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The Lumber Jack

Wednesday, March 3, 2010 Vol. 96 No. 6

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How much it costs to advertise on campus. Pg. 18.

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We strive to act as a watchdog of those instituting policy that affects students and their surrounding communities. We are a newspaper for students, by students. Our goals are honesty, accuracy and originality in reporting. We will hold ourselves accountable for errors in our reporting. We invite all readers to participate.

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Send Letters to the Editor, guest columns, story ideas, press releases, general opinions, and corrections to: Office: 707.826.3271 Fax: 707.826.5921
 Calendar: lumberjack.calendar@gmail.com.
 Opinion: lumberjack.opinion@gmail.com.

Feel free to stop by the office in Gist Hall Room 227 at Humboldt State University,
 1 Harpst Street, Arcata, CA, 95521

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CORRECTIONS

*'Corporations' was misspelled on our cover. We apologize to any corporations who were offended
 *The March In March story was mistakenly advertised as being on page 4, instead of 3

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COVER Elizabeth Sorrell

Tsunami Watchers
Flock To Trinidad

Grant Scott-Goforth

Staff Writer

Thirty minutes before the tsunami was supposed to hit, cars parked on the bluffs behind the Trinidad Head Lighthouse. People set up lawn chairs and picnics and squeezed in for the best view of the shore. The ironic side effect of the tsunami alert system was apparent; people flocked to the coast, rather than away from it.

A magnitude 8.8 earthquake struck Maule, Chile on Saturday and left parts of the country in devastation. Unlike the earthquake in Haiti, the Chilean earthquake resulted in tsunami warnings and evacuations all across countries in the Pacific Ocean.

The West Coast and Alaska Tsunami Warning Center issued a tsunami advisory, which is less severe than a tsunami warning, for the West Coast. It was predicted to hit the North Coast at 1:30 pm, 15 hours after the earthquake. Dozens of people flocked to the shore hoping to see the wave that traveled across the Pacific Ocean.

The sun shone over the calm waters of Trinidad harbor. A slight swell occasionally rung the bell on a buoy. Hundreds of yards offshore, the water turned a murky brown from sediment stirred up by the past few days of rain.

Emergency crews blocked roads to the beach. A Trinidad animal control officer prevented people from entering the state park. He said the tsunami warning siren had gone off earlier in the morning. Tibora Girczye-Blum, an Arcata resident who had planned to enjoy the sun at the beach, was turned away by the roadblocks. Settling for a higher perch, she didn't seem put out. "It's nice just to look at the ocean."

Sean Wilson, a firefighter stationed in Trinidad, said extra precautions were taken due to the amount of tourists and the warm weather. He said, "Keeping people off the beaches on a nice day is hard to do."

Brian Shiro of the Pacific Tsunami Warning Center in Hawaii said the alert system went well. "Overall everything ran smoothly. It was a great end-to-end test of the system." The first Pacific-wide tsunami since 1964 helped the agency tweak and enhance the system on a broad scale.

The San Francisco Chronicle reported that waves generated by the earthquake killed four people on Robinson Crusoe Island, 410 miles off the coast of Chile. Elsewhere in the Pacific Ocean, the effects



After the earthquake in Chili, a tsunami warning was issued. Pictured here is the crowd in Trinidad, waiting for anything to happen. | Grant Scott-Goforth

were less pronounced.

Along the Humboldt coast, the tsunami heightened swells by about one foot and increased wave frequency. Wilson watched from the entrance of the harbor parking lot and thought he noticed a change in the swell.

From high above Trinidad Harbor, the effect was unnoticeable. What was tangible was the community of the event. Driven by curiosity, a diverse group of people stood and watched. Disappointed surfers, rescue personnel, thrill-seekers, and townspeople alike came to see the aftermath of nature's power.

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

**Sound like a bad idea to you?
 See our editorial on page 16!**

Lower Unit Cap Evens The Playing Field

Tyler Collins

Managing Editor

As of last week, the unit cap to register for next semester's batch of classes has been reduced to from 17 to 13. Like last semester, students will be able to enroll for 19 units once the cap is lifted, and students can register for 24 units with faculty permission.

The theory behind lowering the cap is to prevent students from signing up for more classes than they need and then dropping them later. Instead, returning students should sign up only for what they absolutely have to take.

Vice Provost Jena Burges said that the goal is to maintain an even distribution of classes so that all students can enroll in 12 units to qualify for financial aid.

Burges said, "The lower unit cap has been done in an effort to evenly distribute classes no matter if you register early or late."

Provost Robert Snyder wants to steer away from juniors and seniors getting 15 to 18 units, while freshmen only get six to nine.

Even though seniors will still get to register for classes earlier than underclassmen, they require a specific set of classes that underclassmen aren't ready for yet.

Along with the new unit cap change, new additions have been made in Peoplesoft to help ensure that students get the classes that they need. The system now recognizes if a class needs a pre-requisite, and does not allow students to take classes that they are not prepared for.

Adviser holds will also appear online for every student's account

prior to registration in order for students to physically meet with their adviser to discuss classes. The old registration system, WebReg, contained these features before the software switch last year.

"We're hoping that students will work well with their advisers and really prioritize their classes,"

"We're hoping that students will work well with their advisers and really prioritize their classes"

- Vice Provost Jena Burges -

said Burges.

Manuel Gallardo, a junior business management major, wants to start a minor. The registration cap might hold him back from doing so, or at least make his stay at HSU longer than he wants it. Gallardo has been using a four-year plan ever since he was put on academic probation his first semester.

"The academic advisors have been really helpful to me," said Gallardo. As for the unit cap, "I'll be taking a lighter load," he said. "I think it could be a big deal depending on the load that you take."

Sophomore wildlife major Chloe Joesten recently heard about the new unit cap. She didn't know that that the weekend before the new semester starts, it will go back up to the usual 19 units. Now she says that she will get into most of her classes since the first cap evens the playing field.

"The way that I [register] is that I register for classes that have time conflicts and just crash the

courses that I really need, just winging it," said Mario Barajas, engineering major sophomore. "I have made a college career of winging it." Barajas also suggests auditing classes. "If people want to learn something just to learn it, they can just audit. Most students don't know about that."

Brandon Chapin, the president of Associated students, said that so far he received a couple of student complaints about the unit cap. "If you're thinking of taking a

PE class, hold off until after the cap lift," recommends Chapin.

"Another thing might be to look at the history of the class to see if it fills up quickly."

"It's good for the freshmen that are coming in because they are able to get the classes that they need, but it might hurt juniors and seniors who need these classes to graduate," he said.

Even though the administration hopes that everyone will be able to sign up for more units after the cap is raised, Burges still says be prepared for the worst and assume that the 12 or 13 units you have will be all you will get.

Burges also wants students to know that this was not done to hinder them in any way, but to help them.

"It really is intended to help as many students as possible make as many steps towards graduation as possible."

Tyler Collins may be contacted at thejack@humboldt.edu

*Hilary Lebow, J. Daniel Fernandez and Elizabeth Sorrell contributed to this article.

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Head Count

U.S. Census won't know you exist unless you tell them

Carly Matson

Staff Writer

If 1,000 Humboldt County citizens do not return their census forms, more than \$1 million in federal funding will be lost.

The population results of the 2010 U.S. Census determine how much money goes to each county. Next year, more than \$400 billion in federal funds will go to schools, hospitals, public works projects, emergency services, job training programs and senior citizens.

Fred Hebert works at Eureka's U.S. Census office. He says Humboldt County can not afford to miscount people.

"There's approximately 130,000 people in Humboldt County," says Hebert. "Take the \$400 billion, and divide it by the total population. Each person in Humboldt County represents \$1,200 in federal funding."

Not everyone feels comfortable giving certain information that the 2010 Census asks for, such as name, age and phone number. But, under U.S. Code Title 13, it is required by law. If a person refuses to respond, the government can issue a fine of up to \$5,000.

Students need to be counted in the county where they attend school and not in the

county their parents live in if it is different. More students counted in the area means more money for education.

Hebert said it is hard to count the number of people in Humboldt County. There are 11 people per square mile in Humboldt County and the scattered population means that houses are unaccounted

"Each person in Humboldt County represents \$1,200 in federal funding."

- Fred Hebert -

for. There are also a number of residents that want their land and information to remain private. The missed households make the population results inaccurate and the end result is a loss in funding.

Half of the questions have been on the census questionnaire for over 100 years: the number of people living in the house, sex, date of birth and ethnicity. Whether or not the questions are an invasion of privacy has been debated by political parties, citizens and immigrants.

This year, the questionnaire also asks for name, phone number and whether the person sometimes stays or lives somewhere else. Hebert said this is done to make sure people are not counted twice.

If the census office can contact the person, the study will be more accurate.

Liberal arts major Shosaku Matsushima thinks people should not have to answer so many questions.

"We never know if they're telling the

truth. How do we really know it's confidential?" Matsushima said.

Under Title 13, the law requires answers to remain confidential. A \$250,000 fine and up to five years in prison is the punishment if census responses are sold, distributed or made public.

These documents remain private for 72 years. Once that time is up, they are sent to the National Archives.

There, resident information is made public for genealogical research.

There are other ways the census secures privacy under Title 13.

Hebert says if any demographic characteristic applies to fewer than 25 people in an area, the data will not be reported. This ensures that no one can find an individual by looking through census results.

Every ten years, the U.S. Census Bureau conducts this survey. This year's questionnaire is the shortest yet. It contains ten questions and it takes ten minutes to fill out.

Recreation major Chris Gonzalez said he thinks student should fill out the census survey. He said it is important to know how many people live in the area because, otherwise, funds are not properly distributed to the counties.

"Not filling out the form is just a sign of ignorance," said Gonzalez.

Carly Matson may be contacted at
thejack@humboldt.edu

Visit 2010.census.gov to get more information on the census, what questions are asked and key dates to remember.

Administration Hands Down New Cuts

Vacation just got longer for some staff,
faculty and students

Zach St. George

Staff Writer

The administration greeted more than 70 staff members on Monday morning with news that they won't be working as much in the coming year. One or two months are being cut from their positions and most of the cuts will take place when university attendance is at its lowest in June and July.

The president's office decided to slash staff hours to help ease budget woes in a year when HSU has had to deal with a 12 percent (or \$12 million) budget cut.

The cuts will affect 52 staff members, 17 student workers, five faculty positions and will save \$750,000 in salaries and benefits. The five faculty are all librarians. Most of the staff work for Student Services in clerical positions or as technicians.

The cuts come on top of furloughs this fall and spring semesters. The president of the local chapter of the CSU Employees' Union Steve Mottaz lamented the cuts. He said that state leaders have squandered numerous chances to fix the budget, and that people in less prestigious positions end up paying the price. Mottaz said, "Staff are generally the people going out the door."

Academic Senate President Saeed Mortazavi was more blunt. At Tuesday's Academic Senate meeting he said, "It was a Black Monday for HSU."

Administrators' hours will not be cut. Provost Robert Snyder dismissed the apparent disparity. "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 open all year." Snyder said that the university could not function without its administrators working year-round.

He said compared to other CSU's, HSU actually has a low number of administrators. He cited data from a report by the Integrated Postsecondary Education Data System, which shows that HSU has about 10 fewer administrators than the comparison group median.

Mortazavi disagrees. He said that it doesn't make sense to compare HSU to larger CSU campuses regarding the number of administrators. He believes that HSU could fulfill its administrative functions with fewer, and lower ranking administrators.

There are four vice presidents at HSU, which has slightly over 7,000 students. The four vice presidents at CSU San Diego are responsible for over 34,000 students.

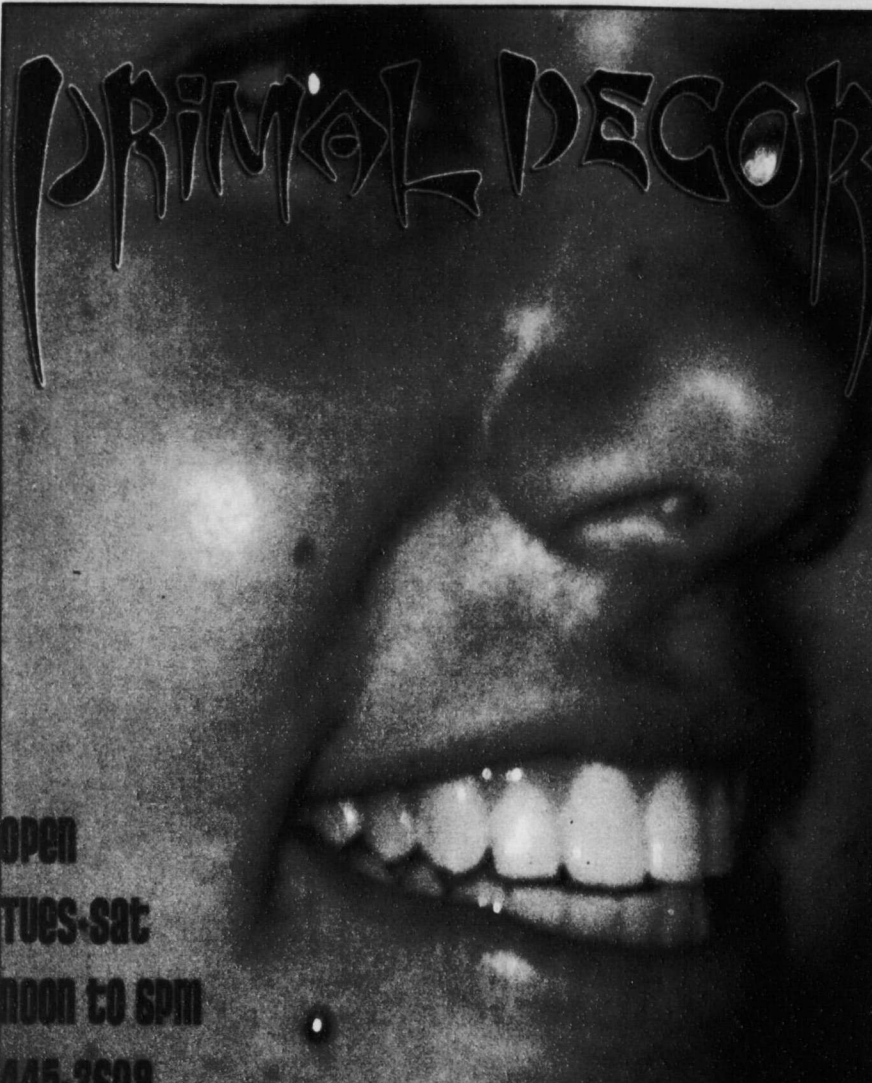
Mortazavi added that administration did not consult the Academic Senate in the decision to make the cuts. "This is the administrative prerogative. I personally told the provost more than a few times [that] I hoped he would reduce his budget by reducing deans and assistant deans to 11 months, and he said he could not do that," said Mortazavi.

Snyder said the reduced hours are the result of an internal assessment. Programs that are

open for summer classes will need to operate on a skeleton crew, which Snyder said is because of low summer enrollment. Only 500 students will attend summer classes this year. That is half as many as last summer. HSU is required to reduce enrollment by six percent as part of an overall enrollment reduction in the CSU system.

Administrators asked librarian Shanon Chadwick to attend a private meeting on Monday. They told her that her pay will be cut by about 13 percent in the coming year, and that she will not be able to work in the library over the summer. It wasn't totally unexpected. The provost had been evaluating librarian positions for a while, but Chadwick said that it was still hard hearing that the cuts were official. She does not expect to have to find another job but anticipates some hard times. "I'll just have to make do with less."

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

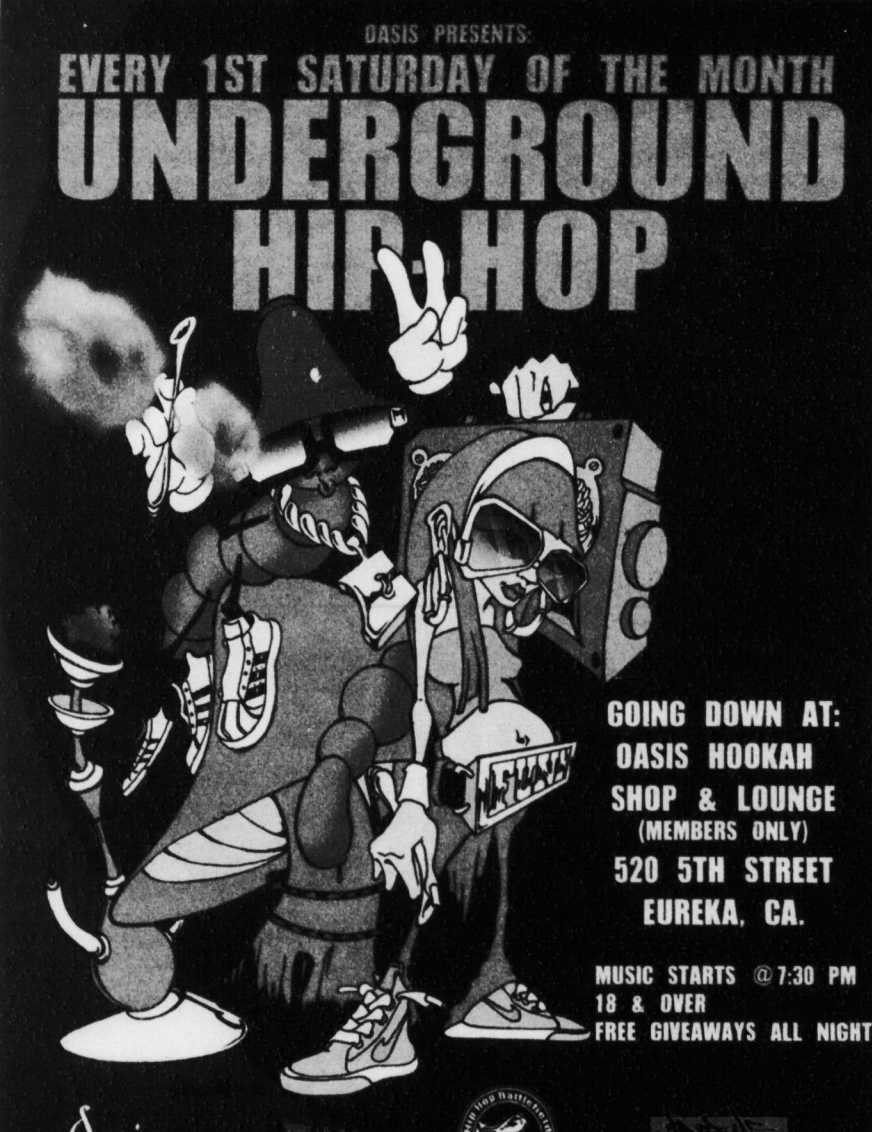


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HSU Scores Low In Campus Safety Report

Of 450 schools, HSU Ranks 384

by T.C. Vidosh

Staff Writer

With two assaults reported in the last three weeks, should students feel safe at HSU?

According to StateUniversity.com's "Safest Schools List," HSU is ranked 384 out of 450 in the nation and 38 out of 47 in California. Does that mean HSU is less safe than 383 other campuses nationwide?

StateUniversity.com released the list in December of 2009.

StateUniversity.com assigned safety ratings to 450 different schools based on the number of occurrences of aggravated assault, robbery, burglary, theft/larceny, motor vehicle theft, forcible rape, and murder on campus. According to a StateUniversity.com press release, the ranking system gives more weight to violent crimes.

The list contains crime statistics that creators of the list obtained from the FBI, which gathered Annual Safety (Clery) Reports from campus safety officials.

Associated Students President Brandon Chapin says that while students are "warranted to not feel as safe," he believes University Police are working hard. "There is always room for improvement," said Chapin, "But UPD is always patrolling."

HSU Police Chief Tom Dewey has "deep reservations" that StateUniversity.com's ranking is not an accurate assessment of campus safety.

In addition to the website not being recognized by any university authority, Dewey says the rating system has not been validated as a reliable measure of safety because it does not address all aspects of campus safety.

The report does not reflect common ways in which students are injured and hospitalized, such as instances of being drunk in public, assault and battery, drunk driving, fighting and traffic accidents.

Furthermore, neither of the recent physical assaults against HSU students would be included in the StateUniversity.com list because they would not be classified as aggravated assault, said Dewey. From 2003 to 2008, UPD reported four aggravated assaults, two of which occurred in 2005.

"Instances like the recent assaults could be happening at other campuses," said Dewey. "But you wouldn't know it looking at [StateUniversity.com's] list."

The U.S. Department of Education publishes the same campus crime statistics on its website but does not rank the schools or assign them a safety rating number like StateUniversity.com does.

The main contention UPD has with StateUniversity.com's list is that the ranking is not objective and does not consider enough factors. For example, the ranking does not differentiate between residential and non-residential campuses or between community colleges and traditional universities. Of the top 10 campuses, five are community colleges. Seven University of California campuses, including Berkeley, Los Angeles, Davis and Santa Barbara, rank lower than HSU.

"Does this mean that UCs are more dangerous than HSU or the community colleges for that matter?" asked Dewey. "I would submit that UCs do a better job of encouraging students to report crimes and creating more comprehensive Clery reports." Dewey said that in the case of most UC's and CSU's, crime rates are high because more students report crimes, not because of increased criminal activity.

Two weeks ago, The Lumberjack reported that students underreport sexual assaults on campuses nationwide. In that

article, HSU professor and women studies Program Leader Kim Berry said there is a lack of training for HSU faculty and staff on how they should support students who are sexually assaulted.

UPD checks records of crimes reported each month, said Dewey. They crosscheck their records with the Arcata Police Department, other local law enforcement, and Housing and Student Affairs to ensure that nothing has been overlooked for the Clery report.

If colleges underreport crimes in the Clery report, the Department of Education can fine them \$27,500 for each violation.

"The students here have a closer relationship with UPD than most urban campuses do," said Dewey. "We try to cultivate a culture here that favors reporting. That makes us accessible and approachable, and encourages students to report crimes, even anonymously."

Bill Richards is vice president of business development for Net Industries, a limited liability company that publishes StateUniversity.com. In its capacity as an "independent monitor" of public institutions, Net Industries funded the safest schools study.

Richards said that the while the report is generally useful to prospective students, it should not be interpreted so strictly. The study should be seen more as a collection of statistics, rather than a strict ranking.

"Folks shouldn't make a broad judgment based on the ranking," said Richards. "The real context comes from what other journalists do, comparing the statistics found in the report to more current trends."

T.C. Vidosh may be
contacted at
thejack@humboldt.edu

An Assault On Arrowhead

Unlikely hero speaks on HSU quad

Adrian W. Emery

Layout Editor

Ghandi once said, "There is enough water for human need, but not for human greed." On Monday, geography senior Maxwell Unger and his alter ego Captain Reducer spoke on the quad about the wrongdoings of the bottled water industry. Unger stood in front of Siemens Hall, with Ghandi's words painted blue onto a paper sign on the ground in front of him.

Students walking through the quad at noon encountered several plastic water bottles of varying

brands crowning the brick planter in front of the Siemens Hall and a yellow-masked man wearing a blue cape and water bottle for a hat. On his chest was a pin that read "I [heart] tap water."

A group of about 10 students gathered around to hear what Unger was saying. "We are tricked into thinking bottled water is pure," said Unger. "It's the biggest hoax. We're such idiots for being tricked by these corporations."

It wasn't long before Vice

"There is enough water for human need, but not for human greed"

- Ghandi -

President of Student Affairs, Steven Butler, approached Captain Reducer and told him that he should turn down his microphone. Butler said he had no issue with Captain Reducer or his speech but rather the amplification of his speech. "We don't want to interfere with classes," he said.

At the exact same time, staff from the Center Activities, who had reserved space on the quad, were promoting "Wellness Week." One of the features of their rally was a booming sound system.

Unger turned down his microphone and continued with his speech. "We suffer from the corporate rule," he said as he crushed an empty Arrowhead bottle in his left fist. "If water isn't free, what is it?"

Sergio Allen, a social work junior, took notes for a social work class. He was skeptical of Unger's methods. "I think he should state more facts," said Allen. "He should tell people about plastic bottles and the harm to the earth, but he's not stating those facts."

Miguel Llanos of MSNBC reported that in a 2003 study, 40 million water bottles a day went into the trash. The report, "Plastic Bottles Pile Up as Mountains of Waste," also revealed that plastic water bottles take up space in landfills and take over 1,000 years to biodegrade.

Much of Unger's speech was inspired by the film "Tapped." The film explores the shortcomings of the bottled water industry and the

concept of water as a basic human right. The film screened on the HSU campus last Friday.

Unger said that polluted water bottles are highly toxic when they float around in the ocean, especially when animals eat them. "It's run by corporations who do not have ethical considerations for the planet, or for resources," he said.

"Bottled water is the epitome of the extravagant desires of our nation."

By 12:30, much of Unger's small audience began to dissipate, its members wandering off to classes. Among the last of Unger's original audience to leave was freshman art major, Jessica Parker, who also attended the film screening.

Parker appeared on the quad with some of her fellow moviegoers to show their support. "He stood up at the end of the movie," said Parker. "He said there was going to be a protest today."

The protest that Unger proclaimed was a quiet affair, but it did not stop Unger from speaking his mind. Even when his audience numbered zero, he continued to talk into the microphone. At 12:35, he held an empty water bottle aloft, shook it and said, "This plastic bottle is gonna outlive me."

The Arcata Theater Lounge will screen "Tapped" on Thurs., March 4. Admission will be free.

Adrian W. Emery may be contacted at thejack@humboldt.edu



Captain Reducer, whose not so secret civilian name is Maxwell Unger, stands outside of Siemens Hall, protesting the use of plastic water bottles. | Travis Turner

Plastic water bottles can take over 1,000 years to biodegrade.

40 million water bottles a day go into the trash.

The Arcata Theater Lounge will screen "Tapped" on Thursday, Mar. 4. Admission will be free.

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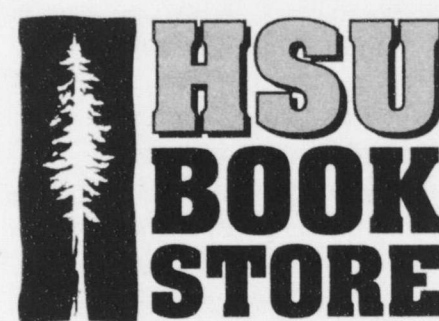
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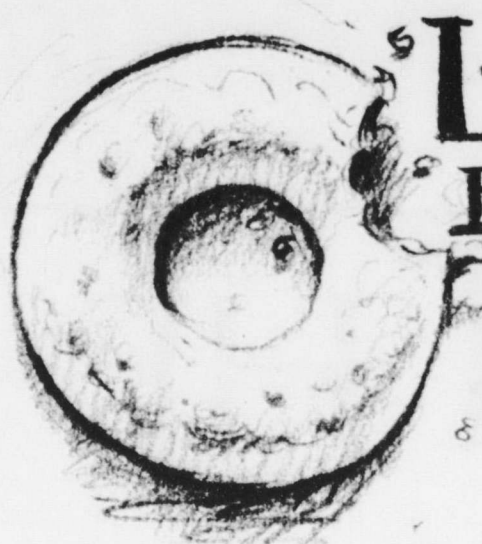
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Thursday, Feb. 25

1:00 a.m.

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12:29 p.m.

UPD removed a boot from a vehicle on B Street when they discovered that the car had no feet and, therefore, did not need shoes.

3:46 p.m.

UPD took information regarding ongoing drug violations from a single dorm room. We are not sure what kind of drugs, and we are not sure what kind of violations; however, we do know that any kind of mass drug operation does not belong in a dormitory. That is why abandoned warehouses and seedy back alleys were invented.

10:57 p.m.

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Friday, Feb. 26

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- Broccoli.....99¢ lb.
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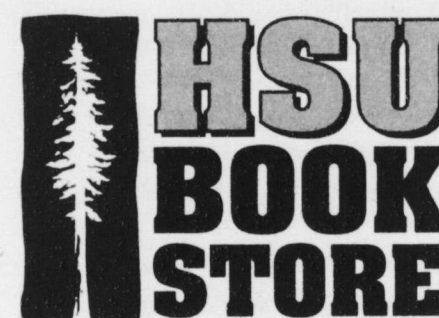
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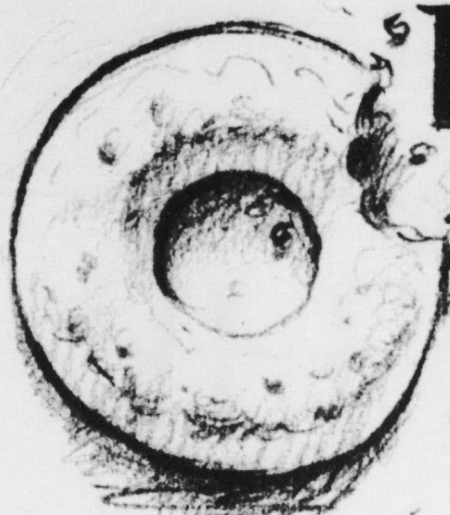
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VIEWER DISCRETION IS ADVISED

Thursday, Feb. 25

1:00 a.m.

UPD responded to a safety escort from Science D. You never know what might be lurking in Science D late at night...

12:29 p.m.

UPD removed a boot from a vehicle on B Street when they discovered that the car had no feet and, therefore, did not need shoes.

3:46 p.m.

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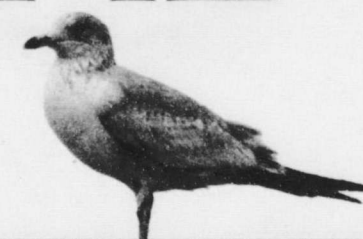
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CRUISING ON THE CORAL SEA



Ruby Johnstone

Staff Writer

The Coral Sea tugs through the butchered waters of the Humboldt Bay. Two hundred and twenty tons of steel and constructed grace, the Coral Sea glides toward the horizon line with strength and purpose. On the main deck, bundled in slickers and raincoats, 22 students brace themselves against the Northern rain. Participating in an extended field trip, the students of Oceanography 109 get field research time aboard the Coral Sea.

Docked in the Woodley Island Marina, the Coral Sea and its crew sat patiently awaiting students' arrival. They gathered together despite the harsh weather conditions and boarded the vessel. As each individual boarded they were given a number. The number given plays a crucial role in the event of an emergency, but was irrelevant as the cruise around the bay for marine sampling was smooth sailing.

Standing in the bridge behind the wheel, guiding the course of the 90-foot research vessel, Coral Sea Captain Scott Martin said, "I enjoy any time I can get on the water."

With more than 30 years of nautical experience under his belt, Martin has been a captain of large marine vessels nearly all of his adult life. Formerly the captain of small-scale cruise liners, Martin has charted vessels to British Columbia, Alaska, Honduras, and Belize. "I like seeing new places all the time," he said. Five years ago Martin traded his Hawaiian home for the stability of the position as captain of the Coral Sea.

The Coral Sea has been a part of the Humboldt State research facilities since 1998; yet its life and history exceed far beyond the time spent off the Humboldt Coast. Constructed in Santa Barbara, the keel was laid in 1973. Built at the request of Glenn Miller, the original use of

the vessel was underwater film-making and marine exploration and was used for such until Miller's death in 1981. For the next three years, the vessel was used for dive charter, until it was seized during a drug raid by the Florida Department of Law Enforcement in

"We're actually a source of income for the university."

-Scott Martin, Coral Sea Captain

1984. Resold and renamed Herman Cortez II in 1992 to the Florida Marine Research Institute, it was used for research in the Gulf of Mexico until it was purchased by HSU.

HSU has had access to a research vessel for the past 47 years. The first was the Seagull which was purchased in 1963. Since then HSU has utilized seven other vessels. Of the eight boats, only three have been owned by HSU; the Seagull, the Catalyst (which sank in 1978) and our current ship the Coral Sea. In the years when HSU did not own a

research vessel one was either leased or donated by businesses such as Eureka Fisheries or U.S. Fish and Wildlife Services.

The Coral Sea has several uses. "We don't just do one thing," said Martin, "We do everything." PG&E, the U.S. Navy and

Scripps Institute are just a few other organizations that also use the vessel and provide a source of revenue for HSU.

"We're actually a source of income for the university," said Martin. He explained that the boat makes enough money to offset the costs of running the vessel and actually yields a profit. Amidst an educational budget crisis, Martin pointed out the common misconception that people often regard the Coral Sea as an expendable asset to HSU. In reality it is indispensable.

Broken into four groups at the start of the trip, students used a plankton tow to gather samples. "The most fun is analyzing the samples," said sophomore english major Thomas Oliver. Oliver also enjoys looking at the organisms they find. One of the groups actually caught a tiny jellyfish. "It's catch and release," HSU professor Hal Genger said with a smile when asked what happens with the specimens after analysis.

Halfway through the four-hour lab, students were filtering in and out of the galley to grab a late lunch between collecting and analyzing samples from the bottom of the ocean, measuring water visibility and calculating the ship's speed. In the downtime, clusters of students attempted to communally learn different nautical knots: the bowline, tautline or midshipmans and sheetbend.

By the end of the trip the winds shifted. The clouds parted to reveal the iridescent light of the afternoon sun. Flawless rainbows were visible across the sky. In a short span of time the Coral Sea chartered 22 students into nautical resonance and hopefully a deeper appreciation for aquatic life. As he came in off the main deck, drenched from head to toe, Oliver smiled as he said, "I may be soaking wet, but my spirits are still high."

Ruby Johnstone may be contacted at thejack@humboldt.edu



Hal Genger instructs students on Humboldt's Coral Sea. The research vessel that HSU owns allows students to learn about the ocean from some place other than a text book. | Zig Lawasha

BUILDING TELESCOPES FROM ORIGAMI SWANS

Kjell Dreher

Staff Writer

Intricate folds of paper, flaps folded over and over again to create an object that is simple yet beautiful. Origami, the centuries-

old art of using paper to create objects, may save your life in the future. World-renowned origamist Robert Lang plans to demonstrate origami's impact on science, math, and technology at the 55th Kieval Lecture at the Van Duzer Theatre on Tuesday evening.

The problems that face origami seem simple: only one piece of paper can be used and no cutting. After centuries of practice, it seems that all that could be created with a single sheet has already been done. Lang proves that it is quite the opposite with his array of detailed figures. A brown bear with toes, a pill bug with plates on its back, and two praying mantises climbing on top of each other are just three of the hundreds of detailed figures. "That can't even be one piece [of paper]," said freshman Mason Thomas in disbelief while looking at the figures.

Origami may seem like a

stretch for one of the Kieval Lectures, which usually has speakers who touch on topics in the field of mathematics. Lang is here to show how this art has now gone far beyond its simple beginnings. Connections are now being made between origami, math, science and technology. These connections have revolutionized the origami world, allowing for new creations to be made.

"Math ties all of it together," said Lang.

To take these paper figures and apply them to something as large

as a football field may feel like a stretch, but the connection is closer than

"Math ties all of it together."

-Robert J. Lang

it seems. One example that Lang shows is the Eyeglass Telescope, a space telescope that is 100 meters long. The problem scientists faced is how to get the gigantic lens into the sky without breaking it. Scientist turned to origami to figure out how to fold the lens without compromising its performance.

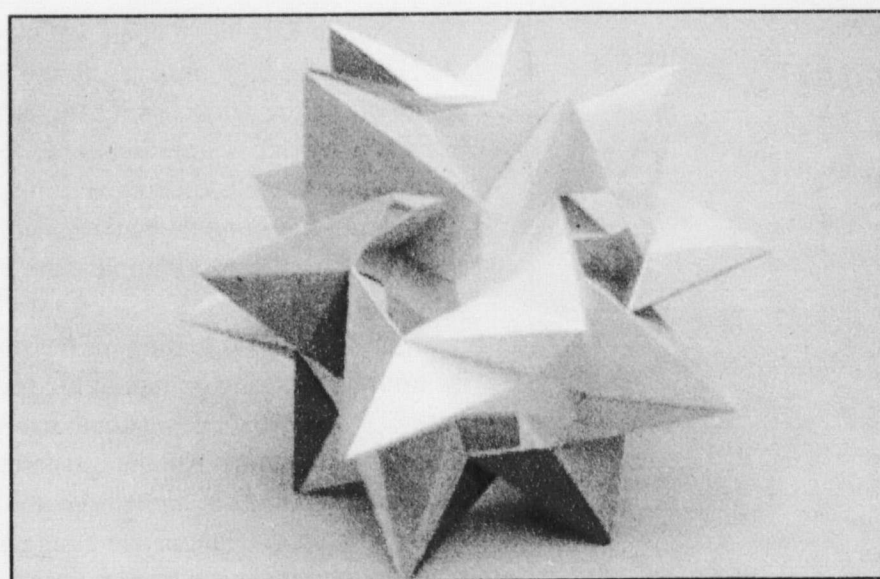
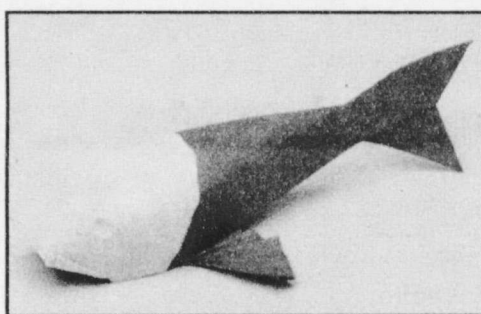
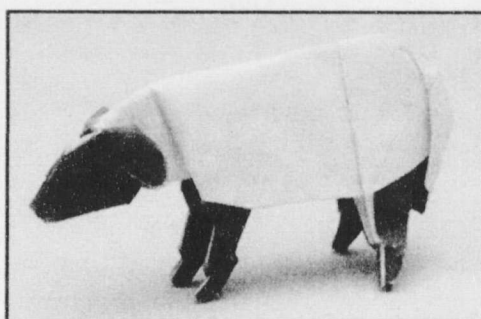
These connections between origami and technology stretch into everyday life. Airbags in cars fold in a way that mimics origami. Little rings have been made that are small enough to go into a vein but then expand and fold out to support a failing artery. All types of math are applicable in this field too, from basic algebra to calculus.

Lang is sure to surprise many with the art of origami and the math that goes behind it. "All of this looks so intricate," said freshman John Adams. When leaving the lecture, Lang wants people to think to themselves, "I had no idea that this was that interesting."

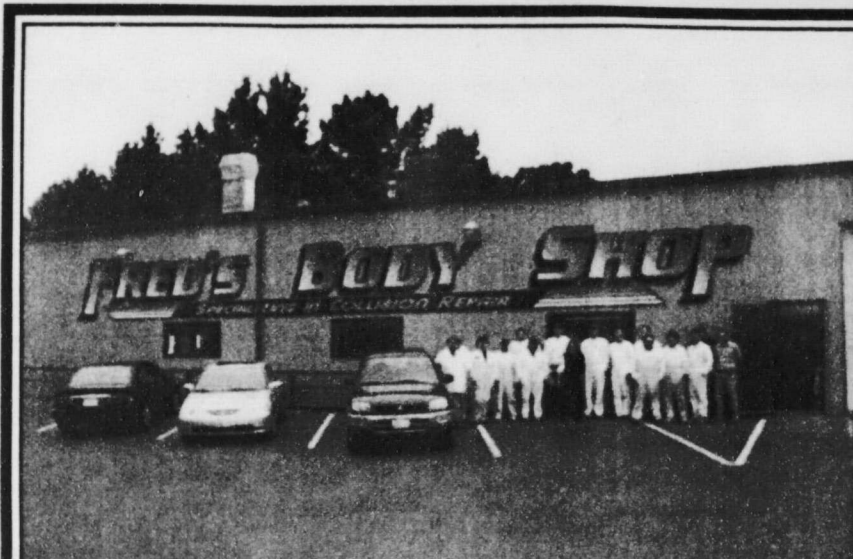
Kjell Dreher may be contacted at thejack@humboldt.edu

Kieval Lecture

March 9
Van Duzer
7:30 p.m.
FREE!



All photos courtesy of Langorigami.com



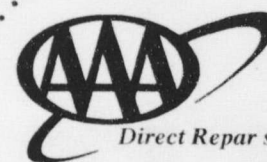
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Grant Scott-Goforth

Staff Writer

You smell it as soon as you walk into the Natural Resources building: that familiar campfire smell. What you're experiencing is HSU's fire lab. Students come here to start fires.

The fire lab is an opportunity for students to learn about wildfires in a hands-on environment and provide fire science research for agencies throughout the nation. It's a rare resource: only three universities in the U.S. have fire labs.

J. Morgan Varner III is an associate professor of wildland fire science. He oversees the fire lab, and he's visibly excited by his work. "Most research is mundane stuff" he says, eyebrows raised. "We get to burn stuff."

At first glance, the lab is nothing special. It's a medium-sized classroom with 24 seats. The fire table is a piece of steel tabletop with a low-tech, hand-drawn ruler rising vertically off of it. Varner lowers an enormous ventilation hood. Smoke is sucked out of the building, allowing indoor burns.

Varner starts a burn. He lays down cotton strings soaked in an accelerant and casually tosses a handful of Washoe Pine needles on top. He lights the ends of the string with a standard barbecue lighter. The pile of duff quickly ignites.

As the pile burns, Varner points out the height of the flames. This simple datum is the core of the fire lab's work. It shows the energy contained in wildfire fuel- leaves, pine needles, sticks and logs - and how it burns. The way different fuels burn is key to the prevention of wildfires. Flame patterns, color and the ash and residue left behind all add to the understanding of how fuels burn. Temperature is crucial. The goal is to see how hot fires get and how much plants can withstand.

The high-tech portion of the lab is the \$60,000 thermal infrared camera. Varner grins as he demonstrates the way the camera can detect temperatures in the fire and the artistic images it produces. The camera is useful in the lab but also in the field. Infrared cameras can see through smoke, which is a major hindrance in wildfires. The camera has its limitations, though: it can only be in one place at a time. For multi-acre wildfires, researchers use indicator paints to determine the heat of a fire after it has passed through an area. The research camera would b "If President Richmond could get me a jet-pack."

Despite the high price tag of the infrared camera, Varner's nature of the fire lab keeps it safe from much of the current interest in the lab is growing in the forestry department. A volunteer at the lab, keeping staffing costs down. The rare that scientists around the nation send samples of fuel for payment for collecting samples, the lab shares its results. experience.

Matt Cocking is getting his Masters Degree in forestry is currently working on one of the fire lab's many research projects: the effects of 2008's devastating fire season on California's Klamath Mountains. Another research project indicates that is causing wildfires at higher elevations. Another looks at surrounding Lake Tahoe, something that could affect the

"Our parents made huge mistakes in how they approach

Burn Notice

Professor leads students in fire study

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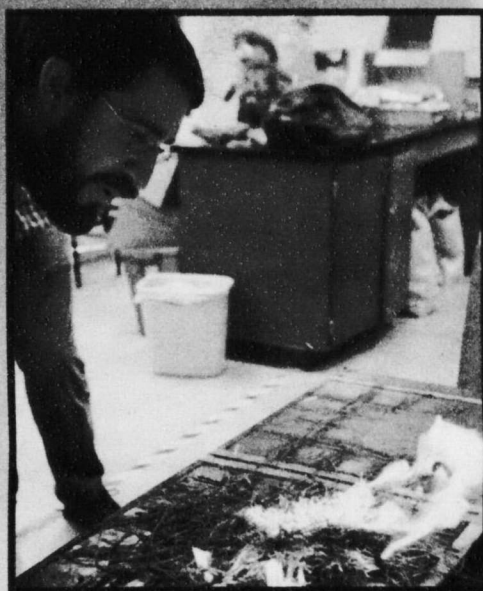
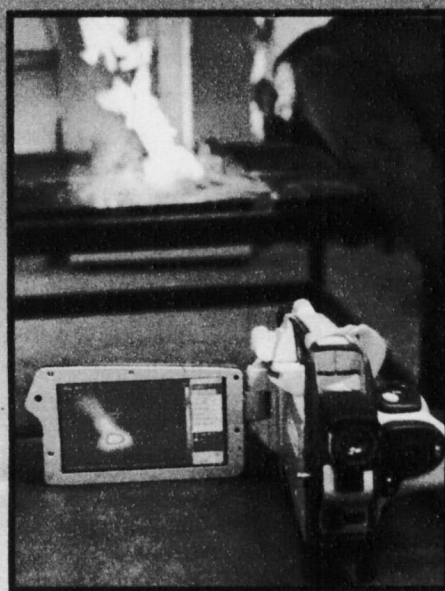
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samples of fuel for the lab to test. As
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that could affect the lake's color.
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says. In the past, the focus of fire science was prevention. Only recently people began to understand the benefits of wildfires. Crucial to forest ecology, regular fires are necessary to keep fires small when they inevitably begin. In preventing fires for so many generations, forests now have huge amounts of deposited fuel that make fires burn faster, longer and bigger. Wildfires are an increasingly difficult threat, especially in California. Modern fire science is a tricky balancing act between preventing property damage, saving lives, keeping forests healthy and allowing fires to work beneficially.

Trees are crucial in fire studies because of their economic and ecological importance. Aesthetic issues, like keeping Lake Tahoe blue, are also fighting for relevance in fire science.

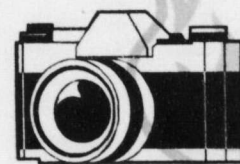
Varner laments the lack of field opportunities provided by the school. Fears of liability from the state prevent the forestry department from carrying out field studies in fire season. Some students take on summer internships involving wildfires. Varner expresses excitement and jealousy about the stories that students bring back from their experiences. He feels the learning process would be best if he could share it with them.

Soils major Katia Keston has heard great things about Varner's program. She says almost everyone she knows in the forestry department is emphasizing in fire ecology. "There's tons of wildland fire jobs."

The fire lab is a valuable resource in the expanding field of fire ecology. For students, it's a perfect entry into a career in fire science. Above all, it stokes passion in everyone involved.

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

J. Morgan Varner leads the fire lab. Besides its obvious cool-ness factor of watching things burn, the lab acts as an educational lesson for students to learn the affects of wild fires.



Photos by Preston
Drake-Hillyard

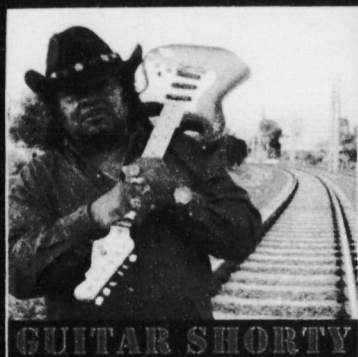
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THROUGH HSU EXHIBIT

Caroline Ganzberger

Staff Writer

Brian Sproul's artwork was never seen outside of his home until now. For the first time his work will be exhibited at the Reese Bullen Gallery at HSU in a whole new light.

Sproul only wanted to be able to exhibit his work, but he was never able to. When he died in 2008, he donated all of his artwork to HSU in his will. The Art of Brian Sproul exhibit shows 110 pieces from now until March 12.

Sproul was always an arts and crafts kid but his main passion was playing drums. At first Sproul played jazz, classical and later rock. As he got older he joined a local garage band and did small gigs. But his love for the drums ended when he was 22. Sproul was struck by a drunk driver in a government vehicle and the injuries confined him to a wheelchair.

After the accident, Sproul be-

gan to do art. Often his artwork was created from recycled materials and objects collected in thrift stores. He collected everything from decorations and mannequins to books and plastic spiders. One of Sproul's closest friends, Beth Dunlap, helped Sproul put together his artwork. The two met at the

"The artwork is very expressive."

-Melissa Barrett, art history sophomore

California Conservations Corps before Sproul's accident, and Sproul called Dunlap his "creative extension on a ladder." Dunlap worked for Sproul for 25 years. "He'd always have a list of things for me to do. He helped me live an extraordinary life," she said.

Richard Alwine, Sproul's older brother, said seeing the artwork in the gallery gives a whole new view.

"He'd be thrilled to see this," he said.

Miriam Hutchins, his mother, said that it is "marvelous that the gallery has been put together."

An art student viewing the exhibit, Katie Breuer, said the artwork is creative and interesting. "I would never think of using [toy] heads in this way," she said. Sproul uses many plastic dolls, especially doll heads, and puts them on top of other items like sticks. In one piece it seems as though he melted the doll's head to reshape it for a whole new appearance.

A lot of the art is 3-D, and all of Sproul's artwork has some sort of theme that ranges from funky to dark. One display is several pink, green and glow-in-the-dark plastic hands. Another display combines

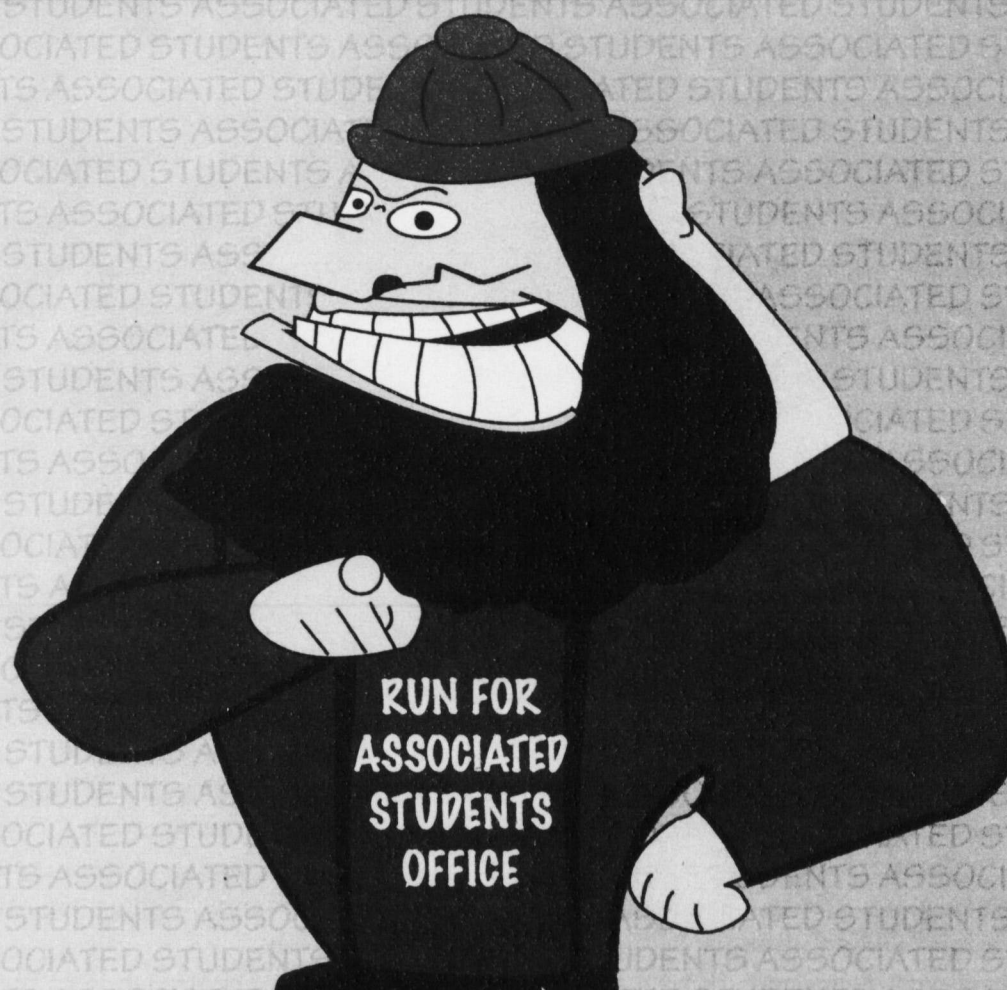
See ARTIST, page 15



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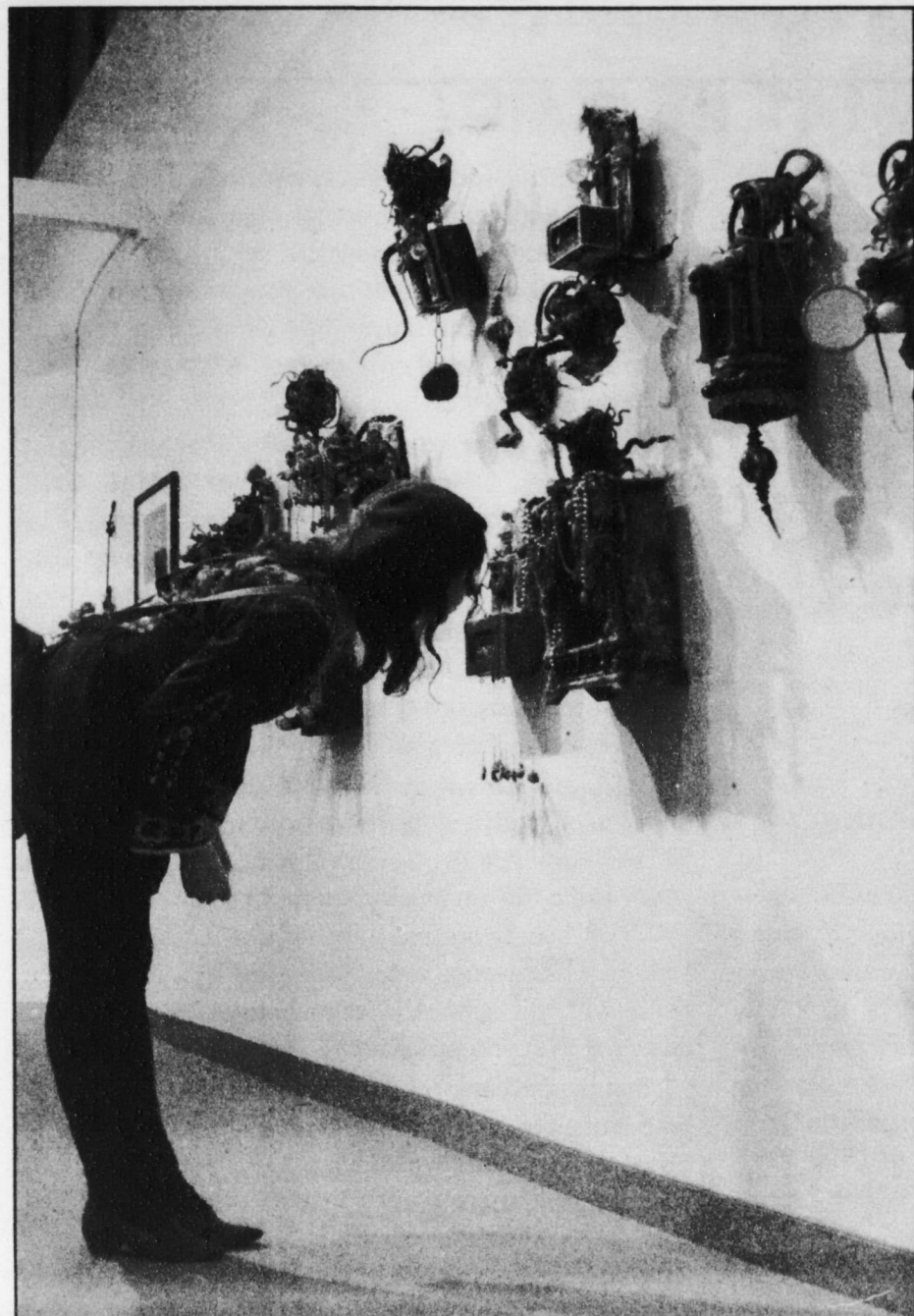
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www.humboldt.edu/~hsuas

ARTIST Continued from page 14



Kate Devine, a junior anthropology major, looks through Brian Sproul's exhibit. "I liked reading the quotes from his family," she says of the exhibit.
| Yelena Kisler

doll heads and plastic animals.

In another, there is a heart-shaped piece of wood with a picture of the McKinley statue in downtown Arcata. Below the picture it says, "Arcata is a hairy place" with fur lining the heart.

Artists such as James Hampton, Henry Darger, Howard Finster and Romano Gabriel inspired Sproul in his own artwork. These artists are also known for sculpting and creating art from recycled materials. From viewing Sproul's work, you can see influence of the artists that inspired him. Henry Darger's painting, which contains two large orange hands, is similar to Sproul's display with two giant pink hands.

Some of the artwork is available for purchase. The rest has

been selected to become part of the permanent collection of art at HSU. The proceeds will go to the Brian Sproul Endowment fund to help enrich the experience of students in the Art Department. In addition to the selective artwork for sale, the unframed photographs taken of Sproul's home are for sale as well.

"The artwork is very expressive," said art history sophomore Melissa Barrett. "The mood tends to be rather dark, but it's amazing all the details and time taken to create the work."

Caroline Ganzberger may be contacted at thejack@humboldt.edu

Reese Bullen Gallery

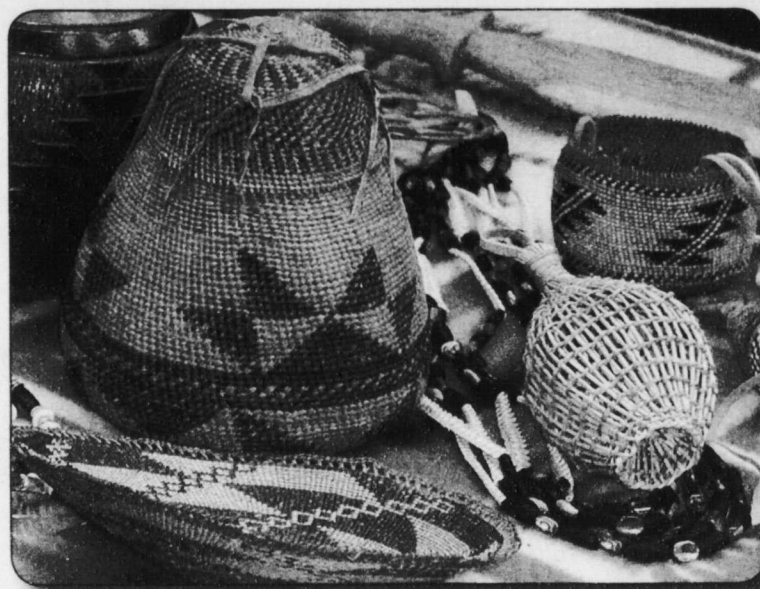
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The Long and Short of It
(Heavy Rock from San Diego)
Saturday, March 6
\$5

EDITORIAL

A Wave of Stupidity

Last weekend Humboldt County received a tsunami alert. In response, a number of residents decided that the best place to prepare for the impending danger was near the coast. Brilliant! Sure, nothing happened. But this was not a very good run of what to do in the event of an actual tsunami.

Linda Nellist, Director of Community Education Programs for the Humboldt County branch of the Red Cross, said that the best thing to do in anticipation of a tsunami is to get yourself out of the tsunami zone. Fortunately for us the tsunami zone has been clearly defined for us by the United States Geological Survey (USGS) and is available for viewing on the On Shaky Ground website.

"On Shaky Ground" is a magazine and website dedicated to educating people on living in our earthquake-prone county. The site, which operates through HSU, has information for earthquake and tsunami preparedness, emergency evacuation plans and safety procedures.

Local officials did their best to keep people off the beach itself but many just moved to the bluffs just above the beach (see "Tsunami Watchers" article on page 2.) Even though the bluff itself is not a tsunami zone, the entire surrounding area is. In other words, if a tsunami had hit, those beach-goers may have been stranded.

Usain Bolt, a Jamaican sprinter, is the fastest man on the planet. He can run 27.5 miles per hour. A tsunami wave averages about 500 miles per hour. You do the math.

"A person cannot outrun a tsunami," said Nellist. "Even a foot and a half of water traveling at a fast pace will knock you over."

So why risk it? Why put yourself in harm's way? Sure it may be something you get to see only once in a lifetime, but if you are in the tsunami zone when it hits shore, that wave could be the last thing you ever see.

Tsunami alerts and warnings were issued for Hawaii, Japan, Australia and several other countries. And people in those places had the same idea as Humboldt County locals: hit the beach.

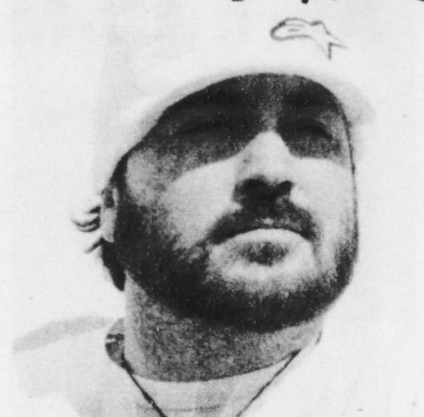
Seeking thrills is one thing, putting yourself in harm's way for no real reason is another.

So to all of you: the next time there is a threat of a tsunami, go for a hike in the mountains. It will be just as scenic and much safer.

For more information about tsunami preparedness visit:
<http://www.humboldt.edu/shakyground>

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.

THAT'S WHAT HE SAID!



Chancellor Reed's Lap Dog

By Travis Turner

Rollin Richmond, here are some questions and a firm challenge to you.

You say you want diversity on this campus then give us Bob Snyder. Why? Probably for the same reasons that Chancellor Charles Reed chose you: a proven track record of loyalty, the ability to follow direction and an ability not to question authority. Reed learned this about you while you were working for him at the University of South Florida as the Dean of the College of Arts and Science from 1990-1995. Reed was the chancellor then too, but of the Florida State University system.

You say you want to offer your students the best education possible yet you are cutting or eliminating courses. Have you argued our case with Chancellor Reed? Have you ever had an argument with Chancellor Reed? Did you argue with him when he short-changed Humboldt State almost a million dollars in stimulus money? Twenty three CSU campuses and \$50.9 million in stimulus money. Divide. Pretty simple math if you ask me. Our cut should have been \$2.2 million. We received \$1.4 million. Have you had any discussion with your boss about this?

In 2007 you received a \$27,000 pay raise while tuition for students went up. Your raise was more than what a large percentage of Americans make in an entire year. Do you believe this to be in the best interest of this university, its faculty or students?

You are the leader of this institution sir and you are failing. Last summer 60 percent of your faculty voted no confidence in your leadership skills, educated men and women who contend that you are not up to the task of running this university. Who came to your rescue with a vote of confidence? Chancellor Reed. Can you explain this?

At some point you must realize that we are not your lap dogs. Unfortunately, many of your students have been taught that it is our duty, nay, our right to have an opinion. Some of us fight against things that are inherently wrong, things we know that are not in the best interests of the many, only the few. My opinion is that you are simply failing. You are failing the student body, this school, your faculty and getting paid a heap of money to do so.

Will you turn it around? Will you mend fences with your faculty? Will you search for a provost in a fair and equitable manner? Will you argue and scream your head off to get more money put into this campus? Will you decide to find another way to save money here at HSU rather than cutting programs that are needed at this school, in this community and in this country? Will you put your students first?

Eighty percent of your Industrial Technology graduates are working right now - more than any other major you have at Humboldt State. Why are you cutting this program? Will you fight for what is best for your students or will you continue to get what is best for President Richmond? I, for one, am getting tired of the rhetoric and the lack of action for us, the student body, and I will continue to demand satisfaction.

If you were to change direction, call a school holiday, ask us all to march on Sacramento with you in the lead, we would follow. People follow leaders. People do not follow followers. Which one are you? You have an obligation to take care of us, the students. You have an obligation to do what is right for us, not the state, not yourself and certainly not Chancellor Reed.

I have faith though. People can change. People can turn in a new direction when motivated. Jump off of Chancellor Reed's lap, sir, make us proud of you. Do something profound.

Travis Turner may be contacted at
thejack@humboldt.edu

Opinions expressed by the columnists do not necessarily represent the opinion of the The Lumberjack.

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SKEELS IDEALS

P.C.
= Piece of Crap

By Kaitlin Skeels

What is politically correct?

Webster's definition is: of, relating to, or supporting broad social, political and educational change, especially to redress historical injustices in matters such as race, class, gender and sexual orientation.

Why is it that we have to walk on eggshells, always afraid of offending people? I am not saying it is ok to

be rude, but people take things too personally sometimes. What is the difference between the words mentally-challenged and retarded? Why should I say African American rather than black? Not every black person is African American and not every African American is black. That is a terrible assumption. I am certainly not trying to offend anyone by saying he is or she is a certain color. The words we use are not the problem. It is the tone and context they are used in that causes trouble.

An important thing to realize is that most of the time people do not intend to offend; they are just unaware of the in-fashion, politically correct term of the week. It seems like this stuff changes all the time. How are we supposed to know?

It boggles my mind that people are self-censoring with politically correct terms in a country with free speech. I am not justifying being hateful, but I most certainly believe in the free marketplace of ideas. The thought of anyone censoring speech or using politically correct terms is unacceptable. Whenever someone says something I do not like, I just remember that his or her right to say it is a right that we both share.

The whole concept of being politically correct has gotten way out of control. It creates a group

of victims where sometimes none existed. People get offended by certain words because society and the media tell them it is wrong. If someone says a word but did not intend to offend you, why would you take it personally?

My roommate told me that during LGA training she was told that minorities cannot be racist. Minorities can only be prejudice. This is because it would not be politically correct to call a minority racist. That is one of the most absurd things that I have ever heard. How is calling a racist a racist incorrect based on the fact he is or she is from a minority? It does not matter what race you are. We are all people. Anybody can be racist.

The whole politically correct concept is causing more trouble than it is worth. It does not make anyone more tolerant or understanding. People change their word choice because they are afraid of getting slapped on the wrist, not because they actually feel that way. If anything, it highlights our differences even more because we invest so much energy into being politically correct. If we are so carefully editing our words to suit the wants of others, we may as well toss our First Amendment rights out the window.

Kaitlin Skeels may be contacted at
thejack@humboldt.edu

LETTER TO THE EDITOR

Every Major is at Risk

I urge all HSU students and their parents to read the list below. If your program is eliminated, will your degree still have value? After mass eliminations, will a degree from HSU still have value? When does HSU cease to be a university?

Geography, Political Science, Business Administration, Sociology, Kinesiology, Psychology, Anthropology, Mathematics, History, Recreation Administration, Economics, Women's Studies, Religious Studies, Biology, Natural Resources Planning & Interpretation, Wildlife, English, Social Work, Journalism, International Studies, Art, Native American Studies, Communication, Zoology, Ethnic Studies, Spanish, Forestry, Child Development, Environmental Science, Botany, Geology, Theatre, Film, and Dance, French, Music, Environmental Resources Engineering, Philosophy, Liberal Studies Elementary Education, Nursing, Fisheries Biology, Oceanography, Chemistry, Physics, Rangeland Resource Science, Computer Information Systems, Computer Science.

I urge you and your parents to request that no majors be cut at the end of spring semester or in the summer. No program should be eliminated when students and faculty are not on campus!

Convey your concerns about program elimination to:

- Charles Reed Chancellor CSU: creed@calstate.edu
- Board of Trustees, CSU: bot@calstate.edu
- Rollin Richmond, President HSU: rollinr@humboldt.edu
- Bob Snyder, Provost HSU: rasl@humboldt.edu
- Saeed Mortazavi, Chair, Academic Senate HSU: sm5@humboldt.edu
- Academic Senate members: mbs7001@humboldt.edu

Dr. Kay LaBahn Clark,
German Major/Minor Program, eliminated summer, 2008
kjl3@humboldt.edu

GUEST COLUMN

STOP THE CUTS

By Zach St. George

Students and faculty angry about budget cuts will have a chance to have their voice heard this Thursday. Protesters will gather at the Eureka Courthouse between 4 and 6 p.m.

The rally is part of state-wide demonstrations meant to bring attention to the budget crisis facing public education. Organizer and California Faculty Association co-president Robin Meiggs said, "We're trying to bring attention to the fact that public education in California has been cut so deeply that its difficult to keep the doors open."

Most K-12 public schools throughout the county will host protests of their own. Meiggs is hoping that after starting at

the local schools protesters will go to Eureka, where they can expect speakers and chanting.

HSU students can expect to see their school represented by faculty and staff, but probably won't see members of the administration. Meiggs asked President Rollin Richmond to endorse the rally. Richmond refused to support it.

There will be three buses taking students and faculty to the courthouse. They will leave at 3:45 p.m. and will come back at 6:15 p.m. Anyone with questions should contact Angela Pine at anp13@humboldt.edu, or call (707) 826-4531.

GOT ROOM FOR ONE MORE?

If you are going to the protest on March 22 in Sacramento and have room in your car, let us know and we will spread the word to other students who want to attend.

Send your name, email address and how many people you can take to our opinion editor:

Contact: yelena.kis@gmail.com.

We will publish your info in next week's issue.

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.**

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Money Makes The Game Go Round

Kristina Naderi

Layout Editor

At the heart of the sports department is the dedication and passion of student athletes for their sport. Oh, and endorsements. Lots and lots of endorsements. In fact, in the past year the HSU athletic department brought in around \$1 million dollars through fundraising, and \$350,000 of that through corporate sponsorships.

The athletic department has gathered the support of more than 50 sponsors ranging from local businesses like Big Pete's Pizza to conglomerates like Pepsi. Businesses can choose from three different advertising packages that the athletic department offers with prices ranging from \$2,500 to \$10,000. But not all transactions between sponsor and HSU are necessarily cash exchanges. As Associate Athletic Director Tom Trepiak explained there are various forms of corporate partnership between the school and endorser.

"Some like to donate cash, which we put towards scholarships for the athletes. Other times we have companies that, instead of giving us money, provide other services or goods in which we return with signage or ticket packages to games," he said.

These types of corporate partnerships are known as 'in-kind' deals. The labor that went into the revamped softball field that was done by Danco, a local construction company, is a perfect example of an in-kind partnership. For the company's work the athletic department advertises Danco with signs by Redwood Bowl and inside Lumberjack Arena.

Another major sponsor whose sign can be seen illuminated in the Lumberjack Arena is Mad River Hospital. A strange sponsor amongst the Pepsi and Humboldt Creamery signs, but a vital one nonetheless.

In return for advertising the hospital, Mad River provides the athletes with the best possible dis-

count they can offer on medical procedures.

This is known as the Blue Cross Discount. Injuries are practically inevitable in any sport. With this discount athletes and the school can save a large sums of money depending on the severity of the case.

"We're very fortunate to live in a community with local businesses that are very generous and that are willing to help with student athletics," said Athletic Director Dan Collen.

"I've been living in Humboldt county my whole life and a huge part of this community is HSU. HSU makes Arcata what it is, I doubt there would be an Arcata without it. I wanted to give back and I felt like this would be a good place to do it," said Dan Johnson, CEO and President of Danco, on his corporate partnership with HSU's athletic department.

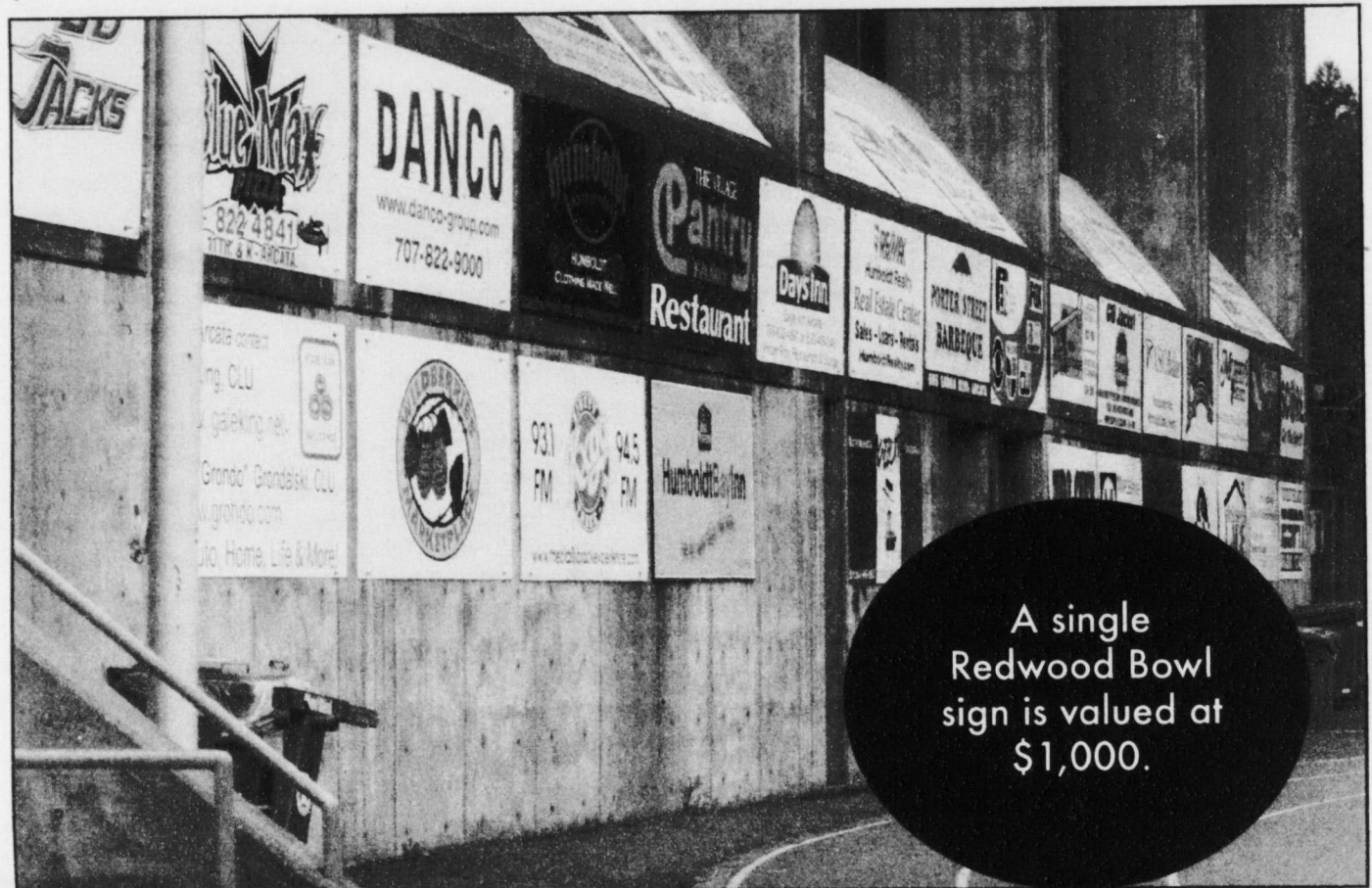
The athletic department will not accept all forms of sponsorship, however.

"We cannot advertise anything having to do with [alcohol;] it's just a rule the school wants us to follow," said Trepiak. "We advertise Six Rivers [Brewery,] but they're also a restaurant." And as stipulated by the NCAA, no college is allowed to take endorsements from tobacco companies or businesses promoting gambling.

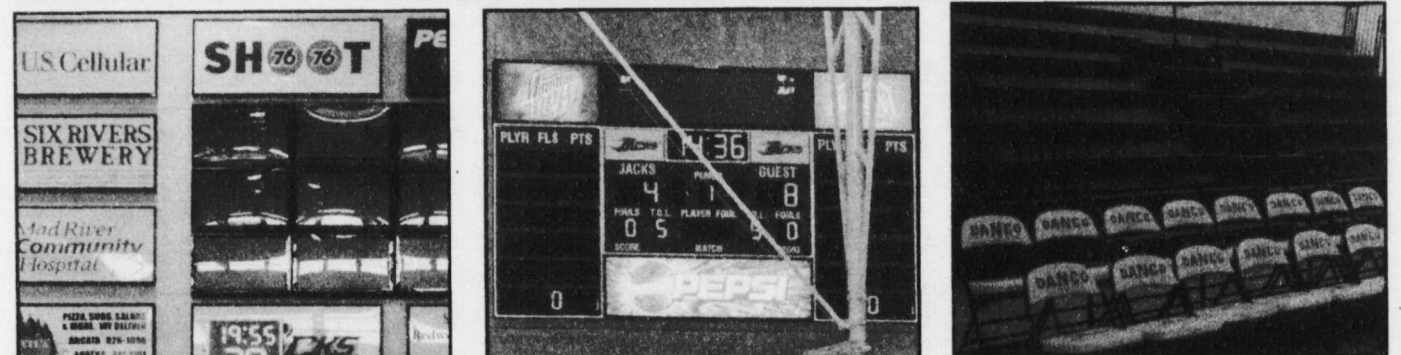
Probably the greatest reward that's taken from all this revenue generated through this partnerships is the scholarships that are created for the student athletes. Around \$600,000 in scholarships was created through all these deals this past year.

"We honestly just want to create win-win situations for everyone. We're looking out for our kids and we're looking out for the community," said Collen.

Kristina Naderi may be contacted at thejack@humboldt.edu



A single Redwood Bowl sign is valued at \$1,000.



1) The backlit wall signs at Lumberjack Arena are valued at \$2,500. The rotating monitor signs in the middle are valued at \$1,500. 2) The Pepsi sponsored scoreboard. Because of the partnership with Pepsi, the athletic department receives \$15,000 cash just for scholarships alone. 3) To get an advertisement on a floor seat, companies must sign a deal to advertise for four years paying \$5,000 per year. The bleachers were an in-kind deal with Security National company. Valued at \$200,000. | Photos by Travis Turner

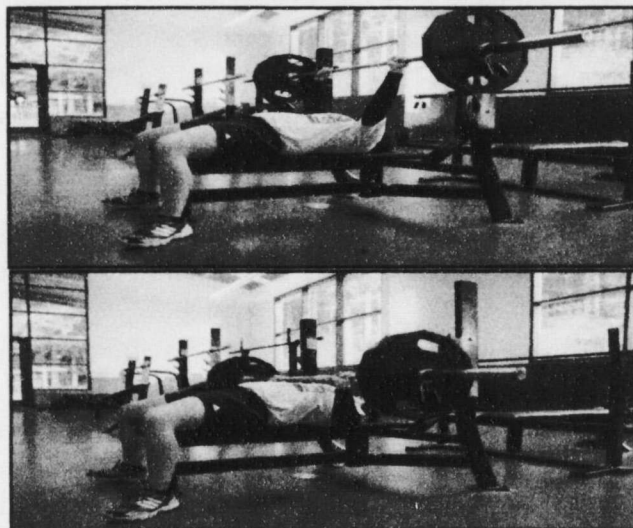
"Transfer Don't Isolate"

HSU Workout Guide: Part One

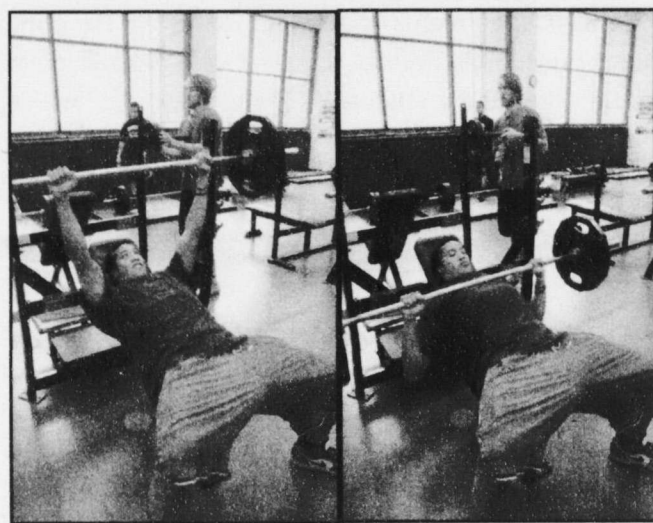
Kim Carroll

Staff Writer

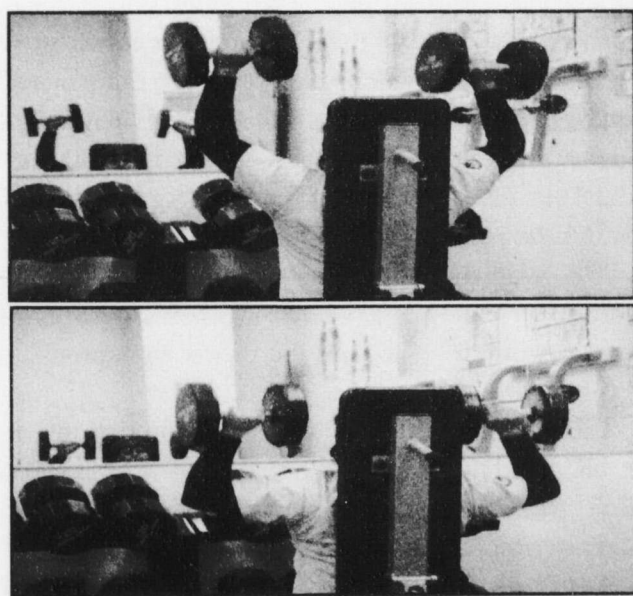
Upper Body Push Lifts



Bench Press



Incline Bench Press



Military Press

Pictured: Journalism senior Mat Smith and Graduate Student and Strength & Conditioning Assistant Jessica 'JT' Turner. | Travis Turner and Elizabeth Sorrel

With Spring Break right around the corner, many HSU students are going to put their rain coats in the closet, shake the dust off their swim-suits and take off for sunny weather. With that in mind, there is no better time to get in the gym and shape up that perfect "beach bod" with the Lumberjack Iron Workout.

Toning up the arms and shoulders is a good start to getting your body beach-ready. Strength and conditioning coach Drew Peterson has the perfect blend of lifts that work several muscles in the upper body.

"Your body is made to transfer energy not isolate it, so you need to start with workouts that target several muscles," said Peterson of a main philosophy in the HSU weight room.

In order to transfer and not isolate that energy, Peterson suggests starting your workout with a push-lift, and finishing it with a pull or isolation exercise. For example, start your workout with bench presses and follow it with some dumbbell curls or bent rows.

"We call them beauty lifts. Triceps and biceps workouts are to look pretty; beach workouts," said junior HSU football player Kevin Duley. "If you start with bench press, you will see more results after other triceps and biceps workouts."

Peterson and Duley both warn that solely doing isolation exercises (i.e. bicep curls, lateral pull, bent rows and push-ups) will not give you those sculpted arms you're striving for.

"We always see guys coming in here making the same mistake of doing all isolation exercises. You need to do push-lifts and isolation exercises to see results," said Peterson.

Strength and conditioning assistant coach Angela Dendas trains the women's soccer and basketball teams

here at HSU. She informs the ladies out there that lifting is not just for guys.

"Girls are always hesitant to lift because they think they're going to get bigger, but that won't happen," said Dendas. "Women don't have the testosterone it takes to gain that muscle mass."

Women and men develop the same amount of muscle strength per square inch, but men have 30 percent more muscle in their upper bodies, said Peterson. So with the help of some bench press and lat-pulls, the ladies can get that toned shape to their arms and shoulders just as well as any guy in the weight room.

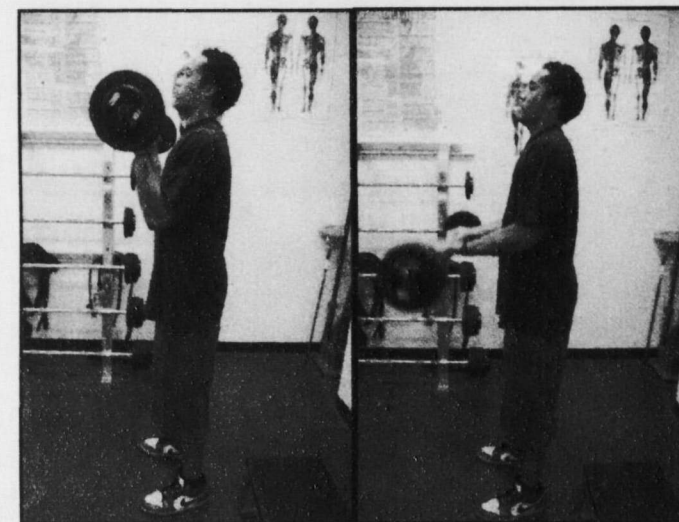
For ideas on how many sets and reps, Peterson set up an online workout sheet based on personal lifting ability. With an easy, three step entry of your best power clean, bench press and squat record, an electronically made workout sheet will appear with a weekly lifting schedule. The program can be found on HSU's strength and conditioning website under "Conditioning Programs."

Typically 3 sets of ten repetitions is a good base to start off with when your just beginning to lift. Getting into the gym three times a week is the best way to see those results. Lifting weights increases muscle mass by causing little tears in the fibers, and when they fix themselves they increase in size and strength.

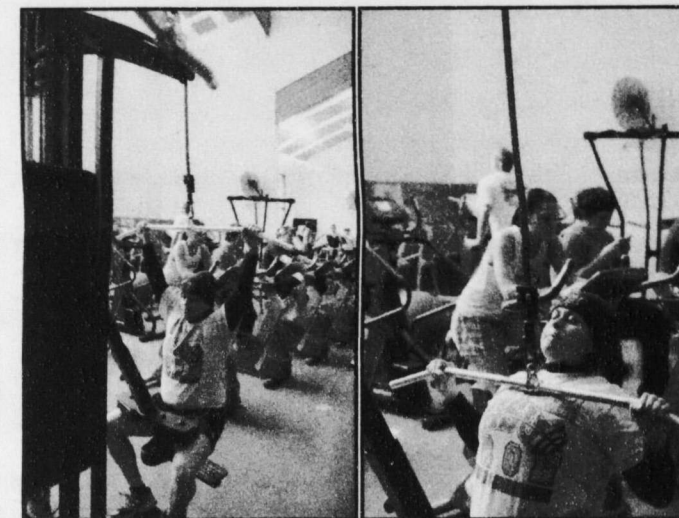
So when you decide to get in the gym and pick up those weights, always remember Peterson's guiding weight room principle: "transfer not isolate." Start with bench presses to get all those upper body muscles going and follow through with isolation exercises.

Kim Carroll may be contacted at thejack@humboldt.edu

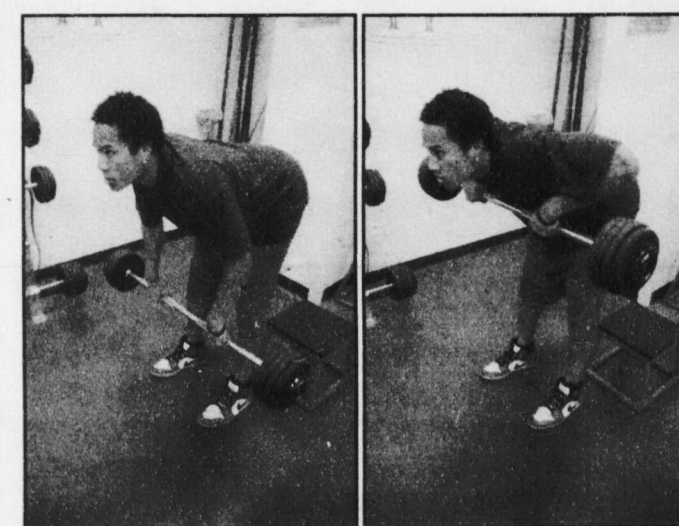
Upper Body Isolation Exercises



Bicep Curls



Lat Pulls



Bent Row

Be advised that you should always stretch before and after a workout to avoid muscle pull or any other form of injury.

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HSU Information Technology Services
www.humboldt.edu/its



Tournament Time

HSU gets ready to host CCAA conference tournament

Ahron Sherman

Staff Writer

HSU made a bid to host this week's CCAA conference basketball tournament five months ago. The bid was denied.

Initially, the conference committee voted to have the tournament at a neutral site, but HSU Athletic Director Dan Collen said the site double-booked. That put HSU's bid back on the table.

The argument against HSU hosting the tournament had three parts. Collen's opponents complained about travel conditions, county politics and HSU's raucous basketball fans. It's too long of a drive. The community is too liberal. And the Lumberjacks have too much of an advantage when their fans get going.

But the fans turned out to be an advantage for HSU in the eyes of the committee. Faithful fans fill seats frequently. And that means basketball games sell-out, which offsets the costs for traveling teams, said Collen.

The CCAA awarded HSU the tournament after a 5-4 vote. "I think it will be easier next year because of all the revenue we will generate," said Collen.

Last year, the tournament took place on Cal State San Bernardino's campus, and the school sold \$13,000 worth of pre-sale tickets. This year, HSU sold \$25,000 worth of pre-sale tickets. "Having the tournament here is a win-win for everyone involved," said Collen.

What's the big deal?

HSU alumnus and former point guard Jeremiah Ward knows tournament play well. His last game in a Lumberjack uniform was a 68-66 loss to Cal State San Bernardino in the 2007 NCAA Division II West Region Championship.

"We were up one. They took the ball out on the sideline," said Ward. "One of their players drove to the hoop. We collapsed on him but he passed it out to the perimeter. We challenged the guy's shot but it went in with only four seconds left." The Lumberjacks failed to get a shot off in the last seconds of regulation. The season was over and so was Ward's career as a student athlete.

The doorway to the West Region tournament is the California Collegiate Athletic Association's tournament, which started yesterday and is in its second year back after a 13-year hiatus. This is a great opportunity for the school, the community and the student athletes, said Collen.

But the best opportunities in the tournament are reserved for the players. Imagine you're a college basketball player. "Do you want to play in front of 200 people or 2,000?" asked Collen.

Ward thinks both HSU teams can win the tournament. People expect the men's team to win, though, said Ward. Their defense is strong and they seem to always get it done.

The women's team, however, had a rough end to their season. They lost six of their last eight games and had to battle through several injuries. "Injuries

are no excuse," said Ward. "Early in the season they were winning despite the injuries."

Ward, who announces women's home games on the radio with J.B. Mathers, said he would not be surprised if they win the tournament, though. They have a great team, said Ward.

Realistically, both HSU basketball teams could win this tournament. But if they don't, there are still other opportunities for the school and the community.

HSU saves money by hosting the tournament because the school doesn't have to pay for travel. The school also benefits because the tournament will make money for its local sponsors. HSU will not make money on the tournament. But the school will be reimbursed for the tournament's operating costs, said Collen.

Out-of-area teams will spend money in the community on hotels and food, said Collen. Their players' families and friends will spend more. Collen estimates that the tournament will generate \$200,000 in the community.

How does the tournament work?

There are twelve teams in the CCAA. The top eight qualify for the three-round CCAA tournament. Teams are seeded one through eight depending on their regular season records. The top four teams each hosted a first round game against the bottom four teams at their respective campuses last night. But the Lumberjack went to print at the same time, so you will need to go online for the results if you're not in the know.

The four winners of the first-round games advance to the semifinals, which take place at Lumberjack Arena this Friday. According to athletic department website, the first women's game starts at 12:30 p.m. and the second at 3 p.m. The first men's game tips-off at 5:30 p.m. and the second at 8:00 p.m.

The winners of Friday's games advance to Saturday's championships. The women's championship starts at 5:00 p.m. and the men's championship starts at 7:30 p.m.

The champions earn automatic invitations to the NCAA Division II West Region tournament, which puts them six wins away from National Championships.

Ward said the HSU men's team already clinched a spot in the West Region tournament because their 20-6 record is among the best in the west, and not just tops in the conference.

HSU's women's team is not as fortunate. One more loss ends their season. But a CCAA championship extends it.

Ahron Sherman may be contacted at thejack@humboldt.edu

She Bleeds Green And Gold

Blyth R. Colbert Jr.

Staff Writer

Eight women sit in a boat and work together as one: one catch, one suspend, and one end. This is HSU women's rowing team.

Joscelyn Sanchez, one of the most dedicated women on the rowing team, is in her final year at HSU.

Coming back from red shirting last year, she is very determined. Sanchez is from Riverside and attended Martin Luther King High School where she played basketball, softball and golf.

HSU caught her eye because of the biology department. As a marine biology senior at HSU, she feels that this institution has the best program.

Sanchez got into crew because she was too intimidated to try out for the softball team after they won the national championship the year before.

"I was never an aggressive competitor and I felt that I wouldn't fit with the level of competition the players on the team had," Sanchez said.

She then received a crew flyer and went to the crew meeting. The rest is history.

"I chose to redshirt because I am not a quitter," said Sanchez. "Due to a personal incident I failed a semester of classes and became academically ineligible."

Sanchez said that she could have left the team, but instead she figured out a way to handle both school and rowing.

"I was not going to abandon my teammates and coaches because of a little set back," said Sanchez.

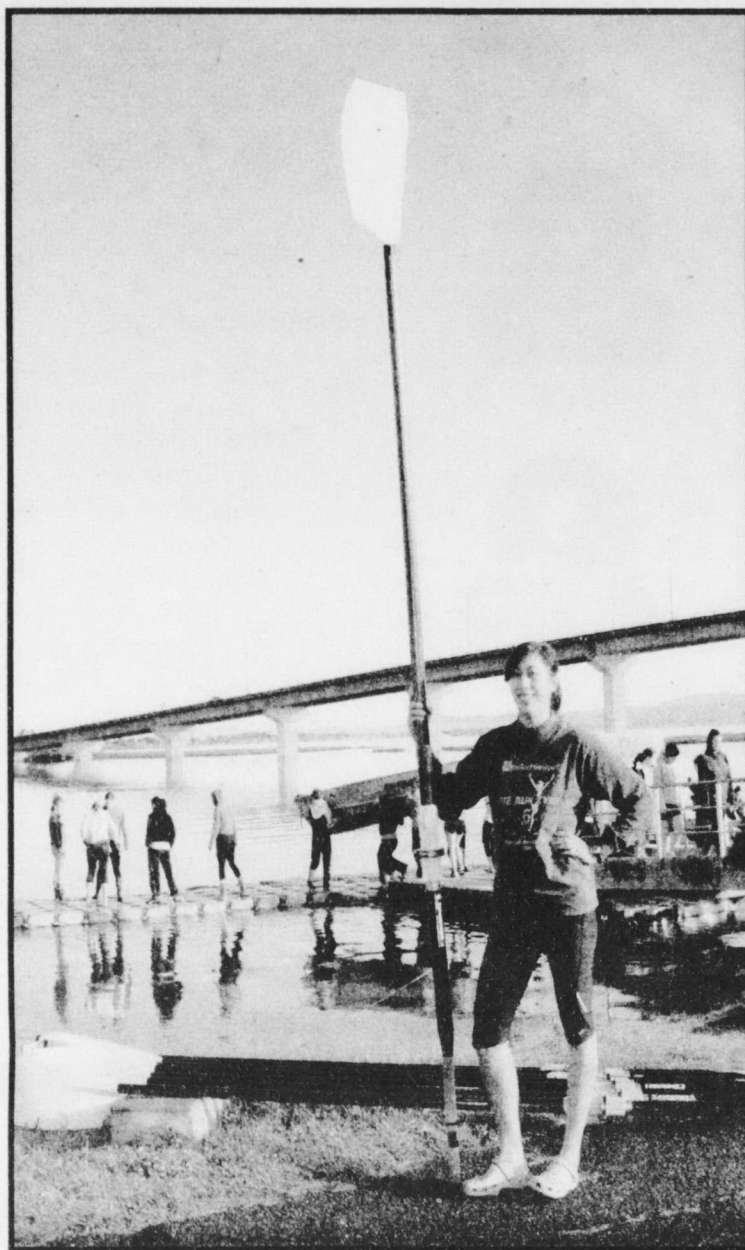
Another reason why she chose to row for HSU was because of the races, the teammates and the competition.

"When you're on the water and everyone needs to be in total sync for the boat to move effortlessly thought the water, it's what team really stands for," Sanchez said.

Everyone needs to put in work to transport the boat. Sanchez said that she is excited that it's her last year and also very satisfied because she accomplished a lot compared to other college athletes in different sports.

Varsity Captain Ashley Donnell is in her third year as a member of the rowing team.

"Everyday Joscelyn comes out and gives 100 percent," said Donnell. "And she is so passionate."



Rower Joscelyn Sanchez stands with the tools of the trade. |Christine Ciarcia

**"I chose to redshirt because I am not a quitter."
-Joscelyn Sanchez**

Head Coach Robbin Meiggs agrees. "She transformed in her ability," said Meiggs. Meiggs added that Sanchez doesn't miss any HSU sporting events, no matter what sport it is.

Meiggs' one word to describe Sanchez is "determined." When Sanchez wants it, she gets it no matter what when it involves HSU and she worked hard to get back on top. So come out and support her this year. She bleeds green and gold.

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



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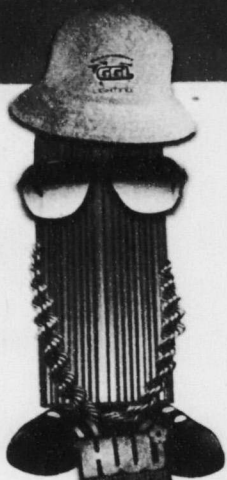
Wed	3_3	Thurs	3_4	Fri	3_5	Sat	3_6	Sun	3_7	Mon	3_8	Tues	3_2
H 2:02 7.7'	H 14:35 6.5'	H 2:41 7.7'	H 15:31 5.9'	H 3:23 7.5'	H 16:34 5.3'	H 4:09 7.2'	H 17:47 4.8'	H 5:02 6.8'	H 19:14 4.7'	H 6:04 6.5'	H 20:44 4.7'	L 1:11 3.7'	L 14:42 0.8'
L 8:27 0.1'	L 20:25 1.2'	L 9:19 0.1'	L 21:06 1.9'	L 10:15 0.3'	L 21:50 2.6'	L 11:16 0.6'	L 22:42 3.2'	L 12:24 0.8'	L 23:49 3.6'	L 13:36 0.9'		H 7:13 6.3'	H 21:47 4.9'

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EVENTS

3

WEDNESDAY
March

The Spittin' Cobras
(punk rock)
10:30 p.m. \$5
Alibi Lounge and
Restaurant
Arcata

**Pints for Planned
Parenthood**
4-8 p.m.
Mad River Brewing 195
Taylor Way, Blue Lake,
668-5680

**1st Annual Glowfiti
Party**
9 p.m. \$5
Ragg's Rack Room
615 5th St.
Eureka

4

THURSDAY
March

**Stand Up For
Public Education**
4-6 p.m.
Front of Eureka
Courthouse
Humboldt.sge@gmail

**Jello Wrestling
Extravaganza**
9 p.m. \$5
Red Fox Tavern
415 5th St.
Eureka

The Homecoming
7:30 p.m. \$10/\$8 HSU/
Seniors
Studio Theater at HSU
826-3928
HSUstage.blogspot.com

5

FRIDAY
February

Colbie Caillat
8 p.m. \$28/\$25 HSU
VanDuzer
HSU
826-3928

**Tim'm West Poetry
Reading**
3-4 p.m. Free
HSU Library Fishbowl
(Room 209).
826-5656

Mon Petite Chou
(French-Canadian)
7:30 p.m. free / all ages
Cafe Mokka
5th & J St Arcata
822-2228

6

SATURDAY
March

**HSU's Social Justice
Summit presents
Fair Game?**
1 p.m. /all ages.
Arcata Theatre Lounge,
1036 G
599-1668

Boom Drop
KnowaKnowone+ others
9:30 p.m. \$10
Arcata Theatre Lounge,
1036 G
599-1668

Moo-got-2
9 p.m. \$12/\$7 with
costume
Red Fox Tavern
415 5th St.
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7

SUNDAY
March

**Amateur Comedy
Night Fundraiser**
9 p.m. -12 a.m. \$6
Mazzotti's on the Plaza
Arcata
362-6563

**The Hard Ride/
Electric Jellyfish,**
(rock)
5 p.m.
Lil' Red Lion
1506 5th St.
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**Deep Groove
Society +**
The Rubbernecker
9 p.m. \$5
Jambalaya
Arcata
707-822-4766

8

MONDAY
March

**Nicotine
Anonymous**
11 p.m. \$3
Jambalaya
Arcata
822-4766

Quiz Nite
7 p.m. \$2 Pool
Blondies 420 E.
California Ave.
822-3453

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

9

TUESDAY
March

**Latino Film
Festival**
6 p.m. \$6
Minor Theater
Arcata
476-4324

**North Coast
Jazz**
7 p.m. Free
Six Rivers Brewery
McKinleyville
839-7580

Cardio Zumba
5:30-6:30 p.m.
Humboldt
Wellness Center
5050 Valley East
Blvd., Arcata
498-5474

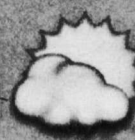
The Pack A.D.
(punk blues)
11 p.m. \$3
Jambalaya
Arcata
707-822-4766

THE FOGHORN WEATHER

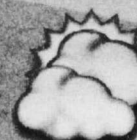
WED 3.3 THU 3.4 FRI 3.5 SAT 3.6 SUN 3.7 MON 3.8



To the beach!
(After class, that is.)



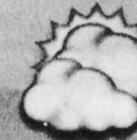
What does that cloud
look like to you?



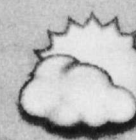
O sun,
where art thou?



Mostly cloudy, no
meatballs predicted.



Clouds? In Humboldt?
You can't be serious.



Pessimists say partly
cloudy, we say partly
sunny.

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March 3, 2010

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23

Wanted



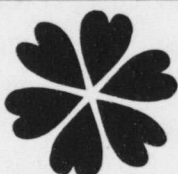
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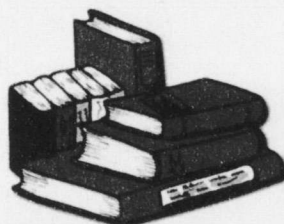
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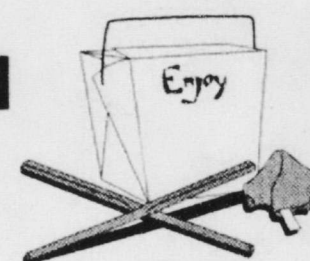
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doors at 9:30 p.m. \$10 21+

Saturday 3/6
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Hosted by Tim'm West 1 p.m. all ages

Sunday 3/7
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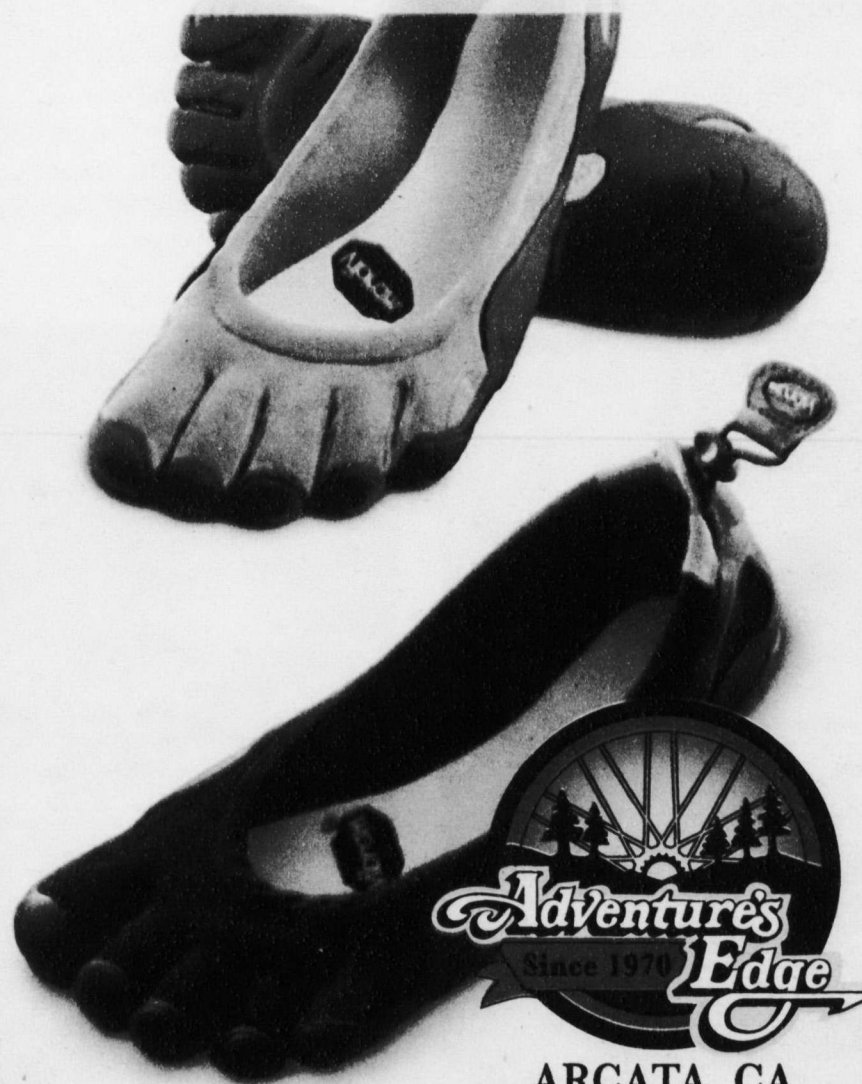
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