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Farmers market | Dennis Lara-Mejia

THE LUMBERJACK

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HSU Kicks Off Yearlong celebration with Centennial Festival

By Dennis Lara-Mejia



David Lichtenstein also known as Leapin Louie caught Sydnee Stanton a marine biology major at HSU by suprise at Humboldt States 100 year celebration last Saturday. | Sebastian Hedberg

Humboldt State pulled out all the stops last Saturday to celebrate its 100th birthday. What party would be complete without thousands of free cookies, a 12-foot-tall lassoing cowboy or HSU’s own President Rollin Richmond?

“Even with the overcast, we saw a really good turnout,” President Richmond said.

On June 16, 1913, California state legislature established Humboldt State Normal School. Classes began nearly a year later on April 6, 1914.

Kristen Gould, event coordinator for the centennial festival, explained that because the gap between HSU’s founding and the first day of instruction lasted roughly a year, the birth-

day festivities would also go on throughout the 2013-2014 year.

“We’re gathered here today to kick off our centennial celebration,” Gould said.

On the plaza, three men from Humboldt Hardware performed woodworking demonstrations. Patrick Murphy, owner of Humboldt Hardware, said the men carving away at their blocks of wood used the same tools that people from 1913 possessed.

“[But] we’re not doing this because of the festival — this is what we do everyday,” Murphy said.

Murphy emphasized that the work these men do is not a craft you can learn in a single weekend. “All of the furniture they make comes from local materials such as

local reclaimed redwood,” Murphy said. “What they do takes years of experience to learn.”

Josiah Norton, an engineering major at HSU, stood next to Murphy’s table. Norton said he always had an interest in woodwork, but did not pursue his interest until January of this year.

“In the beginning I had no room for big tools in my apartment,” Norton said. “So I made what I could.”

He looked in front of him to 20 pairs of earrings he carved from recycled redwood.

“I study 80 hours a week,” Norton said. “If I have an hour I can work on a project, then I will work

See “HSU knows how to throw a party” on page 15

We asked Humboldt State freshmen what piece of home they brought to HSU.



“I brought a lot of photos from home, and of course my phone.”

Daisy Cruz, biochemistry, freshman



“I have a dreamcatcher made in Israel before I was born, and a stuffed turtle.”

Mahallelah Shauer, marine biology freshman



“I had to bring a positive spirit and speakers to play music on.”

Max Block, communication, freshman



“I brought my own blanket from home and many devices to play music on.

Tanya Garcia, environmental resource engineering, freshman

In memory of Chris Towler

By Ryan Nakano

Most knew him for his spunky and happy-go-lucky personality, some for his awe-inspiring saltwater aquarium stocked full of brightly colored fish and coral, and others for the way he could dance.

But no matter how the 23-year-old Humboldt State student is remembered, one thing is certain: for to those who knew Chris Towler, he will be missed.

Towler, an HSU chemistry major, died by suicide at his home in Humboldt County on Aug. 15. Towler’s family chose to keep all other information surrounding his death private.

Born in San Diego on Dec. 8, 1989, Towler attended San Diego High School of International Studies, where he served as the president for both a competitive science team and a robotics team. When Towler wasn’t busy preparing for academic competitions, he took to track & field to compete in



Photo of Chris Towler from his memorial Facebook page.

shot put.

Towler never slowed down and he always found time to do what he loved.

Within the last year, Towler fell in love with swing dancing.

Before long, he was the guy everybody wanted to dance with. The young, charismatic, swing dancer offered an endearing amount of enthusiasm and creativity to the Humboldt County swing dance community.

In many ways, Towler’s personality mirrored the wild swing dancing style of the 1920s and 1930s, the

See “Humboldt County swing dancer dies” on page 3

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Skateboarding signs:

This fall, local police departments stepped up enforcement on bike and skateboard rules at HSU and in Arcata. The enforcement is part of a broad campaign by the University Police Department, the Arcata Police Department and the California Highway Patrol to promote education on bike and skateboard safety.

The police agencies offer brochures with updated state and university rules on alternative modes of transportation and have set up signs on campus to inform students where bike and skateboard zones are.

The goal of the campaign is to reduce the number of bike and skateboard-related accidents and injuries.



Bike and skateboard stop signs are all over HSU's campus. | Sebastian Hedberg

Obama bill signing:

President Obama signed legislation this month that will cut student loan interest rates, saving millions of students money on loans this year.

The law allows the interest rates on federal education loans to adjust with the financial market, meaning lower interest rates now and higher rates as the economy improves. The rates are likely to

increase beyond what they were before the student loan deal by 2015, according to congressional estimates.

About 11 million students will benefit from the lower interest rates this year and undergraduates will save about \$1,500.

This fall the interest rates will be 3.86 percent for undergraduate students and 5.41 percent for graduate students. These rates will

apply to any loans taken since July 1 this year.

President Obama said the lower interest rates are just the start in his effort to make college affordable. Congress is looking at other ways to control the climbing costs of higher education, and a rewrite of the Higher Education Act this year.

Off-campus meal plan:

Humboldt State Housing and Dining services now offer an exclusive meal plan to off-campus students. Rather than choosing from the Humboldt, Gold, Green or Mini meal plan, off-campus students pay \$500 online. Of that sum, \$195 automatically goes to the student's J points account and \$115 goes into the C Card account.

The off-campus meal plan is available to anyone with an HSU ID number, including staff and faculty.

Students, staff and faculty can go to the HSU Housing and Dining webpage to sign up and add funds to their account. Unspent funds roll over to the next semester; however, there is a \$20 fee for 16-month-long inactivity.

Humboldt County swing dancer dies

Continued from page 1

Lindy Hop, that he enjoyed so much.

Like the Lindy Hop, Towler lived a life full of energy and excitement.

From long hiking adventures with his closest friends in Humboldt, to late nights spent swing dancing in a garage with his go-to dancing partner Carmen Arguello, Towler always enjoyed what he was doing.

Towler and Arguello won third place out of 30 contestants at the Lindy Open Contest in March, a swing dance competition that takes place during the Redwood Coast Jazz Festival in Eureka.

Between studying

chemistry and learning to swing dance, Towler was a quick learner and a natural teacher.

In less than a year, Kurt Schasker, Towler's friend and dance instructor, witnessed Towler go from learning the basics of swing dance to teaching others. And Towler was always more than willing to give back.

As a supplemental chemistry instructor at HSU, Towler offered students both his time and expertise on the science as an additional academic resource. Towler loved chemistry; if something exploded, that was a good

thing.

Towler planned to attend Colorado State University to do graduate work in chemistry and eventually land a job teaching high school students, following in his father's footsteps.

On Aug. 20, friends and family of Towler gathered at Redwood Raks World Dance studio in Arcata to commemorate his life through shared stories followed by a memorial dance.

A second memorial service was held for Towler in San Diego on Aug. 24.

Towler is survived by his mother Pamela and father Tim.

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NEWS

NEWS BRIEFS

HSU makes top western school list:

The Princeton Review named Humboldt State University one of the best colleges in the western United States in their “2014 Best Colleges: Region by Region.” HSU is one of 125 colleges listed in the region, which includes California and 14 other states,

and has been on the list since 2006-2007.

The colleges are selected based on an academic excellence review by Princeton Review staff, as well as an independent survey from students attending the school. The survey measures student

experiences during college and is comparable to comments you would hear on a campus visit.

In the HSU survey, students said the campus is “open-minded” and “laid back,” and accepts diverse lifestyles and freedom of expression.

Fires:

Dry weather, 30 mph winds and thunderstorms are feeding wildfires in Humboldt and Trinity Counties. Tens of thousands of acres have burned at three fires in the Six Rivers and Klamath National Forest.

The Hoopa Valley Tribe declared a state of emergency as the Corral Complex fire grew to 10,000 acres this week. The Corral Complex fire is only nine miles from Willow Creek and remains uncontained, according to the U.S. Forest Service. Trails

and parks in the Red Cap, Bear Hole, and Horse Ridge National Forest areas are closed to hikers until the Corral fire is controlled.

Smoke drifting over Arcata and Eureka from the fires will be moderate and continue through the week according to the North Coast Air Quality Management District. Smoke will be thickest from 1 p.m. to 5 p.m., and may pose a health risk for people with respiratory and heart diseases.

Electricity tax aimed at indoor marijuana:

Indoor marijuana growers will pay millions of dollars when Pacific Gas and Electric company begins to collect a tax on excessive electricity use in Arcata this fall. The tax, known as Measure I, will raise revenue.

Measure I will raise an estimated \$1.2 million for the City of Arcata’s general fund in its first year, according to Arcata City Attorney Nancy Diamond. It only applies to residences that use three times the average Arcata household’s yearly consumption of power.

Of the 9,500 residences in Arcata only 633 homes qualified for the tax.

The Arcata City Council blames

indoor marijuana grows for a 30 percent increase in greenhouse emissions each year from 2000 to 2006.

Each indoor marijuana grow uses an average of 10,000 kilowatt hours per year. Indoor grows are responsible for 2,279 tons of carbon dioxide emissions a year according to the Arcata City Council.

City Councilman Michael Winkler said he would like to see indoor growers shutdown their operations and leave town. City Manager Randy Mendosa said the tax could free up housing for families or students and make neighborhoods safer, according to the Times-Standard.

Compiled and written by Kevin Forestieri, Patrick Evans and Lillian Boyd. Information compiled from the following sources: Humboldt Now, The Washington Post, Fox News, Princeton Review, City of Arcata, Times-Standard, California Dept. of Forestry and Fire Protection, US Forest Service, North Coast Unified Air Quality Management District



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Program targets students interested in social justice

When Luke Cunningham decided on a transfer school, something about Humboldt State stuck out to him. The natural beauty, the rugby team and the “perfect distance” from his hometown of Dixon, Calif. Above all, he will be one of the first students to enroll in the new criminology major at HSU.

release from the HSU Senate committee, the major is a “growing field” with “high and expanding student enrollments in similar programs at other CSU campuses.” The release goes on to say that the major will have “a clear link to HSU’s Vision including our claims to ‘be the campus of choice for individuals to seek above all else to improve the human condition.’” The major is predicted to have an enrollment of 180 in 5 years from the time of launch.

One benefit of having the program at HSU, he said, is that it is helpful for criminologists to know the area that is local to them and that any experience at the college level is valuable for someone who decides to enter his field of work. "We need the expertise," he said.

Students should be aware that there is a difference between criminology and criminal justice, and it is easy to confuse the two. The people who designed the program want to make it very clear that this major is designed to stand apart from a traditional criminal justice curriculum.

"It's not a criminal justice major," Meisel said, "Criminology has its roots in sociology." He said that the field of criminology is very interdisciplinary, with a strong emphasis on critical thinking

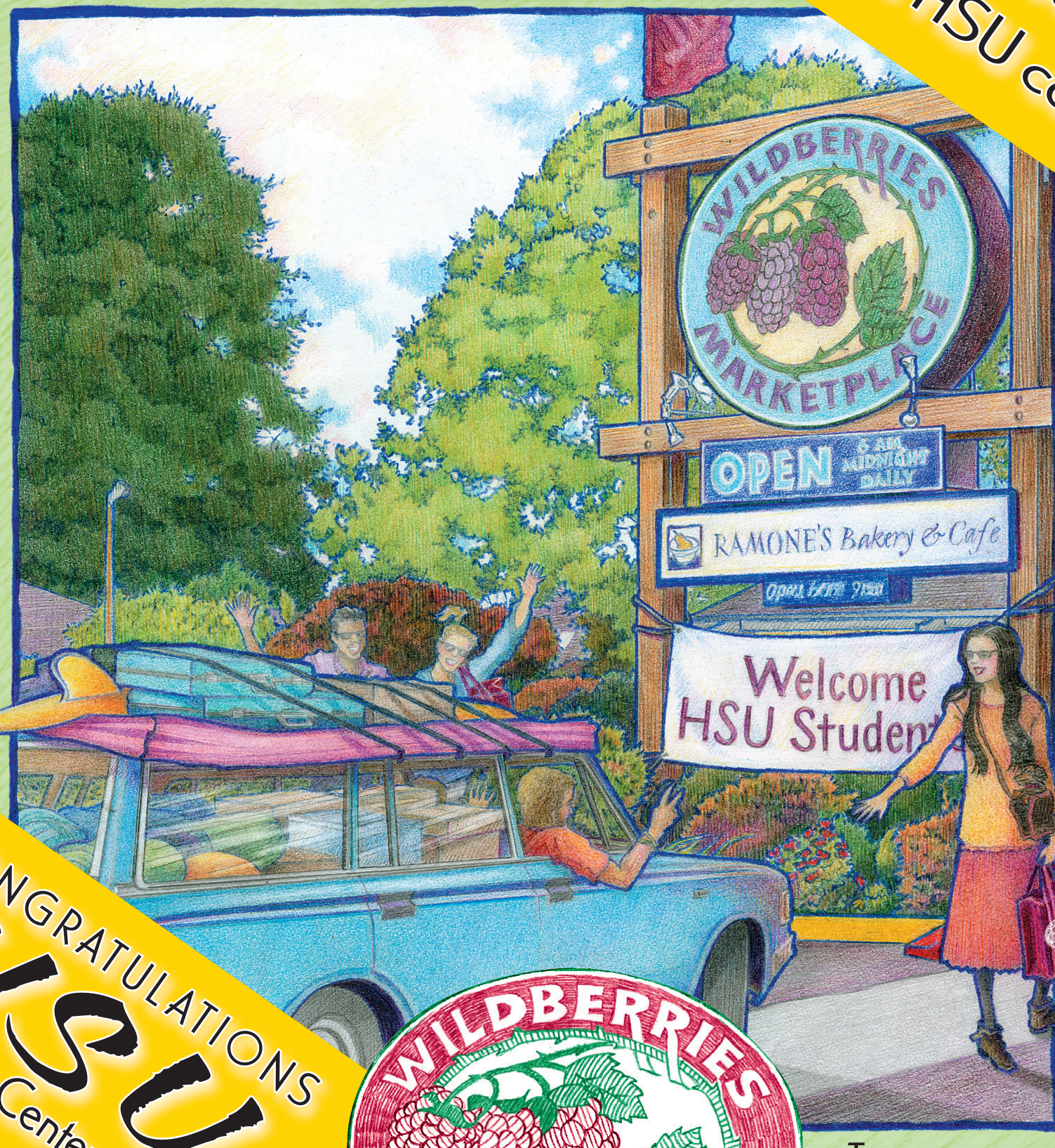


people may follow after graduation, including the potential to work with non-governmental organizations, community outreach projects and advanced degrees in law and teaching.

Meisel said there are a variety of different trajectories

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from the HSU campus!



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Empty seats for the student elite

Student body at risk of being silent majority

by Diover Duario

More than 45 active committees dictate everything from the food you eat to the tickets you buy at Humboldt State. Despite an extensive catalog ranging from intercollegiate athletics to energy independence these committees often struggle to find adequate student representation. “Sometimes there is a challenge in getting enough students to fill these positions,” University Senate chair Noah Zerbe said. Indeed, more than half of the campus committees still lack student representation. Jerry Dinzes, an Associated Students at-large representative and member of the University Center Board of Directors, is concerned with the lack of urgency in student involvement. “Even last year if you were looking at the same roster in April there


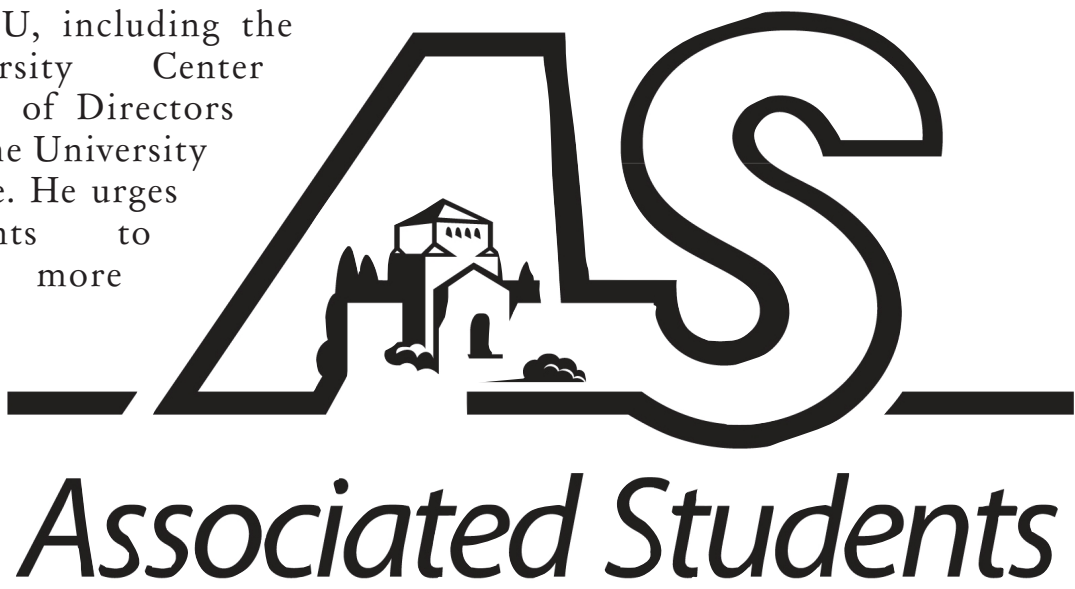
would have been tons of vacancies,” Dinzes said. “The sooner students are on these boards, the sooner we can drive policy and change on the campus level.” While some committees influence HSU through awareness like Sexual Assault Prevention Committee and others like CenterArts and AS Presents organize shows and campus events, some seldom require community presence to directly affect students. According to the 2013-2014 Associated Students Committee Handbook, the University Senate’s Integrated Curriculum Committee (ICC), for instance, “is charged with the careful consideration and deliberation of all academic planning and curriculum matters.” They deliberate on course rotation, degree requirements, unit requirements and,

like the vast majority of campus committees, with consideration to the school’s fiscal status. They then recommend a course of action “in the best interest of the university-wide community” to the administration based on the situation. When the budget is tight and courses must be cut, the University Senate turns to the ICC for answers. A student representative has yet to be appointed. Associated Students president, Jacob Bloom, sits on 11 different committees at HSU, including the University Center Board of Directors and the University Senate. He urges students to get more

involved on campus. “There’s a committee for pretty much anything and everything you could ever be interested in,” Bloom said. “The bottom line is everything changes when there’s a student in the room because all of a sudden there’s somebody who is going to be directly affected by the decision that’s going to be made.” Dinzes claims that paramount to the AS agenda this year is increasing student body awareness and influence

on HSU policy decisions so that students can benefit from their own investment. “Right now what education really needs is more fight,” Dinzes said. “Whatever we’re doing now and whatever we’ve done in the last 10 years is not working well enough.”

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New funds offer little for HSU employee salaries

Why the CSU general salary increase is not enough

By Kevin Forestieri

New funds and a break from budget cuts means the California State University finally has new money to spend, and with it comes a salary increase for almost all CSU employees. CSU employee unions say the increase is too small, however, and is a drop in the bucket in the effort to bring employee pay to where it needs to be.

From the \$125.1 million in new state funds, the CSU system is setting aside money to increase faculty and staff salaries by 1.2 percent, the first general salary increase since 2007. The salary increase pales in comparison to an overall 12.35 percent loss of buying power and would need to be 10 times higher to catch up to inflation. Between inflation, a furlough year and the possibility that employees will have to pay more into their health care, CSU employees are not likely to see the benefits of the new spending measures.

At the CSU Board of Trustees meeting last July, Mary Kay Statham-Doyle, president of the Academic Professionals of California, urged the board to consider a greater increase to employee salaries. "Please don't be patronizing to these hard-working and dedicated university employees,"

Statham-Doyle said. "I hope that Chancellor White realizes that the CSU staff and faculty need meaningful salary increases rather than a handout of pocket change."

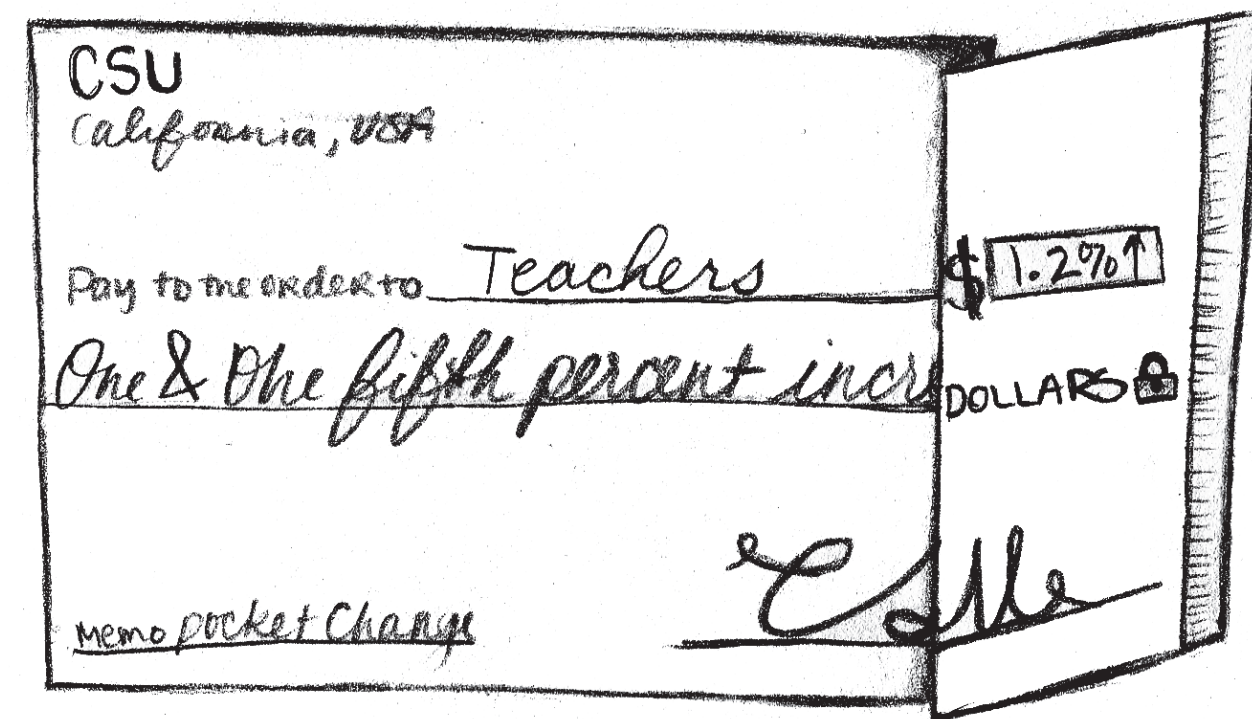
The APC is a union that represents 2,300 CSU employees that offer student services. Virtually all CSU employees that deal directly with students, from advisors and counselors to financial aid workers, are represented by the Academic Professionals of California. John James, the vice president of the Academic Professionals of California, said the employees they represent are happy to see

"I hope that Chancellor White realizes that the CSU staff and faculty need meaningful salary increases rather than a handout of pocket change."

— Mary Kay Statham-Doyle, president of the Academic Professionals of California

no new student fee increases but have struggled with their stagnant salaries and a furlough year from 2009 to 2010.

"Actual wages dropped 9



percent during the furlough year, and it took some employees two years to come back from that," James said.

Chris Guillen, transfer and graduation counselor at HSU, said that the furlough year was a solution to big budget cuts to the CSU system and that the alternative was layoffs to employees. During the furlough year CSU employees had to work less and take a reduced salary. Employees would take a few days off each month for a year or work 10 to 11 months out of the year. Guillen said that some positions have not reverted back from the furlough year and employees are still feeling the effects of it.

James said the proposed pool of money to increase salaries ended up lower than expected. In November of last year, the CSU Board of Trustees said the employee compensation pool would be \$86.3 million, but the number dropped and by March it was down to \$38 million.

The Academic Professionals of California, while disappointed with the low salary increase, is also worried about what the Board of Trustees calls a "modest" increase in health care benefits costs that are deducted from employee salaries. "This is a big concern for us," James said. "What is a 'modest' increase?"

Guillen said that whenever

general salary increases are proposed, the CSU has the option to change clauses in contracts. This means things like health care contributions by employees are put back on the bargaining table.

Guillen and the CSU employee unions had a critical response to the low salary increase. They say it is a start, and a good sign that the state is investing more in its schools. "I'm happy to see more funding to the CSU system," Guillen said, "but we're by no means out of the hole yet."

Kevin Forestieri may be contacted at thejack@humboldt.edu

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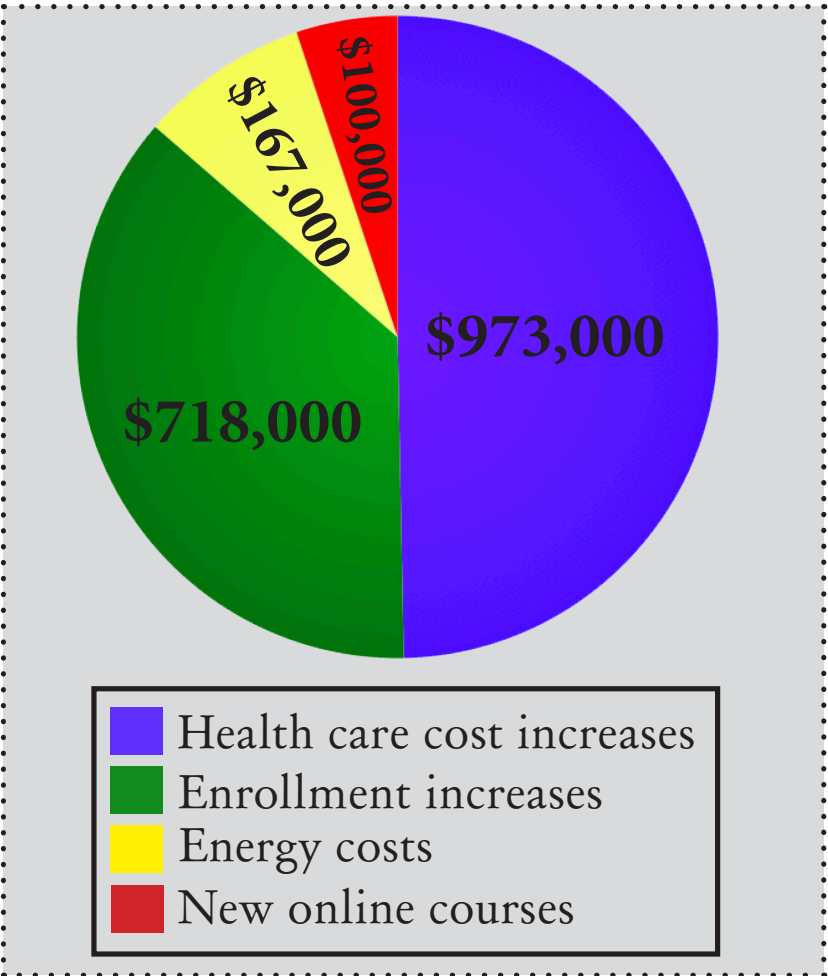
New CSU funds to offer online courses and higher enrollment

By Kevin Forestieri

After years of budget cuts, California State University will see millions in new state funds. While the Board of Trustees sectioned off most of the money to play “catch up” with past spending cuts and increased costs, one third of the funds will go toward increased enrollment and more online courses for students across all CSU schools.

Governor Jerry Brown signed the 2013-2014 budget last June, giving the CSU system \$125.1 million in new funds. The CSU Board of Trustees had a clear breakdown of what they wanted to do with the money as early as March, and set aside 31 percent of the funds to go into what they call “Student Access and Success.” This includes more online courses for students, a \$10 million investment to increase course availability for classes required to graduate and increased student enrollment. The remaining 69 percent of the new funds will go into mandatory courses and employee compensation.

The new funds will offer different types of online courses that range from partially to fully online. Erik Fallis, the CSU media relations manager, said students will see an increase



in flipped classrooms where the lectures are done online and the practical, hands-on portion are done on campus, as well as hybrid courses where elements of the class are done online to augment the course.

Jerry Dinzes, at-large representative of Associated Students at HSU, said that he likes the idea of courses that mix online and on-campus components, and that teacher interaction in online courses is key. “It’s good to explore different options,” Dinzes said, “and get as much student input as possible.”

Alex Hwu, associate

vice president of eLearning and Extended Education said accessibility for students is the number one priority of the new online courses. “Our goal is to provide students flexibility in completing their GE requirements,” Hwu said.

Hwu said the office of eLearning and Extended Education hopes that by spring HSU students will have the option to fulfill all GE requirements through online courses.

Fallis said many CSU campuses are experimenting with new ways to use online courses and that it is important to

keep trying things out to see what works.

“We need to look into online course strategies, and not be afraid of innovation,” Fallis said.

HSU University Spokesman Paul Mann said that of the HSU-specific funds, \$100,000 will go into the creation of six new online courses. “These are a major benefit and convenience to students who need flexible schedules because of family or job demands,” Mann said via e-mail.

Most of the funds for Student Access and Success, \$21.7 million, will go towards increasing student enrollment across all CSU schools. Fallis said that opening doors to the more than 300,000 people who applied to CSU for the fall 2013 semester is a high priority for the CSU system.

So far, \$718,000 of the new funds will go into increasing HSU’s full-time equivalent student enrollment from 7,000 to 7,151.

“We’ve seen record demand at a time where we’ve had \$1 billion in cuts,” Fallis said. “The spending is to partially address this pent-up demand.”

Though the funds will affect students the most through online courses and higher enrollment, more than two-thirds of the new state funds will go into mandatory costs and employee compensation. Fallis said while the “mandatory costs” will include things like operating and maintaining buildings on CSU campuses, this does not translate into more accessible buildings or better lighting on campus. Nearly all the money will instead go into health care costs, which the CSU system has had to pay for by cutting in other places. Employee compensation, which makes up \$38 million in new funds, will go toward a general salary increase for all CSU faculty and staff.


— Kevin Forestieri may be contacted at thejack@humboldt.edu

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August 28, 2013

Why you should avoid Amazon

Illustration by Aizik Brown

By Ryan Nakano

Let it be known, I am a spoiled middle-class college student whose parents pay the entirety of my tuition and often funnel money into my checking account to pay for my living expenses. With that said, I hate spending more of my parents' money than necessary.

This semester, like every other semester, I am on a hunt for cheap textbooks. But leave it to my highly-liberal Humboldt County morals to abandon the discounts upon discounts offered by Amazon.com Inc. this go around.

There is no doubt that Amazon boasts some of the cheapest prices for scholarly textbooks, and, well ... all books for that matter. But after reading through an article with the headline "Amazon is Worse than Walmart" from the online news-website Salon.com, I find myself caught between money and morality.

Amazon dominates the book industry, but not in the "Wow! What a great company!" kind of way.

So what makes Amazon such a horrible company?

Let's follow the money ... or in the case of Amazon, the lack thereof.

Amazon built its entire

consumer base from a loss-profit business model; sell outrageously discounted books to consumers, crush any and all "brick-and-mortar" bookstores who can't keep up, and then — like clockwork — reap the benefits of rising stock prices from Wall Street after losing millions of dollars in profit.

In its April-June quarter, Amazon reported a loss of \$7 million in profit, but the value of Amazon's shares on Wall Street keep rising.

It seems investors are willing to wait it out and reward a loss-profit business, in hopes Amazon's promising revenue growth and long-term investment goals pay out in the near future.

Meanwhile, those heavily discounted books that you and I now expect from Amazon, continue to destroy local independent brick-and-mortar bookstores who simply cannot compete.

Now, with the exception of Barnes & Noble, Amazon sits high and mighty on its throne of undervalued books as the monolith of the book industry. So much for competition.

And yet, not even a month ago, President Barack Obama gave a speech at an Amazon

warehouse in Chattanooga, Texas. speaking on "keeping our country competitive" and creating "good high-paying jobs".

Hell of a location choice if you ask me.

Amazon continues to promise the creation of at least 7,000 new jobs spread across its 17 nationwide distribution fulfillment centers.

However, good jobs at Amazon are few and far between for warehouse employees according to Businessweek.com. At \$11 an hour, employees often work temporary freelance positions and live under constant fear of sudden unemployment.

And for Amazon, hiring temporary employees greatly reduces labor costs, allowing them to hire more workers and continue to bring down prices for consumers.

Now, factor in the number of jobs that will be eliminated from smaller bookstore retailers that are forced to downsize because of Amazon and you've got an inherent contradiction.

According to Businessweek.com article "To Tout Jobs, Visit Mainstreet, Not Amazon" writer Jeff Milchen estimates for every 7,000 new workers



amazon hires, 20,000 storefront retailer employees will be out of jobs.

And once Amazon takes complete control of the book market, it will only be a matter of time before we see book prices spike, including those burdensome textbooks.

So what does this mean for you, the poor college student

just looking to buy cheap textbooks?

Look elsewhere.

Supporting Amazon is like supporting Walmart.

If you came to college to make a difference in the world, you can start by making smart and ethical consumer decisions. Support your local

Ryan Nakano be contacted at thejack@humboldt.edu

Ryan's Textbooks: Bookstore vs. Amazon

JMC 318: Media Effects Research 4th Edition:

Bookstore:

New: \$144.50 Used: \$108.50

Amazon:

New: \$79.00 Used: \$70.90

JMC 332: Ethics and the Media

Bookstore:

New: \$29.99

Amazon:

New: \$22.96

PSYC 324: Fundamentals of Cognitive Psychology Ed2

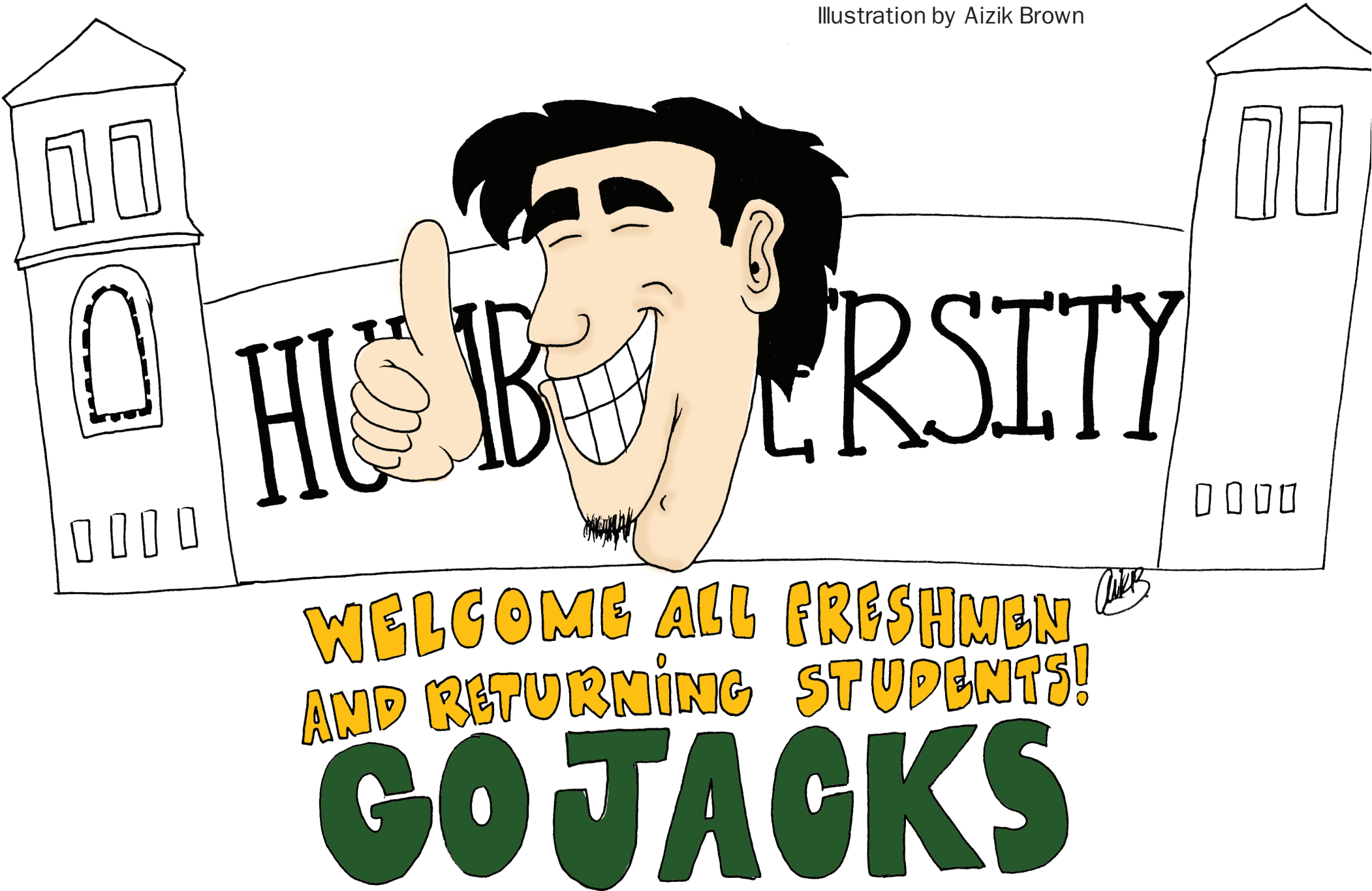
Bookstore:

New: \$88.00 Used: \$66.00

Amazon:

New: \$55.80 Used: \$46.62

Illustration by Aizik Brown



What I learned from studying abroad

By Jessica Renae

You discover many things when you travel: strange cities, interesting foods, different situations, new friends, a new way to live ... but most importantly you find an open window into yourself, and opened eyes to the world around you.

Only 1 percent of American college students study abroad each year, according to the international education organization, Connecting Our World. To think, only 1 percent of educated youth go beyond the walls of their classrooms to learn about the world without the use of textbooks and lectures. As students we learn about language, politics, sociology, and geography. We are taught communication, teamwork, problem-solving, and yet we only seem to demonstrate our knowledge through tests.

The University of Wisconsin-Madison and the study abroad program, SIT, cite countless benefits of studying abroad. There is the obvious improvement in foreign language skills and the added factor of job competitiveness that students gain by studying abroad.

Even First Lady Michelle Obama promotes study abroad programs and cultural immersion as a way to help grow American society. Mrs. Obama emphasizes study abroad as a way to make America stronger by projecting a positive image of America to the rest of the world through building friendships and trust overseas.

By opening our minds and creating a stronger sense of self and purpose we can in turn build a stronger foundation for our community. Travel blogger, David Mansaray, associated travel as a

form of self-growth. When we find ourselves in new environments our strengths and weaknesses are more easily revealed to us so that we might discover things about ourselves we never knew before.

Before Paris, I believed I was already an independent individual because I did not live with my parents anymore, did my own laundry and cooked my own food. Yet the ability to be responsible with your own tasks is a seemingly shallow and false definition of independence. I still rely on friends, roommates. In France, those stems of support were no longer around for me. I lived in a tiny dorm among strangers whose language and community I was unfamiliar with and my parents were time zones away. I was forced to finally be self-reliant.

Every day I spent in Europe came as a challenge to me. I faced everything from asking directions to flying from country to country alone. But each time I overcame an obstacle, I found a certain confidence I did not have before studying abroad. Now, I finally feel confident enough to tackle any problem I have on my own.

The thing is we need to get out of our comfort zones, be in new situations and test ourselves. Travel is essential, be it for study, work, leisure or personal growth. We gain new insights into other countries, other people and ourselves when we break boundaries and explore.

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



All images provided by Jessica Renae

Tips for studying abroad:

1. Make a copy of all of your important documentation before leaving, such as passport, visa and bank cards.
2. Learn basic phrases of the country you will be in, like bathroom, transportation or common greetings.
3. Blend in to your host country! Try not to draw too much attention to yourself when in public by minimizing your English-speaking and following local social behaviors.
4. Pack lightly! When traveling it is better to take less clothes with you and pack more for versatility than stuffing your suitcase full of your favorite shoes. A good mix of clothing for all weather types and coordinating colors is best.
5. Make a list of destinations you want to see but do not make it a point to visit every single tourist spot. Spend more of your time getting to know the culture by visiting local coffee shops, parks or bars. You will get a better feel for the way of life where you are if you sip an espresso in a café rather than if you scurry through the crowded atmosphere of a cathedral.

EDITORIAL

Over the summer, the Arcata city council voted to enact city ordinance 1431, which effectively restricts smoking in certain public and private areas within city limits.

If the city council feels so adamant about clearing the air in Arcata, then why does it feel like they are blowing smoke up the ass of every citizen with this new city ordinance?

Under section 5073 Smoking Prohibitions, smoking of any kind will be prohibited within “Downtown Arcata” which apparently runs from Seventh Street to 11th Street, and J Street to Highway 101.

Is it any coincidence that downtown Arcata seems to be the most densely transient populated area in town, many of whom smoke cigarettes and/or marijuana?

In 2010 the Arcata City Council tried to ban panhandling in the plaza and other areas around town. And what do you know? A superior court judge threw out most of the ordinance, deeming it unconstitutional.

There is a definite fear that the latest smoking ban ordinance will selectively target the lower-class transients of Arcata. And if this is the case, we are no longer dealing with a health concern, but a class war.

Time after time smoking bans are proposed and voted in, but in the end they always seem too hard to enforce.

The ordinance also prohibits smoking on “unenclosed; exclusive-use private balconies, porches, decks and patios” within multi-unit residential complexes.

individuals can rightfully use them?

If citizens can no longer even light up a cigarette on their “exclusive-use private balcony,” where can they smoke?

Maybe somewhere wide-open, somewhere completely unenclosed where smokers could enjoy their personal right in peace

Marsh and Wildlife Sanctuary, including adjacent parking areas.”

And these are just a few of the prohibited areas listed.

Is it really in our best interest to spend taxpayer money on limiting the personal freedom of Arcata’s citizens?

Let’s not forget, Arcata is a college town.

And as college students, we are constantly reminded of the responsibilities that come with personal freedom.

Smoking is not only legal but a personal freedom we as citizens are granted after the age of 18.

With that said, it is the responsibility of the smoker to be conscience of his/or her actions and how they affect and are received by non-smoking individuals. It is not, however, the responsibility of the city police to enforce such a relationship.

For those who choose to smoke, please, be mindful of your surroundings. Know that while you have the right to smoke, others have the right to breathe relatively clean air.

And then maybe, just maybe, the Arcata City Council would have no excuse to unanimously vote in such a silly city ordinance.



Essentially, smokers living in multi-unit residential complexes will be forced to forfeit their personal right even within the privacy of their home or rented apartment.

Have residential balconies become so private and so exclusive that not even smoking

and non-smokers could easily avoid lingering in the harmful toxins of their secondhand smoke.

Unfortunately, under section 5073 L of the ordinance, “smoking shall be prohibited within Bayside Farm, the D Street Linear Park, the Arcata Community Forest, and the Arcata

Illustration by Maddy Rueda

The Lumberjack Submission Policy

Send submissions to Opinion Editor Ryan Nakano at rmg83@humboldt.edu

Include “Attn: Opinion” in the subject line for email 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 and class standing.

We also welcome cartoons, spoof articles and other items.

Send letters to the editor to thejack@humboldt.edu

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

Letters to the editor may not exceed 350 words.

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

All letters and 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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August 28, 2013

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Center Arts

PRESENTS

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2013/2014

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friday
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tuesday
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BALLET



thursday
9/12/2013



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thursday
9/19/2013



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monday
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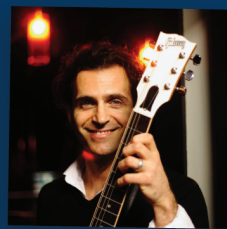
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sunday
12/8/2013

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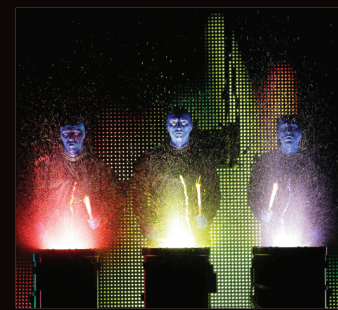


Ani DiFranco

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tuesday
3/4/14 & **wednesday
3/5/2014**

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LINCOLN CENTER ORCHESTRA
with

Wynton Marsalis

thursday
3/6/2014



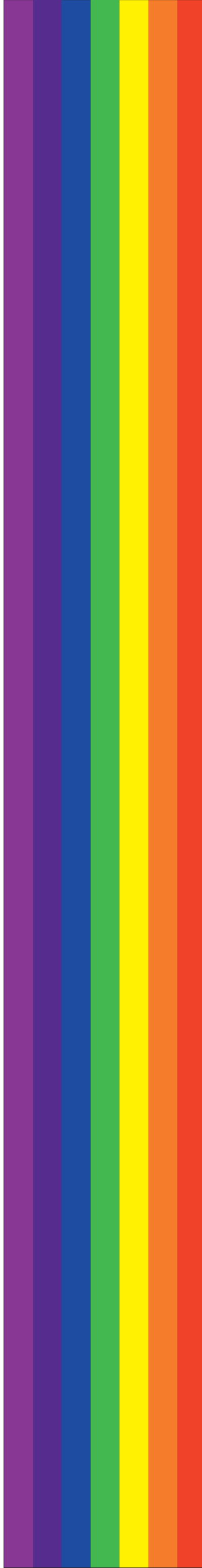
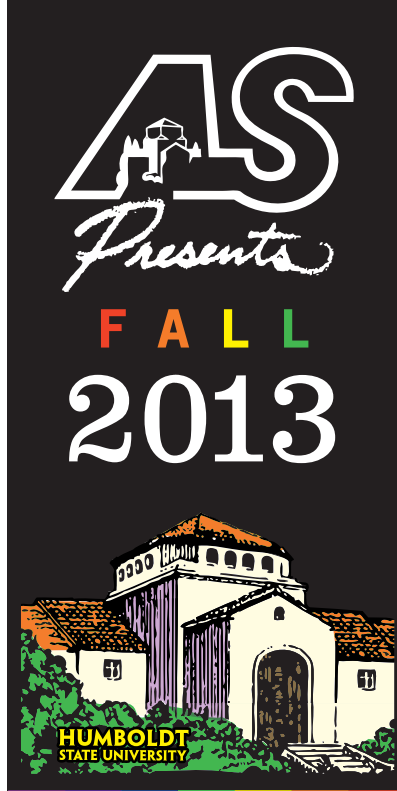
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STATE UNIVERSITYAll shows at 8pm in
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8•28

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DEERHUNTER

with **LONNIE HOLLEY**

10PM • THE DEPOT



thursday

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GROUNDISLAVA

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wednesday

9•18

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9PM • KATE BUCHANAN ROOM



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12•06

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NAOMI KLEIN

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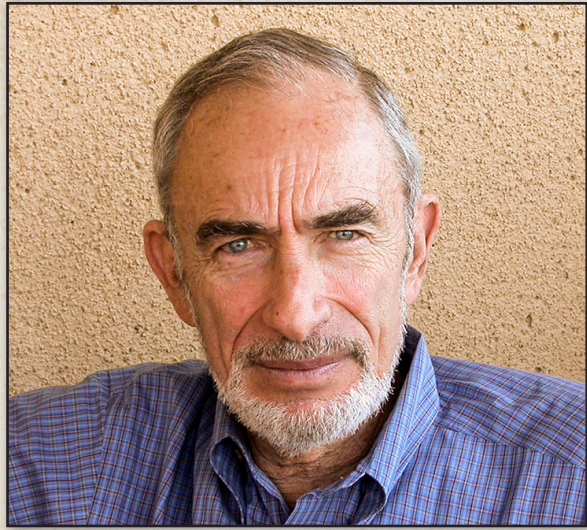
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HSU Centennial Speakers Series

Special events highlighting Big Ideas in celebration of HSU's 100th birthday!



Paul Ehrlich

Tuesday, October 1 • 7pm

Author of *The Population Bomb* and an American biologist and educator, Paul Ehrlich is the Bing Professor of Population Studies in the Department of Biological Sciences at Stanford University.

**Sponsored by HSU's
College of Natural Resources & Sciences**



Peter Singer

Friday, October 25 • 7pm

Considered one of the most influential contemporary philosophers alive today, Peter Singer is internationally known for his books *Animal Liberation*, *Practical Ethics*, *The Ethics of What We Eat* and *The Life You Can Save*.

**Sponsored by HSU's
College of Arts, Humanities & Social Sciences**



Naomi Klein

Friday, December 6 • 7pm

Naomi Klein is an award-winning journalist, syndicated columnist, and author of the New York Times and #1 international bestseller *The Shock Doctrine: The Rise of Disaster Capitalism*.

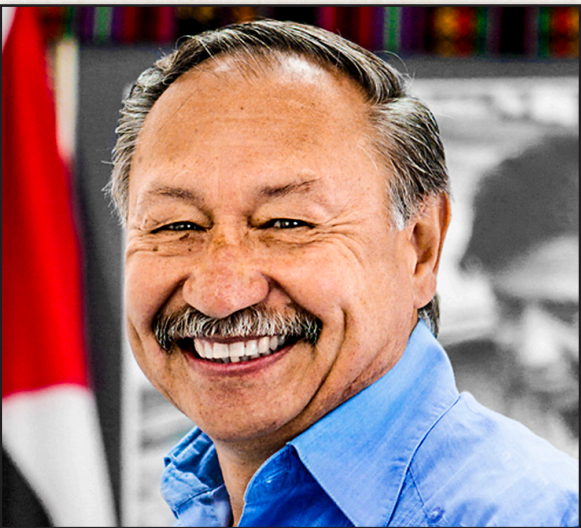
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Michael Eric Dyson

Tuesday, February 18 • 7pm

Michael Eric Dyson eloquently melds scholarly insight with the phenomena of contemporary culture. His popular books such as *Come Hell or High Water: Hurricane Katrina and the Color of Disaster*, and *Can You Hear Me Now?* deeply probe social themes and cultural politics.



Arturo S. Rodriguez

Monday, April 14 • 7pm

Arturo S. Rodriguez is the second president of the United Farm Workers of America. Rodriguez became UFW president in May 1993, after Cesar Chavez' death and has successfully carried on the work of the union's legendary founder.

**Sponsored by HSU's
College of Professional Studies**



James Balog

Chasing Ice Live!

Wednesday, April 30 • 7pm

A decorated photographer, avid mountaineer and climate change researcher, James Balog is the founder of the Extreme Ice Survey (EIS), the most wide-ranging photographic study of glaciers ever conducted.

**Sponsored by
Emerald City Laundry**

There is an admission charge for Naomi Klein, Michael Eric Dyson and James Balog. While there is no admission charge for the other lectures in the Centennial Speakers Series, tickets are required and are available at the CenterArts Ticket Office. Series events are at 7pm in HSU's Van Duzer Theatre.

**For more information, please call 707-826-3928
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FEATURES

HSU knows how to throw a party

Continued from page 1

on it.” Norton sells his jewelry at local shops and at Humboldt Hardware on consignment. “It’s how I get to eat,” Norton said. Berit Meyer, an HSU alumna, volunteered to give away 5,500 cookies and cupcakes at the event. In 1981 Meyer graduated with a bachelor’s degree in wildlife. In that same year, she became owner of Ramone’s Bakery and Cafe, which has locations in Arcata and Eureka. In her 32 years as owner of Ramone’s, Meyer never faced an order this big. “We didn’t know how much space we’d need [to store them],” Meyer said. Meyer and her employees arranged

the treats on baking sheets and put them inside a walk-in freezer a week before the party. The night before the celebration, Meyer and her employees took the cookies and cupcakes out of the freezer so they would be ready for the event. In attendance was Mary Anne Ioelu, whose father graduated from HSU in the 1930s. “That’s my dad,” Ioelu said pointing behind HSU President Rollin Richmond. Her dad and a dozen other students from the 1930s were shown in a banner depicting HSU’s earlier years. “I didn’t know that picture existed,” Ioelu said. Her father is Paul Ely, who at one point served as mayor of Arcata.

Ioelu was born and raised in Arcata. Although she did not graduate from HSU, she did marry someone who did. Her husband is now recognized as a golden graduate — an alumnus who graduated more than 50 years ago.

————— Dennis Lara-Mejia may be contacted at thejack@humboldt.edu

Bottom left > Children singing happy birthday to commemorate Humboldt State’s 100th centennial. | Sebastian Hedberg



The Marching Lumberjacks marching towards the stage at Humboldt States 100 year birthday celebration last Saturday. | Sebastian Hedberg



Striped Pig Stringband | Sebastian Hedberg

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ARCATA – NORTHTOWN - 18TH & G
ACROSS HSU FOOTBRIDGE 825-7400



Dorm-friendly classic Macaroni and Cheese

All ingredients are available at The Giant’s Cupboard or The College Creek Marketplace.

Béchamel:

- 2 cups whole milk
- 4 tablespoons unsalted butter
- ¼ cup all-purpose flour
- 1 tablespoon kosher salt



Delicious Mac and Cheese by Lillian Boyd | Photo by Ryan Nakano

To assemble:

- ½ pound elbow macaroni
- 1 ½ cups shredded sharp cheddar cheese
- ½ cup shredded Pecorino Romano cheese
- 1/3 cup bread crumbs

Recipe provided by Chow.com

1. Preheat oven to 400 degrees.
2. Heat the milk in a saucepan over medium heat until it simmers. Turn the heat off and set aside.
3. In a large saucepan, melt the butter over medium heat. Whisk in flour constantly until the mixture turns light brown (about 3 minutes). Remove from heat.
4. While whisking, slowly add hot milk to flour mixture until evenly mixed and smooth.
5. Return saucepan to medium heat while whisking. Cook until the sauce thickens (about 3 minutes). Stir in salt. Remove from heat and set aside.
6. Boil heavily salted water in a large pot over high heat. Add pasta and cook until al dente. Drain and rinse with cold water and set aside.
7. Place saucepan of béchamel over medium heat and stir in both cheeses until melted and smooth. Add pasta and continue cooking and stirring (about 4 minutes).
8. Transfer to a 5-quart baking dish, sprinkle with bread crumbs and bake until bubbling and brown on top (about 25 minutes).




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Arcata munch manual

by Eli Rohl

If you’ve spent your post-secondary education at Humboldt State but haven’t left Arcata (or just eat all your meals at the J), you’re missing out on one of the best parts of Humboldt County — the food. Check

out these dining options next time you don’t feel like eating soggy chicken or sticking a Hot Pocket in the microwave. You have to drive to some of them, but if you’ve got an evening to spare they can be well-worth the adventure.

Humbrews

— They’ve got a selection of beer from all the local breweries, killer pub food, they put sports on a projector and they’re a music venue. Find out when the next Soul Night is and go see what’s what.

Folie Deuce

— Expensive but allegedly delicious food. Rumor has it that Natalie Portman ate there over the summer, so your chances of running into her there are probably higher than the odds of running into her at any other place on this list.

Arcata Pizza & Deli

— Don’t let the name fool you; they’re actually a deli first and a pizzeria second, not the other way around. Get a slice or get a pie, grab a spicy chicken club or go for the gold and get the soup du jour — the choice is yours.

Arcata Scoop

— Organic, all-natural ice cream. Delicious flavors. Non-dairy sorbets for the lactose-indifferent. A dedicated and cult-like following (I go three times a week or more).

Three Foods Cafe — Smaller portions, a quirky menu and great food on a budget. An awesome lunch choice.

Renata’s Creperie — If you’ve never had a crepe, they’re super-thin pancakes that have tasty stuff rolled into them. Renata’s serves both sweet (fruity and sugary) and savory (heartier, with veggies, cheese, meat, etc) crepes.

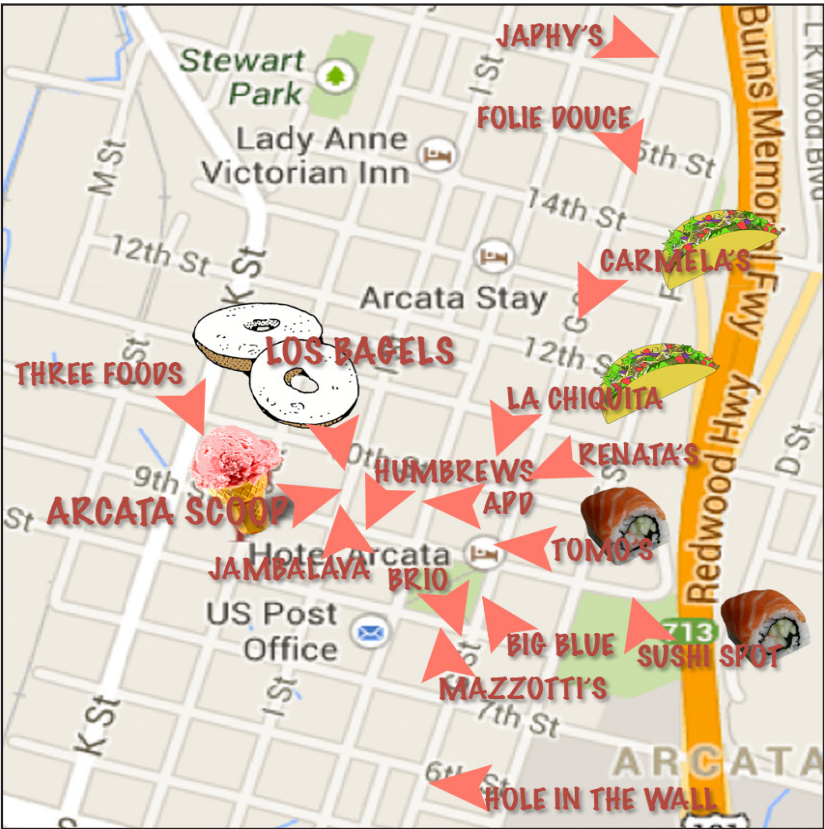
La Chiquita Taqueria — If you want to be served great Mexican Food by the baddest dude around, go here. 1) They’re delicious. 2) Esteban — the guy behind the counter — fended off a would-be gun-toting robber out of the store and down the street with a kitchen knife.

Cafe Brio — Local bakery and cafe that serves desserts, coffee and breakfast/lunch food, with dinner service on the weekends.

Big Blue — The local come-in, sit-down diner. It gets packed despite its fair number of tables. If you’re looking for brunch, this is your reliable standby. French toast, omelets, pancakes, sandwiches ... You get the picture.

Los Bagels — “Bagels aren’t Mexican food,” you said. You’re half right, but you’ll just have to go to Los Bagels to figure out that this cross-cultural bagel cafe has a few more tricks up its sleeve than that place back home.

Graphic by Maddy Rueda



Carmela’s — Mexican food at the top of G Street across from Wildberries. Burritos the size of newborns and margaritas that just don’t seem to run out.

Hole in the Wall — Yeah, it’s about \$8 for a sandwich, but you’ll skip your next meal because of it so it’s actually pretty cheap. Bring cash to the Arcata location — they don’t take credit, debit or checks.

Tomo’s — Sushi and Japanese food in a convenient location with an abundance of saltwater fish tanks to stare at while you dine. There’s also seating at the sushi bar.

Japhy’s — Winter is coming™; when it gets here, you’re going to need soup. Lots of it. This is probably where you’ll be going for a quick and hearty meal of broth, noodles and soupy bits.

Sushi Spot — Not much space or many tables, but when you only do one thing, you tend to do it pretty well.

For a complete list check online at www.thelumberjack.org

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7 things to do your first week at HSU

By Dennis Lara-Mejia

Take a Hike - Do you have an urge to go out and explore? Look no further than your own backyard. The Arcata Community Forest, at 14th and Union Street, offers 19 trails to choose from at varying difficulties. Follow one of these trails and be taken aback by the towering height of the mighty California Redwood. Take a few old friends to catch up with or get to know some of your new roommates.

Go to an AS Show - This semester, Associated Students Presents invited

big names to perform at HSU: Flume, Deerhunter, Groundislava, and Gold Panda. Get ready to go hard because three of these shows are scheduled back-to-back during the first week of school. Students can purchase tickets online or from the University Ticket Office for \$5. So you are guaranteed a good time for next to nothing.

Arcata Plaza Farmers Market - On Saturday mornings the Arcata Plaza transforms into a gathering place for farmers, students and local musicians. For freshmen and transfer

students, this is a perfect introduction to the Arcata way of life. The farmers market starts at 9 a.m. and goes until 2 p.m. every Saturday from now until November. There are also food vendors surrounding the statue of President McKinley. Make sure to try the mashed potato in a waffle cone.

Do Something New - A new semester means it is time to kick an old habit and reinforce a new healthy behavior. Do you feel out of shape after the summer? How about running laps around Redwood Bowl? If you find it hard to turn your work in on time, give yourself extra time to meet your deadlines. Make this your best semester starting today.

Get a Bike - A good thing about living in Arcata is that most things are within walking distance,



Flower vendor at Arcata farmers market | Dennis Lara-Mejia

but your legs can only take you so far. Getting a bike will motivate you to be active and visit places like the Arcata Marsh, Ma-le'l Dunes or even going down the 101 south to Eureka. You can expect your butt to be firm after all that riding.

Join a Club - If you're the kind of person who spends afternoons alone scrolling through Tumblr, you should try spending that time with other students who share your interests. These people hang out in groups called

clubs. And you can find more information about clubs by visiting the Club and Activities Center. HSU has more than 180 clubs, so you are sure to find others who share your love for Quidditch. Yes, we have a club for that.

- Dennis Lara-Mejia may be contacted at thejack@humboldt.edu



The Arcata community forest is a great place to visit while in Arcata. | Photo by Sebastian Hedberg

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Wildlife major breaks into the realm of fantasy

by Dennis Lara-Mejia

Humboldt State wildlife major Vincent Gonzalez poured his imagination onto a piece of paper eight years ago in a middle school English classroom. Gonzalez, an avid reader of fantasy novels, was inspired by T.A. Barron’s series “The Lost Years of Merlin.”

“After reading [Barron’s] series I found myself saying, ‘Man, I wish this or that would’ve happened,’” Gonzalez said.

Gonzalez spent the next eight years writing his own story — “The Tapestry of Life: The Lost Prophecy.” “The Tapestry of Life” is a coming of age story about Urnarld, a young girl who becomes aware that only she can save her island homeland Fralork. It took Gonzalez four drafts until he had the story completely polished.

“I wanted to try something different,” Gonzalez said. “Usually when fantasy novels are written, male authors use male protagonists.”

He saw himself as a scribe for the protagonist.

“This is her story to tell,” Gonzalez said. “I just sit down and write it for her.”

Gonzalez’s multi-racial upbringing influenced his work.

“I’m half Lakota and half Cuban,” Gonzalez said. “I grew up in a Native American household. In it, I was taught that family was important — looking out for one another is important to survive.”

Lonynx, Gonzalez’s advisor at the Indian Natural Resource, Science and Engineering Program, said Gonzalez works hard as a student.

“It first started out as a short story in middle school, then I kept adding on to it and it got longer,” Gonzalez said. “I would tell people that I was going to write a book but no one believed me.”

Many hours of practice were put into improving Gonzalez’s skill as a writer. He always wrote for fun as a hobby, but now he needs to write for an audience and have their interest in mind.

Gonzalez’s sent packages containing his novel to 30 publishers throughout his junior year.

On trips to meet with his EOPS advisor Rama Rawal, Gonzalez would talk about the status of his book to her.

“After talking about his academics, I would ask him how far along he was at getting it published; he’s tenacious,” Rawal said. “Not only is [Gonzalez] a science major taking challenging courses — he also works and is doing internships. It’s admirable that a science major could pull through that all.”

After being turned down by 30 different publishers, Gonzalez heard back from someone interested in publishing his book: Sarah Book Publishing.

“I learned to be patient. A lot of people would be discouraged by hearing no that many times, but I wasn’t,” Gonzalez said. “I wanted to prove that I could actually get my work out there.”

Since March, his book





Vincent Gonzalez holding his first novel “The Tapestry of Life-The Lost Prophecy” | Photo by Dennis Lara-Mejia

“The Tapestry of Life: The Lost Prophecy” has been available on Amazon, Barnes & Noble and digitally on the Kindle bookstore.

Gonzalez is currently trying to get his book sold

at the Humboldt State Bookstore, and hopes to have a sequel published by next summer.

— Dennis Lara-Mejia may be contacted at thejack@humboldt.edu



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SPORTS

Karving up a new season

Paul Karver new women's soccer coach

By Eduardo Barragan

After 12 years of sharing a coach, Humboldt State hired two separate coaches for the men and women's soccer teams. Now, the women can focus on winning with the intense direction of their new coach Paul Karver.

After the hazing investigations last season, the women's team suffered a three-game suspension. Their coach, C.J. Johnson, stepped down at the end of the season to pursue another coaching opportunity.

Student athlete Carissa Chase is a returning sophomore for the women's soccer team and she thinks this season will be positive in comparison to the last.

"The team feels like a team should. He makes everyone feel important. We're all a part of this team and he makes time for all of us individually when a joint coach couldn't do that having to deal with two separate teams," Chase said.

Karver's experience with soccer started in college. He played two years with Creighton University in Nebraska's Division I league and lost a championship to Ukraine as a freshman. He also played in Division 3 for the University of Redlands in Southern California.

However, Karver did not think about being a coach until a shoulder injury ended his soccer playing career.

Humbled by his injury, he was mentored and assisted with coaching at University of Redlands while achieving his Master's degree. Born and raised in Oregon, Karver also landed an assistant coaching position at the state's University. Thereafter HSU Athletics picked him to be the fourth coach in HSU



New female soccer head coach Paul Karver. | Eduardo barragan

Women's Soccer history.

Karver has coached the team these women through eight training sessions so far.

"These fantastic women work hard and want to achieve," he said. "I want to achieve. Their dedication and determination makes it easy to wake up at 4:45 a.m. to be in the office by 5 a.m."

"The team should be about family and putting the people around you before yourself," Karver said. "If there is a broken link in a chain it

will not hold, so in everything we put each other first."

The women's soccer dedicates six days out of the week to soccer. Monday is a rest day while the other days consist of practice, traveling and games.

Sophomore transfer student athlete Lindsey Millen is excited to have a new coach.

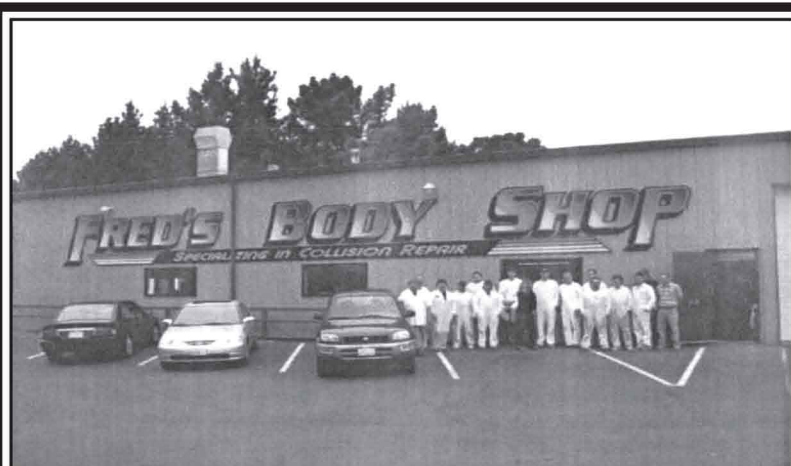
"Coach Karver brings high intensity, he motivates us and I think we're headed in the right direction," Millen said. "I have high

expectations for us this season."

Returning athletes like sophomore Angel Gossé agree that Coach Karver is leading them in the right direction.

"With his help we'll definitely play better this time around," Gossé said. "The team was so used to the old routine and it started to be more laid back. Coach Karver brings an intense energy and I think we'll be good."

Eduardo Barragan may be contacted at thejack@humboldt.edu



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9/9/13 12:30 P.M. DOMINICAN UNIVERSITY OF CALIFORNIA SAN RAFAEL, CA
9/13/13 3 P.M. CCAA CALIFORNIA STATE UNIVERSITY MONTEREY BAY SEASIDE, CA
9/15/13 2 P.M. CCAA SAN FRANCISCO STATE UNIVERSITY SAN FRANCISCO, CA
9/20/13 12:30 P.M. CCAA CALIFORNIA STATE UNIVERSITY EAST BAY ARCATA, CA COLLEGE CREEK FIELD
9/22/13 11:30 A.M. CCAA CALIFORNIA STATE UNIVERSITY, STANISLAUS ARCATA, CA COLLEGE CREEK FIELD
9/27/13 7 P.M. CCAA UNIVERSITY OF CALIFORNIA, SAN DIEGO LA JOLLA, CA
9/29/13 2 P.M. CCAA CAL POLY POMONA POMONA, CA
10/4/13 12:30 P.M. CCAA CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS ARCATA, CA COLLEGE CREEK FIELD
10/6/13 11:30 A.M. CCAA CALIFORNIA STATE UNIVERSITY, LOS ANGELES ARCATA, CA COLLEGE CREEK FIELD
10/11/13 12:30 P.M. CCAA SAN FRANCISCO STATE UNIVERSITY ARCATA, CA COLLEGE CREEK FIELD 10/13/13 11:30 A.M. CCAA CALIFORNIA STATE UNIVERSITY MONTEREY BAY ARCATA, CA COLLEGE CREEK FIELD
10/18/13 3 P.M. CCAA CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO SAN BERNARDINO, CA
10/20/13 2 P.M. CCAA CALIFORNIA STATE UNIVERSITY, CHICO CHICO, CA
10/25/13 12:30 P.M. CCAA SONOMA STATE UNIVERSITY ROHNERT PARK, CA
10/27/13 2 P.M. CCAA CALIFORNIA STATE UNIVERSITY EAST BAY HAYWARD, CA
11/1/13 7 P.M. CCAA CALIFORNIA STATE UNIVERSITY, STANISLAUS TURLOCK, CA
11/3/13 11:30 A.M. CCAA SONOMA STATE UNIVERSITY ARCATA, CA COLLEGE CREEK FIELD

MEN’S SOCCER SCHEDULE:

9/5/13 11 A.M. ACADEMY OF ART SAN FRANCISCO, CA
9/9/13 3 P.M. DOMINICAN UNIVERSITY OF CALIFORNIA SAN RAFAEL, CA
9/13/13 12:30 P.M. CCAA CALIFORNIA STATE UNIVERSITY MONTEREY BAY SEASIDE, CA
9/15/13 11:30 A.M. CCAA SAN FRANCISCO STATE UNIVERSITY SAN FRANCISCO, CA
9/20/13 3 P.M. CCAA CALIFORNIA STATE UNIVERSITY EAST BAY ARCATA, CA COLLEGE CREEK FIELD
9/22/13 2 P.M. CCAA CALIFORNIA STATE UNIVERSITY, STANISLAUS ARCATA, CA COLLEGE CREEK FIELD
9/27/13 4:30 P.M. CCAA UNIVERSITY OF CALIFORNIA, SAN DIEGO LA JOLLA, CA
9/29/13 11:30 A.M. CCAA CAL POLY POMONA POMONA, CA
10/4/13 3 P.M. CCAA CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS ARCATA, CA COLLEGE CREEK FIELD
10/6/13 2 P.M. CCAA CALIFORNIA STATE UNIVERSITY, LOS ANGELES ARCATA, CA COLLEGE CREEK FIELD
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11/1/13 4:30 P.M. CCAA CALIFORNIA STATE UNIVERSITY, STANISLAUS TURLOCK, CA
11/3/13 2 P.M. CCAA SONOMA STATE UNIVERSITY ARCATA, CA COLLEGE CREEK FIELD



Mens soccer practice, 8-22 | Aaron Selig




Amber Woolcock preparing for fall season | Photo by Aaron Selig



Mens soccer practice, 8-22 | Aaron Selig

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Winningest softball coach at HSU retires

By Dennis Lara-Mejia

After 25 years of earning awards and titles for himself, the Humboldt State women's softball team and the HSU wrestling team, coach Cheek is finally ready to retire.

"There's no difference when coaching men or women," Cheek said. "The desire to win for the women is the same as it is in the men."

Cheek joined the Humboldt State family in 1969 by coaching for the Lumberjack wrestling team

and in 1977 Cheek became the NCAA wrestling coach of the year.

Before Cheek arrived at HSU, he taught at Ceres High School in the central San Joaquin Valley. In 1967, Ceres High won the number one wrestling team title in California. Ed Spears, a former athlete of Cheek's, attended HSU and called Cheek to inform him of a wrestling coach position opening up.

"Ed told me, 'you know, coach, you always told us never to say no but

to always try to better ourselves,'" Cheek said.

So Cheek relocated to Arcata with his wife Mary Lou, and began coaching the HSU women's softball team in 1989.

Twenty five years later, Cheek feels ready to walk away proud of his accomplishments at HSU.

Softball practices go on for three hours. In the spring, the coach and athletes practice six days a week, and in the fall they practice four days a week.

"At 75 years old I can't

“

“At 75 years old I can't keep up - even though my wife still thinks I'm a spring chicken.

—Cheek

”

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keep up," Cheek said. "Even though my wife still thinks I'm a spring chicken. I feel physically and mentally exhausted — I've had cancer and a couple heart attacks. I felt it was time."

Cheek plans on spending more time with his wife, Mary Lou, who supported his endeavors all these years.

Chrissy Stalf, most recently titled CCAA's Female Athlete of the Year, thanks Cheek for his coaching. Stalf became the second CCAA Female Athlete of the Year from HSU last season.

"I couldn't have done any of that without his help," Stalf said. "I went from an average player to an All-American player,"

"I'm glad I finished my softball career when he retired."

Stalf, a child development major, hopes to become a second-grade teacher in the future. She also has not ruled out coaching the next generation of softball players.

"It's something I want to do," Stalf said. "[Cheek] told me that I'd make a good coach."

Shelli Sarchett took over as interim head coach after Cheek's retirement. Sarchett played for the HSU softball team in 1998 with Cheek as her coach.

"It's going to be hard to replace a legend," Sarchett said. "But [Cheek] left me with the tools to be successful. This is what I've

wanted to do — to be a coach here at Humboldt state — I'm excited."

HSU Athletics Director Dan Collen spent time with the softball team last season.

"I've had the pleasure to have worked with coach Cheek as a professor and as well as a coach," Collen said, remembering when Cheek served as his professor at HSU. "He has left a great nucleus," Collen said. "I expect a conference championship as well as seeing us at the NCAA playoffs."

— Dennis Lara-Mejia may be contacted at thejack@humboldt.edu

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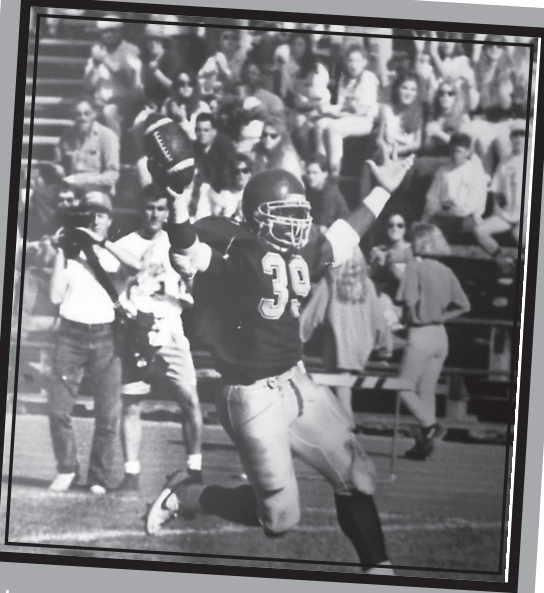
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Sport: Softball coach



Name: Rodney Dickerson
Sport: Football, track & field, and basketball




Name: Brandi Harrison
Sport: Softball



Name: Jenna Hunter
Sport: Soccer



Name: Jacob Kadle
Sport: Football



Name: Kyle Killingsworth
Sport: Football

Photos provided by Humboldt State University Athletics.

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Drop It Down Low

por: Monica Reynoso

As your summer begins to trickle away and the temperature starts to drop, fortunately so will your loan interest rates. The Washington Post reports that on Friday Aug. 9 President Barack Obama signed a law concerning interest rates for federal education loans. The bi-partisan student loan bill will regulate interest rates to maneuver according to the financial market. The law will apply to loans taken out since July 1.

It is expected that interest rates for undergraduate students is set to be at 3.86 percent, and for graduate students it is 5.41 percent. The anticipated develop-

ment is due to benefit millions of students and parents across the nation. And although the interest rates are scheduled to be low it is not permanent. As the economy is said to improve within the next 10 years, interest rates will then be on the rise.

Pauline Bernandino , kinesiology major at Humboldt State feels that the new law will be beneficial to students. “I feel like student wise it’s a good thing because loans are already so overwhelming” Bernandino said. “I feel like the cost does discourage people from coming to a Cal State. They see fees and they do not want to attend anymore.”

President Obama has been an advocate for reducing the cost of college education and said in a recent CBS News telecast that “Higher education should not be a luxury.” Although the president has made a plan to change the higher education system he says that the upcoming reforms will not be popular with everybody, alluding to the individuals who are doing well in the current system.

Peggy Metzger, HSU financial interim director thinks that the bill will later lead to complications with student loans. “Honestly my opinion is that this has pros and cons. The good thing is that

interest rates went down. In the end though it will be more complicated for students.” When students take to the stage in May there will be confusion concerning loans because there is not one fixed interest rate.

Metzger presents the fact that students will now have a different interest rate every year. “I think that a lot of students take out loans and do not really think about it. Students need to base their decisions on long term rather than short term.”

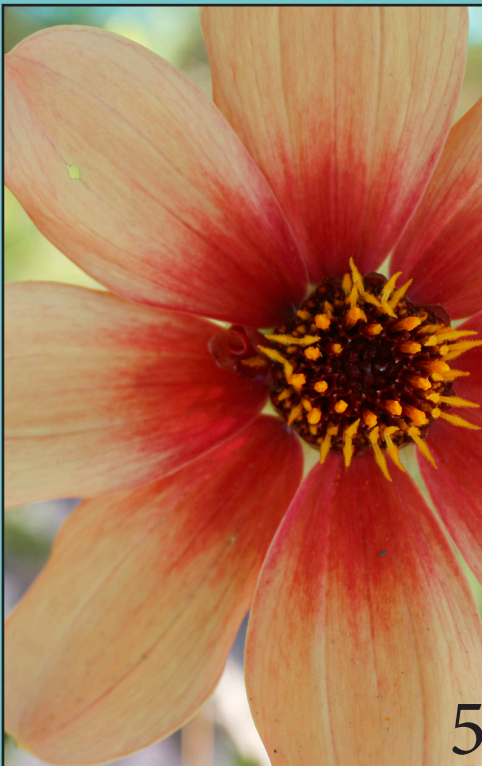
As for resources, Metzger sheds light that help is always on standby. “It might be a little more compli-

cated, but the financial aid office is always here to help.”

Monica Reynoso
may be contacted at
hsulenador@googlegroups.com

El Color de Humboldt State University

Ensayo Fotográfico



Fotografías por: Shareen McFall

Fotografía uno: Chole, Sophomore, Art Major; Fotografía dos: Flor Amarilla; Fotografía tres: Alex Goforth, Junior, Environmental Studies; Fotografía cuatro: Sophie, Biology; Fotografía cinco: Flor Anarajado; Fotografía seis: Lindsay Grizzard, Senior, Art History/Studio Art.

Not Mine But Our Tounge

by: Adrian Barbuzza

In the future English or Spanish may not be practiced but rather a studied or a dead language like Latin. Consider the fact that English is not the official language of the United States. Americans have no official language.

Why should you, anyone, or I feel uncomfortable to speak another tongue aside from our common English?

The most common language in the U.S. is English. The language is used by 82.1 percent of the population. Of the 50 states, 28 recognize English as the official language.

There are some people — if not quite a bit of people — who do not speak English in this country. These people may be immigrants, but are we not all immigrants to this land?

The common language of set geographical location is relative to the specific people of that region. For example New York, Florida, Illinois and California have high populations of Hispanics therefore have a higher population of Spanish speakers than some other states.

The U.S. Census Bureau, the federal population counting agency, recognizes Hispanics as a different listing of ethnic group. Hispanics are persons of Latin American nations regardless of their own ethnic group.

The bureau’s data results that Hispanics make 15.1 percent of the U.S. population. Spanish speakers account for 10.7 percent of the entire population.

“Latinos, or any foreigner do not desire to replace the developed culture that has become known as America.”

The difference between Hispanics and Spanish speakers may result because of the encouraged primary use of English in public and Spanish used in the home among family and friends. Bridges between Hispanic and Americanized neighborhoods have been built, but confusion remains among some Americans.

Latinos, or any foreigner do not desire to replace the developed culture that has become known as America. People speak in their native tongue because it is what is most familiar to them. Our native tongues are the ones we use because the level of comfort in which we find ourselves being able to communicate and express ideas effectively.

California’s second largest spoken language is Spanish. With more than a quarter of California’s population speaking Spanish it is one of the largest Spanish-speaking states.

This fact might have something to do with the history of California, first being under Spanish rule, then Mexican, and then being acquired by the U.S.. The owners of the land may have changed

Adrian Barbuzza
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hsulenador@googlegroups.com



Fotografia por: Stacy Demarcos

Tamara Iraheta, 4th Year, Major CRGS Emphasis Multicultural Studies “Yo quería el color del mar, “es la razón que Iraheta tiene su pelo verde.

el Leñador: Staff

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Puzzles Page

Last issue's winners:
Where's Rollin?:
Lyssette Rodriguez
Where is this?:
Tiffany Swift
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Difficulty: hard

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

Where's Rollin?



It is hard enough to find Humboldt State 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?"

hreh presents

the Crossword Puzzle

puzzle by Mary Vogel

1	2	3	4			5	6	7		8	9	10	11
12				13		14				15			
16						17				18			
19					20				21	22			
				23				24			25		
26	27	28	29			30				31			
32					33						34	35	36
37					38					39			
40				41						42			
			43						44				
45	46	47		48				49					
50			51			52				53	54	55	56
57					58	59				60			
61					62					63			
64					65					66			

- Down
- save the best for this
 - something to scratch
 - village on Hawaii that is home of a ghost story
 - Ferrari 275 Spyder kind, briefly
 - step taken to serve coffee
 - something to do on the side of caution
 - relating to the most basic unit
 - "sad to say..."
 - TED __
 - measured from start to finish
 - Somalian town occupying much of the horn
 - support of a proposition, maybe
 - potato preparation
 - hers counterpart
 - one toss over
 - Aristotle's wisdom
 - "Hey you!"
 - scrambled taro?
 - discontinued Chevy

- Across
- cowardly one in a Judy Garland film
 - obvious to the princess
 - "__ boy!"
 - helps you figure out where to go
 - red wine type
 - "__ to rest"
 - ghosts can give you a good one
 - some European pay
 - namesake of an Arcata taco truck
 - late Prime Minister of the United Kingdom
 - describes the Phantom of the Opera
 - fry cook's need
 - __ vous plait
 - NASA mission launched in 2010
 - scampi staple
 - "Roc om __ Robots"
 - 2004 film starring Mandy Moore
 - Lazy Boy, for example
 - an acronym with ammo
 - teacher's subject
 - human gene that encodes a protein of the same name, briefly
 - reason for going to the dentist
 - some numerals
 - makes the sign of the Z
 - vanilla alternative in cookies or cakes
 - could trigger 16-Across
 - ending following br or tr
 - plywood competitor, briefly
 - neatly and carefully
 - causes you to lose sight
 - Rocket Power cool guy
 - Mac product that debuted in October 2001
 - tomato types
 - "Non, Je Ne Regrette __"
 - Fruit of the __
 - all Juans are these to someone
 - possible diner light
 - idolatry, for example
 - Italian bike company

- model
- Fall Out Boy's Pete
 - __cles
 - John Hughes film about a diaper-changing dad
 - sweetens France?
 - soldier's need, briefly
 - leavened Indian bread
 - a y-less fop
 - sets in 212 degree water briefly
 - something you may have for someone but is not given to them
 - a ridge-designed vase
 - __ matter of fact
 - music's Peter __ and John
 - some belly buttons
 - boney prefix
 - mold scramble
 - wave, in Old English
 - what Little Bunny Foo Foo eventually became
 - famous San Francisco tower
 - __potent
 - Tse-tung and others
 - __ often happens...
 - can be seen being spun on the Plaza

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August 28, 2013

CALENDAR

August 29, 2013 - September 8, 2013

thursday
AUGUST
• 29 •

Arts in the Quad: March Fourth Marching Band
Music, artwork, food and club tabling at the UC Quad.
12 p.m. • Free

Centennial Human 100 Aerial Photo & Block Party: Be a part of history by posing in the formation of a 100 for a photo. The first 800 participants get a free Centennial t-shirt. There will be free BBQ and live music after the photo.
BBQ at 3 p.m. • HSU Events Field • Free

friday
AUGUST
• 30 •

friday
AUGUST
• 30 •

Barn Dance: The dance will be hosted by The Humboldt Folklife Society. No partner or experience needed.
7:30 p.m. • Redwood Raks World Dance Studio
\$7 (\$6 for members, seniors and students and free for kids)

Picnics on the Plaza: Bring a picnic lunch to the last Picnic on the Plaza, featuring live music and food.
11:30 a.m.-2 p.m. • Free

friday
AUGUST
• 30 •

saturday
AUGUST
• 31 •

Movies Under the Mural: Come watch out door movies in the Los Bagels parking lot. Bring your own blankets and seating. The café will be open and serving cookies, coffee and hot chocolate.
9 p.m. • Los Bagels, Arcata • Free

Labor Day:
Campus is closed.

monday
SEPTEMBER
• 2 •

tuesday
SEPTEMBER
• 3 •

STOMP: This band of percussionists was first established in 1991. The eight performers use everyday objects instead of traditional instruments for a unique percussion style. Implementing anything from brooms to trashcans to shopping carts.
8 p.m. • Van Duzer Theatre • Adults \$55, students \$25

Greek Info Night: Meet the representatives of HSU's Greek life.
Noon to 2 p.m. • Free

wednesday
SEPTEMBER
• 4 •

wednesday
SEPTEMBER
• 4 •

Associated Students Welcome Back BBQ:
Learn more about getting involved with AS and what the services they provide to the student body with free BBQ.
5 p.m. • UC Quad • Free

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Calendar continued on page 30

CALENDAR

continued from page 29

friday
SEPTEMBER
•6•

Lifetree
International Film
Fest: The viewing
event for seven international,
award-winning short films will
be hosted by Dr. Ken Owens.
6:30 p.m
Arcata Theatre Lounge • \$5

saturday
SEPTEMBER
•7•

HSU Art
Department
Centennial Gallery

Reception: A public recep-
tion for the centennial artists
will be held during Eureka’s
Arts Alive.
6-9 p.m.
HSU First Street Gallery

sunday
SEPTEMBER
•8•

Sara Bareilles:
Eureka-born chart-topper
Sara Bareilles will come back
to Humboldt for her Fall tour.
8 p.m. • Van Duzer Theatre
Adults \$38, students \$28

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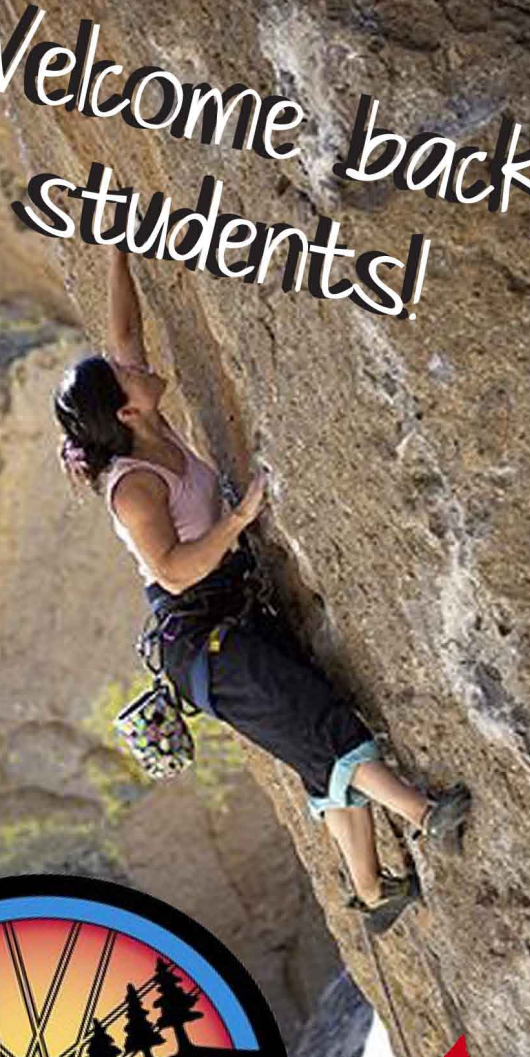
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