

The Lumber Jack

Wednesday, March 31, 2010 Vol. 96 No.9

Begging For Change

Arcata's new law
limits panhandling

p. 5

Plus

Defining your freedom of speech p. 2

Majors on the chopping block p. 3

Students raise funds for Africa p. 10

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NEED WORK
ANYTHING
HELPS



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WHAT'S INSIDE

NEWS

New laws crack down on panhandling p. 5
Search for CAHSS dean fails p. 7

FEATURES

Hairspray: The Musical on the JVD stage p. 8
The Freeloze Circus p. 8
A new botanical garden under construction p. 9
Going the distance to fight AIDS p. 10

SPOTLIGHT

Stephanie Hero in the Gist Theater p. 12

OPINION

Editorial: healthcare myths shattered p. 16
Letters to the Editor p. 17
Column: Priorities, Please! p. 18

SPORTS

It's all in your head: the dangers of concussions p. 19
25th annual celebratory dinner & sports auction p. 19
HSU Workout Guide on Stretching p. 20
Rowing Race in Regatta p. 21

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CORRECTIONS

*In the March 24 issue, we mistakenly identified a school as UC Hayward, it should have been "UC Hastings." In the same story, "Sacramento" was misspelled
*Last issue, the table of contents contained the acronym "NCAA" in lieu of GNAC.
*Last issue should have been labeled as volume 8, not 7 on the cover.

If you have any **Corrections** contact us:
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COVER Design: Hilary Lebow Photo: Tosh Kondo

Defining Your

Freedom

New policy determines restrictions on free speech

By Carly Matson

Your First Amendment rights are not absolute on campus.

HSU is rewriting its Quad policy to better define when and where topics can be discussed freely.

On Thursday, April 1, the University Executive Committee will hold a meeting to discuss an updated version of the 2001 Quad Policy. When approved, the rules and regulations will apply to the whole campus.

"The new policy will cover how to manage the time, place and manner of free expression, while at the same time maintaining a safe educational environment," said Steven Butler, Vice President of Student Affairs.

Butler said the current policy is not broad enough when defining campus disruption and interference. The new policy is nearly four times as long and complies with current laws that focus on freedom of expression.

When weather permits, amplified speech and music can be heard in the University Quad from noon to 1 p.m. A decibel limit is not part of the current regulations.

The new rules do not allow

amplification to exceed 60 decibels, equivalent to the sound and intensity of a piano.

Art major Elizabeth Moran thinks the noise level restriction is too specific and would be hard to regulate.

"Maybe it should be at a different location on campus if it's so bothersome in the Quad," said Moran. "We advertise ourselves as a liberal campus. We should have a forum for people to speak at."

The Foundation for Individual Rights in Education (FIRE) conducted a study last semester on university speech codes. The study revealed that 71 percent of the campuses surveyed unconstitutionally limited free speech by dictating the subject matter and location of speech.

Butler said content of expression cannot be measured in a policy, and any topics can be discussed during normal campus hours. Free speech can only be stopped when the subject matter presents a clear and present danger to the campus.

Nelson and Siemen's Hall are two buildings right next to the Quad where administrative offices

are located, and classes are held. The majority of staff members said the noise level was disruptive when trying to communicate in the office and over the phone.

Butler said the two most common complaints heard during the one-hour time span focus on the volume and content of the subject matter.

Professor Brian Post said he thinks a precise decibel level would help.

Post teaches composition and music theory in the Music A building and said the noise levels from the Quad make it extremely difficult to teach and play music.

"It's hard to focus," said Post. "Walking to the Depot, I have felt that my ears were damaged because of the high volume."

Butler said most of the complaints over subject matter come from students, but the university must support and protect free expression even if people do not like the content of it.

Carly Matson may be contacted at thejack@humboldt.edu

Lumberjack Editorial Board Arrested After Bizarre Dorm Party

By Yelena Kisler

The entire Lumberjack newspaper editorial staff was arrested over the weekend after UPD responded to a noise disturbance at the Canyon dormitories. Upon entering the dorm, officers found underage drinking and livestock, both of which are prohibited on campus.

According to the report, students were playing nude

basketball when a fight broke out between Editor-in-Chief Hilary Lebow and Online Editor Melissa Hutsell. After hearing sounds of cannon fire, neighbors called the police.

Witnesses say the fight began when Hutsell gave Lebow a "purple nurple" in an effort to keep her from scoring a basket.

Lebow and Hutsell were

arrested for indecent exposure, drunk and disorderly conduct and assault. The twelve remaining members of the Lumberjack editorial staff were booked for underage drinking, indecent exposure and possession of livestock in a dormitory.

Managing Editor Tyler Collins said that the goat found at the

see ARREST, page 7

Program Elimination Nearly Complete

Rare Saturday meeting last chance for students and faculty to speak out

By Melissa Coleman

If you want to be a nurse, oceanographer, chemist or programmer, you might want to try your luck at a different school.

A rare weekend session of the Academic Senate this Saturday, April 3, is the final opportunity for HSU students and faculty to talk to the Senate about program elimination.

After the four-hour meeting on Saturday, the Academic Senate votes on which programs to eliminate the following Tuesday, April 6.

"The Senate will make a recommendation to the president and provost and the final decision will be theirs," said Senate Chair Saeed Mortazavi.

No program is exempt from elimination, but in order to bridge a \$1.3 million budget gap in Academic Affairs, the focus of elimination is on 10 of the more expensive undergraduate programs: nursing, philosophy, oceanography, chemistry, physics, rangeland resource science, computer information systems, computer science, liberal studies-elementary education, and fisheries biology.

Three graduate programs are also in danger: english literature, kinesiology, and theater arts.

These are the 13 lowest-ranked programs at HSU. The ranks are based on factors such as cost per student and the number of degrees awarded annually.

At the March 9 Academic Senate meeting, senator Sean Craig pointed out that such figures put seven times more weight on cost than any other criteria.

For example, HSU has the only oceanography program in California and the only

undergraduate oceanic research vessel in the United States. Senators argue that this alone should guarantee the program's continuation.

Still, oceanography is in danger of elimination due to its high cost and low number of graduates.

"It's one of the main reasons the school is known," said freshman wildlife major Rachel Kettenburg. "It's ridiculous."

Senators received two-page rebuttals last week from each program.

On Saturday, chairs of each department in danger of elimination will answer senators' questions about the rebuttals.

Sharon Tuttle, a former chair in the computer science department, will attend Saturday's meeting.

"Humboldt is supposed to be a center for natural resources and sciences. In the 21st century, such a university needs to have a computing department," said Tuttle.

In order for the Academic Senate to keep the Computer Science program or any other low-ranked program, they need to eliminate a higher-ranking one to take its place.

Student representative Steven Margell expressed frustration at the long, drawn-out process of program elimination, which has gone on for over a year.

During the March 23 Academic Senate meeting, Margell said, "I don't feel [higher-ranked majors] are the best departments, but we need to move forward. The thing to do is move forward."

Melissa Coleman may be contacted at thejack@humboldt.edu

Programs Up for Elimination

Undergrad:

Nursing
Philosophy
Oceanography
Chemistry
Physics
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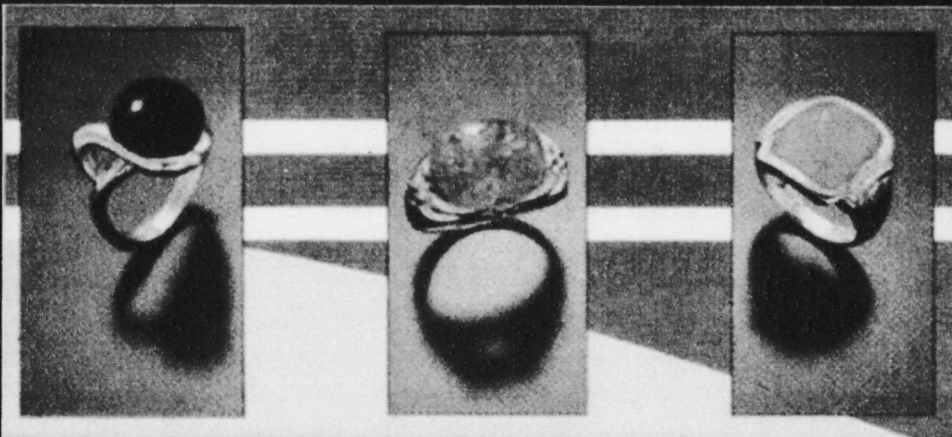
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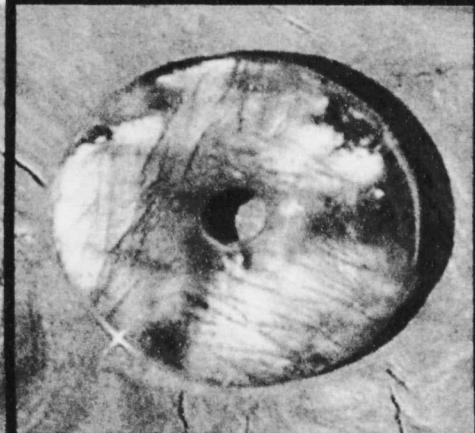
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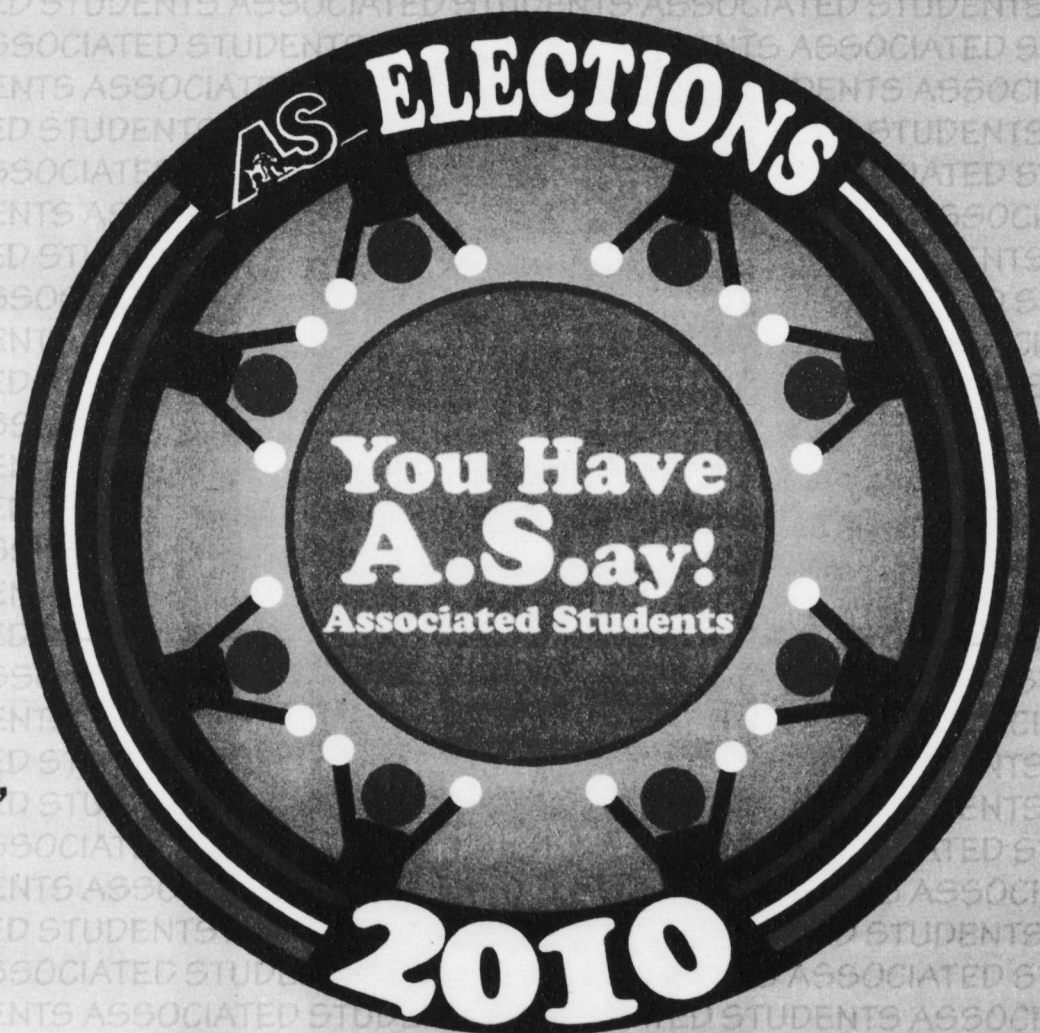
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ELECTION PACKETS
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Don't forget to vote: April 20 - April 22

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Begging For Change

COVER STORY

New law restricts aggressive panhandling

By Adriane Stoia

Alumnus Nicholas Bravo has two degrees from HSU. He is currently homeless and panhandles.

When the Arcata City Council discussed an ordinance that controls where people can panhandle and restricts aggressive

panhandling, Bravo spoke out, "We're saying that people under a certain income level do not have the right to exist, do not have the right to survive. That is what this council is saying. That is what this law is saying," said Bravo in his speech at the recent meeting. The solution is not to create new laws, but to help people who are forced to panhandle he added.

In a 3-2 vote, council members approved the ordinance two weeks ago. It bans panhandling within 20 feet of ATMs, parking lots, bus shelters, pedestrian bridges and entrances to supermarkets, restaurants, bars, retail stores and check-cashing businesses.

The new law, which takes effect April 17, defines panhandling as money or objects requested and received at the same time and place.

The city's law enforcement will focus on aggressive panhandling, defined in the ordinance as, "Approaching or following pedestrians, the use of abusive language, unwanted physical contact, or the intentional blocking of pedestrian and vehicular traffic."

Steve DeMarino said he's seen shops close down in his 15 years working in the Arcata plaza, because of the panhandling problem.

He said he doesn't feel threatened in the

plaza but knows women and children do. Although he feels safe downtown, DeMarino is deterred from spending time there because he doesn't want to be harassed for money.

Since the proposal of the ordinance in February, council member Shane Brinton called it unconstitutional. He agrees panhandling is a problem in Arcata, but feels the law takes away people's freedom of speech.

Kate Christensen, owner of Garden Gate on H Street, agreed. "It didn't come out of the blue," she said, "It's been an ongoing problem within the city." Christensen said she often goes outside her store and asks panhandlers to move because they block the sidewalk and her window.

Kevin Tetreault, a panhandler in Arcata, said the new law will make it harder for him to get

"You only have as many human rights as the size of your bank account."

- Nicholas Bravo - s

Bravo goes one step further. "You only have as many human rights as the size of your bank account."

Nancy Starks was one of more than 15 community members who spoke against the ordinance at the town hall meeting the day it was passed. She said she can already call the cops if she feels threatened and said time would be better spent if the council members would "address the needs of the folks that are asking for money, rather than working on this ordinance."

Tom Clapp, owner of Rookery Books, said panhandling is bad for business and has ruined Arcata's image. He said some of his friends refuse to come to Arcata. "They don't want to be harassed by the bums," said Clapp.

Hot Knots manager Rebecca Lacasse has worked in the plaza for 14 years and said panhandlers make customers feel uncomfortable.

Lacasse said clientele look to store employees for help, which makes it a burden for businesses.

Part of the ordinance reads: "Within the last few years, there has been a substantial increase in aggressive solicitation or panhandling throughout the city of Arcata."

donations. "Some of us aren't that bad. We just have a hard time getting along from day to day."

Tetreault said he agrees with outlawing aggressive panhandling because he said it is the few who get drunk and fight that give all panhandlers in town a bad reputation. "I just do it to get a little something to eat and get a little food for her," said Tetreault as he glanced at his dog, Zany.

Janoah Osborne, a freshman majoring in environmental resource engineering, said although he doesn't like how some panhandlers use guilt to get money, he still feels the law goes against Arcata's spirit of a "judge-free town."

Brian Smith plays his guitar in the center of the Arcata plaza. He asks for donations with his hat.

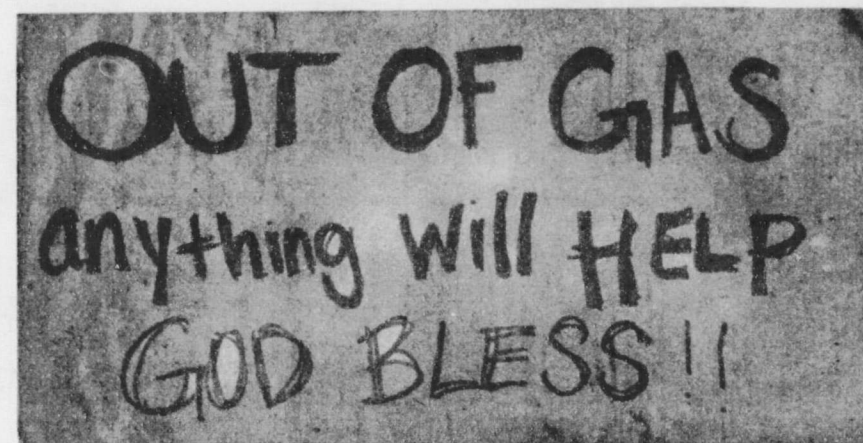
Smith understands banning aggressive panhandling but does not agree with the extent of the law, which would ban playing music for donations.

"It's all just stupid," he said. "We're not hurting anyone. We're just playing music."

Carly Matson may be contacted at thejack@humboldt.edu



Julie (last name omitted) asks for money between 14th and G in Arcata. "I don't like to do this, [but] it's either this or not eat." | Tosh Kondo



Like the change?

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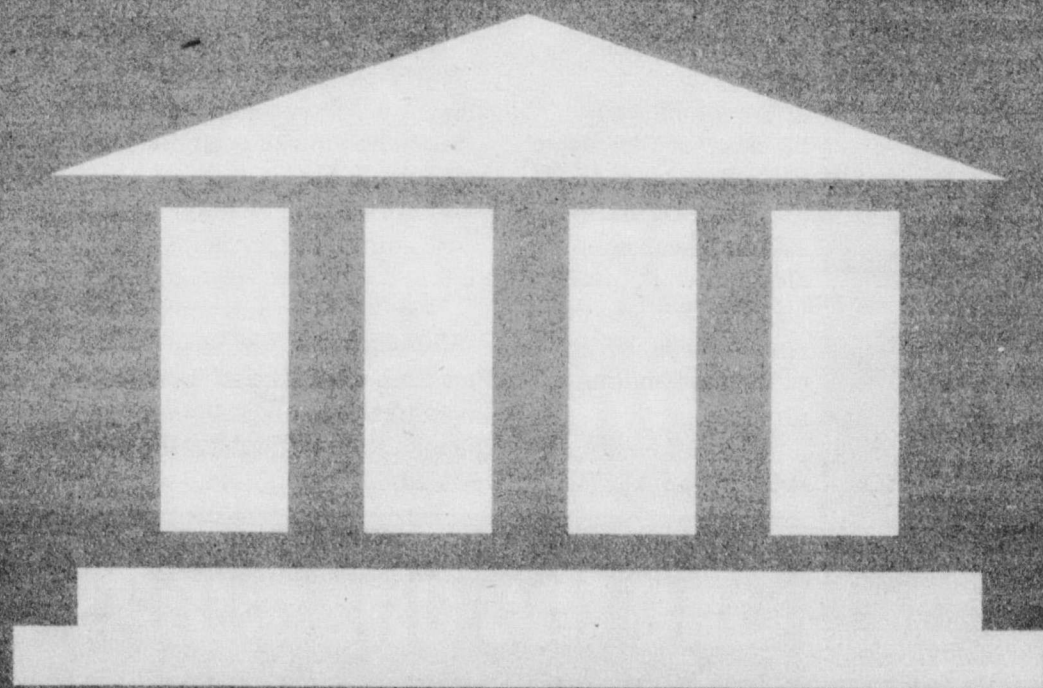
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For more information check out the website www.panettainstitute.org

or contact the Department of Politics, Founders Hall 180, (707)826-4494.

Search for New Dean Fails

Only one of three HSU colleges has a permanent dean

By J. Daniel Fernandez

The most recent search for a dean for the College of Arts, Humanities, and Social Sciences (CAHSS) failed.

Interim Dean Kenneth Ayoob confirmed he will continue in his current position for at least one more year. It will be his fourth.

An e-mail from Provost Robert Snyder announced a new search will be conducted next year.

"I hope to form a search committee and agree on a position description before the end of the semester so that the search can begin quickly in the fall," said Snyder.

HSU is composed of three Colleges: College of Arts, Humanities, Social Sciences; College of Natural Resources and Sciences; College of Professional Studies.

Until last week, all three colleges were headed by interim deans.

HSU announced John Lee as the new dean of College of Professional Studies, effective in July.

The other two dean searches will be held next year, along with the search for a dean for the University Library.

University spokesman Paul Mann said searches for both administrators and staff failed in the past.

"Sometimes candidates apply

for positions at various colleges," said Mann. Sometimes they change their minds about relocating their families, or sometimes the search pool is [limited], and we'll conduct another search."

President Rollin Richmond said, "The candidate wanted too much money."

Referring to the state's slashing of school funding, Butler asked, "Who would want to come to California right now?"

The pay range for a dean in

Professor of Religious Studies, William Herbrechtsmeier, agreed. "I don't think it affects students at all. The main impact on instruction has to do with the individual relationships between faculty and students."

As for the impact on faculty, Herbrechtsmeier said there are those who disagree with some of Ayoob's past decisions, but most faculty have problems with the president and a number of the non-academic vice presidents.

"It is the dean's job to enact many of the policies that they decide. But the dean does not

have much latitude to operate independently of, or in opposition to, these decisions, and faculty understand this in general," said Herbrechtsmeier.

A dean's responsibilities include approving faculty hiring, setting academic policies and overseeing the budget, among other administrative duties. They are usually tenured professors, but give up most teaching and research activities upon assuming the deanship.

Ayoob did not apply for the open dean position. "You should really want it," said the musician and teacher. "I miss my students and teaching."

J. Daniel Fernandez may be contacted at thejack@humboldt.edu

"I miss my students and teaching."

- Kenneth Ayoob -

the CSU system falls in a category called Administrator IV.

At HSU, the top person in this category received \$202,750 last year, while the least paid person in an Administrator IV position made \$103,705.

This does not include benefit packages, which often include incentives such as car allowances, housing allowances, and gym memberships.

Three candidates were invited to campus for evaluations.

The last failed attempt that Ayoob can recall happened more than a decade ago. "It doesn't happen very often," he said.

Vice President of Student Affairs Steven Butler said the failure to find a dean would be of no disadvantage to students.

ARREST continued from page 9

dormitory claimed to be over 21. "She said she was bringing some friends, and I never thought to ask if they were over 21," said Collins. The "friends" in this case were a baboon, a flock of emperor penguins and a Bengal tiger. The tiger, officer's later found, belongs to Mike Tyson. Tyson declined a



Actual, totally not-photoshopped party footage. | Elizabeth Sorrell

comment but expressed that he was not amused by the tiger-napping.

"The group seemed to have a rodeo of some sort planned for later in the night," said Officer Barbrady.

According to Collins, the staff was celebrating award nominations for last semester's Lumberjack.

Lebow, who was responsible for the party, was born and raised in western Philadelphia and spent most of her days on the playground. "Chilling out, maxing, relaxing, all cool," she said. Lebow often played basketball outside of her school. But, when a couple of guys were "up to no good" and started making trouble in Lebow's neighborhood, her parents sent her to Humboldt.

"Now," speaking on her recent arrest, Lebow said, "I got in one little fight and my mom got scared. She said, 'You're moving with your aunt and uncle in Bel Air.'" Lebow left for Bel Air on Sunday.

Upon arriving, Lebow whistled for a cab. When it came near, "The license plate said 'fresh' and he had dice in the mirror," she said. "If anything I can say this cab was weird, but I thought, forget it, let's go home to Bel Air." She pulled up to the house around seven or eight and yelled to the cabbie, "Yo homes, smell you later."

She looked at her "kingdom," she was finally there to sit on her throne as the Princess of Bel Air.

Happy April Fools from all of us at the Lumberjack.

Our editorial staff may be contacted during visitor hours at the Humboldt County Correctional Facility.

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FEATURES

March 31, 2010
THE LUMBERJACK

8

Hairspray The Musical

By Allyson Oken

Put on your patent leather and break out the Aqua Net hair hoppers, "Hairspray" is coming to town. The Tony Award-winning musical Hairspray begins Wednesday, March 31, at the Van Duzer Theatre.

Center Arts event coordinator Michael Moore Jr. said, "This musical has been a well received popular show, and it is the first time it has come to Humboldt County."

Hairspray takes you to 1962 Baltimore with teenager Tracy Turnblad at a time when rhythm-and-blues hits like "The Madison," "The Twist" and "The Mashed Potato" were teen crazes and the Civil Rights Movement was gaining momentum.

Turnblad's adventure begins when she is cast as a dancer on "The Corny Collins Show," based on Baltimore TV dance show "The Buddy Deane Show."

"I'm excited about it the lyrics, melodies and subject matter are great."

- HSU freshman Laural Barnett -

Music professor Dan Aldag said "The Buddy Deane Show" is like "American Bandstand." Both shows provided the latest dance and music trends to teenagers. The notable difference, said Aldag, is that the Buddy Deane Show played crossover albums. These are songs that were created for the African American audience but crossed over from the rhythm-and-blues charts to the pop charts.

Aldag said, "The really radical thing about this time period is that these crossover albums carried the spirit of integration, bringing African

Freelove Circus

By Kjell Dreher

The Arcata Theatre Lounge is hosting the Freelove Circus tonight. This local circus showcases talent from near and far. It is a multimedia event that has your standard circus tricks, but organizer and HSU alumnus Shea Freelove wants it to be something more.

The show includes a rotation of performers from dancers to speakers. At the center is the ringmaster Jessie Jonathen, or Uncle Jessie, and HSU's Marching Lumberjacks. They provide the entertainment between acts and the Marching Lumberjacks serve as the house band.

Christ Werner of the Marching Lumberjacks said they do the show with a "medley of different performers."

This show will also feature belly dancing by the Ya Habib Dance Company. The local group sambAmore will play with its African-style drumming and dancing. Also, in true circus fashion, there is juggling. Alec Perron, a 12-year-old



Shea Freelove, the organizer of the Freelove Circus, is pictured here performing at a local Haiti benefit last month. | Yelena Kisler

juggling prodigy, is scheduled to perform.

One of the main guests is not your standard circus performer. The 2004 Green Party presidential candidate David Cobb will speak at the event. He will talk about his goal of creating a more true form of democracy.

Freelove wants to create a show

that can appeal to everyone from kids to college students at HSU.

Uncle Jessie said the show is "an ambitious variety show in the vein of 'The Ed Sullivan Show.'"

Kjell Dreher may be contacted at thejack@humboldt.edu



Hairspray is coming to HSU. Get those aerosol cans ready. | Center Arts

American and White listeners together for the first time *en masse*."

"Hairspray" is significant because it portrays Turnblad during a time when the fight for integration was on TV and in music. In the musical, Turnblad is not a bystander to the events unfolding before her. With help from her friends Link Larkin and Mottormouth Maybelle, she takes a stand and helps integrate "The Corny Collins Show."

Aldag said, "I have never seen the musical and generally don't like [musicals.] But, I have heard good things, and it is an era of music that I have studied extensively, so I will be going."

HSU freshman Laural Barnett said, "I'm excited about it. The lyrics, melodies and subject matter are great. I hope to see the play."

Twist again like you did last summer with Turnblad and the gang at the Van Duzer Theatre, and do not forget to wear your hair BIG!

Allyson Oken may be contacted at thejack@humboldt.edu

Where: Van Duzer Theatre
When: 8:00 p.m. Wednesday
March 31st
Cover: Adult \$60
Child/Senior \$55
HSU \$35

THE HUMBOLDT BOTANICAL GARDEN IS GROWING FAST

By Grant Scott-Goforth



Tim Walsh digs holes for roses to be planted in. | Tosh Kondo

Steep trails lead to the high point, which looks out over the College of the Redwoods, the Humboldt Bay Wildlife Refuge and the Pacific Ocean.

The Humboldt Botanical Garden sits on 44.5 acres behind the College of the Redwoods campus. In the early stages of the garden, the Humboldt Botanical Garden Foundation thought they would need \$20 million and 20 years to build the garden. It's been 20 years, they've raised \$4 million, and it's finally taking shape.

Botanical Foundation Executive Director Max Abrahamsen says much of the garden's struggle has been related to funding. He estimates that the \$4 million is from donations and volunteer hours. Leadership successions are another delaying aspect of the foundation, but the garden is moving forward quickly. "Right now there's a lot of momentum," says Abrahamsen.

The community is crucial to the garden's success. "We can't do anything without the volunteer force," says Leslie Lolllich, a Botanical Garden Foundation member.

Lolllich says there are about 300 community volunteers, 100 of which are active in the garden. Welfare programs, clubs and student groups help the garden. The Sheriff's Work Alternative Program built and maintains the vital deer fence surrounding the garden. Lolllich hopes the garden can start an "adopt a trail" group, an alternative to highway clean-up programs.

The garden's completed design can be seen on the website, though work still needs to be done. Volunteers are working on the garden areas closest to entrance in a hurry to be ready for the garden's grand opening on May 23. Many of the gardens are named for businesses or individuals who have donated to the foundation. The Lost Coast Brewery Native Plants Garden features plants native to the California coast from the Bay Area to the Rogue River. It's a structured layout, meant to showcase individual plants' features.

The Wildberries Natural Riparian Area is the opposite. It's a display of natural, wild growth in our area. Following trails away from the entrance, visitors are led to the Moss Family Temperate Woodland Garden. It's being planted with magnolias, rhododendrons, azaleas and more. It promises a sheltered, aromatic retreat. Volunteers tended newly blooming azaleas of vibrant yellow, pink and orange.

The garden purchases most of its plants from local nurseries when possible. Grants from the Coastal Conservancy and the American Rhododendron Society have gone



June Walsh chats with a fellow volunteer as she gardens. | Tosh Kondo

The Humboldt Botanical Garden's Grand Opening is May 23. Visitors are currently welcome on Saturdays from 10 a.m. to 4 p.m. Visit their website at hbgf.org or find them on Facebook.com.

GARDEN continued on page 14

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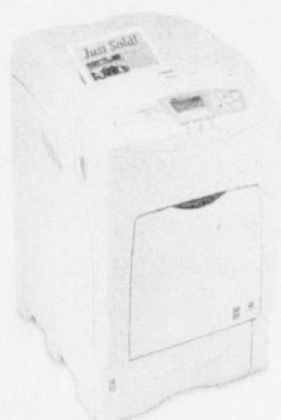
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INVISIBLE CHILDREN BENEFIT CONCERT

By Ruby Johnstone

Last semester, political science major Victor Reuther attended a screening of "Invisible Children," a documentary about the longest running war in Africa. After the screening, Reuther joined a discussion of the film. When asked if anyone was willing to help organize a fundraiser on campus, Reuther was struck that no one offered. So, he took the initiative to raise awareness.

For 23 years, northern Uganda has been in constant turmoil, and many live in fear of losing their children. Joseph Kony has led the Lord's Resistance Army (LRA) in a war against the government of Uganda. Ninety percent of the LRA is abducted children. In 1996, the government of Uganda removed thousands of Ugandans from their homes to protect them from the LRA. Over a decade later, one million people live in crowded camps, exposed to disease, poverty and starvation.

Child development major Darcy Dargo also took interest in the war, and together, they held an Invisible

Children book drive and fundraiser last fall. "We pretty much ended up collaborating on everything," said Dargo.

Once surrounded by a small group of peers with the same concerns, Reuther organized the HSU chapter of Invisible Children. The club consists of eight people and is always open to new members. They

"The mission is to raise the profile of the atrocities in Uganda."

- Victor Reuther -

meet every Saturday at noon in the Fishbowl of the library and discuss new ways to raise awareness of the war in Uganda. They have held bake sales on the University Quad and collaborated with Better World Books, an organization working to build literacy across the globe.

Now the president of the Invis-

ible Children Club, Reuther's first order of business was to hold an Invisible Children Benefit Concert.

A benefit concert will be held Saturday, April 3 in the Kate Buchanan Room from 7 p.m. until midnight. A new documentary, "The Rescue," will be shown followed by musical performances by Blue Street Junction, Womama and

Children of the Sun. The bands will play in front of a slide-show of photos and facts regarding the

war in Uganda.

Surya Sardonicus, Children of the Sun's drummer, explained that playing a benefit comes with motivation to "create a good communal energy for a single cause but, also, to create an awareness of things bigger than our everyday lives."

All funds raised will be donated to the Invisible Children Organization, where it will be used to help build a library at Anaka Secondary School in Uganda. Anaka Secondary School is the direct affiliate of the HSU Invisible Children club, meaning all money raised goes to benefit the long-term development of this school.

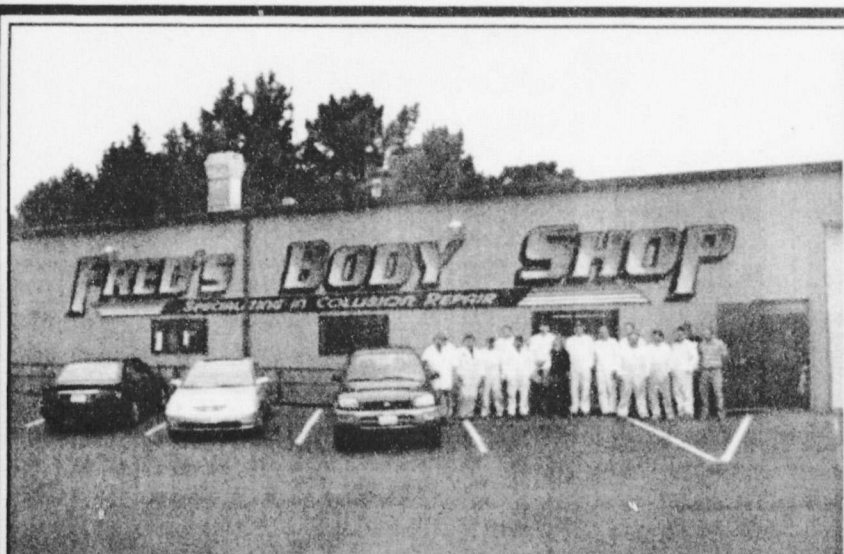
"The mission is to raise the profile of the atrocities in Uganda," said Reuther, "so the international community, especially the U.S. and Obama, will get involved, mitigate and, hopefully, end this war."

Ruby Johnstone may be
contacted at
thejack@humboldt.edu

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Memories Drive Cyclists

545 Miles Closer To Stopping AIDS

By Molly Lovelady

Five amateur cyclists from HSU will participate in San Fran Tour 9, a ride from San Francisco to Los Angeles. It is the biggest AIDS fundraiser in the U.S., said cyclist representative Jo Laurence, part a member of the San Francisco AIDS Foundation.

All five students are from the Lambda Theta Phi Fraternity, and this is their first time participating in the annual ride. Post-baccalaureate HSU student and Team Humboldt's captain Heriberto Herrera said, "We are practicing what we preach in our fraternity, giving back to the community."

Herrera said each of them has personal reasons for participating. Herrera rides in memory of a patient he watched die from AIDS. "I want to share his story," said Herrera, a former hospice counselor.

With 148,949 cases of AIDS, California ranks second in the nation in cumulative cases according to the Ride To End Aids website.

HSU junior and mathematics and social science major Edgar Ramos is another cyclist participating in the race. "I want the opportunity to help make a difference in someone's life," he said.

The team is committed to raising \$15,000 for the cause. Each member needs to raise \$3,000 which is one of the requirements to participate in the race in June. So far the team has raised \$3,000.

Allison Simon, an AIDS/Life Cycle volunteer and project manager at the Gay and Lesbian Center in Los Angeles, said about 25,000 cyclists participate in the 545 mile ride. They ride to a new stop each night. "It's like a little town mov-



The HSU Cycling team poses for a group photo in 2008. The new team will be having a fundraiser for AIDS research. | Luke Ramseth

ing around from city to city until it reaches L.A.," she said.

If you are over 18 and can ride a bike then you can participate, said Simon. You could also be a "roadie" and help with everything from water breaks to offering rides

viding HIV and AIDS care for people who cannot afford their medicine. Simon said, "We have a great need for HIV services."

"The really awesome thing about the money is that it is non-government," said Laurence. "We can use it how we feel we need to."

Some of the money goes to 11 locations in San Francisco where people can

exchange used syringes for sterile ones. As a result of this effort, new infections for IV drug users in San Francisco dropped from 80 percent to about 7 percent, said Laurence.

The money is also used to counsel people about how to sign up for services and also to treat patients with infections.

Laurence said that people are coming from as far as China to participate in the race. "It's all about providing support and care for those with HIV infections," said Laurence.

"We are practicing what we preach in our fraternity, giving back to the community."

- Heriberto Herrera, Team Captain -

to cyclists who need a break.

It is not mandatory, but the ride requires a certain amount of training. The longest day for a rider is 107 miles, and the shortest is 67 miles. "The more you train, the more fun you have," said team captain Laurence. "It takes discipline."

The ride started back in the early 1990s as the California Aids Ride and was sponsored by outside companies. It is now put on by the San Francisco AIDS Foundation and the Los Angeles Gay & Lesbian Center.

The ride raised \$11 million last year, said Laurence.

The money from the ride goes toward pro-

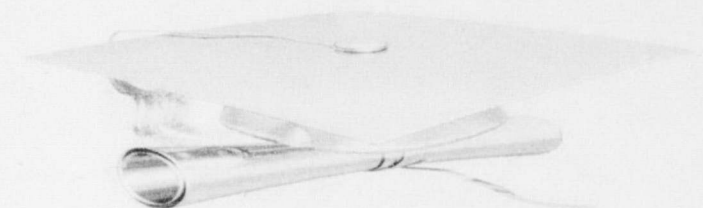
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SARAH DWYER AS STEFANIE

A giant purple dragon, live sword fights and sorcery. Stephanie Hero has it all. The latest production from the theatre department begins Thursday, April 1.

Stefanie Hero was written by Mark Medoff who is most famous for his film and play "Children of a Lesser God," the 1980 Tony Awards winner for best dramatic play.

Similar to the plot of the movie "The Princess Bride," in this fairytale Princess Stefanie helps to rule the kingdom after the king disappears. The queen, her mother, has become bitter and vain since the disappearance of the king. Stefanie sets out on a quest to find her father and make things right. Meanwhile, she must escape the romantic advances by Leopold, a creepy sorcerer who wishes to marry her.

Director Jyl Hewston describes the play as a "fun romp, tongue and cheek adventure."

Calder Johnson and Amy Echeverria designed the costumes and the set for the play. Johnson said that the play is an irreverent, politically correct fairytale with a "young punk edge." Echeverria agrees. "It has been an intense experience; big hair, big color, big everything." Echeverria went on to say that Stefanie Hero is a "cross between Elizabethan period and punk style." In one scene, Stefanie Hero wears a dark purple top with puffy sleeves paired with a black leather mini-skirt.

Jessi Walters plays Matty, a spoiled 12-year-old princess and Stefanie's youngest sibling. Walters also plays an enchanted swan when her character and the other siblings are placed under a curse. Although Matty transforms to a swan, she still keeps her mannerisms. "I really liked a change of playing a little girl put under a spell. I liked the idea of a physical challenge," said Walters.

STEVEN ROBE

Sarah Dwyer, w
"[Stefanie] is a t

Layout and ph

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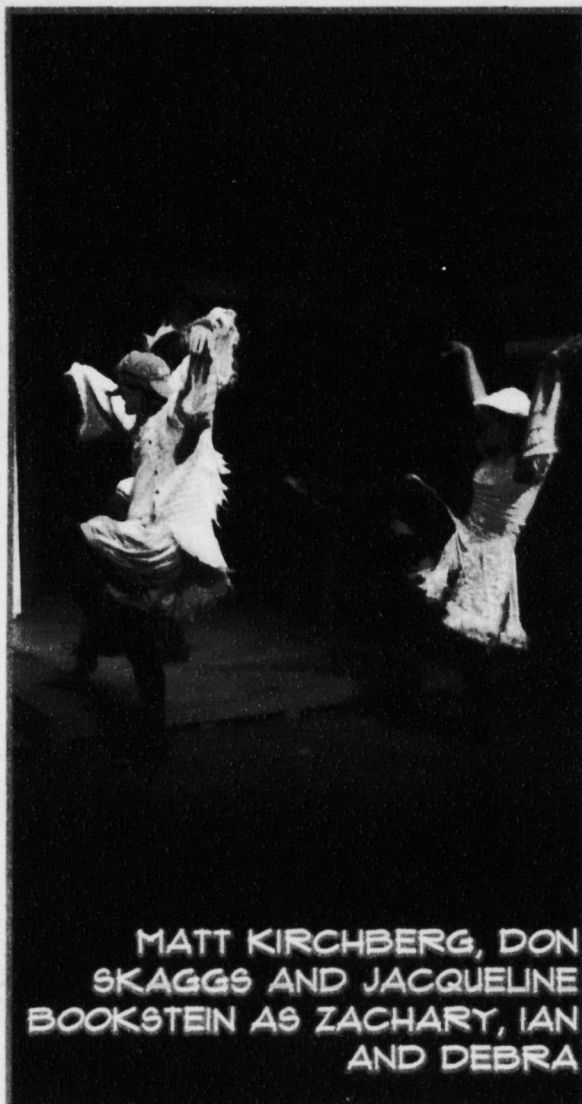
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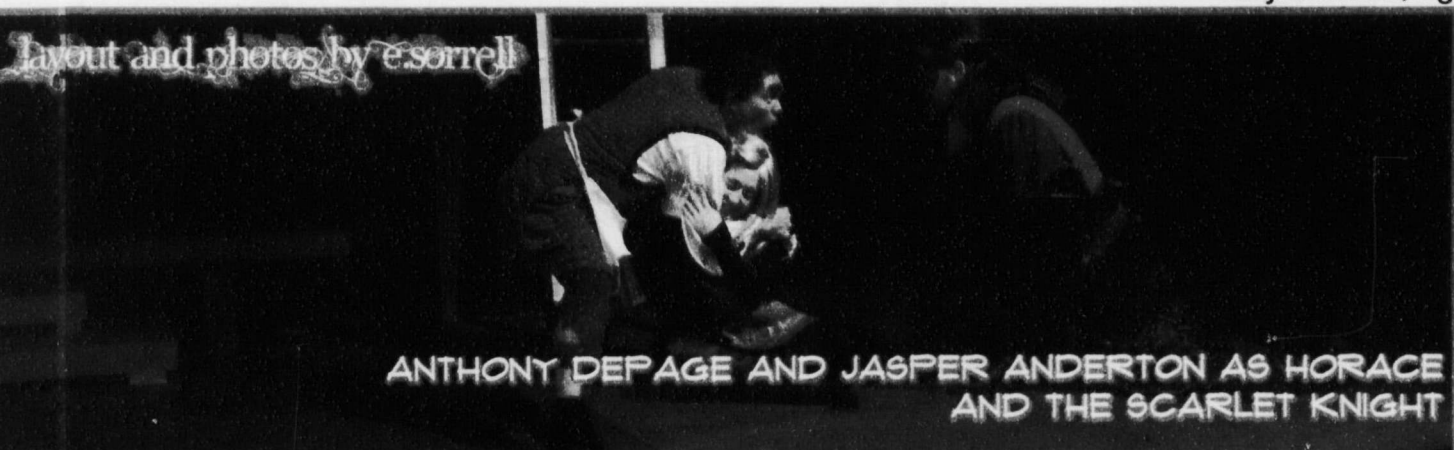
MATT KIRCHBERG, DON SKAGGS AND JACQUELINE BOOKSTEIN AS ZACHARY, IAN AND DEBRA



EMILY RUEBL AS MADAME ZHANOBIA, THE DRAGON

Sarah Dwyer, who plays the title role of Stefanie, said it is nice not to play a typical princess.
"[Stefanie] is a bad-ass chick, kicking butt and taking names."

Caroline Ganzberger may be contacted at
thejackonline.org



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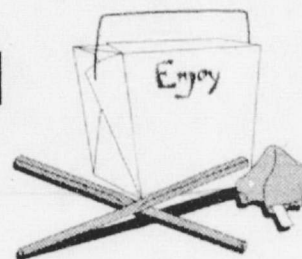
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GARDEN continued from page 9

towards plant purchases in the Lost Coast Brewery Garden and the Moss Family Garden.

Near the Moss Family Garden grows one of the oldest and rarest trees in the world. Mary Gearhart, who oversees the planting of the gardens, says the species is estimated to be over 200 million years old. Called the Wollemi Pine (though it's not actually a pine), it's closely related to the monkey puzzle tree. Its dark green foliage is almost Redwood-like in appearance. Gearhart says the Wollemi Pine's discovery in Australia in 1994 was akin to finding dinosaurs alive today. She thinks it will do well in the temperate Humboldt climate.

Part of Gearhart's role at the garden is the meticulous record keeping of the plants. Everything that is planted in the garden, whether in the structured ornamental gardens or the wild riparian areas, is noted. Information about the plants, including where they were purchased and propagated, is currently being recorded into a spreadsheet so that each plant can be tagged at its location.

The foundation has a greenhouse, in which they plan to build a tropical garden. Right now, it's more of a meeting room and storage area. It's one of the only places on the property not exposed to the rain.

At the farthest corner of the garden lies "All Happy Now," an earthwork sculpture designed by Peter Santino. A double spiral, called a ziggurat, rises slowly out of the ground covered in grass. It's a meditative work, meant to be walked on and interacted with. Its serene corner of the garden provides respite, even on windy spring days.

Abrahamsen says College of the Redwoods and HSU classes occasionally visit the garden, but he hopes more can be done. He's hoping the Botany Department at HSU will work with the garden and provide a valuable learning tool for students.

"The goal is to publicize more," says Lollich. The foundation sees the garden as a large tourist draw. The hope is to provide a place for the community to relax, enjoy the outdoors and provide a safe family experience.

Grant Scott-Goforth may be contacted at thejack@humboldt.edu

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EDITORIAL

RIPPING APART REPUBLICAN RIDICULE

Seven. That is the number of votes that separates the Democrats and Republicans on the issue of health care reform. In a historic moment, the Health care bill passed last week 219-212 in the House of Representatives. One Republican, Timothy Johnson, voted for it. For Democrats, it is a change that they feel has been needed for decades. For some Republicans, this bill encompasses what is wrong with America.

That is where they are mistaken.

Through the year of debate, three myths became the focus for Republican animosity towards the health care bill.

Myth #1

Health care = socialist country

We already have one, thanks to public schools, fire departments and city infrastructures. Any government-run institution is a socialist institution.

Republicans don't like big government. They are conservatives that promote private business, a tight budget and having universal health care is something a socialist country would do.

Over half of the top 10 countries, in terms of GDP, have universal health care. We have had government programs for decades. Even republican presidents have enacted "socialists" programs. President Nixon created the Environmental Protection Agency and the Occupational Safety and Health Administration. Reagan's administration gave us Medicare, a form of socialized health care. The myth about small government and fiscal responsibility is a shame. Professor Thomas Gale Moore from the Hoover Institution calculated that, "Republicans increased real spending 60 percent faster than Democratic presidents." Yet they argue for small government.

Myth #2

We can't afford health care.

Republicans are partly right on that one. Thirty two million Americans simply can't afford it as it is today. HSU is fortunate enough to have a health center that will take students who who not have insurance. According to CBO, a non-partisan cost analysis group, the reform will reduce the national deficit by \$138 billion in its first years and 1.2 trillion over the first 20. Since the health

care package is a fully "budgeted" item, it does not really cost the U.S. anything. Unlike the war and bailouts, which are largely non-budgeted, the sources of funding for this legislation have already been lined out.

Myth #3

Illegal immigrants will reap the rewards without paying the price.

The problem with this argument is that in order for illegal immigrants to benefit for our nationalized health care, we would actually need to have nationalized health care. This bill doesn't provide a public option, individuals will still need to purchase health insurance, including illegal immigrants.

Horror stories about the inadequacies of the American health care system have spread all over the world. Maybe it is a good thing that we are finally approaching a health care system we can be proud of.

If it turns us into a socialist, immigrant-loving, overtaxed country, then so be it.



Opinions expressed in Lumberjack editorials are determined by a majority of the Lumberjack editorial board. They do not necessarily express the opinions of the university, the Associated Students or the Department of Journalism and Mass Communications.

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FACULTY FOR SHARED GOVERNANCE

As reported recently by The Lumberjack, several Academic Senators are concerned that the recommendations of the Cabinet for Institutional Change will create a power shift. They're right.

As the faculty members on the Cabinet, we are strongly in favor of a power shift. We've recommended a shift away from a power struggle between faculty and administrators - which clearly benefits no one - to a model of truly shared governance. We recommend a powerful new University Senate designed give voice to faculty, students, staff and administrators - a model that recognizes that we are indeed all in this together, and that our university will triumph or fail based on our collective efforts.

We've recommended a shift away from arguing over who has the power to develop policy, which should rest squarely with the Senate, and who has the responsibility to implement those policies, which should fall on the administration. We've recommended that the administration fully respect the Senate's authority and refrain from interfering with the Senate's work to formulate policy. Similarly, we recommend that the Senate, with its clear majority faculty representation, honor the administration's role as the implementers of university policies.

We've recommended a shift in the representation of faculty voice - from the current model which convolutes faculty voice between the existing Academic Senate and the General Faculty Association (GFA) - to a stronger model with a single, powerful forum for faculty voice in the University Senate. Our recommendations were designed to give every faculty member on campus representation through college-level and "at large" faculty representatives. Together these faculty senators will have a strong majority vote in the proposed University Senate structure. Our goal was to strengthen and clarify the faculty voice...not eliminate it.

In short, we've recommended a shift in power to foster opportunities for solidarity and collegiality. These recommendations involve changing university governance, which is just one of several broad areas for which we've recommended changes on campus. The others include advancing the vision, fostering a culture of evidence, ensuring student success, and improving collegiality. We believe that this campus will best fulfill its mission by civil discourse and finding common ground to address each of these important arenas for change.

The Academic Senate has endorsed most of

our recommendations regarding governance. As reported in The Lumberjack, however, there was resistance to our recommendation to eliminate the GFA. Ultimately, they voted to let the fate of the GFA lie in a future vote by the general faculty, which is consistent with our recommendation.

We commend the Senate for examining these issues carefully and welcome the opportunity for discussion and debate leading to important action. Those debates must be focused sharply on collectively improving the campus. As faculty members of the Cabinet, we honestly feel that the university will be stronger and more unified without the complicated mixing of faculty voice between the Senate and GFA. We could find no examples of other universities that had such a dual governance structure. If the faculty as a whole truly believes the existing dual structure makes the campus stronger, then of course they can vote to keep the GFA.

We strongly believe that the best way forward is for each of us to take a university perspective. Some might suggest this is naïve. Yet it is clear to us that the status quo is not a viable alternative. All members of the Cabinet committed to put the university first when we took on the charge given to us by the Senate, administration, and staff and student councils.

Our commitment to seeking ways to move beyond existing divides and divisional agendas, coupled with an earnest effort to receive input from all across campus, led us to draft our recommendations for a new, more powerful, and inclusive governance structure designed to clarify and strengthen the decision-making process. New structures by themselves, of course, will not create the campus climate that so many people told us they desire. That is why these governance changes are only one portion of the Cabinet's recommendations. Yet they are important because they set the stage for subsequent changes. We're excited to see the resulting debates and actions, especially when they are rooted in a steadfast commitment to work cooperatively to improve our university.

Faculty members of the Cabinet for Institutional Change:

-Professor Mary Glenn, Dept. of Anthropology
-Professor Matt Johnson, Dept. of Wildlife
-Professor David Kornreich, Dept. of Physics
-Professor John Meyer, Dept. of Politics
-Assistant Professor Justus Ortega, Dept. of Kinesiology

LETTERS TO THE EDITOR

Administrators Don't Have Student Interests at Heart

To the Editor,

After reading "Administration Hands Down New Cuts" (Online, March 2) and President Richmond's e-mail, I have to say that I have never been more disappointed in our "fearless leaders" than I am now. Rather than take student interests to heart and make cuts to their own pocketbooks, our administrators have again elected to cut the salaries and hours of people who more directly affect the success of students at Humboldt State University on a daily basis. Why aren't the deans, vice presidents and even the President himself taking cuts to their salaries and benefits? What makes them exempt from the tightening of our belts?

If these cuts were really for the good of the university and its students, why wouldn't President Richmond and other administrators lead by example and show some solidarity with their colleagues by sharing the financial pain? To me, this clearly demonstrates that the priorities of our administration lie in keeping their status quo benefits and salaries, and not in education. I think the fact that we pay for "four vice presidents at HSU, which has slightly over 7,000 students," while CSU San Diego pays four vice presidents that "are responsible for over 34,000 students," is ludicrous. And, this is just the tip of the iceberg. The situation (locally, as well as for the rest of California's education system) is not only detrimental in the short term for students statewide, but in the long term for the entire state as we are losing out on the much needed intellectual capital that will drive the economy of California in the future.

Here at HSU, it seems that President Richmond and other high-level administrators have forgotten that education is a service industry. The students of this campus have a duty to themselves to make their dissatisfaction with the apparent lack of customer service known. We need to hold these people accountable for their actions. If we don't, who will? I can tell you now that it won't be our elected officials. We need to begin by asking the fundamental question: what have you done for us lately? And, to President Richmond, I, as a student and a customer, call upon you to appease the interests of the students. Make your decisions for the greater good like your position was originally intended for.

Danielle Burkhart
HSU Junior, Environmental Science



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The Lumberjack

Submission Policy

Send submissions to: Opinion Editor Yelena Kisler at yelena.kis@gmail.com

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

Letters to the editor may not exceed 350 words.

Guest columns may not exceed 750 words.

All letters and columns may be edited for grammar and spelling.

We reserve the right to edit profanity and obscenity and may hold content for any reason.

New contributors may be given preference over return contributors.

Please include your name, telephone number, city of residence, and affiliation with relevant campus or community organizations.

HSU students should provide their major and class standing.

We also welcome cartoons, spoof articles, and other items.

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

LETTERS TO THE EDITOR**Stop The Power Grab**

The article titled "Administration Hands Down New Cuts" from the March 3rd issue contained a telling quote by Provost Robert Snyder; "It doesn't make much sense to say that because we don't have the art department open 12 months a year, that we don't have to have the dean's office all year."

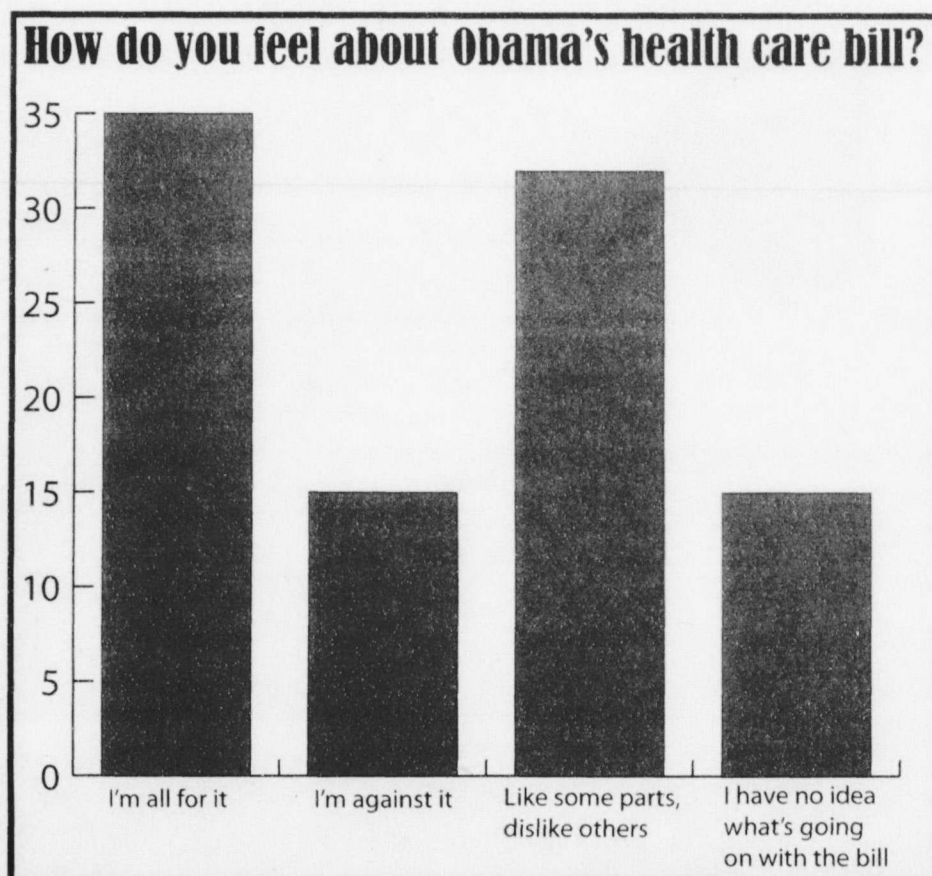
Last time I checked, Humboldt State University is a place of learning, not a center for administration. So there is a fundamental flaw when more governing is happening than teaching and learning, no matter the situation.

To help ease the budget gap, the administration should be working 'round the clock to find innovative solutions, and take pay cuts equal to or more than the cuts to staff and students and stand in solidarity against the dysfunctional state and federal governments. They are here solely to serve us, the students. But our administration is doing nothing of the sort, and their solution is to cut programs they deem less profitable and maintain the status quo.

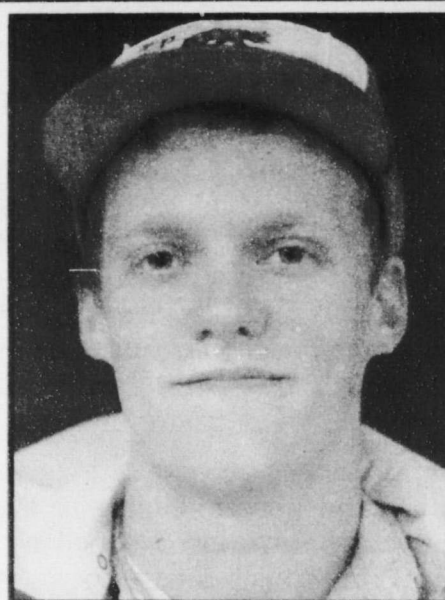
In the next issue of The Lumberjack, an article titled "A Voiceless Faculty: General Faculty Association Faces Elimination" described the Cabinet for Institutional Change's recommendation to disband the General Faculty Association. This is an obvious power grab by the administration, an attempt to reorganize the system and gain more control upon our school and its direction for the future. But I say the faculty and students should be deciding what happens on this campus.

The administration shows no real attempts to change our system so we aren't left with our budget in the red, time and again, begging the government for handouts. Students need to organize, gain a voice and become a true collective power on campus. Don't let the state and our administration degrade our school to only meet standards, to be cookie cutter and monotonous and thus lose our spark as a place of active learning, invention and ideas that create students ready to make our society a better place. Stand up for yourself now before it is too late.

Michael Manoguerra
Ecology major, sophomore

This Week's Poll Results

* Results based on 66 responses from thejackonline.org
* The poll closes at 3pm every Tuesday

**OPINION COLUMN****PRIORITIES PLEASE**

By Zach St. George

If you were completely broke, but you wanted to hold a vote, how would you do it? Personally, I'd get a cardboard box or a coffee can and give everyone a small piece of paper. I'd say, write your vote on this paper and then fold it up and slip it in the box.

The Executive Committee of the Academic Senate disagrees. They decided that folded paper just won't do. On Tuesday, the Academic Senate will vote to decide which undergraduate programs to consider for elimination.

They're going to use electronic clickers. Each voter will get to hold a clicker and press either yes or no. Their votes will be electronically recorded. Someone in the committee meeting asked the logical question. How much do these clickers cost? Provost Bob Snyder said \$25. That works out to \$750 for 30 voters.

What? \$750 for electronic clickers?

Most HSU students know about paying for an education. As students, our entire lives are in a state of financial crisis. When we're not thinking about sex, beer, and weed, we're busy stressing about tuition hikes, furloughs and financial aide. We agonize over housing. We fret about finding a job in a very crowded real world. Mostly, we just worry about money.

Not everyone shares our concern.

Snyder shrugged off the cost. "I've got a huge deficit, so another \$750, it's all water under the bridge," he said to laughter from around the room.

The Executive Committee doesn't seem to have the university's interests at heart. Perhaps they think they do, but their actions speak louder. They were given a task: recommend programs for the Academic Senate to consider for elimination. They put off that decision for later, and then agreed to buy electronic clickers without debate. They all left the meeting smiling and acting like they'd accomplished something.

Leadership isn't easy, but it's time for people in the position of power on this campus to show they take their responsibility seriously.

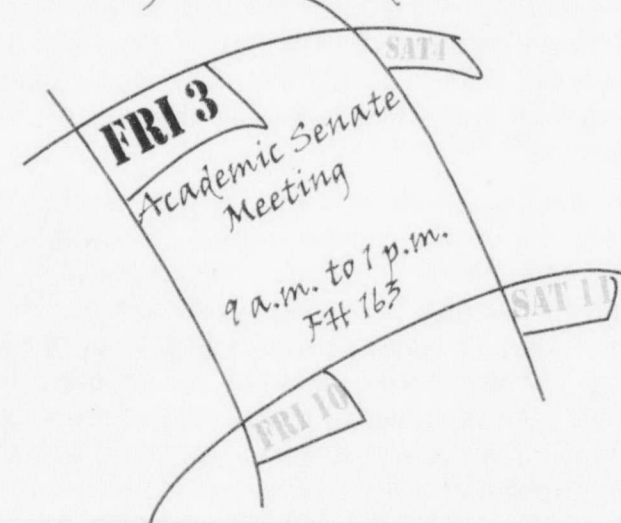
In the March 3 issue of The Lumberjack, I wrote the article "Administration Hands Down New Cuts." Over 70 staff and faculty members just had their hours cut. Nobody lost his or her job, but ask those who can't work as much as they want to how they feel about it. Some of them may have to find another job. To them, the pain is very real. I wonder how many hours you could pay a librarian with \$750?

To the Executive committee:

I hope there aren't any feelings hurt when the Academic Senate holds their vote. When you're talking about deleting entire undergraduate programs, the last thing you'd want is for Academic Senate members to have to defend their positions. I hope the decision to let them hide behind \$25 clickers will help them reach the right conclusion. And, if you don't end up getting the clickers, well, I'm sure Mr. Snyder has plenty of money for some folded pieces of paper.

UPDATE: On Monday Paul Mann, University Spokesman for HSU, confirmed that the university bought 30 clickers for \$35 apiece, bringing the actual total cost to \$1,050. Anyone who wants to see the clickers in action should attend the Academic Senate meeting on April 3 in Founders Hall room 163. It will be open to the public between 9 a.m. and 1 p.m.*

Mark Your Calendar!



Zach St. George may be contacted at
thejack@humboldt.edu

* Editor's note: By deadline, The Lumberjack was unable to confirm that this is final meeting time. For more information contact Paul Mann at 826-5105.

IT'S ALL IN YOUR head

By Blyth R. Colbert Jr.

The most damaging injuries in physical sports today are not broken bones. They are concussions.

A concussion can be both major and minor. It depends on how hard you get hit in the head. A concussion can affect judgment, reflexes, speech, balance and coordination.

Concussions have been a hot topic in the past year, as all major sports rethink their positions on concussions. A recent NFL study looked at six years of data and determined that there were .48 concussions per game. Many people feel this number is conservative and point to the fact that most players do not say anything if they have a concussion during the game.

Another sport filled with concussions is the National Hockey League (NHL). Recent problems with concussions led the league to ban hits to the heads of unsuspecting players.

Bubba Reynolds, an HSU graduate, works in the weight room. He played football for the Lumberjacks last year and suffered four concussions. He experienced nausea, dizziness, headaches and loss of memory. Reynolds said one should not continue activity after a concussion. He shook his head with disappointment. "You could die," Reynolds said. "You have to give it time."

Men and women's soccer coach Christian Johnson said, "This past year I've witnessed four unofficial concussions. Out of those four, one [person] missed five weeks, and one missed four weeks."

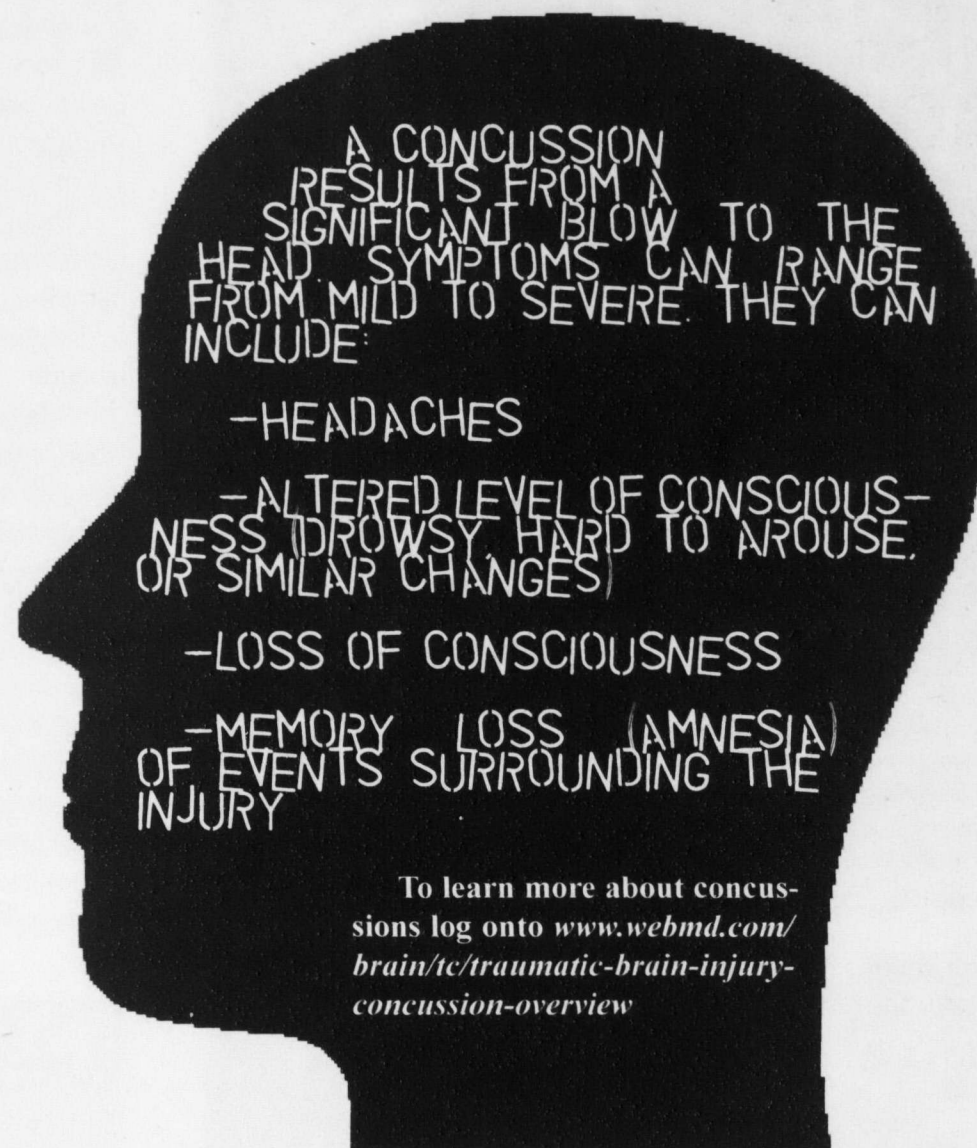
Johnson said he witnessed somebody getting knocked out and another get a concussion from whiplash action. Whiplash is caused by any motion similar to being hit from behind in a car accident. "It's just a lot of things you can't prevent, and concussions are one of them."

Head Athletic Trainer Shannon Childs said he encounters most concussions in the fall. That means football and soccer players, said Childs.

Childs said, "[The treatment] depends on the severity, but if the problem is diagnosed, and this is for anybody, go see a doctor as soon as possible."

Childs said physical activities can prohibit the brain from healing. Childs agrees with Reynold that one must discontinue play after a concussion. "No, [a player] shouldn't return until he or she is cleared by a medical professional."

Blyth R. Colbert Jr.
may be contacted at
thejack@humboldt.edu

Do **YOU** have a concussion?

Send In The Cash!

25th annual Celebrity Dinner and Auction deemed a "success."

By Kristina Naderi

Supporters of HSU athletics helped raise over \$195,000 through the 25th annual Celebrity Dinner and Sports Auction held last Saturday in the Kate Buchanan Room. Assistant Athletics Director Tom Trepiaak believes that Saturday's auction was "up there" in comparison to past dinners by how successful the night went.

The dinner was comprised of a combination of silent and live auctions. Speeches were given throughout the night praising the work of the athletics staff, student athletes and the various members of the community who participated by donating to the night's events. The headline speakers for the evening were guest of honor women's athletics activist and former HSU employee Kathryn Corbett and guest speaker ex-49ers running back and three time winner of the Super Bowl Roger Craig.

Diners were welcomed by Trepiaak and Athletic Director Dan Collen at the start of the dinner, thanking them for coming and supporting HSU student athletes. Collen took the time after the welcomes to recognize two staff members who will be retiring at the end of this semester: Student Affairs Vice-President Steve Butler

and men's basketball Head Coach Tom Wood.

"I am proud to have coached here. And I am very grateful [by all of your support] in making our basketball team a success," addressed Wood to the room as he was given a standing ovation by the crowd.

Guest of honor Corbett was given the second standing ovation of the night as she took the stage to say a few words following a warm introduction.

"We made the team," Corbett joked as she got on stage. Corbett shared old memories, told jokes and shared how happy she was to see both men and women sports standing together at the same function. Corbett left the room laughing and applauding by closing her speech with a "Go Jacks!" cheer.

Following a brief intermission, guest speaker Craig got up to do a Q&A led by 49ers beat reporter and HSU alum Matt Maiocco. After sharing stories of his time playing with the 49ers with greats like Jerry Rice, Craig spoke to the crowd about how pleased he was to see a community gather in support for college athletes.

"I tip my hat of to you folks for coming out and doing something like this. Football and all these other



Long-time supporter of Humboldt State Athletics, Kathryn Corbett, was honored at the Celebrity Dinner and Sports Auction on Saturday.
|HSU Sports Information

See AUCTION , page 21

Stretching It Out and Fixing it Up

The Lumberjack's workout guide: part three

By Kim Carroll

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APRIL 10
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APRIL 15
EARTH
WOLVES IN THE THRONE ROOM
& Fall The Giants

APRIL 17
AN-TEN-NAE with R/D and DERU

APRIL 19
COLLIE BUDDZ
PHIFE DAWG (A Tribe Called Quest)
ISHI DUBE & ROCKER T
Selecta Prime

APRIL 23
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Intuition & Open Mike Eagle

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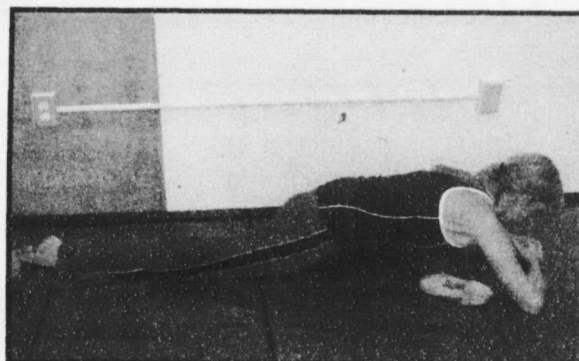
A work out is not just working out. Stretching and taking care of injuries are vital parts of a workout that often get left out of the mix. Part three of the Lumberjack Iron Workout focuses on how to maintain strength and stability by doing the little things and doing them right.

Though stretching and taking care of injuries do not include weights or platforms, they are just as important as the lifts and exercises performed in the gym by helping maintain your body's shape, flexibility and strength.

"Many people confuse stretching with warming up when, really, a warm-up should come before a workout and stretching should follow," said Strength and Conditioning Coach Drew Peterson.

Peterson says that a warm-up should consist of dynamic movements to get your heart rate up, such as riding a bike or jogging. Stretching should follow to make sure your body's core temperature is up and your muscles are warm.

Stretching after a workout increases flexibility and accelerates your performance, said Peterson. As mentioned in part two of the Lumberjack Iron Workout, the posterior chain contains most of your body's strength, including your hamstrings, gluteus maximus and lower back.



MBA student Ashley Stenger demonstrates how to properly stretch | Christine Ciarcia

"Our athletes often only stretch throughout their posterior chains. This area contains 75 to 85 percent of your body's muscle mass, so it is the most important to stretch."

Peterson suggests "hanging stretches," where you reach down and grab your toes stretching the hamstrings. Do this on each side of your body to get a full stretch and to increase flexibility.

Strength and conditioning Assistant Coach Angela Dendas adds that many people leave out their groin and hip areas when they stretch. She suggests partner stretches as a way to reach all these areas. Some basic partner stretches include laying on your back, reaching one leg up and having your partner push your leg forward to stretch the hamstring. This stretch can be also be done off to the side to reach the hip flexors.

"When your muscles are tight, your running form goes out the window. You need to stretch those muscles out so that you are effective on the field," said Dendas.

Along with keeping muscles loose and flexible, another reason to stretch after a workout is to increase recovery time and prevent injuries in other workouts. However, it is inevitable in the world of workouts that

you will sustain an injury. Ankle sprains and pulled muscles may not seem like major injuries, but if not treated properly, they can become recurring issues.

Head Athletic Trainer Shannon Childs put together a simple list of what and what not to do with your injuries.

DO

Protect, rest, ice, compression, elevation (PRICE). If you follow these easy guidelines for a small injury, you can speed up recovery time. Along with PRICE, Childs considers Tylenol the pain medication of choice immediately following an injury. Physically, you can perform all these tasks, but your mental state needs to be on the same page as well.

"You need to know your limits. Don't push it," said Childs. He said the Health Center on campus is a great resource for getting help for and relief from injuries.

"Stretching is also key in injury prevention," said Childs. "We get a lot of complaints about lower back pain and that can be avoided by stretching and increasing core strength."

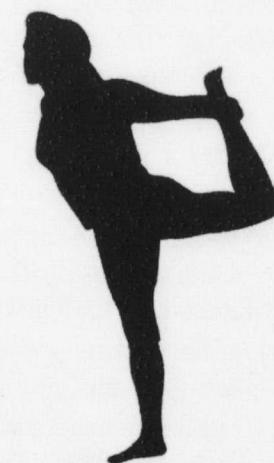
DO NOT

"Don't ignore your injuries, or they can become bigger issues," said Childs. Advil and Ibuprofen should not be used until swelling within an injury goes down. "An anti-inflammatory like Advil can actually have an adverse effect if used when an injury is still inflamed," said Childs.

Though these remedies and simple tasks may not seem important to maintaining fitness and strength, they keep you flexible and help endure athletic performance. If you follow these guidelines, your trips to the gym will have you feeling fit, injury-free and ready to continue lifting that Lumberjack Iron.

Kim Carroll may be contacted at
thejack@humboldt.edu

Remember!
Stretching is
important!



HSU ROWING DOMINATES HOME MEET

By Chris Bennett

Humboldt dominated both Cal Maritime Academy, University of Oregon in the 27th annual Blue Heron Redwood Sprints which took place on Humboldt Bay in Eureka last weekend.

"It was a perfect day," said Head Coach Robin Meiggs. "[The team] is really rising to the occasion and putting together some great races."

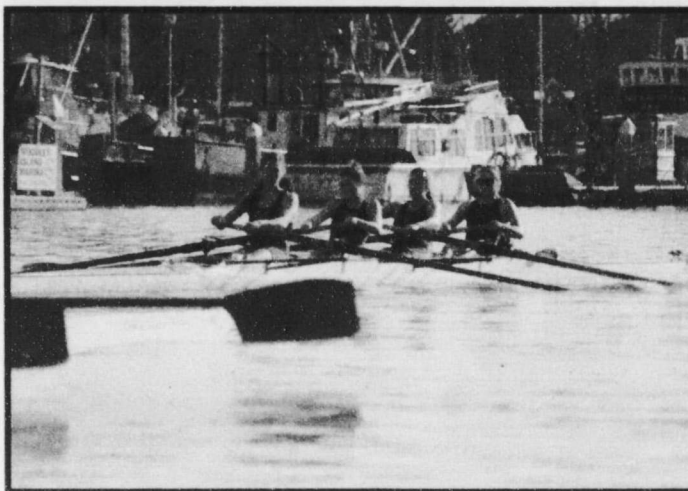
The race not only included the three collegiate teams, but rowing clubs from around California. Humboldt Bay Rowing Association, Northbay Rowing Club and Ashland Rowing Club where just a few teams that joined in the 23-race competition.

"We wanted this weekend to be all-inclusive," said Meiggs.

Both the novice and varsity teams put on a clinic. Not only did winning all four competitions, but HSU finished first and second in every race.

"Our varsity strategy was to row our top three lineups against themselves," said Meiggs. "This gives them a great feeling of what it is going to be like on many of the race days."

The women's novice teams placed first second and third in the 4+ event, with the winning team posting a



Erin Altick, Kaci Poor, Rosa Albanese, Joey Tuohy and Lauren Miller (coxswain) | Yelena Kisler

on the road for the rest of the year. Next up is NCRC Invitational in Washington.

"This week's racing will be against fierce competition including undefeated and defending national champions Western Washington," said Meiggs.

The race is the first of the season where performances may qualify for NCAA Nationals, which HSU placed fifth in last season.

27th Annual Blue Heron Redwood Sprints Regatta

Women's Collegiate Novice 4+

- 1 HSU 5:50
- 2 HSU 5:58
- 3 HSU 6:11
- 4 UO 6:18

Women's Collegiate Novice 8+ Time Place

- 1 HSU 6:43
- 2 HSU 7:00
- 3 UO 7:15

AUCTION continued from page 19

sports that we're here celebrating are great games that are very important in these kids lives," said Craig.

Throughout the night of dinner and speakers attendants participated in the silent auction. The silent auction was divided up into three portions: green, gold and white. Guest were only given a certain amount of time to bid on the items within each category. Bidders had the chance to win signed various sports memorabilia, power tools, paintings and a car. A 2004 Chrysler Sebring was up for grabs and had a final winning bid of \$10,000.

The live auction portion of the fundraising was

held after the speakers finished. Butler took the podium before the live auction commenced to try to get the room pumped for bidding. Butler asked the few student athletes who were helping out that evening to come stand in the dining area to remind people what the night was all about.

"You've seen them on the water, field and on the courts. But you haven't seen them in the classroom. These student athletes are what it's all about tonight."

Kristina Naderi, Layout Editor, may be contacted at thejack@humboldt.edu

Chris Bennett, Sports Editor, may be contacted at thejack@humboldt.edu



Have Fun
in the Garden.

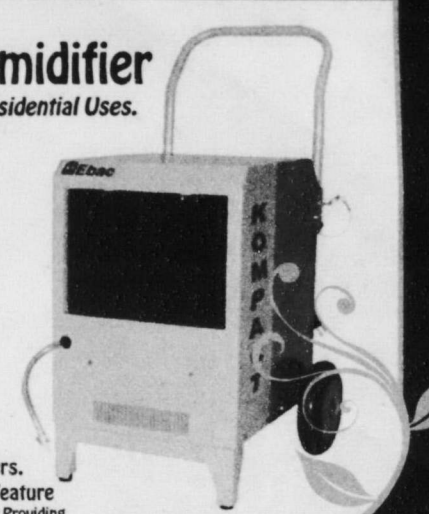
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ARCATA WHARF TIDE REPORT

Wed	3_31	Thurs	4_1	Fri	4_2	Sat	4_3	Sun	4_4	Mon	4_5	Tues	4_6
H 1:44 7.7'	H 14:38 6.3'	H 2:22 7.7'	H 15:31 6.0'	H 3:01 7.5'	H 16:25 5.6'	H 3:42 7.2'	H 17:24 5.2'	H 4:28 6.7'	H 18:29 4.9'	H 5:21 6.3'	H 19:41 4.7'	L 00:32 3.5'	L 13:45 0.7'
L 8:19 -0.8'	L 20:15 1.5'	L 9:07 -0.8'	L 20:56 2.0'	L 9:55 -0.7'	L 21:39 2.5'	L 10:45 -0.3'	L 22:26 3.0'	L 11:40 0.1'	L 23:22 3.3'	L 12:41 0.5'		H 6:24 5.8'	H 20:51 4.8'

Wednesday 3/31
Something Different
 Hosted by Shea FreeLove
 Doors at 7:30 pm \$15 All ages

Thursday 4/1
Ocean Night Films: Ride On
 Doors at 6:30 p.m. \$3 All ages

Friday 4/2
The Big Lebowski
 Doors at 6:30 p.m. \$5 Rated R

Saturday 4/3
Mochipet, Siren & T-dub
 Doors at 9:30 p.m. \$10/\$15 21+

Sunday 4/4
Monty Python and The Holy Grail
 Doors at 5:30 p.m. \$5 Rated PG

This week at Arcata Theater Lounge

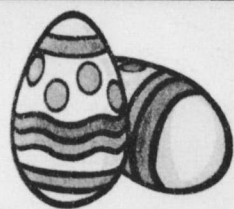
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EVENTS

31
 WEDNESDAY
 March

The Karmanauts
 (reggae)
 9 p.m.
 Six Rivers Brewery
 1300 Central Ave.
 McKinleyville
 839-7580

Reggae & Dancehall
 9 p.m.
 Jambalaya
 915 H St.
 Arcata
 822-4766

Biodiversity Series
 6-8 p.m./Free
 WFB 258
 HSU
 832-6330

1
 THURSDAY
 April

Chocolate Iron Chef
 11 a.m.-2
 \$2-\$5
 South Lounge,
 Underneath HSU
 Bookstore

Humboldt Circus Show!
 7:45-10 pm
 \$10, \$8 students/seniors
 Native American Forum
 HSU

Ocean Night Film Screening: Ride On
 6:30 p.m. \$3
 Arcata Theater Lounge
 826-1220

2
 FRIDAY
 April

First Friday Folkdance
 8-11 p.m. \$4
 Arcata Presbyterian
 Church
 670 11th St.
 Arcata

Mon Petite Chou
 Cafe Mokka
 8 p.m. no cover/all ages
 5th & J St. Arcata
 822-2228

Saint John & The Sinners
 Central Station
 9 p.m. Free
 1631 Central Ave.
 McKinleyville
 839-2013

3
 SATURDAY
 April

Fieldbrook Spring Folkfest
 Noon-9 p.m.
 4636 Fieldbrook Rd.
 Fieldbrook
 839-0521

Invisible Children Benefit Concert
 7 p.m.-midnight
 \$5, \$3 students
 Humboldt State
 University

Sexland
 Sexual Health Event
 3-8:30 p.m.
 Free
 Nelson Hall East
 HSU

4
 SUNDAY
 April

Confusion Hill
 Folk / Rock
 12 p.m.
 Looking Glass
 Restaurant
 1436 2nd St
 Eureka

The Great Zoo Eggstravaganza
 10 a.m \$2 - \$4
 Sequoia Park Zoo
 3414 W St
 Eureka
 442-6552

Competitive Scrabble
 6 p.m. Free
 All ages, newcomers
 welcome
 HSU Library
 Room 208

5
 MONDAY
 April

Lesbian, Snail, DJ nHate
 (psychedelic metal)
 11 p.m. \$3
 Jambalaya
 915 H St.

Nicotine Anonymous
 7 p.m.
 2942 F Street
 American Cancer
 Society Conference
 Room

Open Jam with King Bee
 8 p.m.
 Boiler Room
 3534 Broadway
 Eureka
 707-443-5464

6
 TUESDAY
 April

Tournament Tuesdays
 6:30 p.m.
 Humboldt Brews
 856 10th St.
 Arcata

Tuesday Night Music Cafe w/24/7 Jazz
 5-7:30 p.m.
 Arkley Center
 Eureka

End the War on the Poor
 3-6 p.m.
 Humboldt County
 Courthouse
 442-7465

North Coast Jazz
 7 p.m./No Cover
 Six Rivers
 Brewery 1300
 Central Ave.
 McKinleyville

THE FOGHORN WEATHER

WED 3.31	THU 4.1	FRI 4.2	SAT 4.3	SUN 4.5	MON 4.6
Guess the nice weather is gone.	Might rain... hope not!	Probably raining.	At least this is only chance of showers!	Might rain again?!	Please no rain, please no rain, please no rain!

CLASSIFIEDS

March 31, 2010

THEJACKONLINE.ORG

23

Miscellaneous

SUPPORT GROUPS FOR WOMEN

who have survived / are surviving unhealthy or abusive relationships. SELF-CARE, SELF-LOVE, & DOMESTIC VIOLENCE FORUM Fridays 12-1:30 & Thursdays 6-7:30p. FREE therapeutic children's playgroup: A fun place for kids to be kids and express themselves, includes specially planned activities and a nutritious snack. Space is limited, call no later than 2 hours prior to RSVP. For more information/directions please call: 866-668-6543

ROGERSRENTALS.COM

June rentals already? I just got back from Spring break! The best places do go early. Check out the website. **ROGERSRENTALS.COM**

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Wanted

STUDENT BOARD MEMBERS NEEDED

Want something fun to do next fall and spring semesters? Sit on the University Center Board of Directors! There are two seats available. Gain valuable skills providing direction and making decisions on the University Center's programs and services. Earn "J" Points, bookstore discounts, and a free cap & gown at graduation. Looks great on a resume! Election packets are available at the University Center. Administrative Office. DEADLINE TO APPLY: Monday, April 5, 2010, @ 4:30 p.m. For more information, call Linda at 826-4878, or email lcr7001@humboldt.edu

PUT YOUR AD HERE

Have stuff you want to sell? Do you run a small business and would like to reach the HSU campus and community? Run a classified advertisement in the Lumberjack Newspaper. The cost is \$7 for the first 30 words or less and 20 cents for each additional word. For students, the cost is \$5 for the first 30 words or less and 10 cents for each additional word. Please have your classified ad in no later than 4 p.m. on Friday before the issue date you want to run in. Contact the Lumberjack at 826-3259 or email LJNPads@humboldt.edu or stop by Gist Hall 227 to reserve your classified ad today.


ENTRY-LEVEL EXECUTIVE POSITION

at local youth-serving non-profit organization. This is a career path for a self-motivated, service-oriented, conscientious citizen, who wants to positively affect the lives of youth. Full time. \$36,000/year, starting salary. Position includes travel, nights, some weekends. Duties include recruiting youth and volunteers, fundraising, marketing/sales. Requires a BA/BS degree, driver's license, reliable vehicle, criminal background check. MUST be competent in Microsoft Office Word and Excel, basic internet and math skills, good reading and writing skills. Spanish-language-speaking and writing are preferred but not required. Please send your resume and cover letter to staff@redwoodbsa.org

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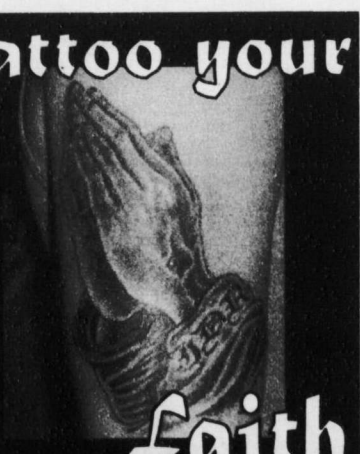



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George Porter Jr. and Matt Hubbard
WED. APRIL 7 RED FOX TAVERN

WALLING SOULS and
PRESIDENT BROWN

with JISHI DUBE & Vidagua
TUES. APRIL 20 HUMBOLDT BREWS

Dark Star
Orchestra
MONDAY APRIL 19
FISH FINDER FIRMORY



TUESDAY APRIL 20
EUREKA THEATER

TRAMPLED by TURTLES

MON. APRIL 19 HUMBOLDT BREWS

MARTIN SEXTON

WSG:
RYAN
MONTBLEAU
BAND
TUES. MAY 11 HUMBOLDT BREWS

4/20 - STEVE WATTS and THE HUMBOLDT ALL STARS DSO AFTER-PARTY
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April 19th and 20th

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