THE LUMBERJACK

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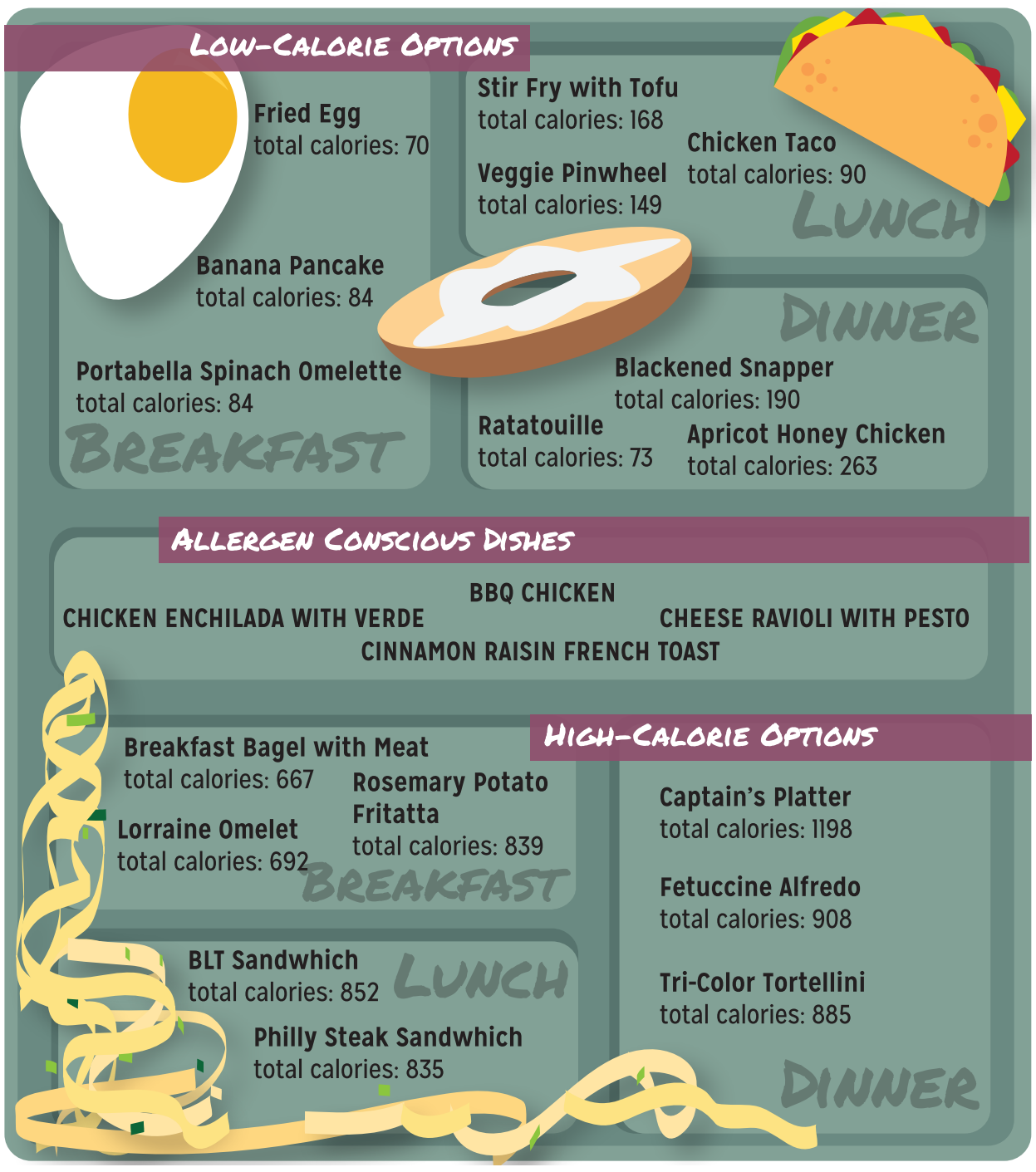


Infographic compiled by John Ferrara & designed by Maddy Rueda

Nutrition data remains unpublished

Campus

by John Ferrara

The Humboldt State Dining Services began compiling a chart of nutritional information in 2010 for all food items served in The J Cafeteria, but the project is still incomplete due to a lack of time and money.

A short nutritional list is available on the housing and dining department webpage, but the information consists of 52 breakfast items, falling well short of the 241 meals already catalogued. Director of Dining Services Ron Rudebock said the department plans to make the data available to diners next fall.

"It still has holes in it, we need to finish up," Rudebock said. "We still have food items we haven't added yet."

The larger list was previously available online. However, it was pulled from the website within three weeks of being posted. The current backlog of information, not available to cafeteria diners, was last updated in 2012 and will not be released until it is finished.

"It's been a while unfortunately — over a year," Rudebock said. "I shouldn't use the word procrastination, but that's really what it comes down to."

The Dining Services department is still tinkering with recipes to provide healthier meals. However, the department states on its webpage it assumes no legal liability and makes no guarantees its nutritional information is complete, accurate or up to date.

The unpublished data reveals a variety of healthy and unhealthy choices which could benefit students concerned with their food intake. Freshman Laporsha Webb said accessible information could change her decisions at the chow line.

"Yes that would more than likely affect my decision, especially because I have a lot of people in my family that suffer from health problems because of what they eat," Webb said. "I thought the stuff they made here was pretty healthy even if it's

Continued on page 4

Out and running

Softball starts conference play

Softball

by Caledonia Gerner

After winning both games on Saturday, the Jacks split the final two games of the four-game series against Cal State Chico on a cold, wet Sunday morning at McKinleyville High School.

The effort put in by both teams drew out each long, nerve-racking inning.

The first game started at 9 a.m. and Humboldt State held the lead until the top of the sixth inning when Alexandria Molina hit a grand slam, giving the Wildcats a 6-5 lead. After the home run, the score bounced back and forth between the HSU and Chico State.

The game ended with an 8-7 Chico victory, the Wildcats' only win during the four-game series.

The second game began at noon and the Jacks started out on defense. In the first inning, Chico got on the scoreboard early with a home run by right fielder Sammi Ridgway.

There was no clear winner until the final out when HSU was able to tie the game at 6 in the fifth inning with a two-run double by catcher Darrian Harris.

The Wildcats took a 8-6 lead in the top of the sixth inning, but HSU responded immediately with an explosive 5-run inning. Center fielder Tonya Walker ended her commendable performance with a three-run home run.

Continued on page 11

Freshman Tiffany Hollingsworth sprints for home plate. | Derek Burton

Ninety percent local wheat ready to be made into malt. | Patrick Evans

Farming for beer

HSU alum makes local, organic brew

Community

by Javier Rojas

Behind an old storage unit in Mckinleyville you can find Jacob Pressley and his dog Dolce ready to malt a few barrels of wheat and barley.

Pressley has brewing in his blood. He was raised in Napa, Calif. and worked in the wine industry while growing up.

Now he is the owner and operator of Humboldt Regeneration, an all natural and organic sustainable farmhouse brewery. The Humboldt State alumnus grows his own grains and hops and makes the beer in his own brewhouse located in Mckinleyville.

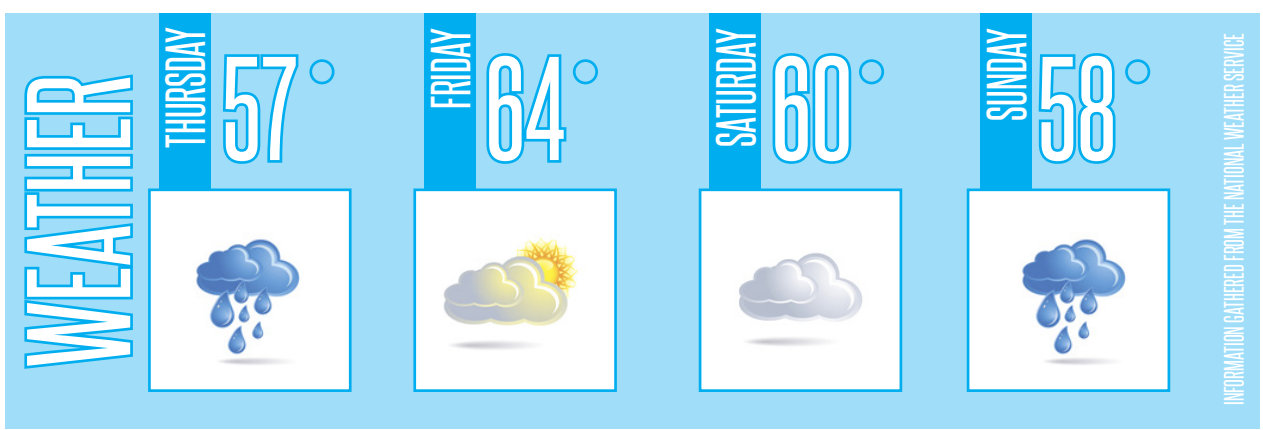
"I focused on soil as a type of agriculture and I was interested in sustainable acts and after looking at those two things over time, I incorporated beer into a sustainable act farm," Pressley said.

Upon moving to Humboldt County he took classes at HSU and began an eight-year career with Eel River Brewery. Pressley majored in environmental science and took various soil and microbiology courses that attributed to his knowledge of alternative agriculture.

The 31-year-old has a leased a three-acre farm located south of Fortuna in Alton, Calif. and another plot in McKinleyville.

"I usually wake up around 7 every morning and do some chores at the farm," Pressley said. "It's a lot of work since I'm working alone. Since I started off on a small scale, I'm taking small incremental steps."

Continued on page 5



INSIDE STORIES

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- Exploring the Humboldt room pg. 9
- imPact testing heals patients mentally and physically pg. 10

World in Briefs

Egypt

Two Egyptian policemen were sentenced to 10 years in prison for killing blogger Khaled Said in 2010 whose death helped spark riots in 2011. Pictures of Said's face were posted all over the Internet, and a Facebook page called "We are all Khaled Said" was the starting point for support to overthrow the Egyptian president Hosni Mubarak. The policemen, Mahmoud Salah Mahmoud and Awa Ismail Suleiman beat Said to death but tried to cover it up by saying he died from swallowing drugs.

Syria

The government of Syria has agreed to ship out some of their chemical weapons by the end of April. The Organisation [sic] for the Prohibition of Chemical Weapons (OPCW) say that the shipments would be 35 percent of the chemical weapons expected to be removed from the country. Syria is still currently in the depths of a civil war.

Russia

Scientists have been able to resurrect a 30,000-year-old virus extracted from a frozen core sample taken from Siberian permafrost. The virus, Pithovirus sibericum, is not dangerous to humans. This discovery shows that viruses can remain in a dormant state for long periods of time, and potentially could be brought back as arctic ice levels melt.

South Africa

The murder trial of famed double-amputee olympian Oscar Pistorius began in South Africa on Monday. Pistorius is charged with shooting and killing his girlfriend Reeva Steenkamp on Valentine's Day in 2013. Neighbors gave testimony saying that they heard screaming coming from the apartment moments before the gunshots.

China

On Saturday a group of suspected terrorists used giant cleavers to attack people in a train station in the Chinese city of Kunming, killing 29 and injuring 130. Police killed four suspects, injured another and arrested three additional people. The attackers are suspected members of a separatist group from the northwestern province of Xinjiang.

Compiled and written by Israel LeFrak

Sources: Al Jazeera, CNN and BBC

NEWS BRIEFS

Voluntary fee proposed by CSSA

On Jan. 26, The California State Student Association (CSSA) voted 18 to 5 in favor of initiating a voluntary $4-per-student fee. The fee, which will be collected once every academic year if enacted, will replace a mandatory collection process currently in place. Humboldt State Associated Students Council, a member of the CSSA, currently pays 65 cents per enrolled student. The CSSA had total revenue of $528,887 in 2013. An AS Council resolution passed Feb. 14 proposes that the 65-cent fee be eliminated if the voluntary $4 fee raises the equivalent of the CSSA total revenue collected in 2013. Revenue collected from students constitutes approximately 50 percent of the total operating budget of the association.

The CSSA, established in 1958, is made up of student representatives from all 23 CSU campuses. According to their website, the mission of the CSSA is to 'maintain and enhance access to an affordable, quality public higher education for the people of California to the CSU.' The association represents the collective CSU student body, numbering over 400,000, in forums that involve the CSU administration and in-state government proceedings. A student board of directors that meet once monthly runs the association. The association holds annual conferences that focus on issues related to student advocacy and lobbying.

Written by Karl Holappa

plaza grill

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UPD BYTES

Compiled and written by Israel LeFrak

February 25

04:03
Report of a male who was approximately 30 feet up a redwood tree.
Acid is a hell of a drug.

February 26

10:54 Petty theft; male subject stole a pastry. Subject was gone on arrival.
Doughnut dine and dash!

12:44 Reckless driver on the track at Redwood Bowl and then southbound Union Street.
I'm too lazy to run, I think I'll just drive.

February 27

22:25
Elderly female separated from her party after a show in the Van Duzer theatre. Female located and reunited with her friends.
And shepherds we shall be.

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The students' choice

Student services face cuts if students don't pass fee increase

Campus

by Justin Bell

Organizations across campus could face numerous cuts unless action is taken by the student body.

Legislation passed by Governor Jerry Brown will increase the California minimum wage to $9 per hour starting July 1, 2014 and up to $10 per hour starting Jan. 1, 2016.

Associated Students is proposing a slight fee increase over a two-year period to accommodate the increase in the California minimum wage. It will also allow AS to continue to employ the same number of students at the new hourly wage. AS currently employs around 220 people.

Without the fee increase there will be a 5% cut from every program to accommodate the wage increase.

AS is scheduled to approve two budgets for the 2014-2015 academic year. One will reflect a pass of the proposed fee increase and one will reflect a strike down of the proposed fee increase. The current AS fee of $101 has not been increased in nine years and requires a majority vote by the student body to increase it.

AS President Forust Ercole, 28, is confident with a new voting system more students will participate. The new voting system will implement Rank Choice Voting. This will prevent runoffs and allows votes to be recycled because a voter chooses their top three choices rather than just one.

"It's really up to the students and getting them to vote," Ercole said. "We've had problems in the past with voter turnout but are implementing a more streamline voting system this time around."

Voting will take place April 22 through 24. Students will receive an email from AS with a link that directs them straight to voting. If a student does not vote they will receive continuous emails until they do. This fee increase will only pass if the students approve it.

On campus, AS funds numerous organizations including the Children's Center, sports clubs, the Multicultural Center and learning center tutorial programs just to name a few. The wage increase would mean more funds would be needed for each organization to pay their employees while keeping the budget the same. This means all the services provided by these organizations will be drastically reduced.

> "We give out 20 $1,000 scholarships to students for academic excellence. If the fee increase doesn't pass these scholarships will be hit the hardest by the cutbacks."
>
> —Ana Cortez

AS Administrative Vice President Ana Cortes, 21, is concerned that the scholarships AS gives out will diminish.

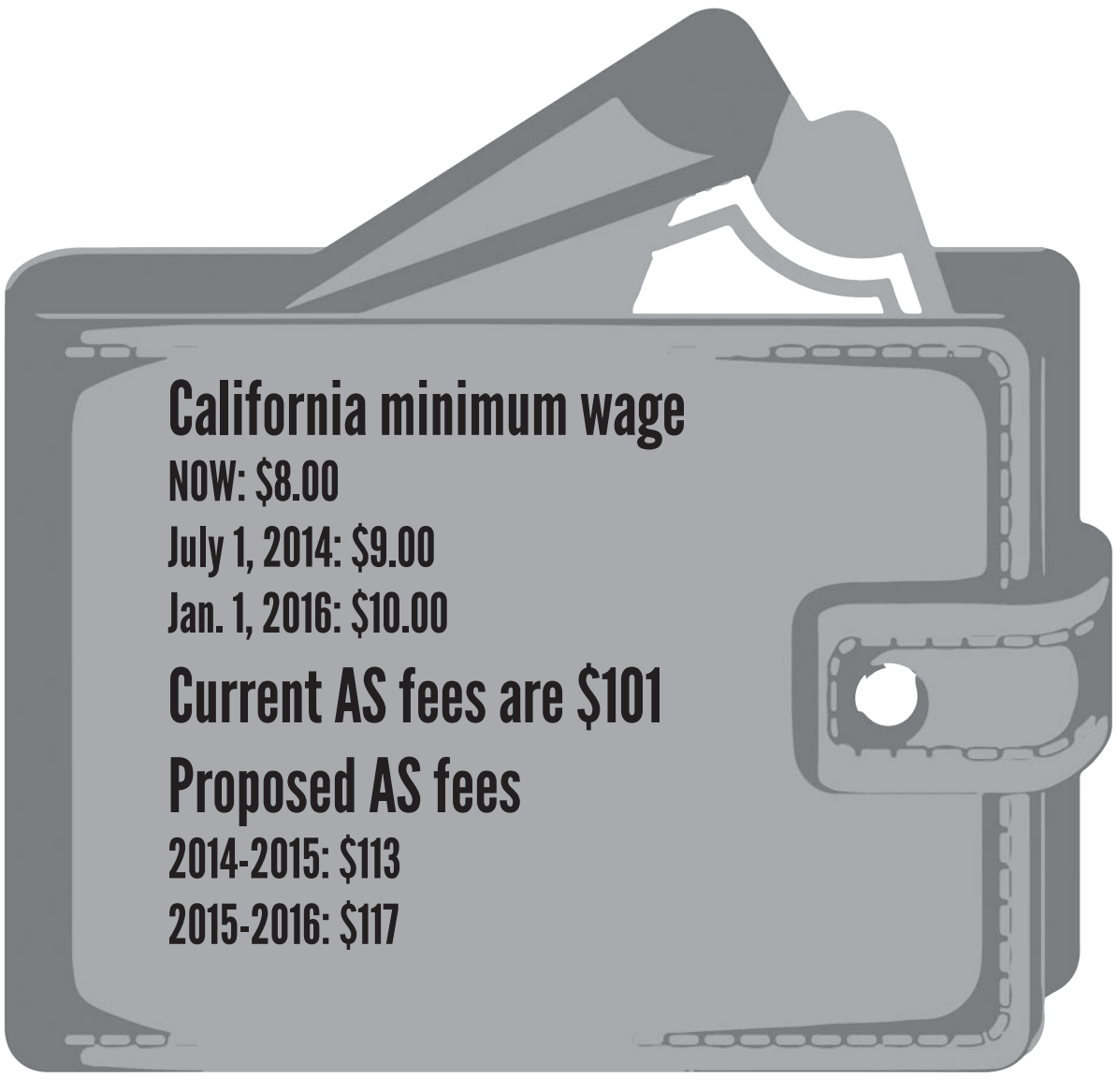
"We give out 20, $1,000 scholarships to students for academic excellence," Cortes said. "If the fee increase doesn't pass these scholarships will be hit the hardest by the cutbacks."

In addition to the potential loss of scholarships, the availability of tutoring from the learning center will be cut. The children's center's budget would also be reduced and grants offered to clubs will be diminished.

HSU music major Daniel Szylewicz, 25, has mixed feelings about the fee increase. Szylewicz wants an increase in the amount of drop-in sports and intramurals offered. He was unable to participate in intramural soccer this year due to increased interest and lack of availability to accomodate.

"It sounds like it's worth it," Szylewicz said. "But I'd like to see more services offered by our current organizations before I pay more for the same."

Justin Bell may be contacted at thejack@humboldt.edu



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J cafeteria labels entrees

Andrew Beaudet checks the temperature of fried chicken in the J kitchen. | John Ferrara

Continued from page 1

was pretty healthy even if it's not a salad."

Although the process of determining nutritional values for food has been time consuming, the Dining Services department is not required under law to provide the information and is doing so by its own will.

California State University, Chico is also going through a labeling process while other schools like Cal State University Los Angeles only offer privately owned fast food options. Cal Poly San Luis Obispo not only provides a complete nutritional guide for its food but also hired a dietitian to help students design healthy meal plans.

Humboldt State professor of nutrition Kathy Munoz said national dietary guidelines recommend several tips for healthy eating.

"A day's intake of sodium should be no more than 2,300 mg," Munoz said. "No more than 10 percent of kilocalories should be from saturated fats and at least half of the grains should be whole grains."

After reviewing the nutritional value of several items on the breakfast menu, Munoz highlighted several healthy and unhealthy choices.

"The breakfast bagel with meat has 692 kilocalories, 35 percent of the kilocalories are fat. Of this 35 percent, more than half is saturated fat," Munoz said. "If a student were to chose this for breakfast, just one entree would cover their entire cholesterol recommendation for the day and provide more than 123 percent of sodium."

Based on a daily 2,000 calorie diet, the Food and Drug Administration considers any food item with 400 calories or more to be a high level of caloric intake.

Lead Cook Supervisor Walter Smith said he doesn't think providing nutritional information will sway student eating habits because people tend to eat what they like.

"Students seem to really love deep-fried stuff and bacon," Smith said.

Smith said preparing low-calorie meals that still contain good nutrition can be difficult.

"It can be a challenge to change recipes to get calories down and still maintain good nutrition," Smith said. "There's no way to get away from calories, that's what food's made out of — energy."

Although many J items are high in calories, there are also some which provide a significant source of vitamins and nutrients.

For example the rosemary potato frittata has 839 calories, but based on the FDA's recommended daily values, the frittata also contains 74 percent of your daily vitamin A, 61 percent vitamin C, and 46 percent calcium.

"For one food to have a daily value for any nutrient over 20 percent is considered a good source," Munoz said. "There are a number of good choices."

Athletes often require high calorie meals to sustain their desired body weight. Jacks quarterback Casey Mintz was impressed with the amount of calories and protein in the breakfast bagel with meat, but said the 2,957 milligrams of sodium is too high.

"That little, tiny sandwich is 700 calories? That's clutch!" Mintz said.

HSU Head Athletic Trainer Shannon Childs said caloric intake should vary based upon a person's level of physical activity.

"It's hard to say how many calories you should eat in a day because everybody's diet is different," Childs said. "I have offensive linemen on the football team eating over 6,000 calories and still losing weight. However, if someone is eating the same stuff and just going to the dorms, that's where you get your freshman 15."

When the Dining Services Department finishes labeling food served in The J, it plans to focus its efforts on the Depot.

"The reason we need to do this is so people can make an educated choice," Rudebock said.

The department determines nutritional values by entering ingredients into the computer program Chef Tec. The program cost the department about $2,000 for the initial purchase and a fee is paid every year for updates.

The J operates as a not-for-profit organization. However, it still aims to make a profit which it spends on operation expenses like new equipment and Chef Tec fees.

Rudebock said entering the information into the program is a challenging process and the information can be hard to confirm because there are no nutritional experts working on the project.

He also said part of the challenge when using the program to calculate recipes is sometimes the data does not match the predicted dietary values.

Most J meals start as large quantities of pre packaged institutionalized foods delivered by Sysco Corporation which are then prepared and cooked in the cafeteria. J manager Chris Doe explained that although it seems easy to calculate the nutrition of pre-packed foods, the large quantity orders of food aren't consistently the same product.

J manager Chris Doe said the cafeteria tries to order as much local meat, local dairy, and produce as possible and what demand can't be met by local farmers is supplied by Sysco.

"We take some of that stuff and mix it with other stuff and that will be an entree," Doe said. "So taking that entree and outlining its exact nutritional value is a monumental task."

The cafeteria runs on a five-week cycle of food and the least-ordered items are either reworked or removed from the list in favor of new, more popular foods. Recipes are developed over summer break based on what products are available through distributors.

"It's not easy to take a recipe at home for two to six people and blow it up for 100 to 200 people," Rudebock said. "You can't just multiply it out, it won't taste the same."

Due to diner suggestions, The J is currently working on designing meals that are vegan, vegetarian, soy-free, gluten-free, dairy-free, tree-nut free and contain all local ingredients.

Although Rudebock said that the cafeteria expects to complete the nutrition list soon, there are campus community members who feel the information already completed is enough to publish in the meantime.

"All that info should be completely available to anyone, especially in this nutritionally conscious community," Childs said. "It should at least be on their website so you can look and find out."

John Ferrara may be contacted at thejack@humboldt.edu

A new brew

Blasphemy Brew is one of 80 beer varieties made by Humboldt Regeneration brewery. | Patrick Evans

Continued from page 1

Pressley's farm uses sustainable agriculture practices such as no-till soil, which involves mowing and seeding crops through a tractor to make the earth more resilient and durable.

"Locally grown beer is a fairly uncommon thing today, it's something that you might have seen in the old days before prohibition," Pressley said. "I'm doing the old-school style of making beer because it all starts in the field."

The HSU alum distributes his beer mainly through his brewery in McKinleyville but also sells to local businesses in Eureka and Arcata, such as Humbrews.

Jodie Lee has been a customer of Humboldt Regeneration since Pressley opened his brewery in 2012, and said the beer stands out from others because of its process.

"I support it because it's made locally and its a sustainable farm product and that's different nowadays," Lee said. "I like the concept, it's a very unique one and that keeps drawing me back here."

Pressley has also introduced a system for his customers he calls the Community Supported Brewery Program.

The consumers who join the program invest in the farm and receive a growler which gets refilled weekly with the beer of that week. To date, Pressley has created 80 different varieties, his most popular being Belgian Biscuit brew.

"Its my special way of rewarding my loyal customers," Pressley said. "So far they've really liked the new flavors on a weekly basis."

Wildland and soils professor Susan Marshall has known and advised Pressley for 10 years and said that what he does today has a connection to what he learned at HSU.

"What we learned in soil microbiology is very relevant to his beer enterprise because many of the same organisms we taught apply to what he does out on the field," Marshall said.

Marshall says that while Pressley is one of the first students to make a brand out of his beer, he is not the first she has seen to make something out of their knowledge.

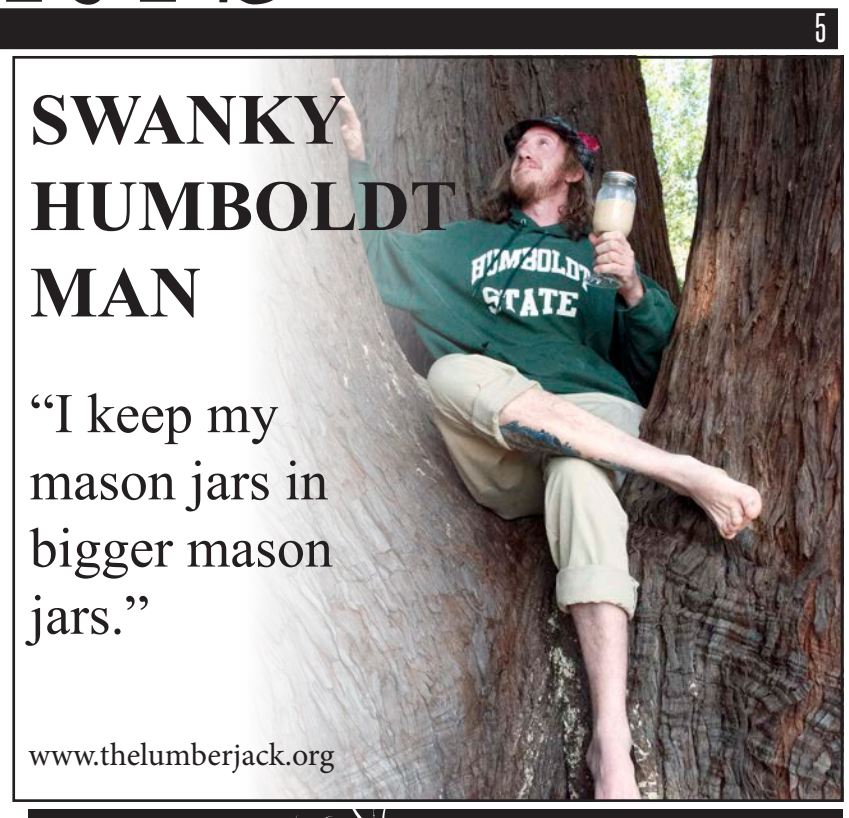
"I have been surprised and delighted at how many of our soil students have gone off and started their own businesses," Marshall said. "It's good to see them apply their knowledge beyond the classroom and help our local communities."

Since starting operation at his brewery, Pressley has been able to give back locally and he hopes his brand keeps on growing.

"It's a cool craft and it has been fun when you add the farming and brewing component," Pressley said. "Right now it's a pretty small-scale place but in the future I'd like to see where this could be."

Javier Rojas may be contacted at thejack@humboldt.edu

Kegs waiting for thirsty customers. | Patrick Evans



At the request of Associated Students

The library will now remain open until 9:45 pm on Fridays & Saturdays

**Please note that during spring break the Library will not observe the extended hours on 3/15 and 3/21*

ASSOCIATED STUDENTS ELECTIONS 2014

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- ADMINISTRATIVE VICE PRESIDENT
- STUDENT AFFAIRS VICE PRESIDENT
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- COLLEGE OF NATURAL RESOURCES AND SCIENCES REPRESENTATIVE (3 positions)
- AT LARGE REPRESENTATIVE (2 positions)
- GRADUATE STUDENT REPRESENTATIVE (1 position)
- COLLEGE OF ARTS, HUMANITIES AND SOCIAL SCIENCES REPRESENTATIVE (3 positions)

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AS Associated Students

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THE CHECKPOINT

What you pay vs. what you play

Column
by Keren Interiano

When going out to the movies, you have the choice of seeing the next million-dollar blockbuster or that indie movie everyone is buzzing about. In the video game industry it is much the same. These blockbuster video games are called "triple-A" titles and the lesser known ones usually default to the "indie" distinction.

A triple-A game is a video game generally developed and published by large companies. Investors pour millions of dollars into its creation which usually means the graphics, sound and overall production value of the game are deemed "top of the line."

Earning this distinction is often based on how well the game sells and the expectation that it will be an overall financial success. The "Call of Duty" franchise is a staple in the triple-A title catalogue and its latest release, "Call of Duty: Ghost" earned $500 million on first-day sales alone, according to Activision, the company that publishes the series.

Many believe that triple-A games look pretty but don't have meaningful content. They are all similar and have "cookie-cutter" elements to them. Developers only focus on replay value by adding achievements, "bonus" content, extra power-ups and other minor features, making the games lack substance.

Wyatt Van Horn, a freshman anthropology major, feels that video game developers and companies focus more on commercializing and selling game products than the actual game itself.

"It's mainly 'How can we get someone to play this game for hours so we can just end up selling them t-shirts, lunch boxes and cool little gadgets?'" Van Horn said.

Having a triple-A title in their repertoire is a goal many video game developers strive for in the industry. Few outsiders make it, and if they do, it likely took years of perseverance. A prime example is the free-roaming game Minecraft.

Originally created by video game programmer Markus Persson and later developed and published by company Mojang, the franchise has grown over the years through multiple platforms and it continues to be a successful "triple-A" title. What separates this game from the rest however is that in the beginning, it was considered an indie game.

Indie games are developed by small studios that don't have much financial support and usually no publisher. Since there isn't a publisher, developers do not have creative limitations and controlling interests beyond their own. And due to their limited budget, the focus on visual appearance is sometimes minimal.

Brittany Morrison, a freshman communication major, is an avid indie game fan and says indie games don't get a lot of attention simply because they aren't high-budget projects and the consumer is wrapped up in the cookie-cutter layout triple-A games have.

"I feel people nowadays are focused on great graphics and really cool game mechanics," said Morrison.

In the recent decade, indie games have seen a rise in consumer interest. Successful games like Super Meat Boy, Limbo and The Witness have proven that quality video games and fiscal success are not necessarily dependent on high production values from big-name companies.

Advancements in marketing technology through variable third-party mediums help game developers save money by opting out of retail sale, and instead distributing through online platforms like Steam. Websites like Kickstarter also continue to help many games go from low-budget titles to multimillion dollar projects based solely on consumer support.

For instance, according to their Kickstarter campaign, Tim Schafer, a well-known computer game designer and creator of Psychonauts, wanted to make a modern point-and-click adventure game. He chose Kickstarter as his fundraising platform so the game, Double Fine Adventure, can be created and released on his terms. On March 13, 2012 their campaign ended, and exceeded their $400,000 goal, totalling more than $3 million.

Despite triple-A games and indie games having different development processes, they all serve the same purpose albeit different means in the end.

Keren Interiano may be contacted at thejack@humboldt.edu

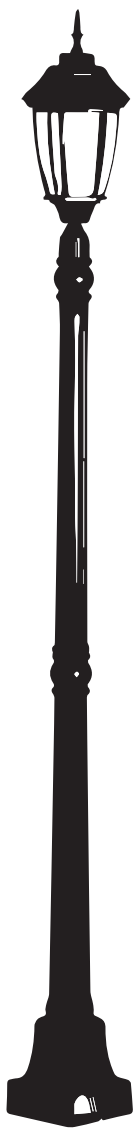
ARCATA AFTER HOURS

Column
by Thurston Nichals

Editor's note: Arcata After Hours is an attempt by a student journalist to capture the image of life in college after the classes end and the books are closed. The location always changes — a street corner late at night, a bar or the town square, anywhere people gather. This column is a series of stream-of-consciousness observations of a given night in our little town. The author has adopted a pseudonym to help capture the authenticity of the scenes described and preserve anonymity.

- Saturday Night 11:07 PM

Walking up to a fenced-in crowd. Snatches of conversation are echoing down the rainy alley as we approach.



Through the front gate, there's clusters of people scattered around the front yard. There was supposed to be a show here tonight. Correction, there *was* a show here tonight, we just missed it. Took too long getting our shit together.

It's loud. There's music coming through the front door, an old No Doubt song.

First thoughts:

I'm going to fall through the floor. They are going to break it if they keep jumping.

Just beyond the entrance there's a crowd of people. 15? 30? It's just movement, that's all that's visible. The entire group is jumping and stomping to the beat of the music and the floor is shaking noticeably.

The air is smoky and smells like sweat, alcohol and marijuana. This feels like what we were hoping to find — escape from our routines and stresses without having to pick up the trash.

In these college years, that's what we're living for — the weekend. A chance to catch our breath, shrug off the weight of our responsibilities and laugh at ourselves and our friends.

Unfortunately this party has left us behind. These people have all bonded over the shared experience of live music. We latecomers can only stand by and appreciate this small community that will disappear with the alcohol or the host's patience, whichever runs out first.

The No Doubt track ends, quickly replaced by a tune that haunts the memories of anyone who survived the 90s, "Barbie Girl" by the Danish pop group Aqua.

As the sickly sweet tune fills the air, someone mentions another show happening across town. We already feel like outsiders here, and the mass of bodies singing (shouting?) "It's fantastic, wrapped in plastic" aren't doing anything to change that. Let's try our luck elsewhere.

Soon we're walking down another alley, approaching a different fence with the same faceless clusters of conversation.

There's a rope across the entrance. Not a good sign, but we're traveling with an invitee so we should be fine, right?

Wrong.

"What did you bring?"

We have to negotiate our way past the group guarding the door. It's not an entry fee, and they aren't charging for alcohol. This is an attitude fee — do you have anything to contribute to the party? Beer? Marijuana? Other illicit substances? Or are you just here to soak up what we're providing?

They screen guests with a smile and a humorous tone but it's clear the joke is a private one, a facade that can be thrown aside at a moment's notice. They're just hassling the people trying to come in, one attendee is forced to unbutton his shirt and expose his bare chest before he's allowed past. He didn't bring anything.

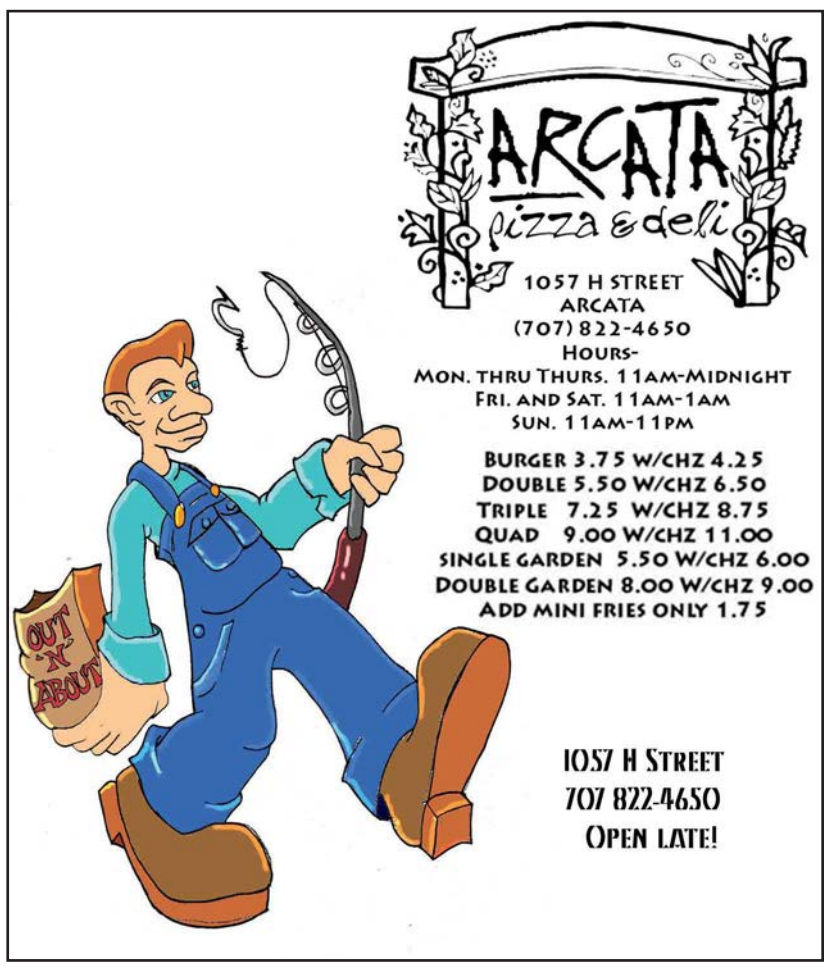
There is still a party here, but not for us. After that entrance, no one feels welcome.

Can we really complain? We showed up at strange doors with the hope (expectation?) of a good time. The problem is that the offerings didn't meet our criteria.

It's understandable, sort of. Letting strangers (and college kids too!) into your home is risky business, something is bound to break. It's two sides of the same social contract: I let you in, you don't destroy anything.

The arrangement requires respect from both sides — for the hosts of the party and for the guests. Without it, one group ends up drinking alone and the other ends up drinking in a parking lot.

Thurston Nichals may be contacted at thejack@humboldt.edu



VOTE: Associated Students Fee Referendum!

YOUR VOTE. YOUR FEE.

Associated Students

April 22, 23 & 24, 2014

Associated Students

The AS fee supports these campus programs and services:

Yes · Marching Lumberjacks · WRRAP · HSU Learning Center, Lower Library 55 • Learning Commons · CSSA California State Student Association · SAG student access gallery · mcc · Eric Rofes MultiCultural Queer Resource Center · HSU Graduation Pledge Alliance · Associated Students Government · clubs & activities services for student groups and events · Children's Center · AS Presents · Drop-in Recreation & Sports Club · Women's Resource Center · CCAT Campus Center for Appropriate Technology · Humboldt Film Festival · Associated Students Campus Community Service Scholarship

The Associated Students is your official voice in the governance of the campus.

FREQUENTLY ASKED QUESTIONS?

Why is it necessary to raise the Associated Students Fee?

The AS Fee funds student programming and services at HSU that is not normally offered as part of the educational experience at HSU. A bill signed by the governor will increase the minimum wage by 25% to $10 by 2016. The Associated Students will need to increase their fee by 16% over a two-year period to cover the increased cost in wages and to continue to support our programs.

What will the Student Fee Increase be?

	FALL	SPRING	TOTAL
CURRENT (2013-14)	$51.00	$50.00	$101.00
2014-15	$57.00	$56.00	$113.00
2015-16 and beyond	$59.00	$58.00	$117.00

When does the fee take effect?

The fee increase would not take effect until Fall 2014 and would not be fully implemented until Fall 2015.

Where can I receive more information about he proposed AS Fee increase?

The Associated Students has information on the proposed AS fee increase at its website: www.humboldt.edu/associatedstudents

Who can I talk to if I have more questions about the proposed fee increase?

Stop by the Associated Students Office located underneath the HSU Bookstore in the University Center South Lounge or call (707) 826-4221. The Associated Students Office is open Monday - Friday from 8:00 a.m. - 5:00 p.m.

A majority approval is required.

YES — A yes vote indicates you are in favor of the proposed fee increase.

No — A no vote indicates you are not in favor of the proposed fee increase.

Statements in Support of the Associated Students Fee Increase.

1. The current AS fee of $101 is the 7th lowest AS fee in the California State University (CSU) system. If approved the fee would still be $25 lower than the average AS fee of $142.

2. Financial aid to cover the cost of the increase fee is available as part of the student's financial aid package. The Financial Aid Office would determine how your financial aid package would be adjusted based on this change.

3. The Associated Students Budget, supported by the AS fee, is approved by the AS Council. The decision on how the fee is spent will continue to be made by students.

4. The AS Fee increase will cover the costs associated with the mandatory increase in minimum wage and will allow the Associated Students to continue employing the same number of students at an hourly wage of $10 by 2016. The Associated Students fee supports employment opportunities for approximately 220 students.

5. The AS Fee supports a wide variety of programs and activities that affects students in many ways. Examples include: Sports Clubs, Drop in Recreation, Diversity Program Grants, CCAT, the MultiCultural Center, AS Presents, Youth Educational Services (YES) and the Marching Lumberjacks. The AS Fee Proposal will ensure that the services and programs of the Associated Students are maintained. Students gain valuable cultural, environmental, social justice and leadership experience from interactions with AS programs.

6. The current Associated Students fee of $101 has not been increased since 2005. When adjusted for inflation, the current fee only has 84% of the purchasing power of when it was approved. Also, the University discontinued the summer semester in 2008 and the Associated Students no longer collects a fee from summer enrollment.

Statements against the Associated Students Fee Increase.

1. Students who do not involve themselves in AS Programs may benefit less from the proposed AS fee increase.

2. The increase in fees will increase the cost of attendance to attend HSU. Increasing the cost of attendance decreases the affordability of higher education and may increase student loan debt.

3. In the past three years HSU tuition and student fees have already increased by $1,385.

4. Only students who use Associated Students services and programs should have to pay for those services.

5. The Associated Students should look for other sources of funds or cut back programs and services to reach sustainability, rather than increasing the AS Fee.

From left to right: Joan Berman, the primary librarian in the Humboldt room; Michael Harvey, 23, geography major; Meg Hooper, 24, geography major; Fiona Harris, 25, geography major. | Louis Ramirez

The lion, the witch and the Humboldt Room

Campus

by Tina Sampay

When it comes to the Humboldt State library, most students think of computers and labs where rows of people can be found researching class assignments or projects. Many buy coffee at the Library Café, or use the little reference desk near the library entrance.

One of the lesser-known features of the library is the Humboldt Room located on the third floor. Anna Kircher, the interim dean of the library, said the room serves as a repository for material that is important and unique to the history of Humboldt County.

"The Humboldt Room holds local history, along with special resources which include historical photos, information on local tribes and historical documents on Northern California," Kircher said.

If you are doing any research about Humboldt County or the history of HSU, the Humboldt Room is the place to go. It contains primary sources of information that cannot be found anywhere else. Over time professors, community members and companies donate books, manuscripts and photographs. The library organizes the donations for future researchers and keeps them as the "special collections."

The special collections include student books, essays, photographs, studies published by professors, and maps all relating to northwestern California. Access is provided primarily through the library's catalog and the library webpage.

The historical photos and documents contain the history of local tribes, resources and primary industries such as logging, forestry, fishing and HSU. Geology is also another large aspect cataloged; the Humboldt Room covers the history and patterns of earthquakes in Humboldt County.

Quetzalli Rocha is a social work major and senior at HSU.

"I became familiar with it in my Native American studies class and that was two years ago." Rocha said. "The room is great for students studying historical content."

The materials in the Humboldt Room are available for use by visiting scholars and the general public as well as HSU students, faculty and staff.

Carly Marino is one of the librarians in charge of maintaining the collection of historical artifacts.

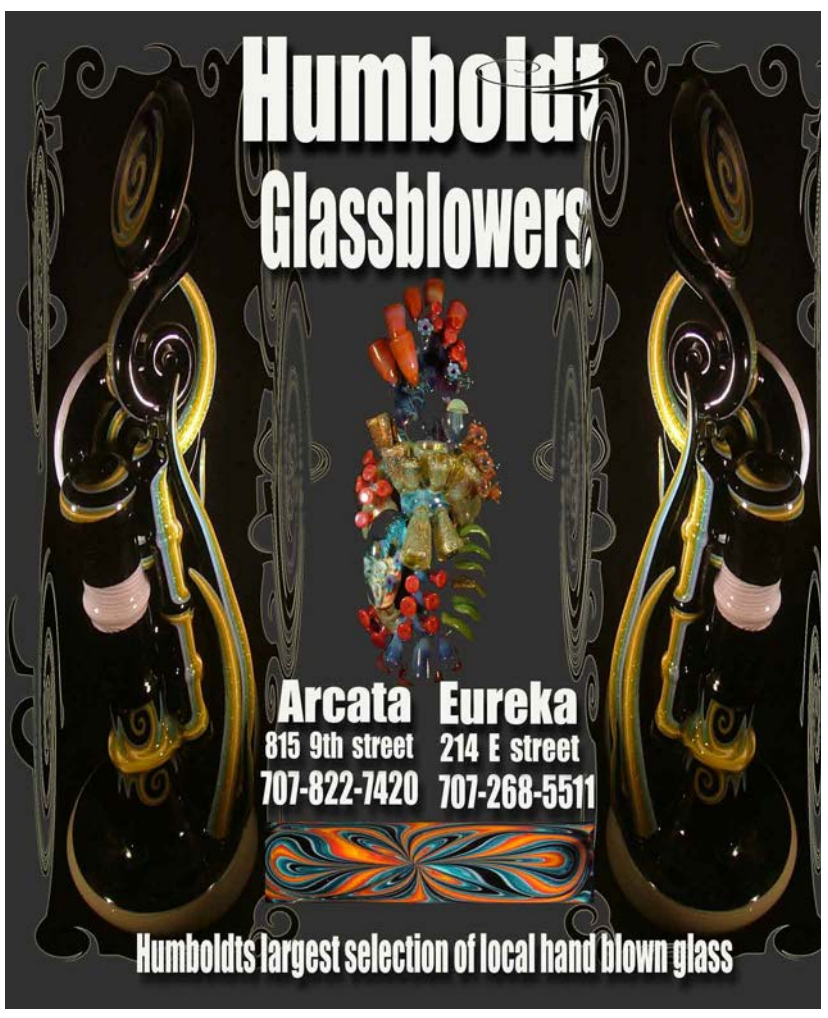
"It is nice for the library to have special collections. People come from all over the country to view the collection. We can look at what we were doing 100 years ago, and we are also still recording and storing information for future generations to come," Marino said.

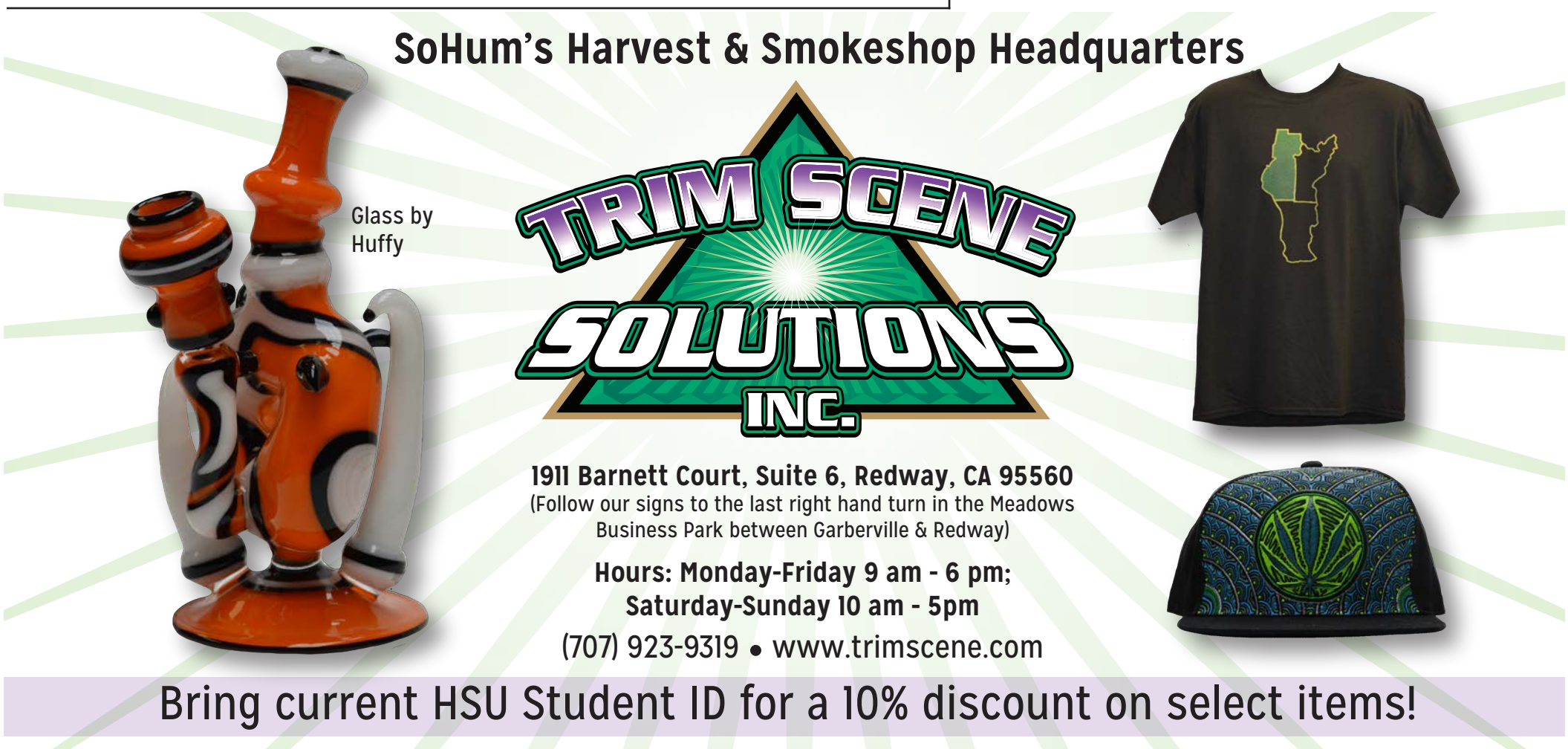
During the academic year, hours for the Humboldt Room are Monday 1 p.m. to 7 p.m. and Tuesday through Friday 1 p.m to 4 p.m.

The library is hosting a showcase all throughout the month of March, "The Evolution of Information." It is the first exhibit the library has shown illustrating the changing nature of information over the past 100 years. The event will be held Wednesday, March 5 at 3 p.m. in the library lobby.

Tina Sampay may be contacted at thejack@humboldt.edu

Maxwell Kahn, geography major, researching changes in architecture in Samoa, California. | Louis Ramirez



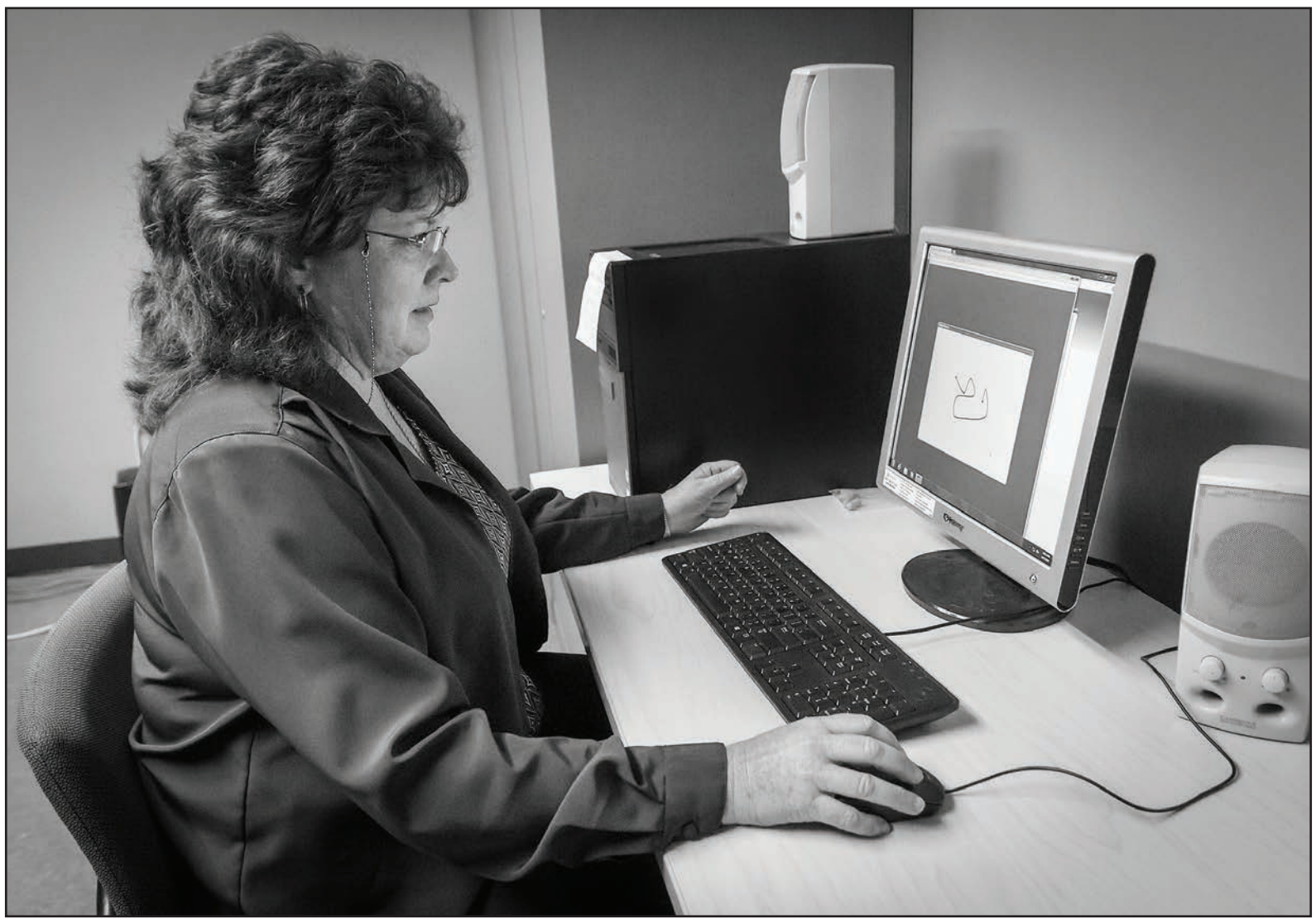


ImPact testing heals patients mentally and physically

North Coast Concussion program screens athletes for head trauma

Sports Science

by Robin March
Additional reporting by Manuel Orbegozo



Cindy Condit visits the North Coast Concussion program for a second test. | Manuel Orbegozo

A year after she fell down a flight of stairs and hit her head, Arcata High School biology and anatomy teacher Cindy Condit still has trouble remembering her own age.

"Wait a second … I'm 52," Condit said.

Her concussion resulted in a depression that lasted several months and grew into thoughts of suicide. She would have killed herself, but her memory only lasted long enough to get up from her chair.

"My short term memory was gone, that's the only thing that saved me," Condit said.

When she learned about kinesiology professor Beth Larson's concussion program at HSU, she decided to try it out.

"It wasn't me and I didn't have the abilities I always had," Condit said. "Beth talked me through what was going on in my brain."

Larson not only provided her with information about her condition, but gave her the comfort and confidence she did not get from other professionals.

"Beth told me her story, stories of other people that had concussions," Condit said. "And all of a sudden I wasn't alone."

The North Coast Concussion program at Humboldt State provides free testing for local high schools, HSU students and affordable care for community members.

Larson heads the North Coast Concussion program and has spent the last few years studying the effects of trauma to the head.

Larson's research coincides with that of kinesiology professor Justus Ortega, who also runs the biomechanics lab on campus. Ortega's research is focused on the different forms of head trauma and how it can affect a person's overall physical recovery rate.

The study is not just central to campus, it branches out to communities from Humboldt all the way to Del Norte county.

The information they gather contributes to a collective of data used to see variations in length of concussion recovery in different groups.

Last semester, a student trainer overheard Jacks defensive back Jamal Jones discussing a hard hit to the head after a football game. The injury was reported and he was required to take the Immediate Post-Concussion Assessment and Cognitive Test.

Jones' reevaluation revealed a concussion that dropped his normal brain functions 40 percent below his baseline level, enough to keep him off the field for several days.

Jones was cleared for that weekend's game after passing his ImPACT reevaluation, however he spent the week in bed nursing a sore head.

At the beginning of the semester athletes are trained on concussion responsibility and are given computer-based neuro tests to graph a baseline for their brain response. The stats from these tests are collected in a global database to graph statistics.

"When you're a football player it opens your eyes, you kind of look at it like 'wow, this can possibly happen to me,'" Jones said.

At the beginning of the semester, athletes are required to take the ImPACT test which evaluates visual and verbal memory, reaction time and processing speed.

All student athletes take the test at the beginning of the season to determine their normal brain functions, after a head injury they are reevaluated and if their brain functions seem delayed, they are referred to their local physician for diagnosis.

Once a player gains a supposed concussion they retake the ImPACT test to see how the injury has affected their brain.

The concussion program began in 2008, the same year Larson entered HSU's master of kinesiology program.

She worked with Anthony Kontos, the professor she would eventually inherit her neuro throne from. They received a $250,000 grant from the National Operating Committee on Standards for Athletic Equipment to research concussions and depression in high school and collegiate athletes. The money was shared with colleagues at Michigan State University for additional research.

The program provided concussion testing and management services for athletes at HSU, College of the Redwoods, and Fortuna and McKinleyville high schools.

The grant ran out in 2010. Larson and Ortega took over the research and believed there would be a reduction in care for the students. They saw this as an opportunity to expand the program and provide focused concussion services to the greater community.

"I think it's one of the great accomplishments of our program," Ortega said. "When the grant ran out I was able to secure modest funds to continue our program with HSU athletes.

The program now has a two-year contract with all high schools within 100 miles of campus, and provides $25 testing for community members. Larson said she is trying to obtain another grant to offset the community member fees and reduce the cost for local high schools.

The labs also offer unique opportunities for kinesiology students who travel to high schools and are on call to assist their professors with tests and monitoring for different studies.

The research program also makes sure that if an athlete or student suffers a concussion, they are taken care of mentally.

If the ImPACT test is taken and a severe drop in a baseline occurs, the program can write a note to Student Disability Services to request an extension in a class if needed. A hiatus in play is not the only necessary break, in order to let the brain rest sometimes classwork must also be temporarily set aside.

"Concussion management is a multi-pronged approach … there's not just an easy test to say, 'Yes you have a concussion, this is how is how bad it will be,'" Larson said.

Brain function is not the only skill affected after a concussion. Body movement and stability may also become an issue and this is where Larson and Ortega's separate focuses meet.

In the biomechanics lab Ortega and his students monitor patients carefully, noting the correspondence between brain function and movement.

As Larson monitors the brain's improvement with the ImPACT tests, Ortega watches the body's road to recovery and tries to see anything that matches. They believe the combined information will further enhance the gathered data.

Recently the program observed a correlation between speed of recovery and the history of prior concussions. Ortega made a point that, although the research seems intuitive, it is still important to have evidence to back up the hypothesis that multiple brain injuries can result in a slower recovery rate.

The research program and biomechanics labs are ambitious that the information gathered and shared with the public will inspire people to remain conscious and thoughtful when taking part in situations that can potentially result in brain injury.

Robin March may be contacted at thejack@humboldt.edu

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- See a native plant garden and basket displays.
- Enjoy an evening of Karuk storytelling and a potluck dinner.

Instructors: **Frank Lake** (U.S. Forest Service) & **Leslie VanderMolen** (HSU Dept. of Biology)

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Additional $50 for 1 unit optional credit in ANTH 485 or EMP 480

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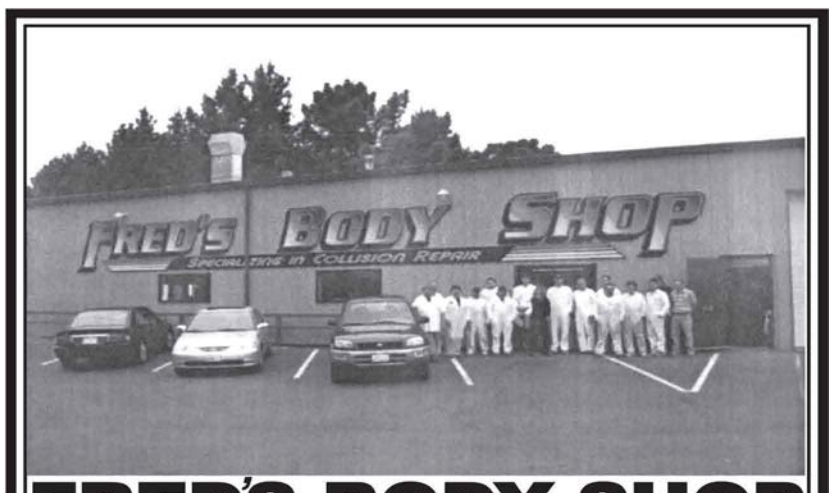
APPLY BY MARCH 26! *More details and application form:*

www.humboldt.edu/ethnobotany

or contact **Leslie Vandermolen: 826-3233 or ljv1@humboldt.edu**



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Lumberjacks win four game series against Chico

Continued from page 1

HSU held on to the lead for the final inning and won the last game of the series 11-8.

Although Walker hit the last home run of the game for the Jacks and was happy with the win, she said there are things that the team can improve on.

"This series win means that our ranking should go up," Walker said. "We really need our pitchers to buckle down."

Head coach Shelli Sarchett said she is happy with the upcoming schedule as the Jacks have home field advantage for the next 10 games.

"We have a home game next Friday and Saturday against San Francisco State," Sarchett said. "We will be home for the next few weekends which is nice."

HSU currently sits at third place in the California Collegiate Athletic Conference with an 8-4 record and freshman Tiffany Hollingsworth leads the conference with 22 RBIs.

Caledonia Gerner may be contacted at thejack@humboldt.edu

HSU outfielder Andrea Chavez winds up her powerful swing. | Derek Burton

HSU Softball March home schedule

vs. San Francisco State: 3/7/14
noon and 2 p.m.

vs. San Francisco State: 3/8/14
11 a.m. and 1 p.m.

vs. Cal State East Bay: 3/14/14
1 p.m. and 3 p.m.

vs. Cal State East Bay: 3/15/14
11 a.m. and 1 p.m.

vs. Cal Baptist: 3/17/14
noon and 2 p.m.

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Playing for the basics

Scholarships hard to come by for HSU athletes

Campus

by Caledonia Gerner and John Ferrara

Student athletes are not automatically handed scholarships, they have to earn it.

Running back Nicholas Ricciardulli, who set a Great Northwest Athletic Conference single-season rushing record with 1,579 yards in 2013, said his scholarship is enough to cover tuition and other needs. But the senior lets his battle-tested body do the talking.

"I've got the scars to prove my scholarship," Ricciardulli said.

The former GNACC offensive player of the year has enough money to get by without student loans, but he said that is not the case for every player.

"There's a bunch of guys that need a scholarship that don't have one," Ricciardulli said.

Associate Athletic Director of External Affairs Tom Trepiak said there are a limited number of scholarships available. The athletics department is able to award 10 HSU students enough money to cover tuition and housing fees each year.

Softball player Madison WIlliams receives a large enough endowment to cover most of her expenses. Because the freshman pitcher lives off campus, she does not have a meal plan and follows a strict budget to assure her scholarship money lasts the entire semester.

"It covers my tuition and most of my needs," Williams said. "The only thing it doesn't cover is some of my food and rent."

When recruited players agree to attend their school of choice, they sign a national letter of intent stating they will remain a student athlete at the school for one year. Before signing, a scholarship agreement is reached between player and coach.

"It's a one-year thing but it's generally renewed," Trepiak said.

However renewal is not guaranteed and players that underperform can lose their awarded money next season.

Each team at Humboldt State is given a certain amount of money for scholarships and must adhere to Title IX of the Civil Rights Act of 1964. By law, men and women's teams must receive an equal amount of funding for scholarships, equipment, travel and other expenses.

In football no full rides are given to any player but with the combination of financial aid and scholarship some players will have all their costs paid for.

In order to maximize scholarships, coaches first calculate the amount of financial aid a student will receive, then they award the athlete enough money to cover leftover expenses.

NCAA sports teams are categorized into divisions. Schools choose which division they compete in and this dictates how much bursary money can be awarded. HSU football is in Division II.

"[Division II] means less scholarships," Ricciardulli said.

Division II is allowed less scholarship money than Division I and Division III is not allowed any athletics scholarships.

"We like the balance between academics and athletics," Trepiak said. "Division I involves much more travel, we like to keep students in the classroom."

There is a lot of pressure put on players to behave themselves in order to keep their scholarships. A student can lose their scholarship through academic ineligibility, misconduct or voluntary withdrawal.

Ricciardulli said that it was all worthwhile because of the family and opportunities playing football has given him.

"I enjoy what football offers me, the family, the team ... It doesn't matter that I can't go out every night, I already have 100 friends from being on this team," Ricciardulli said.

Head football coach Rob Smith said that he only awards tuition scholarships. If Smith awarded players full rides he would only be able to aid 10 players instead of 30.

"I wish we were able to do more," Smith said. "If money is available I have the ability to offer a player a full ride."

Caledonia Gerner and John Ferrara may be contacted at thejack@humboldt.edu

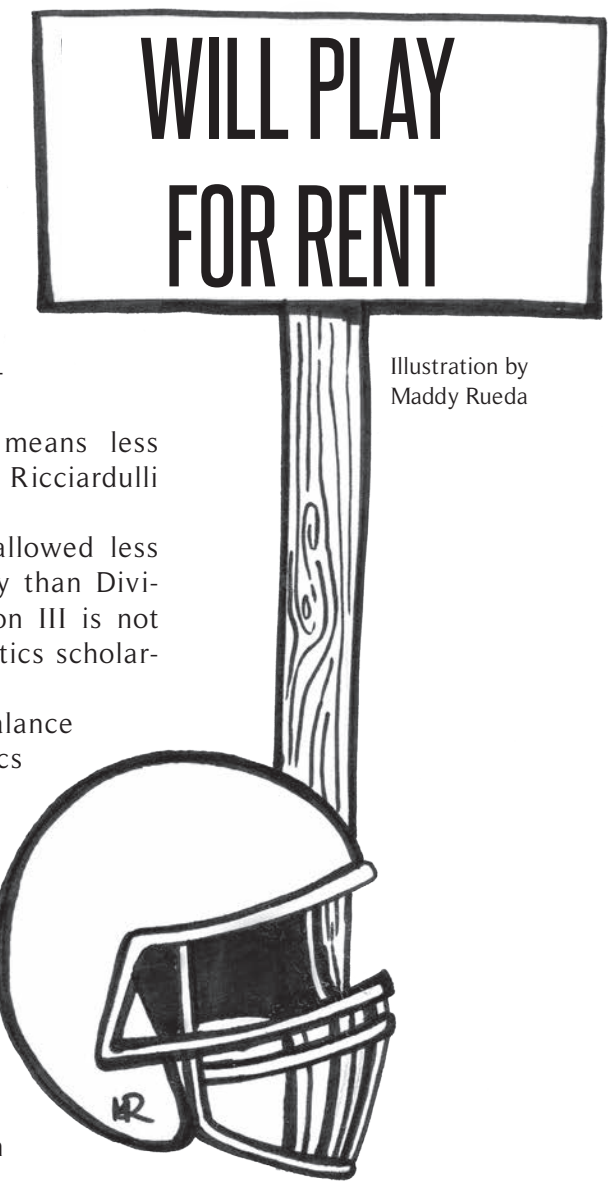

Illustration by Maddy Rueda

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EDITORIAL

War, what is it good for?

After months of protests turned to riots and then what seemed like calm, Ukraine now looks like it is on the brink of war with Russia. So why should Americans care?

Well, lets start with a brief history of Ukraine's independence. When Ukraine gained independence in 1991, Russia, Belarus and a few other countries came together to dissolve the Soviet Union and Ukraine finally got a stab at democracy.

For a few years Ukraine did okay, but since independence it has found itself with and without rather corrupt leaders. One of these leaders was Viktor Yanukovych, who you may know as the recently ousted president of Ukraine. Yanukovych is not new to stirring controversy in Ukraine either.

The Ukrainian presidential election of 2004 was almost won by Yanukovych. The suspicious terms under which he won spurred the Orange Revolution and caused a recount. Yet, even though he lost that election, Yanukovych found his way into the presidency in 2010 and lasted until early last month.

The similarities between the corrupt Ukrainian rulers is that they seem to hold close ties with Russian interests and this is exactly what got Yanukovych run out of his homeland.

In November of last year, Yanukovych was prepared to sign an agreement with the European Union, but instead of doing so he accepted a deal with Russia for billions of dollars in a bailout. This deal would bring Ukraine closer to Russia more than ever.

All of this is what started the protests-turned-riots in Ukraine. This was the start of the Euromaidan movement in Ukraine.

So where does the United States come in?

Back in 1994, a few years after the dissolvement of the Soviet Union, Russia, the United Kingdom and the United States got together and created the Budapest Memorandum. This was a form of agreement that these countries would respect Ukraine's territories and its independence.

In this agreement they decided that none of them would ever threaten or use force against Ukraine's independence, they would never use economic coercion, nor would they occupy Ukraine's land with military force.

Russia has breached all of these agreements.

The specifics of what is occurring in Ukraine are almost impossible to know at the moment, but what is known is that Russia is out of bounds and it is a concern for the U.S.

Russia's current occupation of Crimea is out of bounds. Crimea is part of Ukraine despite its large population of Russians. And regardless of Russia's feelings about Ukraine's new Euromaidan parliament (the parliament created after Yanukovych was removed from presidency), Russian military presence is not warranted.

Russia is being a playground bully.

It is a concern of the United States that Russia is breaking the Memorandum. It is a concern of the U.S. as a member of the United Nations to interfere when a country's fight for democratic independence is being restricted.

Companion cookie cutter

Dating the norm, really?

by Isak Brayfindley

So who out there looks at the man or woman by their side and splatters preconceptions all over them?

Relationships today have different parameters than relationships have in the previous 30 years. Society has grown into a mechanism that strictly defines how you pick a significant other. Is that how things should be, and is going with the tide the best course of action? I say no.

It amuses me how we live in this progressive nation where we propagate the social ideal of equality and yet manage to have extreme inequality peppering the landscape. Society has built up an unspoken wall of defense for the hegemonic stream of cookie-cutter commercials and lifestyle directions forced upon the public every second of their waking life.

Why, when all of us have seen how treating people based on stereotypes hurts and is wrong, do we evaluate potential mates/lovers through social stereotypes of masculinity and femininity?

In a time where people are praised for coming out, for stepping away from the norms, for being educated and aware and critical thinkers, we maintain these antiquated views about what makes someone a worthwhile date.

I have been called ball-less, a faggot, a girly-man, the woman, typical, sensitive and not man enough. I don't wear what most guys wear. I don't keep my emotions to myself and I care about whether or not I have showered. I am happy that I don't drive a truck or wear camo. I am glad that I don't just bully my way into my date's pants.

I am satisfied with the fact that I want the person I am with to be happy. I don't have to treat my significant other like a piece of meat, or anyone like that for that matter. And yet for each of these things I have found that I am unique in my approach to them. I really wish this were not the case. Though a pure gentleman I am not, a Yale man I am not.

It may be my mistake and I hope that it is, but I see people checking out everyone as if we are already summed up. Talking to someone too fat, too skinny or too non-typical is just terrifying under the current social regime. God forbid someone look at you with compassion and expect to talk more than screw.

If someone isn't the thoughtless jerk who wants "dat ass" from you, will you give them a second thought? Anyone can just expect sex. A relationship is just being with a person you tolerate sleeping with on a regular basis, I guess.

Consider for a moment how niceness and actual, kind relationship-building behavior has been painted as of late. The language describes mates who treat you kindly or friendly as douchebags who want to play the friend zone to get into your pants. What if a degree of kindness and consideration were pivotal to a relationship?

Oddly I want someone to think of me as more than a piece of meat. I want to jump into a dating pool where people respect a well-rounded human being who deviates from the traditional male-female setup. I want to split checks, be asked out, be proposed to and be sexually equal no matter what sex/gender I am. I want someone to take an individual look into my heart and see the worth that I know is there.

If this sounds too conservative I don't mean it to. I am considering that in each relationship we all have needs, quirks and problems to bring to the table openly.

Isak Brayfindley may be contacted at thejack@humboldt.edu

Note to our readers:

In the Feb. 26 issue of The Lumberjack, Vol. 104 No. 5, the writer of "The new reality of race in America" featured in the opinion section, failed to attribute excerpts from Bakari Kitwana's book "Why white kids love hip hop." The article relied heavily on the preface of Kitwana's book and lacked the original thoughts and opinions of the writer.

WHAT A GIRL WANTS
WHAT A GIRL NEEDS
WHAT A WOMAN DESERVES

I'm a Barbie girl

by Tabitha Soden

Barbie.

A name so famous it needs no explanation.

Put simply, she is a toy; a toy with platinum blond hair, blue eyes, no toes and a body with proportions so out of whack that it has been deemed humanly impossible.

The toy itself raises many questions, including why we are promoting an impossible body image to children. But the question of gender is a whole other ballpark.

Graphic by Tabitha Soden

Barbie is a gender-specific toy, marketed toward girls, in a world where old theories of gender are slowly being broken down day by day.

As a girl I played with Barbies, but I had my G.I. Joes too. So why is it that when a boy wants a Barbie, as a society we tell him no?

It is because Barbie is a girl toy.

Most people probably don't walk into a Toys'R'Us and think of the segregation and discrimination right before their eyes. One side of the store is frilly and pink, all ponies and baby dolls, where the girls belong. The other side has black and dark greens, a plethora of Nerf guns and superheros.

The toys we give children tell them what they can and can't do, according to a Washington and Lee University study. Some social scientists have also asserted that gender-neutral toys are more likely to lead children into careers of science and math.

A 13-year-old girl from New Jersey started a campaign in 2012 asking Hasbro to make a gender-neutral Easy-Bake Oven for her brother. They listened. A mostly black oven was created with blue accents and marketed to boys.

Girls are now featured in Lego commercials, and people are embracing gender-neutral toys.

Yet Barbie has not changed so much over the years. She still stands as a symbol of fashion, youth and femininity.

I played with Barbies modeled after the Spice Girls and today Mattel, a popular American toy company, is making Barbies modeled after "The Hunger Games" and "Twilight" characters, products marketed to females. Barbie wears ball gowns and makeup and teaches girls what they should aspire to.

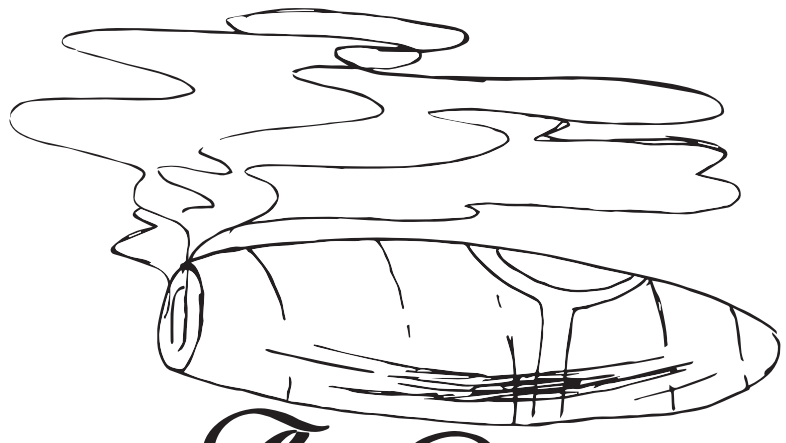
It is nearly impossible to find a Barbie who works in construction, or drives a truck instead of a Camaro. If a boy wants to play with a Barbie, society discourages it.

When my brother was five he would tell you his favorite color was purple, until he got made fun of. Now he is 10 and he will tell you his favorite color is red.

Old notions of gender need to be broken down. Girls should be allowed to play with trucks, and boys should be allowed to play with dolls. Our ideas of gendered toys are outdated, and already countries like Sweden are changing their market to match consumer needs. In one Swedish toy catalogue, boys dressed like Spider-man are seen pushing baby carriages and girls are posing with plastic guns.

Our market won't change unless we demand it to. In the case of the Easy-Bake Oven, all it took was a 13-year-old girl to demand change.

Tabitha Soden may be contacted at thejack@humboldt.edu



The Dapper Gentleman

How big is your love?

by Eduardo Barragan

Not all erections are created equal.

A fully erect penis can be anywhere from 1.6 inches to 10.2 inches long, sometimes more.

According to a 2013 survey from the Journal of Sexual Medicine, the average penis size is about is 5.6 inches long when erect.

For men, penis size is the primary projection of masculinity. The general population equates masculinity with strength and domination over others. This pseudo-definition of masculinity creates a myth and false advertising about penis size. Thus, not being "big" causes us unnecessary anxiety.

Penis enlargement pills are the perfect example of preying on men's insecurities. If there really was a big-dick pill, I'm sure every man on the planet would be using it and penis size would no longer be an issue. If you can get over the old American adage "bigger is always better," you're more likely to be happy with what you have.

However, whether penis size matters to women is up for debate. Some women who experience vaginal orgasms do so more often with men of larger girth. Others suggest bigger isn't always better. Women sometimes confess that their partner's penis can be too large, to the point that it can cause discomfort during sex.

In any case, the average-sized penis seems to be the right balance, but men still worry. Penis-size insecurity is driven by a body-obsessed culture and porn overloaded with abnormally large penises.

There are options for men insecure with a less-than-average penis size. Erectile extensions can be used not only to increase size, but also as a solution to please their partners. Though I doubt that long-term relationships are built on a man's penis size, it is arguable that a penis size is linked to happiness.

Then again, we have to ask "is it linked to happiness as defined by society or the individual?" We have to be comfortable with what we have and realize that there are alternatives that can fill in the gaps.

There is little a man can gain from being well-endowed. We seem to think that a large penis leads to dominance among men and women.

Some women do prefer men that are well-endowed. According to a study conducted by the Proceedings of the National Academy of Sciences, women claimed that penis size increases a man's attractiveness or that it helps a woman achieve orgasm easier. But I have yet to find anything reasonable enough to say that a bigger penis is a better penis.

Eduardo Barragan may be contacted at thejack@humboldt.edu

The Lumberjack Submission Policy

Send submissions to Opinion Editor Lauren Voigtlander at ljv67@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.

CORRECTIONS

In last week's "The Checkpoint" column, Sony was depicted in the headline as the developer of the video game Okami. The actual developer is Clover Studios.

1st Best Arts & Entertainment Story
2nd Place Best Infographic
2nd Place Best Photo Illustration
3rd Place General Excellence
3rd Place Best Orientation Issue
3rd Place Best Photo Series
3rd Place Best Sports Story
3rd Place Best Special Section

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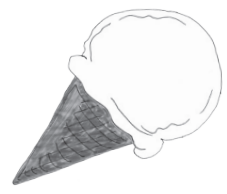
Be a part of it.

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.

Puzzles Page



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?"

Last week's winners

Where's Rollin?
Kayla Vogel

Where Is This?
Robert Garcia

The Lumberjack Trivia:
Lauren Lester

Trivia Questions

1. How many varieties of beer has Jacob Pressley produced?

2. How many calories are there in the rosemary potato frittata?

3. How much do community members pay for concussion testing?

Winners get a $5 gift certificate from Arcata Scoop. Winners can pick up their 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. *Last week's answer: Ghost Busters*

EMVOI _ _ _ _ _

TRAOCS _ _ _ _ _ _

TRAECP _ _ _ _ _ _

ROHNO _ _ _ _ _

MSUFAO _ _ _ _ _ _

" _ _ _ _ _ _ _ _ _ _ "

Compiled by Ian Bradley

Where is this?

The following photo was taken somewhere on the Humboldt State campus. Do you know where? Email your answer to thejack@humboldt.edu with the subject "ATTN: Where is this?" Last week's photo was taken by the side entrance of Bret Hart House.

Weekly Sudoku

Difficulty: medium

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

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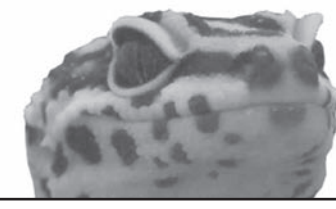

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CALENDAR

Thursday, March 5 - Tuesday, March 11

Graphics by Lizzie Mitchell

Wednesday March 5

The Evolution of Information — HSU Library Exhibit Opening
This exhibit will showcase the evolution of information of the past 100 years and is part of of the Library's showcase month throughout March. There will be refreshments and door prizes.
Library Lobby
Free

Wednesday March 5

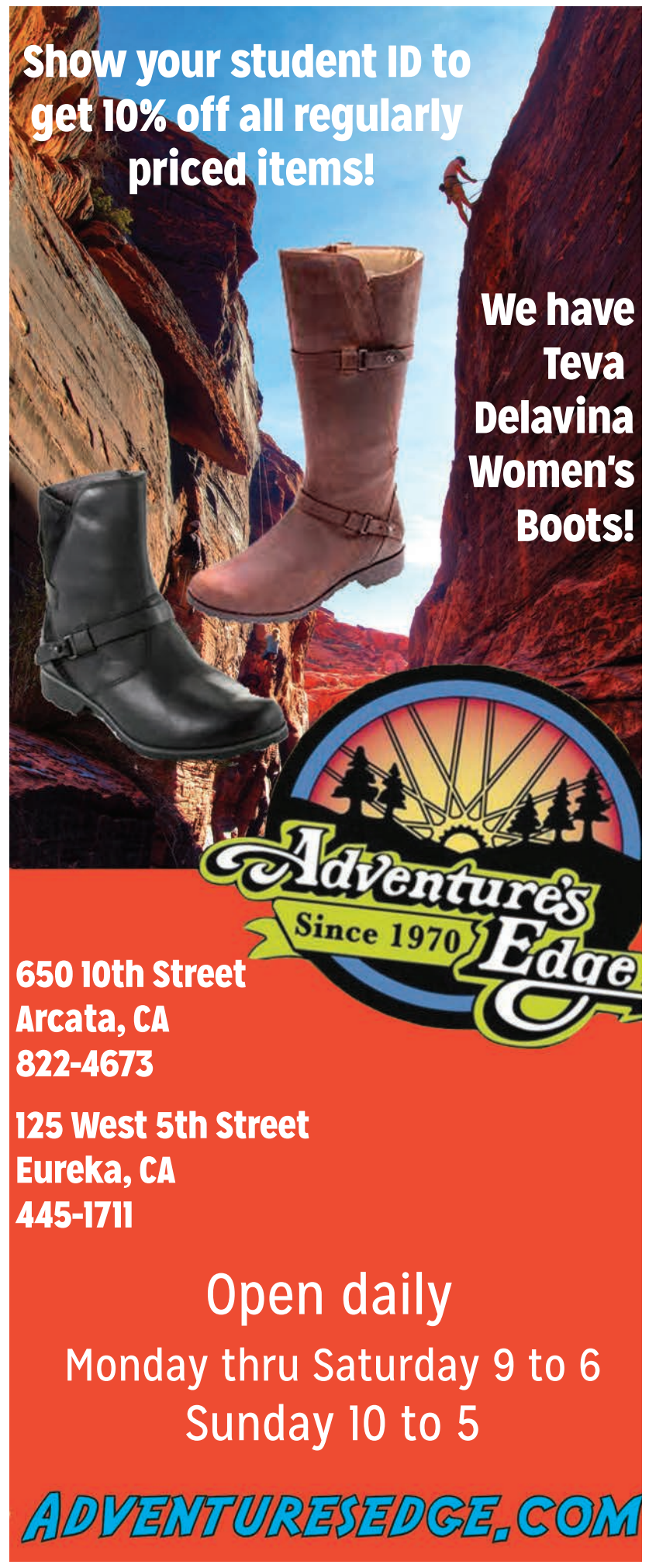
Homebrew Bottling
Check out the Campus Center for Technology's demonstration on how to bottle your own brew.
CCAT House
5-6 p.m.
Free

Friday March 7

Midday Matinee — Local Film Shorts
The HSU Library will screen films from HSU alums and faculty in honor of the university's centennial celebration. "Ugliest Fountain in the world (without a doubt)," "The Harriers," and "Arcata from Dawn 'till Dusk" will be screened. Refreshments will be provided.
HSU Library Room 114

Tuesday March 11

Green Rush LA: Medical Cannabis Confusion in the WIld West of Weed
Nathan Donahoe will present an in-depth analysis of Los Angeles-area medical marijuana collectives and the role regulation plays in the city's cannabis industry. Donahoe is from the Cannabis Consulting Group and advises the Cannabis, Health and Young Adult Study funded by the National Institutes of Health and the City of Los Angeles on cannabis policy.
Native American Forum
5:30 p.m. - 7 p.m.



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