating customized graphics for Hey Juan Burritos in Arcata. The lizards, cacti and desert landscapes that adorn Hey Juan’s menus give the restaurant its distinctive style. The restaurant’s manager

Lindsay Bond, says the art is all part of the business.

“We enjoy expressing ourselves here,” Bond said. Hey Juan will be celebrating their 30 year reunion this November.

Back on campus, the pressure to have a successful, creative ca-

reer after college is felt by students like Aaron Morris, a senior art major.

“It can be nerve-racking to go into a field that is sometimes considered superfluous,” Morris said. After graduating, Morris plans on going to grad school, but does not want to limit himself to just one medium. “That’s what contemporary art is all about,” Morris said.

Brady said she believes success requires bravery.

“After you graduate and leave the college cocoon, you’re not seeing people in the same social light,” Brady said. “I got married right away because it was a kind of safety net.”

Brady advises young people to be daring when working towards

their goals.

“Don’t be afraid to see it as an adventure,” Brady said.

Bryn Robertson may be contacted at thejack@humboldt.edu

If these walls could talk

by **Scottie Lee Meyers**
Features Editor

Paul Mann is Humboldt State University’s Public Information Office, but he thinks of himself as the school’s press secretary. The nomenclature of Washington D.C. entices Mann, it is where he worked for years as a White House correspondent. For almost six years now, Mann has been responsible for writing the official responses for HSU – whether it is activities, research or arrests – from his second floor office in Siemens Hall.

You may have seen Mann on campus. He is the dapper-dressed

man, often clad in a bow tie and tweed flat cap. Or maybe you have seen him on the bus, which he takes to work everyday from his home in McKinleyville.

Stepping into his office is a little like stepping into a museum. Abstract and impressionist paintings hang on warmly painted walls. Busts of the world’s most renowned heroes stand bodiless between plants, while books of poetry – some written by Mann himself - lay on his desk. Sunlight pours in through the south facing windows and the aroma of unlighted candles fills the room.

He is proud of his office arrangement. In fact, Mann asked us to forward pictures for his father

in New York. Being surrounded by beauty encourages intelligence and inspires a person to excellence, Mann said. “If I was in a cell with leg irons, I would not be in the mood to do much work.”

Marceau Verdiere paintings

The paintings in Mann’s office are by local artists, with the exception of the impressionist painting. Marceau Verdiere painted the abstract paintings that dominate his west wall. Verdiere teaches at North Coast Prep Academy in Bayside.

The vanquished athlete

Near the door stands the vanquished athlete bust. “I love his facial expression. It’s pensive and reflective. He’s subdued and display

classical restraint,” Mann said.

Snoopy

The stuffed Snoopy doll contrasts the sculptures of George Washington and Abraham Lincoln. Snoopy had many alter egos – most famously the red baron pilot – including the great American novelist. From atop his doghouse, Snoopy would tap his typewriter to write the next great American novel and it always started with the famous pulp literature line: It was a dark and stormy night. “Snoopy is my muse,” Mann said.

Model Ferrari cars

Enzo Ferrari – the Italian race-car driver and founder of Ferrari cars – was a supreme practitioner

of his vice, said Mann. The model car in Mann’s office is the 1961 Ferrari, marked by its unique, sharp nose and dual inlets. Ferrari ordered them destroyed in 1962. Mann grew up in western New York in a small town called Watkins Glenn, home to a grand prix race-track. Mann used to put his nose to the garage windows where the cars were stored, fascinated by the European drivers who had immigrated to his town. “I learned a lot about fine art, food and literature from the drivers. They were aristocrats, from publishing businesses overseas and gallery owners.”

Scottie Lee Meyers may be contacted at thejack@humboldt.edu



HSU Spokesman Paul Mann (right) being interviewed in his office by journalism senior Scottie Lee Meyers (left). | Composite image by Samantha B. Seglin

Opening the tap on Winterfest

by Kira J. Keleher
Staff Writer

What do 10 microbreweries, one goblet and five music acts make? The third annual Winterfest Beer Festival. Renamed from simply Winterfest last year, this hops block party is a chance to taste the concoctions of all the local — and not so local — breweries. An 8.5 ounce glass and tickets are provided with admission to “taste-test” the brews and see Lyndsay Battle, the Speakeasy Saints, Samba Da Alegria and the Fickle Hill Billies play live. The festival is from 6 p.m. to 10 p.m. Admission costs \$20 in advance and \$25 at the door. “It was awesome, we had a

“

We have new breweries that haven't appeared before... and all local musicians playing.”
— Scott Carlson, Winterfest event coordinator

great time and it was one of our best performances,” Norman Bradford, band member of the

Fickle Hill Billies said of last year’s event. “We played before Nikki Bluhm & the Gramblers, but this year we are headlining.” Bradford, who plays the bass, also tasted the microbreweries. “My favorite was Mad River Brewing Co.,” he said. He enjoyed some soul food from Bless My Soul Café, where Mama Janisse brings her scrumptious delights of creole and cajun California. Alfredo Pantoja, a junior at Humboldt State, has never been before. “I’ll be down to go,” he said. He and his friend, senior kinesiology major Osvaldo Villalvazo, both agree that it would be worth the money. “Usually you pay more than [\$25] when you go out to bars,” Pantoja said. Event Coordinator Scott Carlson said this year will be different than last year. The first fest had 13 bands spread across three venues. This year there will be more variety, he said. “We have new breweries that haven’t appeared before, like 21st Amendment, and all local musicians playing,” Carlson said. Attendees are encouraged to dress in costumes and masks because this Wintefest’s theme is Mardi Gras. Carlson said the Speakeasy Saints — a funk

band with a horn section — and the Fickle Hill Billies will help keep up the Mardi Gras mood.

WINTERFEST

Feb. 18, 6 p.m. – 10 p.m.

\$20 in advanced
\$25 at the door
inticketing.com

321 Community
Parkway
Arcata, CA 95521

The Coastal Grove Charter School will have vendors including face painting, a picture booth, silent auctions, wine and beer pong. Carlson said the proceeds for this years event will fund the school’s sports programs and help pay for a school trip to Washington D.C.

Kira J. Keleher may be contacted at
thejack@humboldt.edu



by Scottie Lee Meyers
Features Editor

Each week The Lumberjack hunts for campus history in the thickets of the Humboldt Room on the third floor of the library — where much of the school’s history is archived.

Robert Neloms marched into the offices of Humboldt County’s two newspapers and made demands: Capitalize the “N” in Negro and stop identifying criminals by their race.

This was the 1950s after Neloms — who went by Bob — helped start and eventually became president of the Humboldt County National Association for the Advancement of Colored People.

In a Feb. 12, 1975 Times Standard cover story, Neloms said he left San Francisco for Eureka in 1913 “because the people I met who came from Humboldt County seemed to be kind of special — and they all had gold coins in their pockets.”

Ina Harris, 88, moved to Eureka with her husband in 1962 and befriended Neloms through their involvement in the NAACP. Harris said Neloms was tall and handsome, dignified and eloquent. He was a staunch, union-type progressive. When members of the Black Panthers gave a speech to Humboldt’s NAACP organization and condemned Abraham Lincoln, Neloms rose up and spoke in Honest Abe’s defense (Neloms said the Black Panthers were the black equivalent to the Klu Klux Klan).

“Bob would recite Supreme Court rulings at the drop of a hat, he was like a fountain of black history,” Harris said. “He was prominent in local politics because he recognized that the black vote was very important. Bob was like the voice of black people.”

That power for recitation came from Chicago’s courtrooms. In 1919, Neloms left Eureka for a few years for the Windy City. He listened to the elegant speeches of lawyers, whose effectiveness he hoped to

emulate. Neloms shared an elevator with a Chicago lawyer he idolized, who offered this advice: “From what you’re telling me, you’re trying to educate yourself. Talk to people; not too much. But enough to get them to talk to you, so you can learn. As for your discrimination, you’re going to be told ‘you can’t come in here, you can’t work there, you can’t live in a certain place,’ but that’s that person’s problem, not yours.”

The Lumberjack bragged about Neloms in a short news clip in its Feb. 26, 1954 issue. Here is an excerpt:

The average shoe shine man with a family, facing the daily threats of more inflations, isn’t thinking about giving college scholarships to deserving students.

Robert Neloms, 61, is the exception. Describing himself as the “only colored man from Humboldt County in World War I,” he works an average of 11 to 12 hours daily at two jobs to support himself and his wife and son, and to accumulate money to donate yearly college scholarships.

Neloms brought his wife, Margaret, and their son Bob (now a renowned jazz pianist who played in Charles “The Angry Man of Jazz” Mingus’ band) to Eureka from Detroit, where he worked at Ford Motor Company. After arriving in Eureka, Neloms worked as a janitor before he owned and operated Neloms Cleaning Service for 20 years.

On May 25, 1977, Robert Neloms died at the age of 88, according to the Times Standard obituary on the following day. He is buried at Ocean View Cemetery in Eureka. But his influence lives on through the stories of his friends.

While she studied journalism at HSU, Harris picked a fight with one of her professors. The professor told her to use a lowercase “n” in Negro. She insisted it be capitalized, just as Neloms had.

Scottie Lee Meyers may be contacted at
thejack@humboldt.edu



Joaquin Smith (left) enjoys a tasting served by Crystal (right) a volunteer pouring for Sierra Nevada’s booth at the 2011 Winterfest in Arcata, Calif. on Feb. 19, 2011. | Scott Hilton





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Relax and reflect with the zen of air travel

by **Cassandra Klein**
Staff Writer

Therese Scott feels self-conscious when she lays down her mat or uses an empty chair to do yoga at the airport. But it has never stopped her from doing it.

“I have been doing yoga in the San Francisco Airport for years,” said Scott, a yoga instructor for the Kinesiology and Recreation Department at Humboldt State.

Lucky for her, “om” is exactly the message San Francisco International Airport brought to travelers this spring. A message Scott said she is happy to hear.

With the world’s first dedicated airport yoga room, stressed-out travelers can now relax and refresh before take-off.

The yoga room is bathed in a calming blue color, with a floating wall symbolizing a buoyant spirit and enlightened mind. Light levels are set low, warm and large while felt-constructed rocks are arranged throughout in a nod to the Zen garden spaces of Japanese tradition.

Erik Tedsen, an English education major, said he experiences mild stress, anxiety and pre-flight jitters before air travel.

“A place where I can relax would most definitely help,” he said.

Keith Delawder, an English major, said airports can be hectic.

“It’d be nice to get your balance first,” Delawder said.

Not only does yoga help with relaxation, but Scott said it can make you more intelligent; she even advises that students do yoga before exams.

“Yoga is really good for the parasympathetic nervous system,” Scott said. This is the branch of the autonomic

nervous system responsible for stimulation of activities that occur while the body is at rest. In our society we are usually in a reactive, fight or flight response state of mind.

“If engaged in the parasympathetic, you have more blood flow, a clearer mind and are easier to be around,” Scott said.

In a press release, Airport Director John Martin said the goal of introducing the yoga room was not just to bring back the glamour of air travel, but to also make the experience less stressful and more enjoyable.

Airport Duty Manager Nancie Parker said the airport is focused on serving customers and being the number one airport in the country.

“We are always looking for creative ideas,” Parker said.

The yoga room is located just past the security check point in Terminal 2, which serves Virgin America

and American Airlines. The room is self-serve — no instructors or classes — and stocked with yoga mats. “It is a common-use room and is on a regular cleaning schedule,” Parker said. The room is open from 4:30 a.m. to 12:30 a.m.

Martin said the opening of the yoga room is a giant leap forward for SFO. It gives travelers the opportunity and space to relax and decompress on their own terms, he said.

History major Susannah Starr said that a yoga room in an airport seems “pointless” and “unhygienic.”

Kristen Miller, a liberal studies major, said that it could be a useful option in the case of a long delay or missed flight.

“That would have definitely come in handy when my parents left me at the airport for five hours,” Miller said.

Cassandra Klein may be contacted at thejack@humboldt.edu

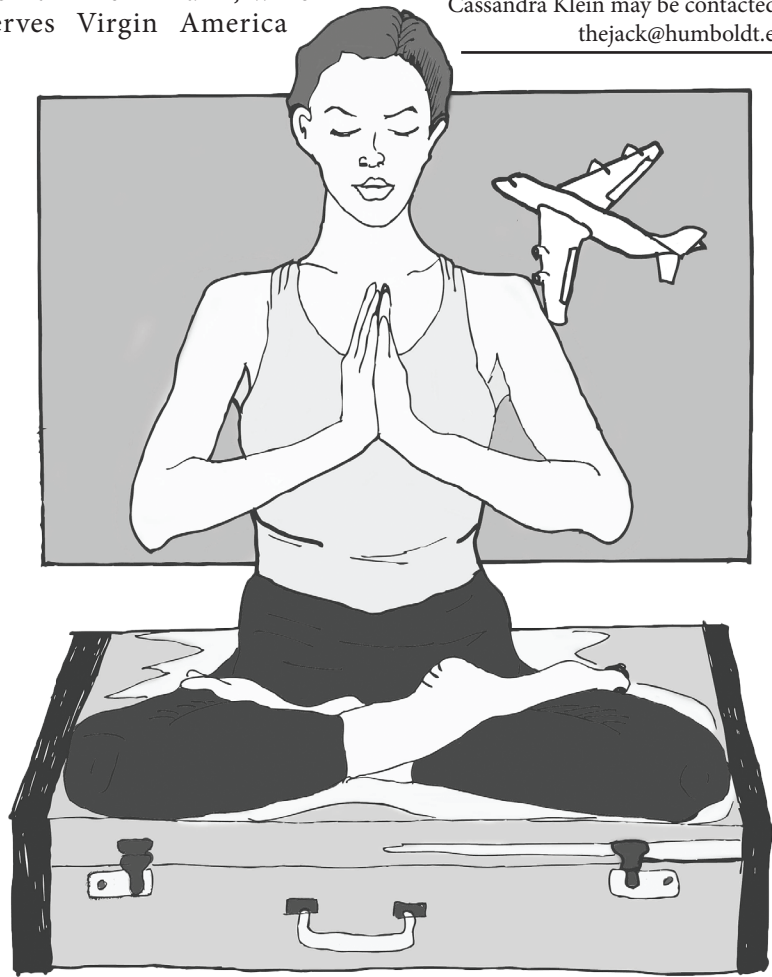


Illustration by Anna Bailey and Bobby Latona

THE GREEN SCENE

by *Brietta Linney*



Residents on-campus will compete in a national energy competition this month, so we will find out if energy savers do it better in the dark. During Feb. 6-26, Green Campus will facilitate a national energy competition — Campus Conservation Nationals. The four resident halls involved are the Hill, Canyon, College Creek, and Creekview. Unfortunately, conserving energy is not a top priority to most residents — because they do not receive a monthly energy bill — but this stuff is still important.

Simple behavior changes can reduce a significant amount of energy consumption. During the 2010 Campus Conservation Nationals pilot competition, students reduced their energy consumption by 508,000 kilowatt-hours. They also saved \$50,200 from campus costs, and averted 816,000 pounds of carbon dioxide from the atmosphere. This year, there is a national challenge goal of one gigawatt-hour. It sounds like a pretty ambitious goal, but with 150 schools and nearly 250,000 students participating nationwide it should not be a difficult task.

In 2010, HSU won the national water reduction competition. This year, we are focusing on energy reduction on Humboldt State’s SU’s campus. Green Campus is working with Housing to promote the com-

petition through tabling in the J and various other events. Free power strips will be given out during lunch at the J during the competition. Students are encouraged to stop by and learn more about the competition.

We hope to keep up the good reputation of energy saving champions! To do this, we need on-campus residents’ commitment and support to reduce their energy usage. Pat Lane, from the U.S. Green Building Council said, “this will be the largest national competition of its kind and will have far reaching impact showing students that a collective effort, along with a desire to better the built environment can lead to positive and lasting change.”

Are you a resident on-campus? Campus Conservation Nationals is an interactive competition that mixes energy conservation with fun. Humboldt State HSU will compete both internally — between the four resident halls — and nationally.

It is easy for students to access the “building dashboard” online, which lets students see where HSU stands in this exciting energy competition. Check out the website: <http://building-dashboard.net/humboldt/#/humboldt>

Even if you do not live on campus, I’d like to share some ways to lower your energy bill.

1. Use a desk lamp instead of an overhead light.
2. Use natural daylight whenever possible (especially 11 a.m. until 1 p.m.).
3. Adjust your computer’s power setting so it goes to stand-by after five minutes of inactivity.
4. Wait to do laundry until you have a full load, and wash your clothes on the cold water setting.
5. Air-dry laundry instead of using electric dryers—this will help your clothes last longer and reduce energy use.
6. Unplug your mini-fridge and share with a neighbor.

Through this competition, residents are encouraged to engage in friendly conversations with each other about creative ways to reduce their electricity use. If you have an idea, post it on the Humboldt State Green Campus Facebook page. A prize will be awarded to the student who posts the best energy saving tip on the Facebook page. This month, I’m challenging both the residents on-campus and those living off campus to try doing it in the dark. Let’s all work together to reduce our energy use!

Brietta Linney may be contacted at thejack@humboldt.edu

Opinion

EDITORIAL

As a smoker, it should be common courtesy to be aware of your surroundings. With multiple designated areas for smoking, it should not be hard to choose a place to smoke and dispose of cigarettes properly. Humboldt State is well-known for being environmentally friendly, but with over 4,000 cigarette butts picked up on campus over the weekend, one might wonder how many people actually care.

Many of the butts were picked up in areas other than specific smoking areas, which brings attention to the fact that there are people who smoke throughout the campus. While everyone is well within their right to smoke a cigarette, people must realize that not only may some of their peers find secondhand smoke irritating, those with asthma and other respiratory ailments might find it painful.

The responsibility also falls on those responsible for assigning smoking spaces. The parts of campus that are subject to a high frequency of individuals do not serve as suitable areas. In addition, designated smoking areas that are located away from any sort of awning should have some form of canopy for those that wish to smoke on a rainy day. This may deter people from wandering around campus and smoking where they should not. The UC system hopes to implement a total ban on campus smoking in the next two years. Such an idea has yet to hit HSU, but just because we have the right, does not mean we should abuse it.



College students struggling academically

High school education not measuring up at college level

by Jessica Renae Buxbaum
Opinion Columnist

Last week’s front page article focused on a constant increase of Humboldt State students struggling academically. It is not just a local trend. Nationwide, college students are dropping out due to lacking motivation, unfulfilled college expectations and a lack of academic preparation.

According to State University scholar Gayla Martindale’s January 2011 article, “College Drop Out Rates-Who’s to Blame?,” students’ academic readiness is a key factor in college retention. No matter the academic help they receive during college, if they are unprepared for college coursework they are less likely to succeed or stay in school.

Universities expect that incoming students already possess vital academic skills. The University of Washington’s article “College Survival Skills” states that colleges expect that you are able to read, write, listen take notes, and work on exams and assignments effectively. Instructors assume you already have and can use effective study skills. They consider you an adult, who will show up to class and do your homework. Unfortunately, most first year students have not obtained good study strategies or can adjust to the heavy loads of reading and assignment due dates. They have entered into college unprepared for college-level work.

Thirty-five percent of students entering higher education

institutions need to take a remedial course in math or English to relearn basic skills they should have acquired in high school, indicates a May 2011 report by the Alliance for Excellent Education, a Washington D.C.-based policy group. Many students graduating with a 3.0 GPA from high school still have to be enrolled into a remedial course upon entering college according to The Chicago Sun-Times May 2011 article “Report: Over a third of students entering college need remedial help” by Kara Spak. It has become apparent that high schools and colleges are not aligned with academic needs and expectations. High school teachers are preparing students for what is on standardized exams and that is not the kind of material colleges are looking for, adds The Chicago Sun-Times article. With 75 percent of incoming freshmen having to make up high school coursework once arriving to college, notes an Outside the Beltway August 2011 article “75 percent of Freshmen Not Ready for College” by James Joyner, suggests a significant gap between high school and college education.

High schools are not preparing students adequately. They have created a minimum four year curriculum consisting of English, two years of foreign language, math, and history taught by unqualified faculty. Without a more extensive curriculum, high school teachers fail to provide students avenues to the more challenging levels of college. According

to her September 2011 article “Remediation Nation” GOOD Education editor Liz Dwyer stated students have expressed that more rigorous high school academics would have better prepared them for college education. She suggests adding more years of math, history and foreign language will benefit the students’ learning progress and academic abilities and I agree. I also suggest there should be more advanced placement courses available to high school students to get a feel for college-level classes and coursework. Along with establishing more writing-intensive classes because in college, professors expect you to know how to write an essay. In Dwyer’s article many students have described the easiness and lack of qualifications of their high school instructors, with one example being a physics teacher handing out A’s to students after completing extra credit papers. It is this kind of misleading instruction that is failing students in the long term. It is not the student’s fault for coming to college unprepared for the academic rigors of university life. It is the high school’s job to prepare a student well for the college challenges to come. With a better set of faculty and a higher curriculum standard, students may be able to meet these challenges effectively.

Jessica Renae Buxbaum may be contacted at thejack@humboldt.edu

Food stamp standards



by Melissa Yang
Opinion Columnist

As seen in a recent issue of The Lumberjack, it is obvious that there are those in favor of changing the laws when it comes to qualifications for food stamps. The writer of last week’s article based his opinion on his own personal experience of witnessing people misuse the funds for an unhealthy diet. He argued that there should be drug testing in order to prevent a cycle of drug abusers from using taxpayers to support their lifestyle.

Disgruntled individuals should be aware of the qualifications when applying for food stamps. A student with no job can be disqualified because any able-bodied person under 45 and over 18 must work more than 20 hours a week. When I tried to apply for food stamps because I was short on cash, I was found to be unqualified because I failed to work the necessary amount of hours.

The Arcata Recycling Center and Arcata Endeavor food bank have closed due to lack of funding making life harder

for locals in or below poverty level. However, the Endeavor has been replaced by the North Coast Resource Center, providing hope for those in need. Many homeless or working class locals would collect cans and exchange them for cash at the recycling center while depending on the food bank for meals. Even at the food bank, there are qualifications one must fall under to get a food box, such as providing an ID and billing address.

A student and/or homeless person can no longer rely on collecting cans for cash. Food stamps are the only option left, except for the food bank, but it is much harder for a person to qualify for it unless that person has a child, is single but works more than 20 hours a week and/or attends college or is over 65 and living on social security. While there is no denying that many people have abused the system, it is unlikely that most people who go on it do so with malicious intentions.

Melissa Yang may be contacted at thejack@humboldt.edu

The Lumberjack Submission Policy

- Send submissions to our Opinion Editor, Sabina Gallier, at lumberjackgallier@gmail.com
- Include “Attn: Opinion” in the subject line for e-mail submissions.
- Letters to the editor may not exceed 350 words.
- Guest columns may not exceed 750 words.
- All letters and columns may be edited for grammar and spelling.
- We reserve the right to edit profanity and obscenity and may hold content for any reason.
- New contributors may be given preference over returning contributors.
- Please include your name, telephone number, city of residence, and affiliation with relevant campus or community organizations.
- HSU students should provide their major and class standing.
- We also welcome cartoons, spoof articles, and other items.

All submissions must be received by 4:00 p.m. the Friday preceding publication.

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Weekly Events

Thursday
02/16

**Humboldt Varietyville One Year
Anniversary**

Arcata Playhouse
9 p.m.
\$7

Figure Drawing Group

Cheri Blackerby Gallery
7 p.m. to 9 p.m.
\$5

Heyoka

Arcata Theatre Lounge
9 p.m.
\$15

Forest Day with Soul Union

Jambalaya
10 p.m.
\$10 to \$12

Friday
02/17

**Alborosie and The Shengen
Clan**

Arcata Theatre Lounge
10 p.m.
\$40

Look Back in Anger

Ferndale Repertory Theatre
8 p.m.
\$15/\$13 students and seniors

Miracle Show

Humboldt Brews
10 p.m.
\$7

Tim Breed (singer/songwriter)

Silver Lining
6 p.m. to midnight
FREE

Saturday
02/18

15th Annual Arcata Eye Ball

Arcata Theatre Lounge
7 p.m.
\$15

Open Gardens

Humboldt Botanical Gardens
10 a.m. to 2 p.m.
\$5

**Community Media Center
Orientation**

Access Humboldt Community
Media Center
10 a.m. to noon
FREE

Sunday
02/19

Dow's Prairie Grange Breakfast

Dow's Community Grange
8 a.m. to 11 a.m.
\$6 adults/\$5 seniors

Look Back in Anger matinee

Ferndale Repertory Theatre
2 p.m.
\$15/\$13 students and seniors

**Label GMOs Signature
Gathering Training**

Sun Yi's Academy of Tae Kwon
Do
4 p.m.
FREE

Monday
02/20

Quiz Night

Blondies Food and Drink
7 p.m. to 10 p.m.
\$2

Swing Dance Night

Redwood Raks World Dance
Studio
7:30 p.m.
\$5

Gin 'n' Guitar Stan (country)

Clam Beach Inn
5 p.m.
FREE

Lunchbox's Karaoke

Six Rivers Brewery
7 p.m. to 11 p.m.
FREE

Tuesday
02/21

Howlin Rain and Radio Moscow

Humboldt Brews
9 p.m.
\$15/\$12 adv.

Sunny Brae Jazz

Six Rivers Brewery
7 p.m.
FREE

G Money's Karaoke

Silver Lining
8 p.m. to midnight
FREE

Bluesy Tuesday

SpeakEasy
7 p.m. to 8 p.m.
FREE

Wednesday
02/22

Audio Basics for Videographers

Access Humboldt Media Center
6 p.m. to 8 p.m.
\$20

Open Mic with Mike Anderson

Old Town Coffee & Chocolates
6:30 p.m.
FREE

**Green Wheels Gathering: Pints
for Non-Profits**

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WHERE's  ROLLIN?

It's hard enough to find HSU President Rollin Richmond in real life ... but can you find him in *The Lumberjack*?

Cartoon Rollin is hidden somewhere in the paper. If you find him, email the answer to thejack@humboldt.edu with the subject "ATTN:Where's Rollin?"

Winner will be picked on a lottery system and announced along with the prize in next week's edition.

LAST WEEK's WINNER:

Benjamin Scheffer

You won a \$5 gift certificate to Arcata Scoop. We ask that you pick up your prize in our office, located in Gist Hall 227.

HUMBOLDTJUMBOLDT

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.*


PBMIL ==--==--==

CHATY ====--==--

HAPST ====--==--

VIRTE ==--==--==

HYDAS --==--====



_____!

ANSWERS TO LAST ISSUE'S PUZZLE: ALIEN, VENOM, HEIST, INCUR, TIPSY

FINAL ANSWER: LOVE IS IN THE AIR.

Weekly Sudoku

Difficulty: extreme

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

Lumberjack Fact Check

Win a \$5 gift certificate to Arcata Scoop!

If you read all the stories in this week's issue, you will know the answers to the following trivia questions. Submit your answers to thejack@humboldt.edu with the subject "ATTN: Fact Check." A winner will be picked on a lottery system and announced along with the prize in next week's edition.

1. Which high school did intramural athlete Spencer Kjos attend before coming to HSU?

2. How many nursing students did HSU's nursing program admitt by lottery every fall before the program was cut?

3. How long has Matt Sharkie, an employee of Beau-Monde Salon, worked in the salon business?

4. How many cigarette butts did the Colleges Against Cancer Club pick up around the HSU campus over the weekend?


5. TRUE OR FALSE: Local rock band the Fickle Hill Billies will be playing at Arcata's 3rd annual Winterfest.

Last week's winner: Unfortunately, *The Lumberjack* did not recieve any fully correct submissions last week. Better luck next time folks!

Classifieds

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Spotlight

WINNER!



Following Javi
Natalie Nixon
Child Development, HSU

Flash Us!

The Lumberjack is introducing a semester-long photo contest. Each week we will ask you, our readers, to submit a photo that you believe captures the essence of Humboldt. The photos can be of people, places or things and they can be funny, serious or ironic. We don't mind. Just so long as they capture the Humboldt vibe.

Each week we will pick our favorite photos and feature them in Spotlight. At the end of the semester our Photo Editor Samantha B. Seglin will pick her favorite photo. The winner will receive a \$50 gift certificate to Swanlund's Photo in Eureka.

To make things easy on our Photo Editor we ask that the photos have a resolution set at 300dpi and be no longer than eight inches on any side. Don't forget to include your name, age and major!

Good luck!



Redwood Piglet

Jill Grady
Studio Arts, HSU alumna



Melancholy

Lee Maness
Environmental Management and Protection, HSU

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