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**Going for gold**

Humboldt State student athlete throws the distance, striving for success on and off the field

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# THE LUMBERJACK

Serving the Humboldt State University campus and community since 1929

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## Arcata officers wait out five-hour standoff



After the five-hour stand off, the police negotiator was able to convince the suspect to willingly walk out of his apartment on Fri. March 30, 2012. | Samantha B. Seglin

by Kaci Poor  
Editor-in-Chief

After a nearly five-hour standoff Friday, Arcata Police Department officers arrested a man who reportedly locked himself in his apartment with a semi-automatic handgun.

The standoff began at 4 p.m. Friday when the maintenance man of an apartment complex off Heather Lane and Foster Avenue entered the residence of the allegedly armed suspect. The maintenance man reportedly fled the apartment after noticing the

weapon and contacted authorities to report that the suspect had threatened him. By the time Arcata Police Department officers responded, the suspect had barricaded himself in his room. More than 10 police vehicles responded to the scene, blocking off traffic on Heather Lane.

Frank Bojorquez, a senior studying wildland fire management at HSU, lives down the street from where the standoff occurred. The 23-year-old said he was not aware of the situation until he stepped outside for a cigarette. Bojorquez spent the next five hours watching the scene

unfold.

Just after 4 p.m. Bojorquez heard officers calling for the suspect to surrender. The suspect did not comply. Bojorquez confirmed that officers arrested another resident, who lived with the suspect, at approximately 4:30 p.m.

"We were told there was another person in the house with the suspect," Bojorquez said. "He walked out of the house, knelt and allowed the police to handcuff him. After questioning, the man was uncuffed and allowed to leave."

Hilda MacKinnon, an art major and witness to the arrest, said the maintenance man approached the man who had been arrested and accused him of setting him up.

"The man admitted that he had nothing to do with the current situation involving the gun. He seemed very upset that he was accused of setting-up this man," she said.

Following the arrest, officers used a megaphone to call for the suspect to leave the apartment. Again they were unsuccessful. At about 5 p.m. officers discussed rushing the home, but decided to wait.

A trained hostage negotiator reached the suspect by telephone and worked to coax him to a peaceful surrender.

At 5:55 p.m. Lt. Ryan Petersen said officers would not be rushing the building because the suspect remained armed. Another officer reported that the suspect was armed, on the ground and ready to fire.

STANDOFF, jump to page 5

## No reason to RSVP

*Communication gap means some student clubs are not getting rooms they booked months in advance*

by Cassandra Klein  
Staff Writer

The first week of the fall 2011 semester, KRFH, Humboldt State's student-run radio station, made a reservation with the University Center for their Lixxapalooza fundraiser, a concert that showcases local bands in the area.

KRFH made the reservation four months in advance. Club members filled out all of the required paperwork and acquired all necessary signatures. Members used club funds to make posters and fliers to hang around campus to advertise the event.

Three months later the University Center told the club they could no longer have the room. It had been double-booked.

That other organization was the University Center.

"It's really unfair. They stole the room and the date from us," Aksu said.

Operations Manager John Erickson, who oversees room reservations at the university, said overbooking can happen with human error and that he was left out of the loop with the KRFH event, which is why this happened.

"In general though, people are pretty satisfied with the University Center," he said. "In general, we are able to meet their needs."

Rachel Veiga, 20, social work major and vice president of recruitment for Delta Phi Epsilon, disagrees. The sorority member said the process to reserve a room through the University Center is a hassle. To reserve a room Veiga goes to the desk of Room Reservations in the University Center. She then goes to Clubs and Activities which sends her to Plant Operations which sends her back to Clubs and Activities.

Plant Operations should not even be a part of the process, Erickson



Illustration by Kate Yurkovic

Out of the student fees you pay, \$89 goes toward the University Center every year. This fee gives students the right to reserve a room on campus for their clubs and activities. A calendar on the HSU website details what rooms will be in use during the semester and which rooms are available to reserve.

Susan Aksu, former KRFH events manager and journalism major said the University Center told her the rooms are first come first serve.

"We reserved the Kate Buchanan Room the first week of school," she said. "Obviously the other organization didn't reserve the room the proper way since it didn't show up in the calendar."

To continue with the hassles of reserving a room on campus, Veiga's sorority sister Rosa Franco, 20, a marine biology major and vice president of membership and development, said the rooms are often not set up the way she detailed on her application forms. When you book a room you are asked to fill out a sheet that specifies how you want the room set up. Franco usually has to show up early and set the room up herself.

In regards to situations like this Erickson said sometimes the staff does not have time to set up all of the rooms.

ROOMS, jump to page 5

## Student caught in standoff

by Kaci Poor  
Editor-in-Chief

Lumberjack staff writer Marimar White-Espin stands frozen in her living room, one eye locked on the door of the apartment across from her. It's 7:30 p.m.

Four-feet away, in apartment D, her neighbor — who she describes as "quiet," but "sweet" — has locked himself in his apartment with a semi-automatic handgun. He is in a standoff with Arcata Police that began at 4 p.m. A second resident from apartment D has already been detained and released.

Although the 22-year-old HSU journalism senior is closer to the scene than anyone, she has no idea what is happening around her. Twice White-Espin calls 911 looking for answers.

"At this point I am just trying to get some information," she said. "Police officers are pointing their guns at our apartment complex and I am thinking, 'There has to be something going on. Should I protect myself? Should I leave the apartment?' It is not a

good feeling."

But no one is talking to White-Espin. Someone tells her to sit tight, a police officer will come get her when it is safe. But that was hours ago. She closes the blinds, and steps back from the door. For a minute she debates jumping out one of the two big windows in the back of her apartment but decides against it. She does not want to get shot.

**"I looked out and saw a police officer with a gun pointed right at my neighbor."  
— Marimar White-Espin, HSU student**

The standoff surrounding White-Espin began at 4 p.m. when officers arrived at her apartment complex off Heather Lane and Foster Avenue in Arcata.

She had just stepped out of the shower and was browsing the Internet when she heard the police officer yell.

CAUGHT, jump to page 5

### WEEKEND WEATHER



Source: The Weather Channel



**YOU SHOULD KNOW...**

**@HSU**  
Humboldt State is rubbing elbows with Duke and Purdue universities this week. HSU made it on the "Sustainable 16" list compiled by environmental leader Enviance Inc. for exemplifying excellence in environmental academics. Each of the 16 universities on the list is in the running to be crowned "National Champion" in the inaugural March Madness tournament for Environmental Studies. To be considered for the list, each school filled out a survey explaining their credentials in terms of curriculum, graduation rate, student retention and facilities.

**@CSU**  
The salaries of two CSU presidents were increased by roughly 10 percent in an 11-3 vote on March 20 by the California State University Board of Trustees. CSU East Bay President Leroy Morishita will receive \$303,660 a year and CSU Fullerton President Mildred Garcia will receive \$324,500. In addition, the two presidents will annually receive \$60,000 for housing and a \$12,000 car allowance. CSU administrators defend the pay raises on the grounds that the salary increases attract the best presidents possible for the system. The 23 CSU presidents' combined salaries equates to 0.35 percent of the CSU budget.

**@State**  
A total of 367 officers were on duty to monitor last month's "Occupy" demonstration and rally on March 5 in Sacramento. Thousands descended on the capitol for the day of action, organized by the Student Senate for California Community Colleges, California State Student Association and the U.C. Student Association. The California Highway Patrol spent more than \$150,000 in overtime costs to monitor the event.

Compiled by Marie F. Estrada

Sources: Humboldt Now, The Daily Aztec, The Sacramento Bee, The Los Angeles Times

Front page photo captions:  
[Left] Kelly Roelt viewing stem cells on Monday, April 2. | Samantha B. Seglin [Middle] This four legged customer waits to be rewarded with one of All Dogs Biscuit Bakery's freshly baked dog treats on Saturday, March 31. | Cora Vay [Right] Heather Snyder practices the hammer throw during track and field practice on Monday, April 2. | Jeremy Smith Danford

# Smoke alarms irk some HSU students

by **Bryn Robertson**  
Staff Writer

Three hours passed before Bridget Berezna realized she left a burrito cooking in her oven at home. Berezna works at an after school program in McKinleyville called Kids Club until 6 p.m. with her roommate, Lisa Allmon, who drove her home to prevent a possible disaster.

"When we got there it was full of black smoke. We got there just in time, if we had gotten there after six the house would've been on fire."

Allmon and Berezna both attend Humboldt State to study social work, and graduate in May. The program where Allmon and Berezna work requires them to supervise the children at all times, an obligation which made immediate contact between the two girls a challenge.

"I had to radio someone in to cover for me," Berezna said. "Then I had to stay in Lisa's room while she went home. We were nervously laughing because we didn't really know what to do."

Allmon said they did not know the alarm was not working; they had just recently replaced the batteries for it. "We are going to get a new one at Costco next time we go," Allmon said.

Chance Carpenter, a University Police Department officer, said any situations involving broken or damaged smoke alarms on the HSU campus are immediately corrected.

"It's against the rules to burn anything at all in the dorms," he said.

Two smoke alarms sounded on the HSU campus apartments the weekend of April Fools Day, one at 7 a.m. Saturday and the next at 1 a.m. Sunday. Andrew Le, a junior sociology major and apartment resident, said he thinks a student intentionally pulled the alarms.

"Everyone is pissed about it," Le said.

Brooke Haynes, a second year zoology major was on the edge of sleep when the alarm shrieked her awake at 1 a.m. Sunday. The first alarm the previous morning had woken Haynes as well, which she believed to be a malfunction of the system.

"I knew nothing was wrong. I was just mad," she said.

Specific instances of damaged or deactivated smoke alarms on campus housing are kept confidential by Housing and Dining as well as the University Police Department for the sake of privacy.

Arcata Fire Marshall Desmond Cowan said not having a functioning smoke alarm is a crime punish-

able up to \$1,000 per occurrence. Apartment tenants are responsible for contacting a manager or owner if he or she becomes aware of a faulty alarm, or risk immediate eviction if the broken device is found to be part of the problem.

Rebecca Babb, a senior studio art major at HSU, lives in a house with multiple smoke alarms, all of which are synced to go off at the same time.

"So if you were cooking bacon, drunk at 3 a.m., hypothetically, all of them would go off at once and wake everyone up," Babb said.

Senior business major Jennifer Howell said she tests her alarm every six months in accordance with the time changes.

"And I know how to use a fire extinguisher," Howell said. "My mom taught me when I was 11. I got to

play around with it on the front lawn."

Amelia O'Dell, a studio art major at HSU lives in a house with multiple smoke alarms throughout the kitchen, hallway and the bedrooms. When one alarm is low on batteries, it beeps periodically to alert the owner. O'Dell said the beeping of one alarm is indistinguishable from another, and locating the dying batteries is a drag.

"What am I," said O'Dell, "a wizard?"

Jackie Howe, a junior history major confessed to habitually burning her food and setting the smoke alarm in her apartment off.

"I think I'm going to stick to cereal for a while," Howe said.

Bryn Robertson may be contacted at thejack@humboldt.edu

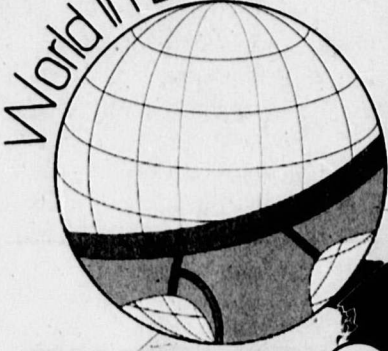
## FIRE ALARMS ON CAMPUS

On the HSU campus, residence hall fire alarms are linked to a computer system and do not require batteries.

The Sunset and Redwood dormitories have an alarm in each room, but none in the hallways.

The Canyon and Creekview dorms have alarms in individual rooms and in the common areas that are activated if smoke from a bedroom escapes from an open doorway.

## World in Briefs



**Mali:**  
Ag Ghaly, Islamist leader of the movement Ansar Dine ("Defenders of Faith," in Arabic), and his fighters seized control of Timbuktu from Tuareg rebels on Monday, following Tuareg control after Malian government troops fled the city on Sunday. Tuareg rebels control two other West African cities, Kidal and Gao, with aims to create a liberated Tuareg homeland. Ghaly, a former leader of the Tuareg rebellion from 1990 to 1995, told civilians that his cause was for Islam — not for independence or to hurt people.

Compiled by Marie F. Estrada and Shelby Meyers.  
Map graphic by Aaron Taveras  
Sources: The New York Times, The Wall Street Journal, BBC, Aljazeera, Reuters, AFP, The Chicago Sun Times

**Israel:**  
Hana Shalbi, a 30-year-old Palestinian woman, was released from an Israeli prison on Sunday. Shalbi spent more than 40 days on a hunger strike to protest her four-month detention order received in February for suspicions of resumed terrorist activity. She is the second Palestinian prisoner to change the terms of their detention this year after the 66-day fast of 33-year-old Khader Adnan ended in February.

**Siberia:**  
A Russian plane carrying 43 passengers and four crew members crashed suddenly after take-off in Serbia on Monday — killing 31 people. The ATR-72 aircraft was heading from Tyument to Surgat when it crashed. The cause of the crash is still unknown. Though there was no indication of negligence, the evidence so far suggests that a technical failure could be the cause.

**Myanmar:**  
Aung San Suu Kyi, a Burmese opposition politician, won a seat in Parliament Sunday. Suu Kyi, 66, was placed under house arrest for almost 15 years and was released in 2010. An official confirmation of Suu Kyi's position has not been confirmed by the electoral commission, but if confirmed she will serve in the lower house of Burmese parliament, the Pyithu Hluttaw.

**Thailand:**  
At least 14 people died as a result of three car bombs in southern Thailand over the weekend. The bombs, arranged by Thailand's southern militants to attack high-profile targets in the country such commercial shopping centers and hotels, wounded more than 340 people. One Saturday attack occurred in Yala, a busy shopping and dining area. Thai security experts said that the explosives are typically built from fire extinguishers, propane canisters and other easily accessed materials.

# THE LUMBERJACK



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### Corrections

There were multiple things stated in the U.P.D. Bytes section of the March 28 issue of The Lumberjack that need clarification. It was stated that a subject was put into the Humboldt County Witness Protection Program after phoning in the smell of pot behind a dorm as part of HSU's No Stitches for Snitches initiative. This claim was not intended to be taken seriously and the subject of the report was not actually put into witness protection. It was also stated that UPD was not ruling out demonic possession in regards to an incident involving an attack. The Lumberjack is pretty sure UPD officers ruled out demonic possession. U.P.D. Bytes are brief, weekly University Police Department log reports with which The Lumberjack publishes with a comical spin. The incidences we report did happen, but the circumstances surrounding the reports are often printed for amusement and should not be considered hard facts.

Sorry to all of you that searched for Rollin in last week's paper and came up empty-handed. The Lumberjack decided to play a little April Fool's joke! Don't worry, it shouldn't happen for at least another year. Good luck finding him this week!

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



# Unlocked doors, unwanted visitors



Leah Walker and her roommate Nathan Braun sit outside their house on 15th Street which was broken into just days before Spring Break. | Alexa Malmgren

by **Alexa Malmgren**  
Staff Writer

After getting off work on March 8, Leah Walker drove by her house on the corner of 15th and H streets. As she glanced over at her home a feeling of uncertainty and suspicion filled her gut.

"The house was really dark which isn't normal," Walker said. "I just remember thinking how weird it was."

The environmental and interpretation major brushed the feeling aside and continued to drive to the house party her friends were at. When Walker returned home with her roommates later that night she discovered that her uncanny feeling had been spot on.

Her house had been broken into and multiple belongings were stolen.

"We didn't think about locking the door," Walker said. "We were all going out and usually just leave it open."

The culprit took cash and other valuables that were left out in the house, including with Walker's roommates' laptop. An even big-

ger shock awaited the housemates the following morning when they discovered their friends' house was broken into that same night just two blocks away on 13th and I streets.

Spencer Knutson and his roommates attended the same party as Walker the Thursday before Spring Break. The back door of their house was left open and iPods, backpacks, a sleeping bag and two Macbook Pros were taken from their rooms. Knutson's insurance does not cover theft.

He has a feeling that the thief may be someone who visited the house before.

"We had one big party recently and there [were] a couple people there I didn't know," Knutson said. "I think it could possibly be one of them."

Walker shares the same suspicion as Knutson about the thief behind the house burglaries.

"Whoever it was, I definitely think they knew Spencer and I were friends," Walker said. "Someone might have seen all our roommates at the same place and taken advantage of the opportunity."

Knutson filed a police report with the Arcata Police Department, but has received no good news following the unfortunate event.

The Arcata Police Department was not able to return a Lumberjack call by deadline.

Ally Holmes, an anthropology major at Humboldt State, dealt with the same unnerving experience as Walker and Knutson a week before Winter Break last semester. Holmes said the thief entered her house, located on H and 11th streets, through a door that connects from the outside to her roommate's bedroom.

"I was asleep in my room and everyone else was out," Holmes said.

Her roommate's laptop was stolen along with the cash that had been inside her dresser drawer. None of her other four roommates had any possessions stolen.

"It was really shocking for all of us," Holmes said. "We've definitely started locking our doors more consistently."

Alexa Malmgren may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

# AS Update

by **Shelby Meyers**  
Staff Writer

This week the AS council decided initiative questions for the spring 2012 AS election ballot.

Pamela Ward, a marine biology major at Humboldt State, addressed the AS council during public comments.

"The students' voice in this campus is grossly overlooked," Ward said. "The question today is do you support policy and are you going to do your job to uphold that policy?"

The first question debated involved revisions to FAFSA special circumstances guidelines, the cause of many students' ineligibility for federal financial aid. Reasons for ineligibility include parents' refusal to provide information or to contribute financially to their students' education.

Peg Blake, vice president for Enrollment Management and Student Affairs, said, "A majority of students would vote 'yes' to revise those [guidelines]. I'm gonna be stuck saying [no], sorry." Attempted revisions of the guidelines are against federal law and risk the removal of financial aid from the university.

The question of whether students would support revisions of special circumstances guidelines is out of university control, but AS council members see value in its place on the spring 2012 ballot.

Natalie Guest, AS student affairs vice president said, "I would be completely happy to have this question on the ballot."

AS Council members Leanne Lynch, Jesse Hoskins

and John Hughes agreed.

"I want to show support for [the revision of FAFSA guidelines] because it's the voice of the students," Hughes said. "It's somewhere to start conversation about the way the FAFSA is done."

After several proposed amendments, the end result was a revised and clarified question for the ballot: "Would you support a national effort to revise the FAFSA eligibility special circumstances guidelines?"

It passed with no opposition.

Should Depot beer service hours be extended? A heated discussion took place as Aaron Wilyer, a political science and psychology major at HSU, defended placement of this question on the spring 2012 ballot.

"The answer is no," Blake said. She said she will no longer spend the time or resources on the question.

Last January it was decided that beer service hours would not be extended. Guest planned to take the issue to the UC board of directors and recommend an expansion of the Depot incorporated into the remodel of the University Center to solve crowd issues that occurred with the line for beer.

"It's completely valid. It's a question and we're asking students what they feel," Guest said. The question about extended beer hours was approved for the ballot without opposition.

AS also approved questions about Redwood Transit System and possible extended hours of transportation.

Shelby Meyers may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

# Humboldt State takes out the trash

*Pilot program tests Humboldt student's ability to compost waste across campus*

by **Katherine Elena Leonard**  
Staff Writer

Two large dumpsters sit outside the Depot. Food waste, napkins and coffee cups are a few things that fill the dumpsters each week.

These items are compostable, or biodegradable, which means they break down naturally to create fresh soil for gardening or can be used to create more biodegradable products. Landfills are filled with items that cannot be composted, and add more pollution to the environment.

The food waste at Humboldt State would usually be trucked 180 miles to the nearest landfill in Meord, Oregon. Thanks to the Housing and Dining staff and students at HSU, compostable material from the dumpsters outside the Depot and from the compactor in the J are now sent to Cold Creek Compost in Ukiah.

The Humboldt Waste Management Authority wishes to improve waste management in Humboldt County. Their study showed that prior to the waste

diversion program, approximately one-third of HSU's solid waste was food.

Morgan King, HSU Sustainability and Waste coordinator, is helping lead a pilot program to test HSU's composting abilities in an effort to help the environment and save HSU money.

"The California average cost to export solid waste to landfills is \$30 to \$35 per ton," King said. "But because of HSU's location, it is costing us \$150 per ton."

Since the pilot program kicked off in spring 2011, collections of 7,000 to 7,500 pounds of food waste save HSU \$500 to \$560 per week.

Environmental science junior Nicole Miehl has interned for King and the pilot program since it started, and is pleased with its results.

"Looking at my data and the spreadsheets altogether, I've seen an increase in food waste and a decrease in solid waste (garbage)," Miehl said.

From the October 2011 garbage collections until February of this year, HSU claims a 6,260-pound difference in solid waste that is now diverted into compostable waste.

"Hopefully this document will pave the way for other universities to adopt the same program," Miehl said. "It takes a lot of time and effort to lead a project like this; you need dedicated leaders to be able to pull people together and initiate ideas elsewhere, not just at HSU."

The Waste Reduction and Resource Awareness Program sent out an online survey two



Garbage in dumpsters around campus. | Katherine Elena Leonard

weeks ago to test students' knowledge of campus composting practices. According to the survey results of 216 students, 90 percent are aware that HSU composts, but only 64 percent know what materials can be composted.

An anaerobic bio-digester is expected to be finished by Humboldt Waste Management Authority by next year. When food waste is mixed together in an anaerobic system, the anaerobic bacteria populates and produces methane. The bio-digester will concentrate food waste, which will produce methane that will be turned into energy.

Until the bio-digester is finished, the compost will be sent to Ukiah. In the meantime, it is up to Andrew Demos, the Waste Reduction and Resource Awareness Program compost director, and 13 student members to educate HSU on where and what to compost.

"We have set up four outdoor buckets and five barrels throughout campus, but now we are looking to place more barrels to cover major areas," Demos said.

Many survey suggestions resulted in requests for more conveniently located bins across campus.

Ellyn Henderson is an AS

College of Natural Resources Representative and liaison to the resource awareness program. She works with other environmental students to help market the composting efforts for incoming freshmen at spring preview.

"This effort produces a lot of good and the average person needs to be told in monetary terms why composting is important," Henderson said. "They need to know how much we're saving because what we're saving can eventually add up to pay for several tuitions."


Katherine Elena Leonard may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



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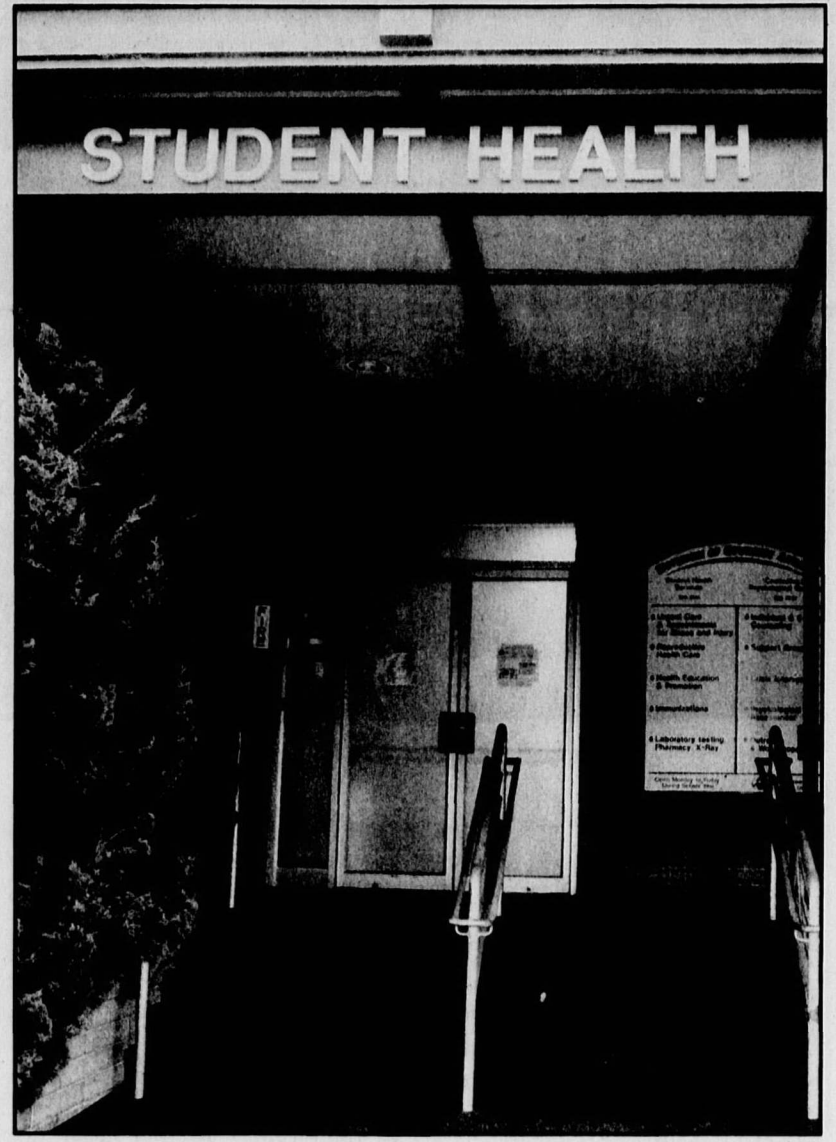
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# Seasonal flu hits Humboldt State



| File Photo

by Kaci Poor  
Editor-in-Chief

Feeling sick? You probably are not alone.

The Student Health Center is reporting that the seasonal influenza epidemic — aka the flu — has finally reached Humboldt State.

Symptoms include sore throat, runny nose and cough that can escalate overnight to high fever, chills and profound fatigue.

Alan Morden, physician and medical director at the Health Center, said he knows of 18 likely cases discovered Monday and Tuesday and expects to see more throughout the week.

"It's really running people over like a freight train," said Morden, adding that symptoms can linger for as long as two weeks. "We want to let the community know what is going on — especially instructors who will likely be receiving a lot of sick notes."

Morden said there is an antiviral treatment, but at \$100 the Health Center is only recommending it to those with additional health concerns like asthma or diabetes. The treatment is only effective if taken within the first 48 hours and occasionally does not work, he said.

Students who are feeling sick should check out the Health Center website or schedule an appointment, Morden said.


Although getting sick is bad at any time, he added that it could be worse.

"About five or six years ago this happened during winter finals," he said. "Thankfully that didn't happen this year."


Kaci Poor may be contacted at thejack@humboldt.edu

**COMBAT THE FLU**

Runny nose? Sore throat? Check out the Student Health Center website! Click on the "What to do if you're feeling sick" PDF for more information about dealing with the flu.



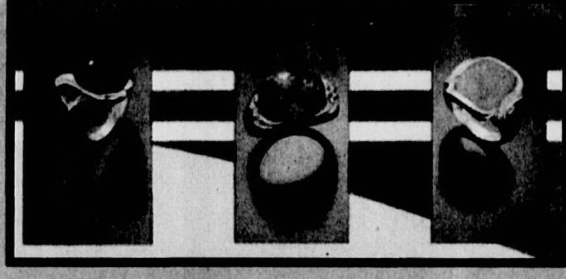
**Eleventh Annual**  
**Lost Coast Jewelry, Gem, Bead and Mineral Show**



Friday, April 13<sup>th</sup>  
12pm - 7pm

Saturday, April 14<sup>th</sup>  
10am - 6pm

Sunday, April 15<sup>th</sup>  
10am - 5pm




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Pearls  
Fossils  
Supplies

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Beads  
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**General Admission: \$4<sup>00</sup>**  
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Children 12 and under are FREE with adult  
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Kinesiology/Athletics Building

\*Free Public Event \*Arts & Crafts\*

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Red Cedar Drum  
HSU Danza Azteca  
Flower Dance Demonstration  
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For more information contact Mona Mazzotti at 707.826.3369 or mona.mazzotti@humboldt.edu



# Trying to decide who to vote for? This year it might not matter

by Kaci Poor  
Editor-in-Chief

With elections more than two weeks away, it appears Humboldt State students might already have a new Associated Student Body President.

Ellyn Henderson, a junior environmental science major and the current AS Natural Resources and Sciences representative, was the only student to submit her application for the AS presidency by 5 p.m. Monday.

If a write-in candidate does not enter the race by 5 p.m. April 13, Henderson will win the election — held online April 17, 18 and 19 — by default.

The same is true for the AS executive positions of Administrative Vice President and Student Affairs Vice President. Paul Yzaguirre and Megan Reynolds, respectively, were the only students to turn in elections packets for those two positions. No student applied for

the position of Legislative Vice President.

Henderson said she had mixed feelings about running unopposed.

"While it's reassuring that I have a good chance for the presidency, it's also kind of disappointing," she said. "Having multiple parties provides choice for the people: for the students. Though I have complete confidence in my ability to have a positive impact on the school I would like to see more students being active in school politics."

Despite Henderson's concerns, AS Elections Commissioner John Hughes said there is still time for the race to get exciting.

"We were a little disappointed by the number of packets that came back to us," Hughes said. "But we are going to try to work through that. We want to try to get the word out to students now about becoming a write-in candidate."

Hughes said students in the

past have won positions as write-in candidates. He pointed to Rachell Brownell, the current AS Administrative Vice President, who won last year's election as a write-in candidate.

Short of write-in candidates, it looks like several college representative positions might also have default wins.

Only one student, Jesse Carpentier, applied for one of the three available positions as a College of Professional Studies representative. Three students — Greg Pfothenauer, Matthew Halla and Daryl Grable — applied for the three available positions as College of Natural Resources and Sciences representatives.

Grable, a sophomore oceanography major and political science minor, said he is running to give back to his community.

"I care immensely about the future of Humboldt State and I am only looking for what is best for the school," he said.

Mick Johnson was the only student to apply for the At-Large University Representative position and no students applied for the position of Graduate Student representative.

The College of Arts Humanities and Social Sciences appears to offer the only exciting race so far, with four students vying for three representative positions. Nina Ziccone, Zane St. Martin, Evan Petillo and Caitlin Connors all turned in elections packets for the position.

Nina Ziccone, a junior sociology major and psychology minor, hopes she wins one of the three positions.

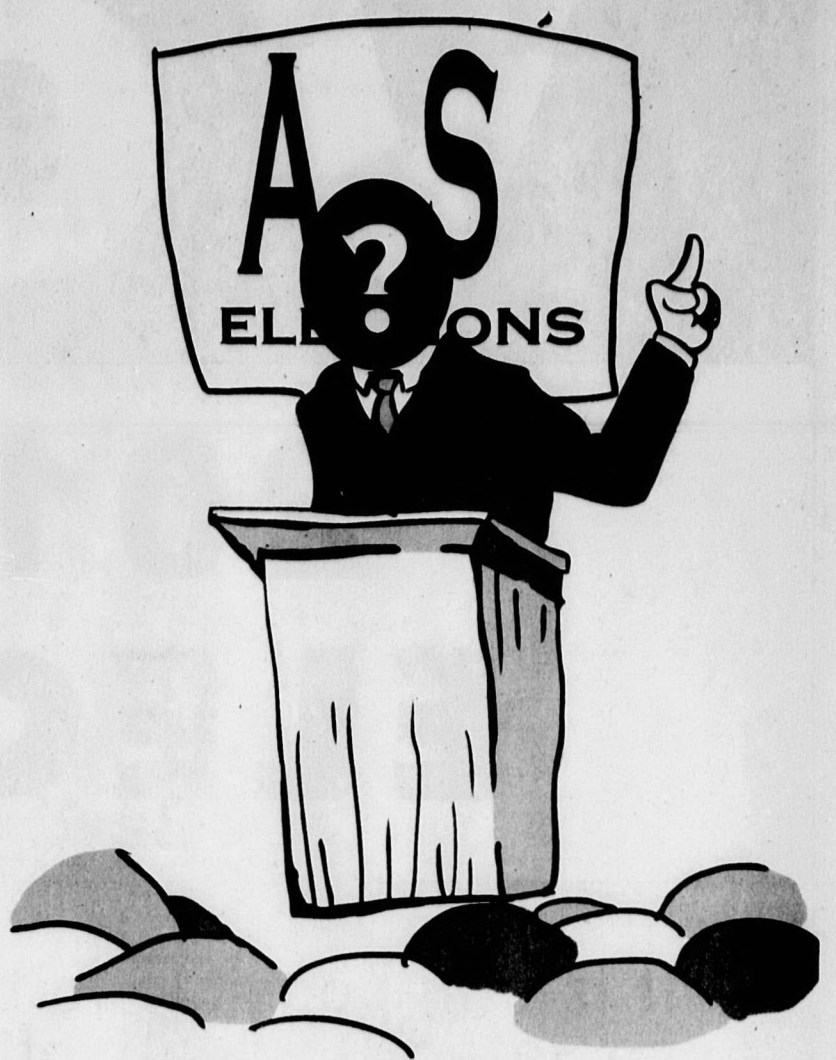


Illustration by Kate Yurkovic

"I will be available for students, to work on their concerns," she said.

AS elections will be conducted online through a link on the AS homepage beginning April 17.

Hughes encouraged students to remember to vote in the AS elections. Last semester only 13 percent of the student body, or 944 of 7,420 eligible students, voted.

"We are really excited about all of our candidates," Hughes said. "We have quality individuals running. Right now our goal is to try to turn them all out and get as many votes as we can for them to make this a good race."

Kira J. Keleher contributed to this article.  
Kaci Poor may be contacted at thejack@humboldt.edu

## AS ELECTIONS

Associated Student elections are set for April 17, 18 and 19. Voting will take place online through the AS website.

For more information on AS elections or how to become a write-in candidate contact Elections Commissioner John Hughes at jrhl36humboldt.edu or check out the AS Elections

Code with the following QR code:



## STANDOFF: No reported injuries

Continued from page 1

John Reeves, a 27-year-old tenant of a neighboring complex on Foster Avenue rushed home after he received a call from his wife informing him of the standoff.

"I was concerned about my wife," Reeves said. "I've heard a lot of things on the Internet about stray bullets. That close to the house, that close to my prize — I was worried about the inevitable."

Reeves expressed concern about the mental health of the suspect and wondered if he might be suffering from Post-Traumatic Stress Disorder. His father, a veteran, suffered from PTSD.

Although Reeves said he felt slightly worried upon his arrival home, he felt the police were maintaining control of the situation and working in an efficient manner to get the remaining tenants out of the surrounding apartment complex.

At approximately 8 p.m. a critical incident response van arrived on Heather Lane. At this time only seven police vehicles remained, down from the more than 10 vehicles initially on scene.

At 9 p.m., after several hours of negotiating with the suspect, a trained hostage negotiator persuaded the suspect to surrender peacefully.

During the standoff no shots were fired.

Speaking on scene following the

arrest, Lieutenant Ryan Petersen reported that the suspect would be transported to the police department for questioning.

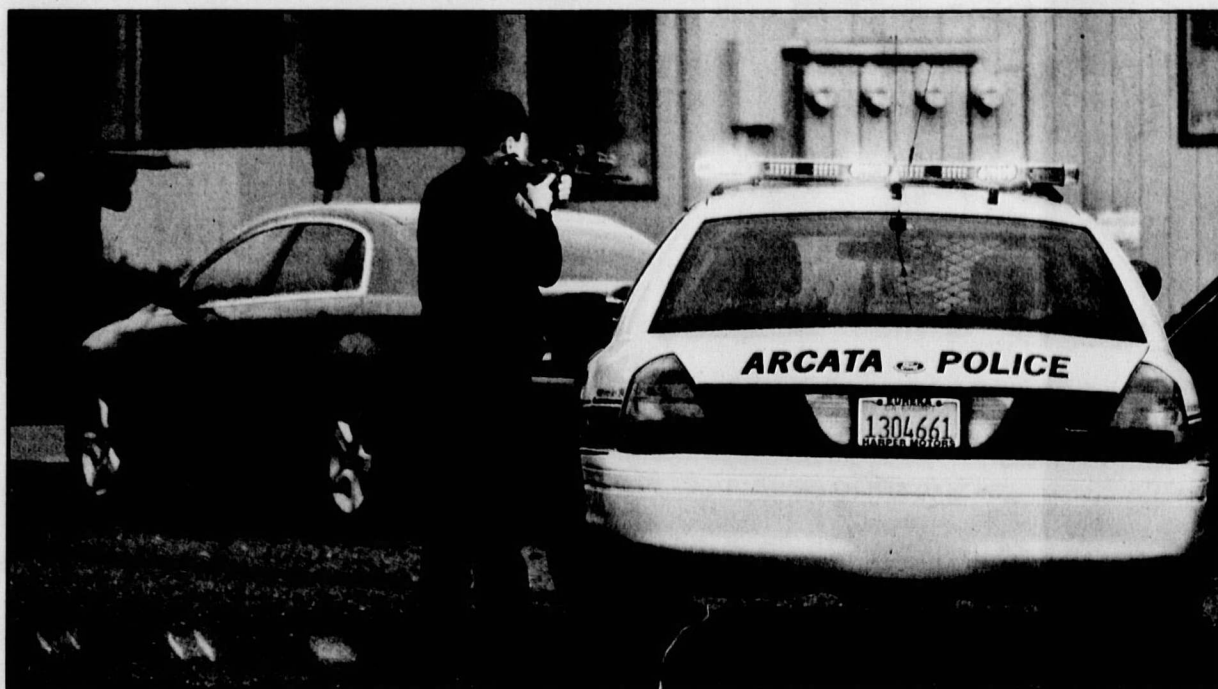
Petersen declined to comment on the mental health of the suspect. He reported that mental health officials were only on scene as a precaution and that he did not know anything about the suspect's mental stability.

Bojorquez said the standoff on his street surprised him.

"I feel pretty safe in my apartment," Bojorquez said. "I've never seen anything to this extent before."

Alyssa Alvarez and Brandon Widder contributed to this article

Kaci Poor may be contacted at thejack@humboldt.edu



Police surrounded 2152 Heather Lane with M4 Assault Rifles waiting for the suspect to come out of his apartment, Fri. March 30, 2012. | Samantha B. Seglin

## ROOMS: Communication gap means double-booked rooms at HSU

Continued from page 1

Veiga said planning the event is stressful enough.

"When the room is not set up it just adds to the stress," Veiga said.

The rooms are also usually locked, leaving her and the sorority to wait on UPD to come unlock the room.

The University Center issues a key to a club if they have reserved

a room during the weekend so that they may unlock the door themselves. "It is the job of the student to pick up the key," Erickson said. "If we do our job we will remind them to pick up the key."

However, when Veiga reserved a room for over the weekend she said she was not told to pick up a key.

"[The University Center] specifically said it would be unlocked," she said. When she showed up on

Sunday she still had to call UPD to unlock the room.

Veiga and Franco put time into planning events that never happened. Susan Aksu said that KRFH wasted money advertising for an event that they could not hold.

"There shouldn't be such a communication gap," Aksu said.

Lillian Boyd may be contacted at thejack@humboldt.edu

## CAUGHT: Student speaks from inside Arcata crime scene

Continued from page 1

"Get down! Get down on the ground!" the officer shouted. It sounded so close, White-Espin thought the officer was talking to her.

"I looked out and saw a police officer with a gun pointed right at my neighbor," she said.

Just a few feet from where White-Espin stood, officers were instructing her neighbor — one of two men who live in apartment D, a man White-Espin described as Caucasian in his mid-60s — to drop to the ground. He complied. Although she couldn't understand why he was being arrested, at that point White-Espin thought the officers would leave. They didn't.

That's when White-Espin noticed the strategically placed officers with guns tucked under their arms.

"They were hiding behind cars, apartment buildings. They were everywhere. That's when I thought, 'This might be a little bigger,'" she said.

She realized the officers were waiting for her other neighbor from apartment D — who she describes as a Hispanic man in his late 30s or early 40s — to come out.

White-Espin said there was nothing out of the ordinary about either of her neighbors in apartment D.

"They would say hi to me, they were perfectly fine," she said. "I remember one time I even got a glance inside their apartment building. It seemed really clean, really nice."

But there was that one incident earlier in the week. Her roommate had called to ask for the number of the apartment complex's maintenance man.

"When I asked her why, she said it sounded like the neighbors were smashing glass against their wall — and they just kept doing it. Over and over. I figured maybe they just had a fight."

White-Espin's roommate never ended up calling, but both of her upstairs neighbors did.

White-Espin believes that is

why the maintenance man was at the neighbor's apartment building Friday evening. She only knew he was there because she could see his tools — pliers, a drill, wires — lying in a pile next to the door from her peephole.

But by the time White-Espin puts all that together, she really does not care. She just wants to know if she is safe and if she can leave her apartment.

At around 7:40 p.m. White-Espin hears banging coming from the apartment across the hall. She can't concentrate on anything except listening to what is going on outside of her apartment. The big bangs shock her.

"It sounded like someone was hitting the wall, no gun shots, just big bangs," she said.

But still nothing happens. An officer advances on the apartment, but then falls back.

White-Espin peers out a window and notices that the officers are congregating along one side of her neighbor's apartment.

She wonders if they are going to try to go through the side of the wall. One officer sees her and makes a motion, putting his fingers to his lips. They are obviously trying to communicate with the man in the apartment.

Suddenly an officer walks towards her. From outside her window he instructs her to call the Arcata Police Department in a low tone that is both calm and serious.

She calls.

An officer is coming to get her.

Finally someone comes. The officer helps her climb out a window and she is taken to a secure van away from the scene to await a ride. Although the standoff isn't over — in fact it will be another hour before her neighbor surrenders peacefully to officers and is arrested — White-Espin is finally free.

"I am out," White-Espin said, the elation she feels evident in her voice. "I am going to get out of here."

Kaci Poor may be contacted at thejack@humboldt.edu



# Vote!

## 2012-2013 ELECTIONS!

It is still possible to be a write-in candidate. Stop by the Associated Students office to pick up an application. Write-in candidate deadline is Friday, April 13th.

### These Students want to Represent you!

#### A.S. President

Ellyn P. Henderson

#### Administrative Vice President

Paul A. Yzaguirre

#### Legislative Vice President

*No Declared Candidate*

#### Student Affairs

#### Vice President

Megan Reynolds

#### Graduate Representative

(1 position available)

*No declared Candidate*

#### At-large Representative

(2 positions available)

Mick Johnson

#### College of Professional Studies Representative

(3 positions available)

Jesse A. Carpentier

#### College of Natural Resources and Sciences Representative

(3 positions available)

Daryl D. Grable

Matthew Hall

Greg Pfothauer

#### College of Arts, Humanities, and Social Sciences Representative

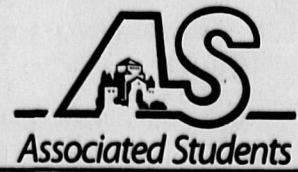
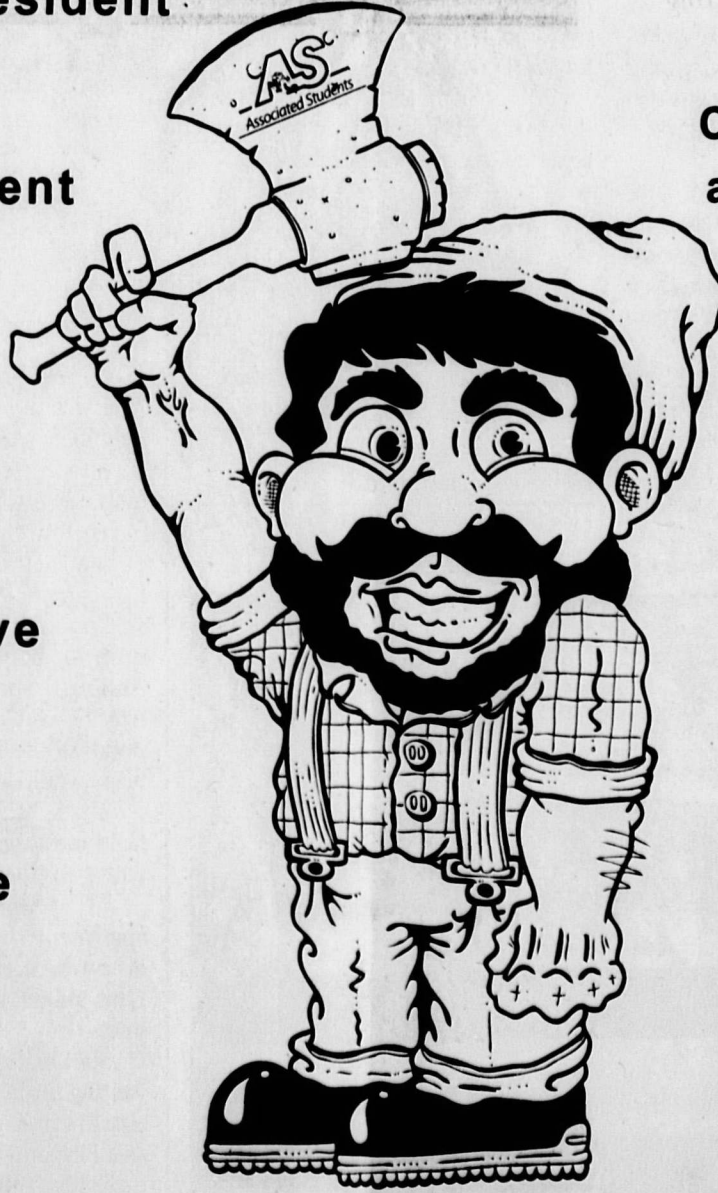
(3 positions available)

Caitlin E.S. Conners

Zane P. St. Martin

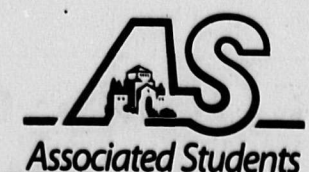
Evan F. Petillo

Nina Ziccone



### Vote Online April 17-19!

[www.humboldt.edu/associatedstudents](http://www.humboldt.edu/associatedstudents)



**Don't know who to vote for? Come to a Candidate Forum!**

April 11, UC Quad, (College Representatives)

In case of rain, UC South Lounge, 12-1pm

April 12, UC Quad (President and Vice Presidents)

In case of rain, UC South Lounge, 12-1pm



# Sports

## Jacks Roundup

by Alohi Bikle  
Sports Editor



The rain came down and the wind blew hard this past weekend, but it was not enough to put a damper on Humboldt State athletics.

The football team concluded its 15 spring practices with an intra-squad style scrimmage on Saturday at the Redwood Bowl.

Track and field, softball and women's crew were all on the road; each team achieved victories.

In brief:

Football: (3/31) Green & Gold Scrimmage

The scrimmage on Saturday marked the end of spring training for the Jacks. Head Coach Rob Smith added 18 confirmed new players to the roster next season in addition to more than 60 continuing on. Six current players were recognized during halftime by the coaching staff, as spring training's most improved players. Redshirt freshman Johnathan Rowe, Nick Williams and Taylor Mitchell made the list for most improved offensive lineman, wide receiver and linebacker. Junior Jeremiah Maluia, was the most improved defensive back. Last season Maluia had 55 tackles, one interception and a forced fumble. The Jacks enter Great Northern Athletic Conference play as champions on the hunt for another conference title. New to the GNAC conference is southern California school Azusa Pacific University.

Softball: (3/29) HSU 1 Saint Martin's 11

HSU 7 Saint Martin's 10  
(3/30) HSU 1 Central Washington 3

HSU 7 Northwest Nazarene 3  
HSU 1 Hawai'i Pacific 9  
(3/31) HSU 8 Notre Dame de Namur 0

HSU 7 Grand Canyon 10  
(4/1) HSU 4 Dominican University 5

The Jacks dropped both games to SMU in a non-conference doubleheader, before competing in the Tournament of Champions. They had a staggered performance throughout the tournament, although they were able to pull off a few wins, one being a shutout against Notre Dame de Namur University. The game between HSU and Grand Canyon was called due to weather reasons on the second day of tournament play. It was unfortunate though because the Jacks were doing great on the mound and would have had enough time to close the gap and potentially come out with a third win.

Track & Field: (3/31) American River Invitational

Last week both track and field members had an outstanding showing at the American River Invitational in Sacramento, Calif. Senior Heather Snyder dominated in the throwing events (To read more on Snyder, see article on right). This week, the Jacks hit the road and head for the Bay Area. Some members will race in the Stanford Invitational while others will compete in a meet hosted by San Francisco State University.

Women's Rowing: (3/31- 4/1) San Diego Crew Classic

After an impressive finish at their home regatta two weeks ago, the Jacks headed down to San Diego this past weekend to race against Div. I, Div. II, Div. III and club team crews. They clocked in with a time of 7:09.72 which boosted them to first place in their heat and earned them a place in the finals race. Runner-up UC Santa Barbara finished at 7:11.79. During Sunday's finals, the Jacks came in first place again. Along with the first place finish, the Jacks received the San Diego Zoo and Safari Park Cup. This week, the Jacks head up to Vancouver, Wash., to race in the Northwest Collegiate Rowing Conference Invitational.

Alohi Bikle may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## HSU track & field senior has high hopes for final season

by Rebecca Gallegos  
Staff Writer

Heather Snyder stands in the pouring rain at a track and field meet in Sacramento, Calif. She prepares for the hammer throw.

Snyder throws it 155 feet, 9.5 inches — more than half the length of a football field — a personal record.

Head Coach Scott Pesch said the senior kinesiology exercise science major wants to make her last season as a member of the Humboldt State track and field team count.

"She's just got this drive that is unwavering," he said. "She just wants to do well at everything she does."

For her last season, Snyder kicked up her training.

"I've been doing a lot more drilling and putting a lot more time into it, trying to finish up my track career with a bang," she said.

Snyder is adamant about her workouts.

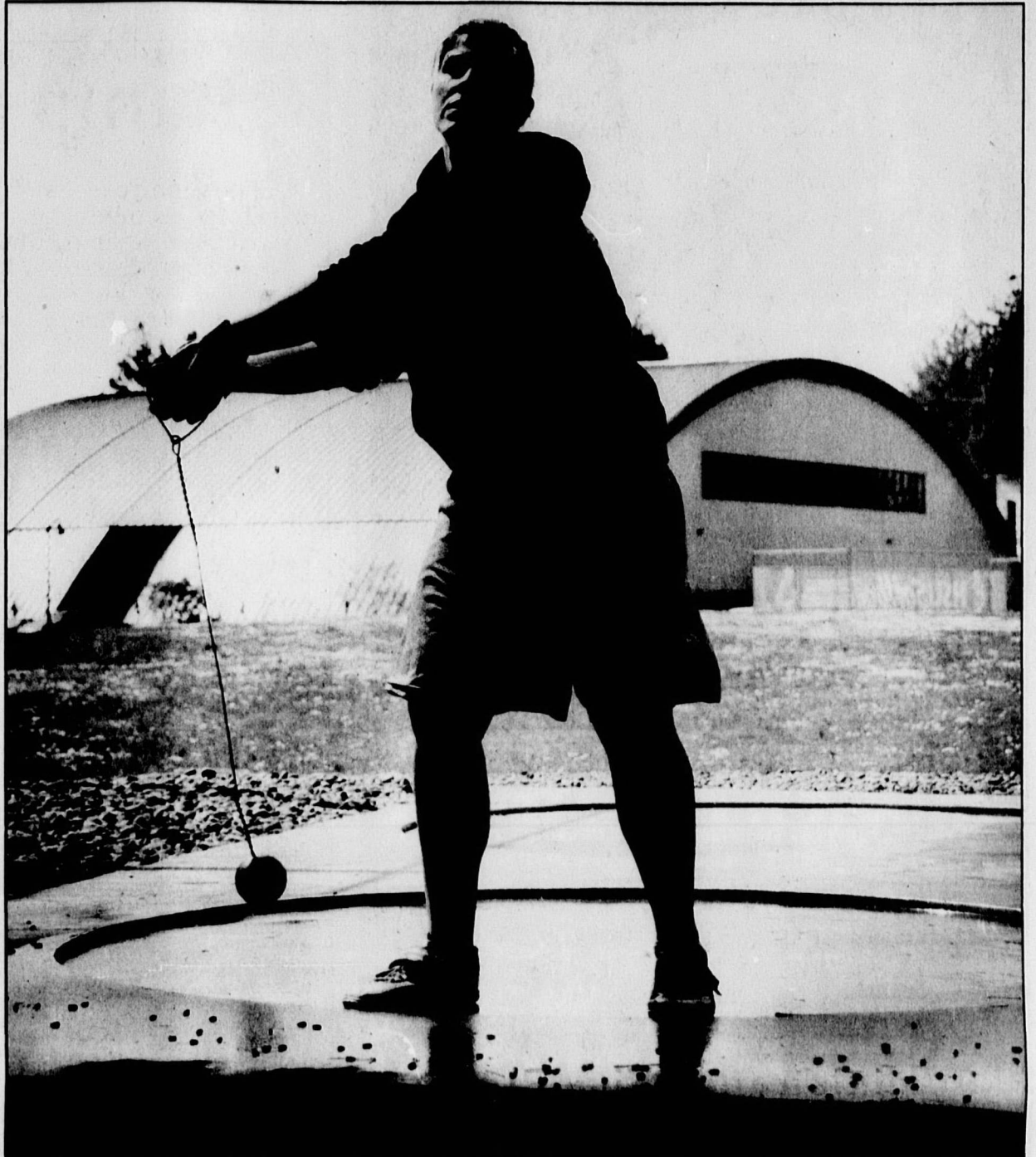
"She does a complete set of weight workouts to keep her upper body and lower body in good strength conditioning," Pesch said.

“  
My marks keep consistently getting better so I'm just waiting to hit the big one.”

— Heather Snyder,  
senior kinesiology major

Snyder was accepted into the Stanford Invitational this weekend to compete in shot put, discus and hammer.

"This year is especially hard to get into because it's the year of the Olympic Trials," teammate and junior track runner Francis Kennedy said. "Now we have all these people coming out of nowhere who are just top performers going to the meet trying to get into the Olympics."



Heather Snyder practices the hammer throw during track and field practice on Monday, April 2, 2012. | Jeremy Smith-Danford

"I'm excited to hopefully compete in nice weather," Snyder said. "My marks keep consistently getting better so I'm just waiting to hit the big one."

The 22-year-old hits good marks in practice and hopes to excel at the track meet.

"This last weekend I had a 42, but I fouled it," she said. "I'm just waiting to do it at the right time so hopefully Stanford will give me that opportunity."

The end of the season is bittersweet for Snyder.

"I'm not excited for it to be over, but I'm hoping to actually do something with my last season. Nationals are looking

pretty promising."

The last four years have gone well for Snyder and she is proud of the team's progress.

"I love all the new athletes. The program is starting to actually get a lot better than it was," she said. "Now that we actually have a solid set of coaches, it's pretty fun."

Snyder appreciates what Pesch has done for the program.

"He's a good coach," Snyder said. "I really enjoy having him around."

Snyder is a major asset to the team, Pesch said.

"I'm sad to see that she is a senior, I'd love to coach her for

another year or two. But she's had a great career in Humboldt. [I'm] sad to see her leave, but so far she is having a great season," he said.

"She's an awesome teammate. She's really fun to be around and really fun to travel with," Kennedy said. "A lot of people look up to her, especially the girls because she and Brittainy Chown are the ones who score the majority of the points at conferences. She's a good motivator."

Rebecca Gallegos may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## ATHLETE OF THE WEEK

by Lillian Boyd  
Staff Writer

Aside from captaining an intramural soccer team, Chris Bemis, a 27-year-old kinesiology junior, immerses himself in a myriad of sports, from futsal — a form of indoor soccer — to slack-lining.

Bemis developed an appreciation for athletics and outdoors while growing up in Gunnison, Colo. After attending Colorado State University Fort Collins for his first two years of college, Bemis moved from New Jersey to North Carolina to Michigan for coast guard training.

"One of the reasons why I chose Humboldt State was because of its kinesiology program and the coast guard station being so close," Bemis said.

In fall 2010, Bemis wanted to form an intramural soccer team and emailed HSU students who had signed the free agents list — a list created for students who are not signed up for a team — and organized a team from that. Free agents responded and assembled a team

known as The Replacements.

You might see Bemis balancing on a stretched rope between trees; a rising sport known as slack-lining. Bemis describes the sport to be leisurely but it requires athleticism.

Anthony Jeanes met Bemis at a slacklining night and the two have since become regulars.

"The [slackliners] are very friendly and welcoming of beginners," Bemis said.

"Chris is very motivated and likes to have fun in a positive and healthy way," Jeanes said.

This semester, Bemis chose a lighter academic load, as a part-time student, in order to work full time as an aero-coast guard. He works up to 80 hours a week at the coast guard station in McKinleyville.

Kyleen Carey, a 22-year-old senior majoring in recreation administration, and Bemis instantly clicked through sports activities such as rock climbing and running.

"Chris is always ready for an adventure and loves to make people smile," Carey said.

Lillian Boyd may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



Photo by Samantha B. Seglin



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# Work out like a

by Kevin Bunch  
 Staff Writer

Do you put off going to the gym because it is too crowded, you do not know how to use the weights, or there just is not enough time?

These are the most common reasons college students avoid working out. But as Drew

Peterson, Humboldt State strength and conditioning coach said, "Walking in the door is half the battle."

Some of the bigger universities only offer strength and conditioning gym staff within the athletic department — catering to athletes, Peterson said. But any student interested in physical health and fitness can enter the Student Recreation Center in the

Forbes Complex and receive one-on-one attention from physical conditioning specialists.

Duke Manyweather is the defensive line coach for Jacks Football and also works as an assistant strength and conditioning coach in the SRC.

"There are always three-to-five of us [assistants] here at all times," Manyweather said, with an exception to weekends, when

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## Pump iron at the SRC

Choose one exercise from each of these movements and do three to four sets of eight to 12 repetitions with 20 percent to 30 percent of the maximum amount of weight you can handle. When this becomes easy you may increase the weight. "We like our athletes to structure their workout so that at the beginning volume [repetition] is high and intensity [weight] is low," Peterson said, "throughout weeks and months you reduce volume and increase weight." That is how Jacks athletes create muscle volume; you can do it too.

If you only do one of each motion for every workout, you are getting a full body workout; you can do this three to four days a week. Peterson recommends that your workout only lasts 60 minutes at the most — on top of 20 to 30 minutes of cardiovascular exercise every day.

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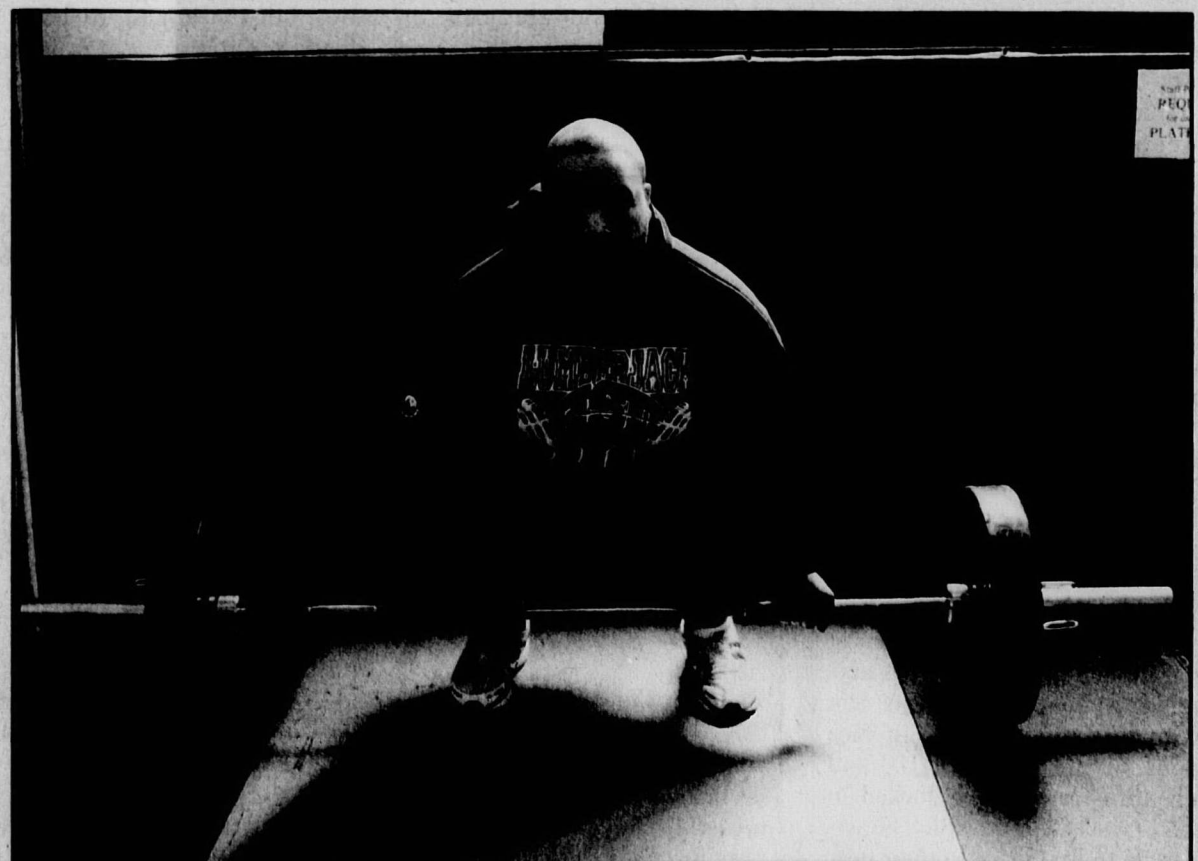
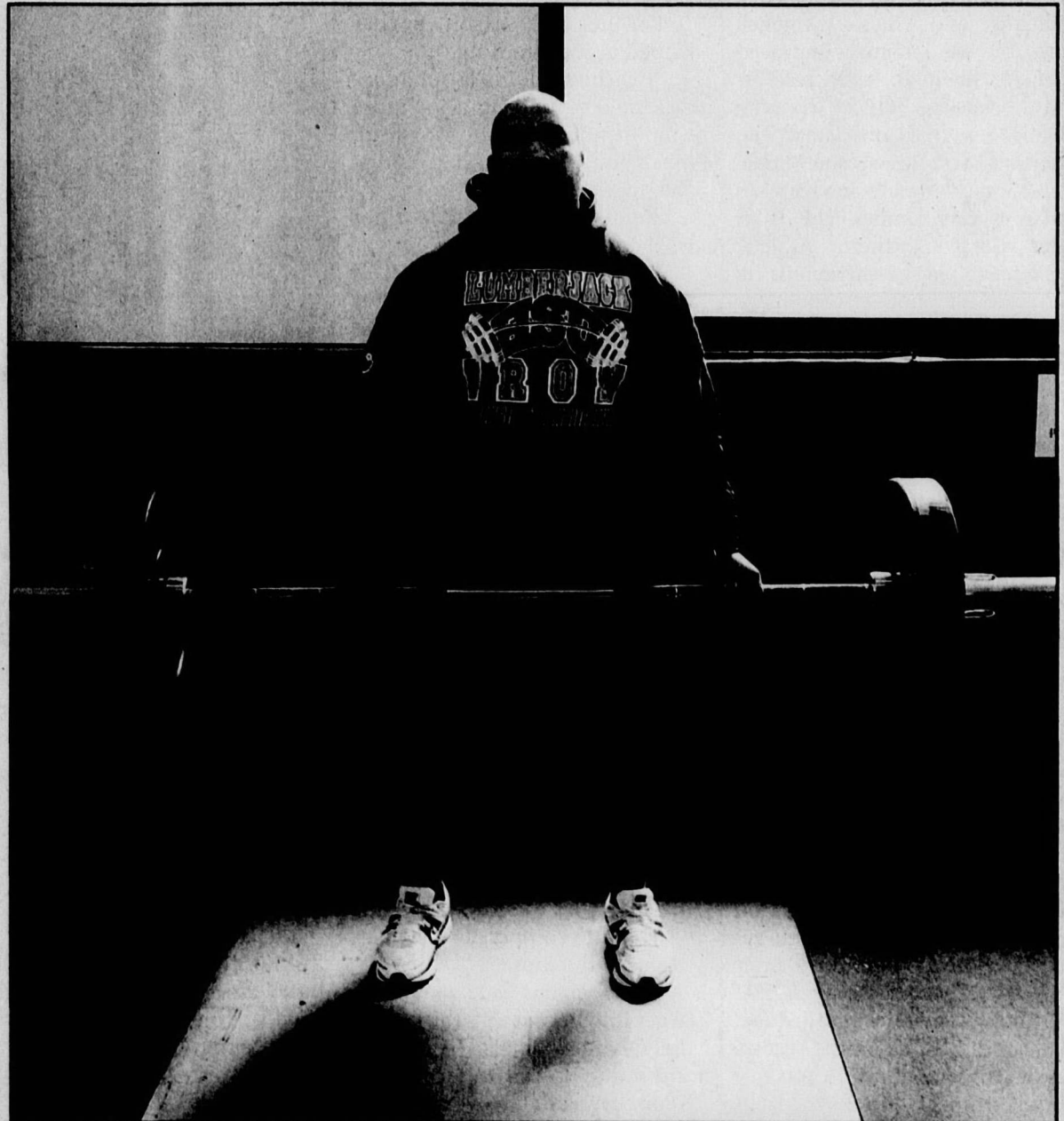
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### FULL MOTION LEG

- full motion squat
- front squat
- deadlift
- Russian deadlift
- leg press

To get a full body workout, Duke Manyweather, assistant strength and conditioning coach, suggests to do deadlifts. | Alohi Bikle



# e a Lumberjack

there are at least two available. "We want people to ask us about proper workout form; we don't want anyone getting hurt in the gym, they should be coming to get healthy."

The strength and conditioning assistants' job is in three parts, Peterson said, first as janitors: picking up trash and wiping down equipment; second as police: enforcing the laws of the

gym; third as strength and conditioning coaches. "They love it when students give them the opportunity to use what they know," he said.

Next time you are in the gym find a friend in one of the fitness savvy strength and conditioning assistants and give yourself one less reason to put off getting in shape.

Here are a few tips from the

strength and conditioning team to help you get started with a well-rounded workout regimen.

"We promote proper movement, not exercise," Peterson said. Once you get the movement down, you can learn a variety of exercises to use in each workout.

Kevin Bunch may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



### UPPER BODY (PUSH)

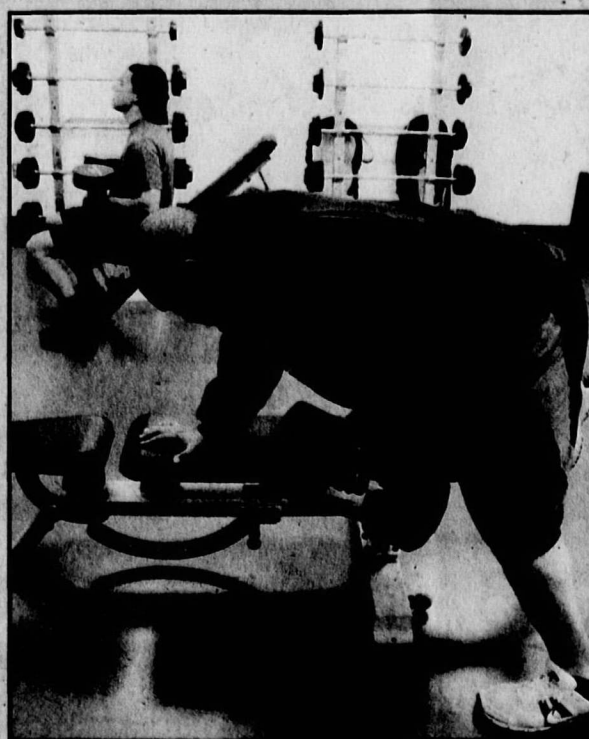
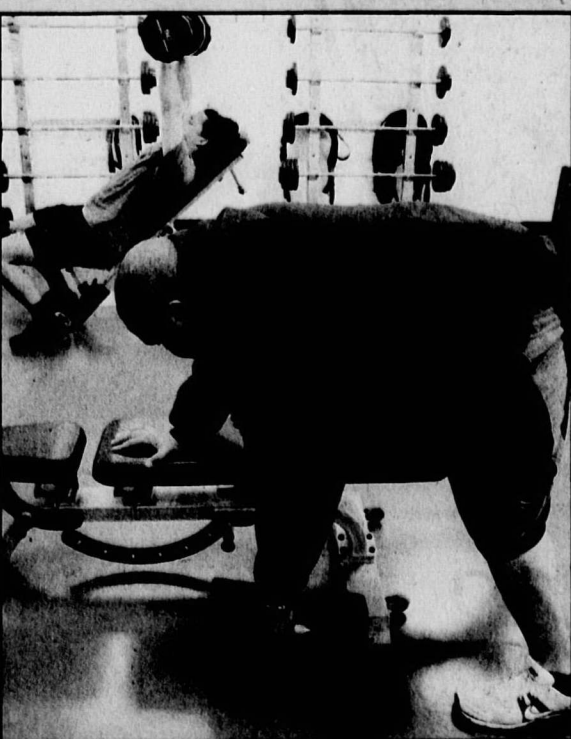
- bench press
- incline bench press
- dumbbell bench press
- inline dumbbell bench press
- pushup

*Duke Manyweather, assistant strength and conditioning coach, works on his upper body by doing a bench press. Spotting Manyweather is graduate assistant Dan Schultz. | Alohi Bikle*

### WORK YOUR CORE

Check out the "super ab workout" and "super psycho ab workout" posted on the gym wall next to the floor mats for core exercises.

"You can do the whole thing, or just do as much as you can and eventually you will be able to do all the exercises listed," Peterson said.



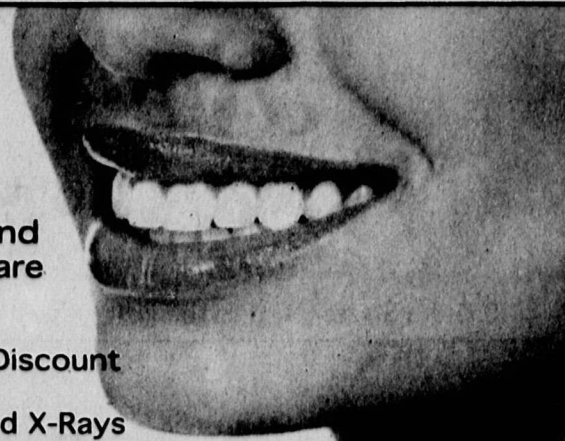
### UPPER BODY (PULL)

- dumbbell row
- bent over dumbbell row
- bent over barbell row
- cable chest row
- pull-up

*Duke Manyweather, assistant strength & conditioning coach, works on his upper body by doing dumbbell rows. | Alohi Bikle*

Information compiled by Kevin Bunch

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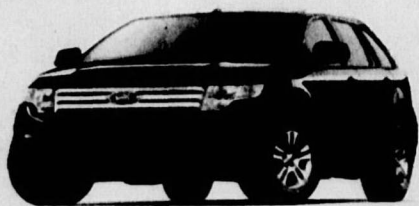
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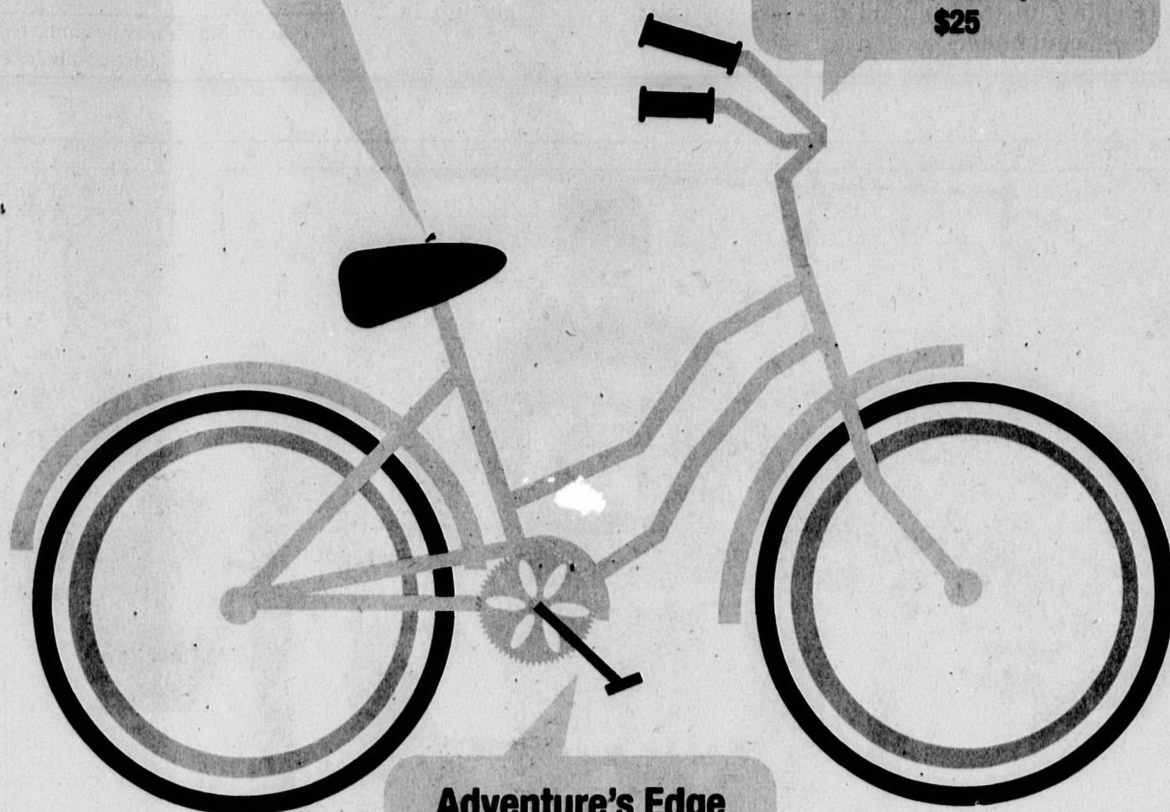
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Information compiled by Luis Lemus. Infographic by Zoe Berman.

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# Features

## Give a dog a (healthy) bone: Local business owner serves you and your favorite K-9

by Cora Vay  
Staff Writer

Linda Reed gambled when she quit her job of 26 years at Crestwood Behavioral Health to take her homemade dog treat business full time.

"There were biscuits everywhere, around my house," Reed said. "It started off as something to do, but it grew in spite of me."

All Dogs Biscuit Bakery and Olivia's Beastro opened in Eureka in June 2011. Reed's eatery was for dogs and their owners — dog bakery to the left and café to the right. Divided by a glass wall, guests could order espressos and sandwiches on one side, and healthy handmade dog treats free of chemicals and harmful ingredients on the other.

Event coordinator Leslie Craig has worked for Reed since the bakery's inception. "I see how much happier a place can get when [dogs] are in a room," Craig said. "Dogs give people something to focus on. They get rid of your nerves and make it easier to relax and socialize."

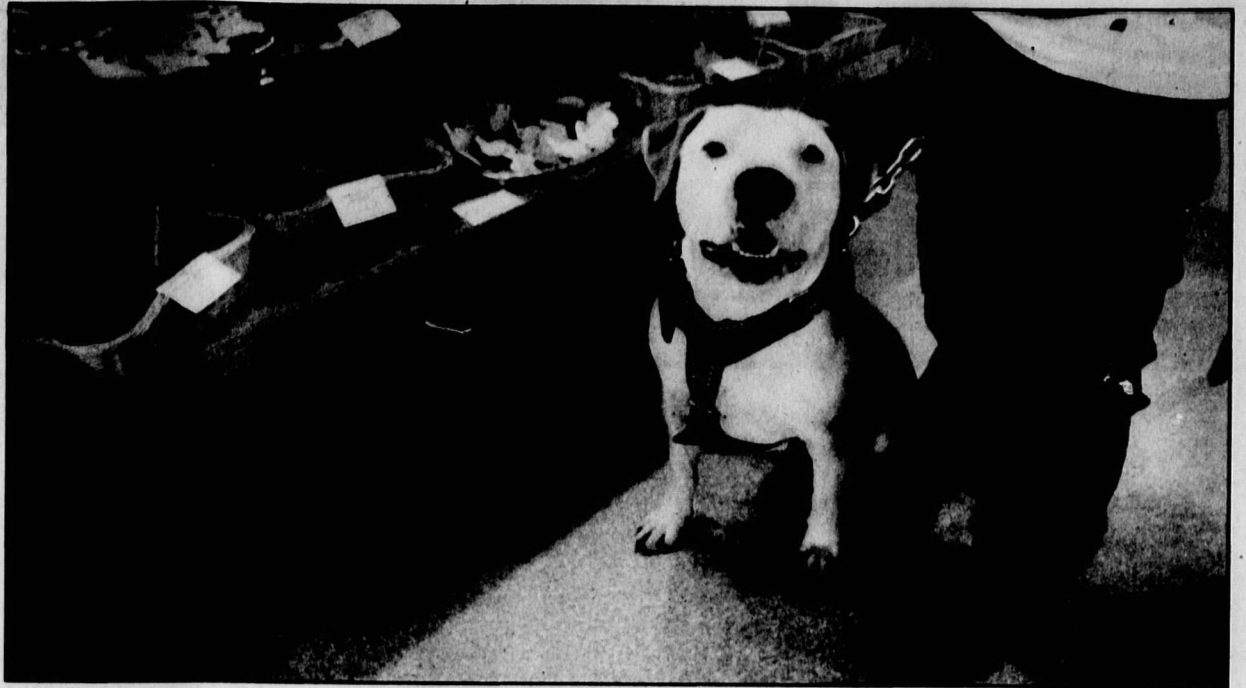
Craig called The Lumberjack yesterday and as her labrador collie jumped into her lap, said she felt "pretty shitty." She just found out that the bakery and café is closing.

"We're not opening tomorrow. We've been struggling, it's just the economy. Restaurants are always at risk," she said. But Craig wanted to make one thing clear. Reed will continue to bake and sell dog treats at festivals and online — much to her dog's happiness, who happily sits and stays for Reed's peanut butter treats.

Reed started to make dog treats 12 years ago when her dog Olivia B. Hound (reining CEO of the company) developed a skin condition that only allowed treats that were corn free and made with wheat. The condition prompted Reed to pay attention to harmful ingredients used in dog treats. She decided to experiment with healthy homemade alternatives in her kitchen.

"Not everything is organic — dogs eat weird stuff anyway," Reed said. "Use good judgment, feeding your dog is just like feeding yourself. [My dog treats are] perishable, made from scratch and with ingredients that are easily pronounced."

Fillers, a common ingredient in dog treats, are exactly what they sound like — material added to increase the amount produced. Most fillers contain little or no nutritional value, but help reduce the overall cost of production and bulk up the feces in some animals.



Buster the pit bull sits patiently in front of the store's selection of treats. | Cora Vay

Popular fillers used in animal foods include corn, feathers, weeds and straw.

Julie Lisignoli is a registered veterinary technician at Arcata Animal Hospital. "The filler ingredients do not undergo the same stringent testing that other ingredients in dog food go through prior to being combined," Lisignoli said. "Occasionally they can be contaminated, such as the aflatoxin found in corn by-products in 2006, and the melamine found in wheat

gluten in 2007."

Ryan Avilla, environmental science major, said ingredients found in his rat terrier Tank's food resulted in a skin rash that lasted two years.

"It got to the point where Tank would scratch through his skin," Avilla said. "I went to the vet for two years of treatments, but nothing worked. I got a new dog who had a more sensitive digestive system, so I switched to a more natural brand and Tank's rash went

away instantly."

For Reed, her 12 year journey taught her to rely on her wits and passion even through challenging economic times.

"I wanted to do something that was my own," Reed said. "We are trying to build a unique business and let people know we are here."

Scottie Lee Meyers contributed to this article

Cora Vay may be contacted at thejack@humboldt.edu

## How diverse is Humboldt State?

When Humboldt State students sit in classrooms and turn to ask the person sitting in the desk next to them what page their professor is on, there is a less than 3 percent chance their neighbor is black. Same goes for the professor at the front of the room.

HSU's Office of Diversity and Inclusion published its 3rd annual Dissecting Diversity Report at HSU in August 2011. The report summarizes student, faculty and staff demographics, including ethnicity, gender and graduation rates.

Radha Webley, associate director of the Office of Diversity and Inclusion at HSU, said the report "is an important mechanism...for guiding the efforts of the university to continually improve our support of students, staff and faculty from all backgrounds."

Junior English major Paulina Lopez thinks HSU is not quite honest with itself when it comes to diversity and equality. "I think we like to believe that we're more diverse than we actually are," she said.

The report provides anonymous statements from faculty members and students. Some praise the diversity efforts on campus, while others are critical.

One faculty member said, "I think, in their minds, it's mostly [about] representing some kind of tokenist version of diversity...I feel I've been treated more like an object rather than a real human being."

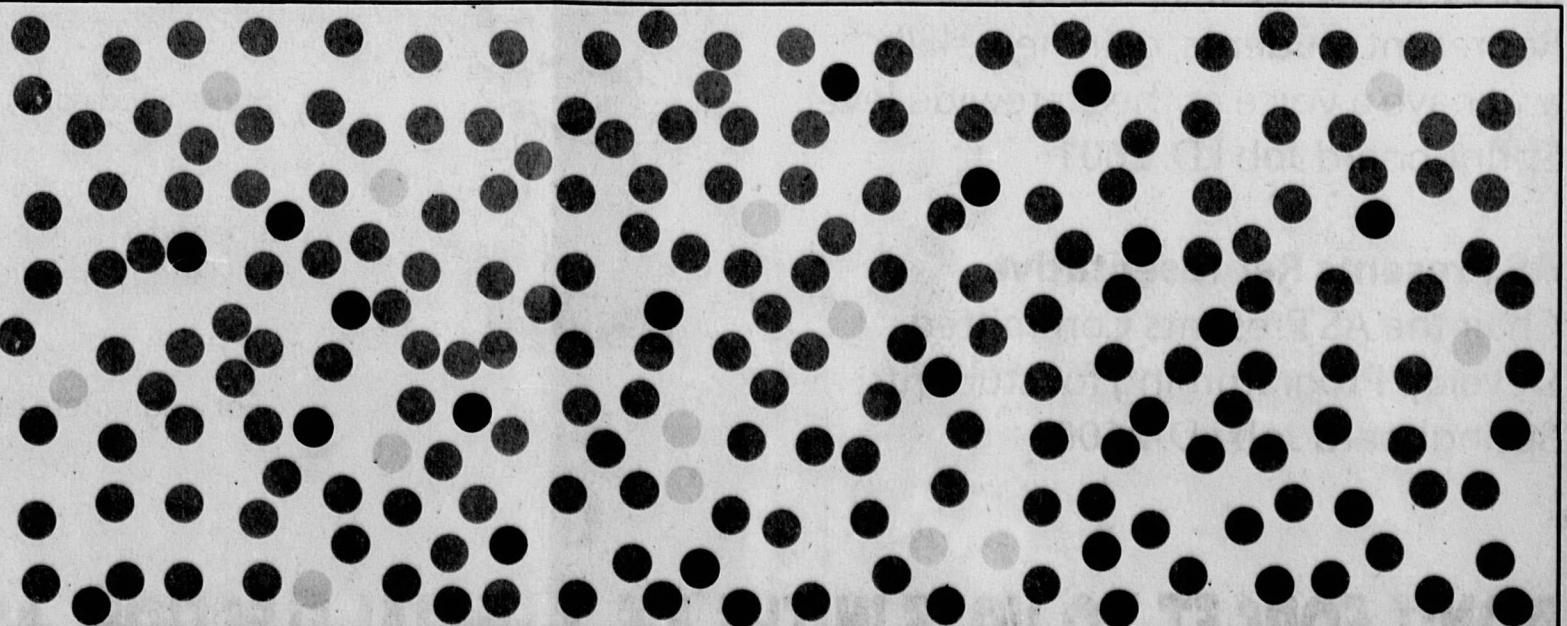
You can pick up a free copy of the report at the Office of Diversity and Inclusion in Siemens Hall 209 or view it free online.

### Student diversity rates

White	54.7%
Hispanic	17.2%
Unknown	16%
Two or more ethnicities	4.6%
Asian or Pacific Islander	3.2%
Black	2.9%
Native American	1.4%

### Faculty diversity rates

White	219
Hispanic	6
Unknown	6
Two or more ethnicities	1
Asian or Pacific Islander	13
Black	4
Native American	7





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## Walk a Mile in Her Shoes®

APRIL 7th 2012 @ 5:30 P.M.  
ON THE GAZEBO (in old town)

APRIL IS Sexual Assault Awareness Month.

THOUSANDS of men across the country will JOIN the national campaign.

Community members and (most important) men will wear high heels and literally walk a mile.

Walk a Mile in Her Shoes Events are political and performance art with public, personal and existential messages. The purpose is to create a unique and powerful public experience that educates individuals and communities about the causes of sexualized violence, provides them with prevention and remediation strategies and empowers them to further develop and implement knowledge and skills interpersonally and politically.

all proceeds benefit NORTH COAST RAPE CRISIS TEAM.

If you are interested in participating in Walk a Mile in Her Shoes or would like to donate to the event please contact Vanessa Tiller at 620-445-8468 or vanesatiller@gmail.com



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The Walk a Mile in Her Shoes charity event in Eureka on April 7 will have men wearing high heels to raise money for the North Coast Rape Crisis Team. Men from last year's event show off their heels and support for sexualized violence awareness. Photo courtesy of Amy Nickel.

# Dude looks like a lady

## Men don high heeled shoes for a sexual assault awareness march

by Emily Hamann  
Staff Writer

Hundreds of high-heeled shoes stuffed with hairy feet pound the pavement, thundering through the streets of old town Eureka. At the last 30 yards, several break into a shuffling run. The first 20 finishers are awarded massages for their aching feet.

That was last year's Walk a Mile in Her Shoes, an event to raise awareness about sexualized violence and money for the North Coast Rape Crisis Team. April is sexual assault awareness month and this year's Walk a Mile in Her Shoes is one of several events going on around the country.

"It's a men's march against violence," Leif Johnson said, one of the organizers of the event. "It's a problem in the community that we want to

address. That we think needs to be addressed."

The walk is open to everyone and starts at 5:30 p.m. on April 7 at the gazebo on F and Second streets. High heels are passed out and participants — some in costume — walk a mile course that ends back at the gazebo.

Cory Knight walked in the event last year. "[It was] embarrassing, ridiculous, exciting and even dangerous," said Knight, a 20-year-old resident from McKinleyville. "It was a lot of fun. It got me out of my box doing something I wouldn't have done otherwise."

All the shoes have heels 3-inches tall or higher and walking in them can be treacherous, he said. "You've heard the expression, 'you can't know someone before you walk a mile in their shoes?' We're taking that literally," Knight said. "Wearing the shoes is a symbol of our commitment to see domestic violence from their perspective. It's a symbol of our commitment to find a lasting solution to sexualized violence through finding mutual ground."

This year, Knight is helping to organize the event. "[The event] is about men recognizing their role as the major perpetrators of sexualized violence," he said. "Since we're the major perpetrators, it's up to us to stand against it, to stop it."

Travis Lockwood, an English education major at Humboldt State and event organizer, said all genders are welcome to march in the event. "This isn't an issue that affects one gender," he said. "It affects all [genders]."

Local businesses sponsor participants to support and raise money for the march. All

the money goes to the North Coast Rape Crisis Team. Last year's event raised \$2,500 for the cause.

Cutbacks in government funding have left the Rape Crisis Team struggling for alternate funding, said Paula Arrowsmith-Jones, the community outreach coordinator for the Rape Crisis

“  
It's about men recognizing their role as the major perpetrators of sexualized violence. Since we're the major perpetrators, it's up to us to stand against it, to stop it.”  
— Cory Knight, Walk a Mile In Her Shoes participant

Team. "Without local support, it certainly becomes more and more challenging to remain open and continue to provide quality services."

This year's goal is \$5,000 and it is on track to meet it. The money helps the North Coast Rape Crisis Team to provide psychological and legal services to rape victims. "Those types of services are incredibly limited in this area," Lockwood said. "I really can't say enough about how important it is that we have something like that up here."

Emily Hamann may be contacted at thejack@humboldt.edu

### GET INVOLVED!

Walk A Mile In Her Shoes  
April 7 at 5:30 p.m.  
Gazebo at F and Second streets in Eureka  
To reserve shoes, email areasontolisten@gmail.com (up to men's size 16 available)

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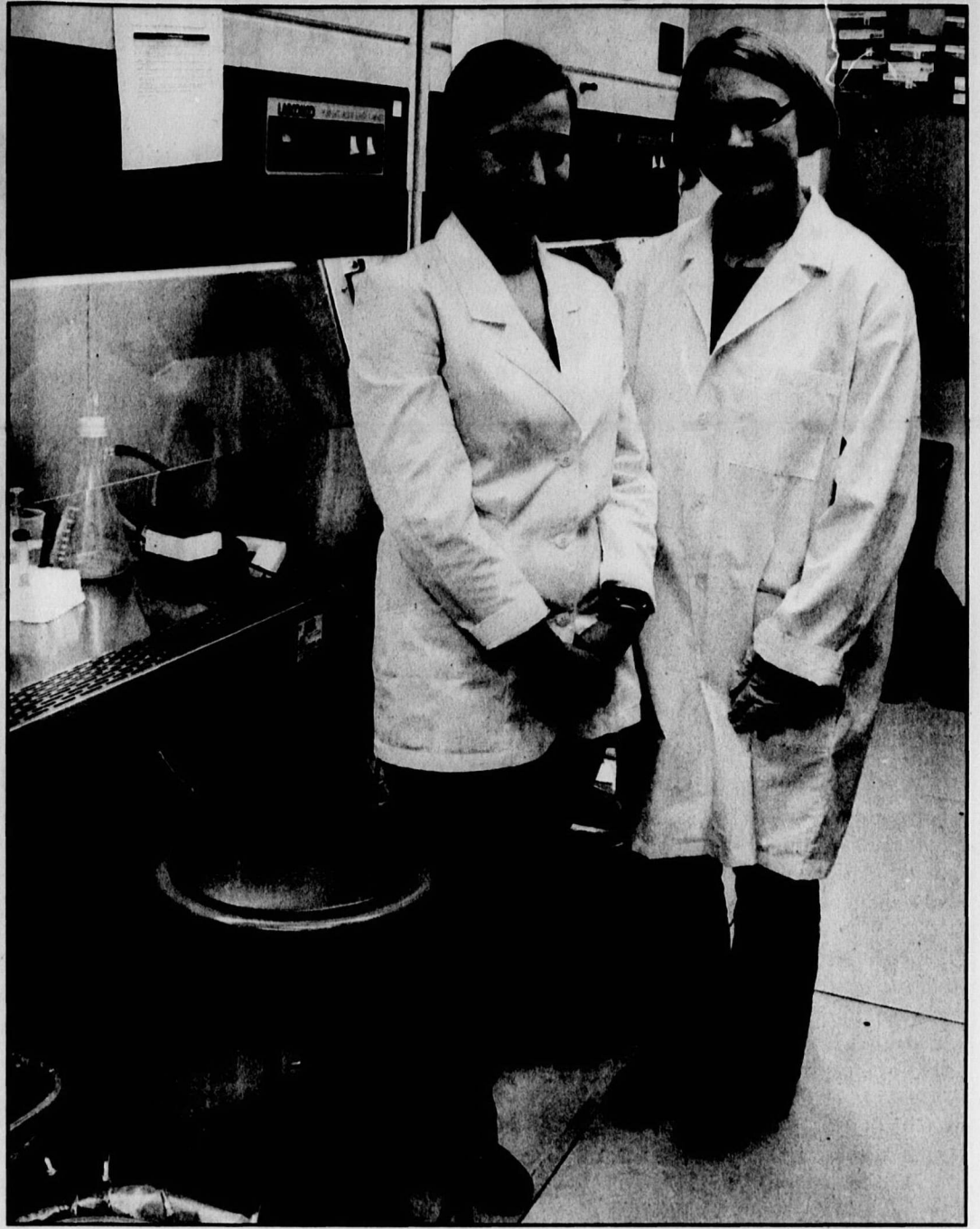
DON'T FORGET TO VOTE IN THE A.S. GENERAL ELECTION APRIL 17, 18, & 19!



# HSU students and faculty use stem cells to fight cancer



Kelly Roelf making media, "food", which tells the stem cell the function she wants it to perform for a given study, Monday April 2, 2012. | Samantha B. Seglin



Kelly Roelf (left) is a student in Amy Sprowles' (right) Stem Cell Biology and Research class at HSU. | Samantha B. Seglin

by Grayson Sandy  
Staff Writer

The study of stem cells is a branch of science that has the potential to cure many degenerative diseases as well as most forms of cancer.

Students and professors at Humboldt State are using stem cell research to advance our knowledge on this socially taboo branch of science.

Senior Kelly Roelf is a cellular and molecular biology major at HSU. She spent the semester researching stem cells. "We are focusing on the relationships between cancer cells and stem cells."

Roelf explained that some cancer cells and cancer stem cells, share characteristics associated with normal stem cells, which have the ability to become different cell types. Cancer stem cells, she explained, behave similarly, in that if one cancer stem cell is removed from a tumor and placed elsewhere in the body, it will develop into a new tumor, which is by definition a mass composed of different cell types.

Amy Sprowles, lecturer of stem cell biology and research at HSU, believes that it is im-

portant for people to have a full understanding of exactly what stem cells are and the potential they have. Sprowles wants people to know that these embryos are no more than a few weeks old. At this point, the stem cells are the most numerous and easiest to obtain. The human embryos used are obtained from in-vitro fertilization clinics that would otherwise throw away the fertilized eggs.

*"It is very important that people have a true understanding of what stem cells are, the potential they have and the amount of information we still have to learn about them."*  
— Kelly Roelf, senior cellular and molecular biology major

She explained that while stem cell research does go on at HSU, the stem cells they use

are obtained from mouse embryos. These cells come from a line that has been replicated many times for study and is commercially available.

Sprowles has been trying to spread knowledge about the basic facts of stem cell research for a long time.

"We've been doing some public outreach events," she said. "We are establishing relationships with high schools and College of the Redwoods."

A stem cell biology course has been available at HSU for biology majors since 2009 and Sprowles hopes to construct a general education class for non-majors centered around stem cell research.

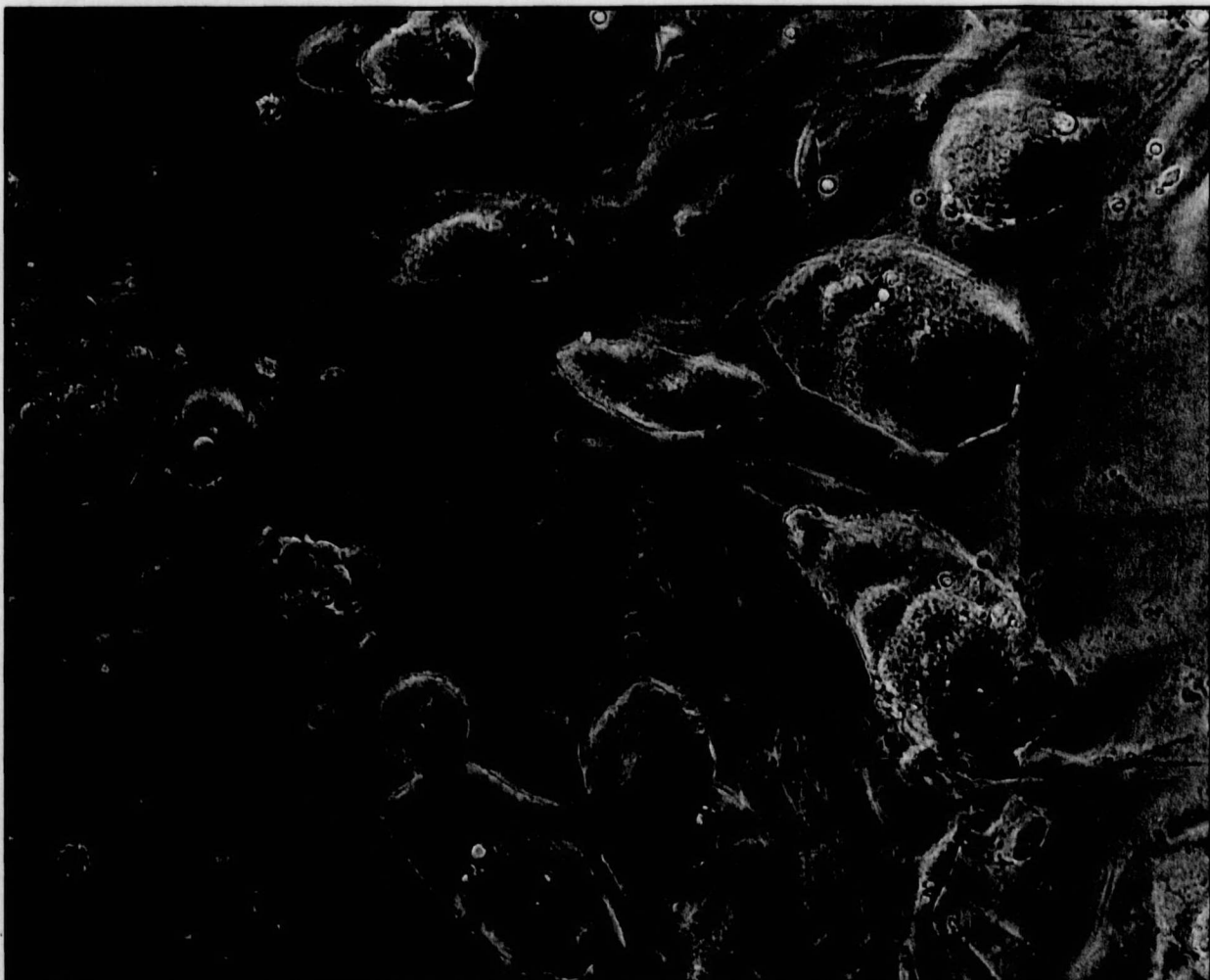
Jill Helms, professor of plastic and reconstructive surgery at Stanford University, visited HSU Friday to give a lecture describing the nature of her research. "Stem cell research holds the promise of better care and survival for our children."

During her lecture, Helms described facial and other skeletal deformations that occur in human beings at very early ages. She explained that these deformations are the result of certain signals being interrupted or not fully put into action during embryonic development.

These interruptions or changes in signal responses can cause incomplete limb development, massive overgrowth or undergrowth of bone and even holes in the top of the skull. Stem cells, she

explained, can be used to re-grow certain portions of bone, such as the top of the skull.

Grayson Sandy may be contacted at thejack@humboldt.edu



The stem cells that Kelly Roelf has maintained this spring. | Photo courtesy of Kelly Roelf

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Sat. 10am-5pm  
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## Campus Weekly

**Psychology and Neuroscience Lecture**  
Thursday, April 5  
BSS 162  
5 p.m.  
FREE

Dr. Clayton Curtis, Professor of Psychology at New York University, will present "Functional Imaging of Prioritized Space in the Human Brain." Hosted by the Psychology Department.

**"The Help" Discussion**  
Friday, April 6  
Kate Buchanan Room  
2 p.m.  
FREE

Join us for a discussion of HSU's Book of the Year, "The Help," a novel by Kathryn Stockett set in the South during the 1960s. Civil Rights researchers Tiya Morris and Emilye Crosby will discuss the book and lead a discussion.

**California Big Time and Social Gathering**  
Saturday, April 7  
Lumberjack Arena  
Noon to 7 p.m.  
FREE

Come join HSU's American Indian community at the 5th Annual California Big Time and Social Gathering. There will be traditional cultural sharing of songs and dance by Point Arena Coastal Pomo Dance Group, a flower dance and brush dance demonstrations, Indian card game tournament, red cedar drum and artists and vendors.

**Humboldt Bay Brass Band**  
Saturday, April 7  
Fulkerson Recital Hall  
8 p.m.  
\$7 adults/\$3 child and seniors/  
FREE for HSU students

Humboldt Bay Brass Band and ensembles, directed by Gilbert Cline, perform brass classics and familiar melodies including works by Handel, Sousa, Scott Joplin and the Beatles.

**Take Back the Night Clothesline Workshop**  
Sunday, April 8  
Nelson Hall East 106  
3 p.m.  
FREE

A space for female survivors of sexualized violence to express their emotions, thoughts and feelings by making their own t-shirts to contribute to The Clothesline Project, which hangs t-shirts on a clothesline to be viewed by others as a testimony to the problem of violence against women.

**Take Back the Night Keynote Address**  
Tuesday, April 10  
Kate Buchanan Room  
6:30 p.m.  
FREE

Leah Lakshmi Piepzna-Samarasinha is a queer disabled Sri Lankan writer, teacher and cultural worker and author of "Consensual Genocide and Love Cake" and co-editor of "The Revolution Starts At Home: Confronting Intimate Violence in Activist Communities." Her keynote address will be a mix of the spoken word and a discussion of transformative justice within the context of sexualized and intimate partner violence.

**Spring Dance Production: Of Time and Rhythm**  
Wednesday, April 11  
Van Duzer Theater  
7:30 p.m.  
\$10/\$8 with a limited number of seats for HSU students

From hip hop to ballet, Broadway to contemporary, HSU student dancers perform the annual spring dance concert Of Time and Rhythm. Directed by Sharon Butcher, produced by HSU Department of Theatre, Film and Dance.

# Are you ready for graduation?

Photo by Samantha B. Seglin, Graphic by Kaci Poor



## Cap, gown, degree check: Walking in May might be the hardest thing you do before leaving Humboldt if you are not prepared

by Kira J. Keleher  
Staff Writer

Christine Ciarcia is frustrated. She will wear a cap and gown and walk at this spring's graduation ceremony. Then, come fall, she will walk back into the classroom to finish her undergraduate degree.

"I have to finish a few classes that I could not fit into my schedule," said Ciarcia, a business major at Humboldt State. A diversity and common ground course and an upper-division business course are all that remains between her and leaving for good.

"I had too many units this semester and the classes are not available in the summer," she said. "I changed my major from

art to local urban studies, to finally business."

Ciarcia said changing majors set her back, but she also believes that HSU is to blame.

"The advising of this school needs major help," she said. She received an email last September informing her that she has a graduation advisor, but there was not a phone number, she said, just an email suggesting to schedule an appointment.

Ciarcia believes that advisors should reach out to graduating students rather than have them be another number, waiting in line just to have a conversation.

"It is not uncommon that students will participate in the spring graduation ceremony, but will come back in the fall," Clint Rebik said, the transfer & graduation counselor at the Office of Registrar for the past six years.

Rebik said those students are basically an "incomplete or deficient student," by label.

A student can walk and receive their diploma before their graduation date for a number of reasons. Perhaps students only have one class left to fulfill and it is only available in the fall. "Students may find that they did not plan all their semesters out accordingly," said Rebik, who graduated from HSU in 1987.

"We want to help each student graduate," Rebik said. He understands that completing all the courses required for a student to complete their DARS can be a hassle, "but we are here to help the students navigate through to graduation," he said.

Kira J. Keleher may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## What you need to graduate this May

If you are a graduating senior and stressed about graduation, take a deep breath.

The Humboldt State Bookstore and CCAT are here to help you out.

The two are partnering to offer you the best deal on graduation packages. On Tuesday, the Lumberjack visited the bookstore to find out what you need to walk in May — and not break your wallet.

The bookstore offers a number of

deals like the CCAT Special Package which includes a cap, 2012 tassel, Alumni Association Membership and license plate frame, as well as a gown which can be rented from CCAT. The whole package runs students \$24.

Another option, the Basic Jacks Package, is available for those who want to buy their gown. This package, which includes all the same products as the CCAT Special Package in ad-

dition to a gown, costs students \$48.

Leanne Lynch, bookstore employee and graduate student, said several graduating seniors bought their supplies during the March Grad Fair, but there is more than enough to go around.

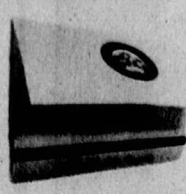
In fact, for those who enjoy procrastinating, the bookstore will open at 7 a.m. the day of graduation for your cap and gown needs.

### Cap & Gown



A cap and gown will run you \$39, unless you're a graduate student, in which case you'll pay \$42. Don't worry about both staying use-less in your closet forever, the campus Waste Reduction & Resource Awareness Program will recycle the used gowns if you place them in the bins after the ceremony.

### Announcements



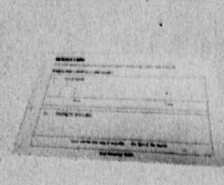
Announcements and thank you cards are available in the bookstore starting at \$26. Do not forget transcripts when applying for grad school! They will not automatically be sent to graduates. File a request form with the Office of the Registrar to get copies.

### Tassels



A 2012 tassel costs \$6.95. While you're picking one up, join the Alumni Association to receive local discounts. The New Grad membership rate is \$20 for one year or \$60 for three. For more information call 707-826-3132 or visit [alumni.humboldt.edu](http://alumni.humboldt.edu).

### Name Card



Get a name reader card at the bookstore or at commencement. Fill it out completely and give it to the name reader as you cross the stage. Your diploma will mailed to you three to four months after graduation. Don't forget an umbrella and to wear your green ribbon to support the HSU Graduation Pledge.



Clark Swartz  
Business, 22

"I feel very prepared and ready to step foot into the real world. Everything is finished."



Heidi Bareilles  
Sociology, 25

"I feel ready. I am lucky because my adviser is also the department chair. They helped me get my DARS and everything taken care of."



Matt Daniel  
Psychology, 21

"I think so. I'm a bit anal about that sort of stuff. I've been looking over what I need again and again. I feel pretty on top of it."



Max Michael  
Psychology, 22

"I'm not ready at all. I'm kind of winging it and making things together right now."





# Blood, thread and shears at HSU

**Student costume designers learn to make stage life look like real life at HSU**

by **Alexa Malmgren**  
Staff Writer

Rolls of fabric stacked to the ceiling loom above, headless mannequins dressed in half-finished ruffled skirts and patterned spandex suits. Scissors, pens and scraps of material not lucky enough to make the cut for a custom creation, litter tabletops.

The Costume Shop, located in the Theatre Arts Building, is a haven to theatre, film and dance students at Humboldt State. Catherine Brown works in this room. As shop manager, she helps bring students' creative visions to life.

"If you come up with it, it is possible," Brown said, discussing the different projects she helped her students with. "Sometimes people come in with stuff that's very fantastical or extreme, but we always figure out how we can make it work."

Brown works with students on multiple productions throughout the year. She guides them through the beginning stages of pattern books and hand drawn sketches, to their final product destined for the stage or camera.

In order to help students develop their costume making skills, half-sized mannequins are supplied to practice more extravagant designs on.

Erica Fromdahl, a costume design major at HSU and a regular visitor of the Costume Shop, constructed a half-size recreation of Mina's red dress from Bram Stoker's 1992 American Gothic film, *Dracula*. The Victorian styled gown has a long, crimson red skirt that displays a cascade of ruffles down the back and intricate detailing around the neckline.

"It's more affordable to make a smaller replica," Fromdahl said. "You use less fabric but still gain the experience of making a new design."

Though students perfect their skills within the walls of the Costume Shop, Brown is determined to help them increase their involvement in the local area.

"We want to get students involved with the community around us as much as possible," Brown said. "Last week we helped with the makeup of Eureka High School's production of *Every Fifteen Minutes*."

The production, created to showcase the brutal reality of drinking and driving, included multiple simulations of car accidents and the injuries acquired by the fictitious passengers. High school students were decorated with fake blood and received prosthetic injuries of splattered



Erica Fromdahl (left) and Catherine L. Brown (right) preparing costumes on Tues. April 3, 2012 for the *Of Time and Rhythm* dance concert that opens on Weds. April 11, 2012. | Samantha B. Seglin

brains and broken bones. Dion Howard, a theatre, film and dance major at HSU, received the task of creating injuries on a boy who needed to look like he flew through the windshield of a car.

"It takes about two hours to create the finished product," Howard said. "I used cotton balls, cream makeup and latex to create

the prosthetic pieces. Doing the research to make the injury look as real as possible was the hardest part."

Howard had to research the injuries he recreated extensively. For hours he studied pictures of deceased passengers who received fatal injuries from motor vehicle accidents.

"Researching pictures bothered me, I had to look at broken skulls with brains coming out of them," Howard said. "The final product was worth it though, I'm really proud of the work I did."

Alexa Malmgren may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## First seed bank of Humboldt



Reka LeRoux, from High Tide Permaculture (left), and Rita Jacinto, from Flying Blue Dog Homestead and Nursery, at the Seed For Life Event on Saturday March 31, 2012 at the Arcata Community Center, Arcata, Calif. | Scott Hilton

by **Kira Keleher**  
Staff Writer

Humboldt County is getting a seed bank thanks to Rita Jacinto, the owner of the Flying Blue Dog Homestead and Nursery in Willow Creek.

Jacinto will start the Seeds for Life library with the Beneficial Living Center and High Tide Permaculture.

"It is basically a library for seeds," said Luke Besmer, general manager of the living center in Arcata — where the seed bank will be located.

"[Gardening] is the antidote, it is reclaiming the power of growing our own food," Jacinto said. Jacinto believes that Seeds for Life is a way to prevent consuming genetically engineered food — which are currently not labeled. But there are petitions going around forcing the Food and Drug Administration to make it a law for food companies to label genetically engineered products.

Seeds for Life's library will feature open-pollinated plant seeds and heirloom seeds.

Open-pollinated seeds are from plants naturally pollinated by birds, insects and wind. Heirloom seeds are more than 50 years old, meaning the seeds came from the plants that grew from seeds going back 50 years, cultivated and re-grown each time.

Dan Equinoss, owner of High Tide Permaculture, believes using non-hybrid plants in our own gardens will keep natural pollinators alive.

"It is absolutely essential that we use non-[genetically modified organisms], open-pollinated seeds in our gardens," he said.

Equinoss and High Tide Permaculture are big on community responsibility.

"We have to take this upon

### SEEDS FOR LIFE

Seeds for Life is located on South G St. in Arcata at the Beneficial Living Center Informational meeting April 23 at 6 p.m. at Beneficial Living Center for those interested in participating.

ourselves to grow good food as a small community because the government will not do it for us," Equinoss said.

So how does Seeds for Life work? It is like a regular book-filled library. You take home the seeds, grow them, cultivate the seeds and then bring back the seeds from the newly-grown plant.

"This will increase the number of seeds we have, as well as the plants that will acclimatize this area," Besmer said. Seeds will be plants that grow well in Humboldt County.

Jacinto always wanted to start a seed library.

"We did a ton of researching and we are letting it organically create itself," she said.

She plans to start a membership with a fee that covers all the seeds for starting out, plus discounts to future workshops. Until then, seeds are available at individual prices.

The workshops are for those who are interested in becoming serious gardeners and seed stewards. An informational meeting is scheduled for 6 p.m. on April 23 on G Street in Arcata, across from the Arcata Marsh.

Kira Keleher may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

## California tribes gather at HSU for 5th Annual California Big Time

by **N. Hunter Cresswell**  
Staff Writer

At the 5th Annual Humboldt State California Big Time and Social Gathering nine California tribes will come together to share their dances, songs, art and culture.

The Big Time comes to Lumberjack Arena from noon to 7 p.m. on April 7 and is open to all ages.

Yearly pow wows were held at HSU, but pow wows are dance competitions traditionally held by plains native in the Midwest. The Big Time is native to California tribes and is not about competition but sharing and keeping the rich cultural heritage of California tribes alive, said Marylyn Paik-Nicely, the director of the HSU Multi Cultural Center.

The HSU pow wows ended seven years ago because of funding issues. Two HSU students started the Big Time to replace them, Paik-Nicely said.

Chag Lowry, the Native Cultures Fund program manager for the Humboldt Area Foundation and HSU alumni, was around seven years ago for the pow wows. He wanted to see more California Native dances and he just happened to be in a unique position to help start up the Big Time. He attended all the HSU Big Times and even danced in the first two.

Lowry's program was the primary source of funding



Loren Ford, a member of the Tuolumne Mewuk Dance Group, at the 2011 Big Time event. | Photo courtesy of the Native Cultures Fund.

for the HSU Big Time for the first few years before the HSU Multi Cultural Center began raising money for the event. Some money raised goes to various tribes that have to

travel long distances to get to HSU.

The tribes are also taken out to a dinner the Friday night before the event at the D Street Neighborhood Center. The dinner is also used as a gathering to welcome all the various tribes and also to honor an elder who has stood out in the past year, said Mona Mazzotti, the HSU Multi Cultural Center's outreach and social justice programs coordinator.

This year the elder who is to be honored is Eunice Bommelyn of the Tolowa community near Smith River. She is to be honored for her work preserving her native language, culture and traditions.

N. Hunter Cresswell may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

### CALIFORNIA BIG TIME AND SOCIAL GATHERING

April 7 from 12 p.m. to 7 p.m. in the Lumberjack Arena at Humboldt State. Come enjoy the festivities and help the HSU Multi Cultural Center raise funds for tribes that travel long distances to attend the gathering.





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# THE GREEN SCENE

by Brietta Linney



Is your calendar booked for the day after 420? I know April 20 is a holiday in Arcata, but I want to let you know about something to do after spending the day in Redwood National Park reconnecting with the earth.

The 2012 Sustainable Living, Arts and Music Festival takes place April 21 on the UC Quad — or in the Kate Buchanan Room if it rains. The organizers worked hard to make this event a time for the entire campus and surrounding community to come together and share ideas about the interconnectedness of sustainable living, art, technology and music.

Basically it is a free one-day event jam packed with workshops, tabling, art and music. The festivities of April 20 may be a

tough act to follow, but I think the festival is up for the challenge.

Here is a brief itinerary to give a sense of what will be offered at the festival. The day begins at 10 a.m. and concludes at 11 p.m. During the day, you can take part in numerous workshops and talk with local organizations working for a brighter future. Tabling in the Quad will be from 10 a.m. until 2 p.m. and workshops in Nelson Hall East will be from 10 a.m. until 4 p.m. with an hour break at noon. The nighttime festivities will begin at 8 p.m. with the Humboldt Circus followed by a performance by a local percussion group. Also featured that night is a trash dance with costumes made from recycled materials, which encourages the audience to rethink, reinvent and reuse. Everyone is welcome to stay for the whole day or just drop by for a couple hours.

I compiled a few highlights of what you can expect from the daytime activities:

Workshops: Bayside Park Farm will demonstrate how to start a garden and offer educational material about its farm. Green Campus plans to hold a home energy-auditing workshop, which gives students the opportunity to use and learn about auditing tools. If you like sustainable

woodworking, be sure to check out Humboldt Hardware's workshop demonstration on how to repurpose wood.

Tables: Schatz Energy Research Center will be tabling to promote clean and renewable energy sources. Occupy Road Trip will have a table for students to learn about their journey to Washington D.C. this summer. Other tables will offer how-to guides on various topics.

An all-day clothing swap will be in the South Lounge between 10 a.m. and 4 p.m.. If you are ready for a fresh wardrobe, but do not want to shell out the cash for brand new clothes, make sure to check it out. More activities include button making, screen-printing and Hula Hooping in the Quad.

If your group would like to be a part of the festival, the organizers are still accepting applications for tabling until April 13. This event is entirely free and a great opportunity for local vendors to promote their goods and services. Please contact Jerri Jones at slamfest@humboldt.edu or call (707) 826-6012.

Brietta Linney may be contacted at thejack@humboldt.edu

## 2012 SUSTAINABLE LIVING ARTS AND MUSIC FESTIVAL

The 2012 Sustainable Living, Arts and Music Festival is on Saturday, April 21 from 10 a.m. until 11 p.m. at the UC Quad, South Lounge and Nelson Hall East.

## SHAC Attack

# THE BALLS OUT CHALLENGE

What goes everywhere with me;  
I wish were sweet, but after a long day are pretty salty?

Hang in pairs,

Loves loose drawers and lots of fresh air.

Gets excited when we're acquainted

When hit, is the reason many tee-ball dads have fainted.

Have a whole month dedicated to our awareness.

Ignoring pain or a lump on us is risky, down right dangerous.

Most stay healthy and live lucky with two,

but after diagnosis may have one (or both) removed.

I don't care if this subject is hard to discuss or seems taboo,

I want to know, fight, and win, rather than lose.

With your expensive college education you've probably figured me out.

Want to know more or still don't know what I'm talking about?

Check out the Student Health Center for more info and hopefully remove all doubt.

By Leanne Lynch (Associated Student Graduate Representative & Advocate for Testicular Cancer awareness)

So... have you figured it out yet? If you haven't, we're talking about testicular cancer. This may be something that you're scared to talk about, but it's most common between ages 15 to 40, so, college-age peers, this is definitely a stigma you should shed ASAP! Luckily, it has a 95% survival rate if caught early, and all it involves is playing with your balls! April is Testicular Cancer Awareness Month, so SHAC is using all its resources to bring you the best information on early detection and support! Half of those diagnosed (not including those who aren't, mind you) don't seek medical attention until the cancer has already spread, largely due to the fear and embarrassment that most people associate with seeking help about sexual issues. As you can see, we're not scared to talk about it, so please come to The Health Center with any concerns you may have about your most prized possessions, because we would love to help you out.

### Examine the "family jewels" at least once a month with a Testicular Self-Examination!!

#### Step One:

It's best to do a testicular cancer self examination (TSE) during or right after a hot shower or bath (is it getting warm in here, or is it just me?) The scrotum is most relaxed then, and it makes them easier to examine.

#### Step Two:

Place your thumbs over the top of a testicle (pick a ball, any ball!), with the index and middle fingers behind, roll it between your fingers. When examining, feel for any lumps or bumps that may be as small as a piece of rice or a small, hard pea.

#### Step Three:

Look for any swelling in the skin of the scrotum or in the groin in front of the mirror. Although lumps or swelling may NOT be cancer, you should contact your doctor right away if you notice any changes in your testicles or have any pain in your groin, but know what's normal for you as well.

#### Step Four:

Don't leave the other one out in the cold! Repeat steps two and three with the other testicle. Do this at least once a month; we know you can make time to touch yourself.

#### Resources:

The HSU Student Health Center  
testicularcancer.org  
checkyourselfout.org  
www.seankimerling.org

E-Mail us at [shac@humboldt.edu](mailto:shac@humboldt.edu) with any questions, and check us out on Facebook for more testicular cancer updates this month.

**SHAC Says: As always, don't drink and drive, use protection, and feel yourself up at least once a month!**

And check this cool thing out! Scan it with the QR Scan app on your smart phone and it takes you to [checkemlads.com!!](http://checkemlads.com!!)





# Opinion

## CSU freezes hopes of admissions

If a portion of our student fees go toward the University Center, we should get what we pay for. Not everyone will partake in the services provided but for those that do, it is frustrating if the center's promises and policies fall through. Conference rooms on campus can be booked by for various events and meetings throughout the semester. In preparation for these events, club members and students spend money on food, decorations and

advertising. When the room they reserved turns out to be double-booked, students lose both money and opportunities. No money is reimbursed to those who lose out on rooms and their event must be cancelled. Human error is acceptable — to a point. For double-booking to occur multiple times to multiple groups on campus without notification is unacceptable.

## Rebel Geeks: Steve Jobs and Mark Zuckerberg

by Tilton Fifield  
Opinion Columnist

Our school is the product of those who came before us. The very design of our institution has been shaped through policy decisions, private and public interests. But as someone who is young and can appreciate much of the instant gratification culture, I'd like to point out two people who have reshaped social relations at universities and beyond: Mark Zuckerberg and Steve Jobs. While they might not be alumni, they were once like us: a bunch of crazy college students with foolish ideas and a desire to revolutionize how we see the world.

Too few people follow their own ambition. The nature of progress is such that not everyone will succeed, but if enough people try a few will succeed and create the ideas that will lead us into tomorrow. Zuckerberg and Jobs are two such people. I point out Zuckerberg and Jobs because not enough people are attempting to take risks. We can debate about the merits of Apple and Facebook products, but it should be clear that both founders followed their ambitions and created a loyal following. They are now deemed successful because their ambition proved lucrative, but their success started when they began following their ambition.

friendly, commercial devices with no appeal to anyone other than business owners. With the help of IBM, Xerox, and a loyal following, Jobs turned Apple into the biggest corporation today. Zuckerberg dropped out of Harvard and created Facebook to explore new forms of sharing information and social networking. With the help of college kids and their information, Zuckerberg became one of the youngest (self-made) billionaires. Not bad for two guys who thought outside of the box.

So I ask not that we hold them up for what they created, but for having the courage to do something new. I can understand why they dropped out of school, because when I look around me, I see a lot of people doing the same thing: competing for a degree and getting out as quickly as possible. I no longer see value in a degree because so many of us are following this approach, which creates a herd mentality that can stifle creativity. This does not mean dropping out of school, but it does mean re-evaluating how we utilize our education. Education opens doors but too many of us are lining up for the same door.

I argue that if we do decide to stay in school, that we not let it stifle creativity. Despite constricting creativity, I believe that our school and others can have value. But that value lies outside of the classroom and rests instead



Both of them revolutionized the way we see the world by creating products for needs we never knew existed. They re-invented how we share information and connect with each other. They innovated in ways that few others could or would capitalize on. But most importantly they rose from humble beginnings, despite the doubts and naivete of the dominant culture. From tinkering in a garage came Apple computers. From late nights in a Harvard dorm room, came Facebook. For good or for bad, they are two iconic companies that have become the symbols of our generation; digital rebel geeks that shook up the natural order by way of the computer.

I think it is worth noting that Jobs and Zuckerberg saw the future in different terms than those around them. Jobs dropped out of Stanford to pursue the personal computer when computers were large, not user

with the student body. That potential manifests itself when students get involved and follow their ambitions. It is how we generate progress. It is how we revitalize an economy that asks us to work a minimum wage job after graduation. It is how we give the older generation the middle finger when they cannot understand us. If we continue to do what we are told, un inventive administrators will continue to disappoint our generation. It is time for our generation to be more ambitious across the spectrum. Whether we become an activist, hacktivist, futurist, anarchist, feminist, entrepreneur or any combination thereof — the choice is yours. So go crazy and shake things up, you might just find that you have company.

Tilton Fifield may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



Illustration by Bobby Latona

by Andy Loveman  
Guest Columnist

I have read the article showing that student tuition has doubled in the last four years, with a 9 percent increase slated for this fall. This does not have to be. Budget cuts to education in California are because state spending to employees, especially pensions and benefits has greatly increased in recent years, and at the same time taxes have been kept too low, especially for the wealthiest citizens. They receive preferential treatment on business property taxes that are often assessed way under market value due to the provisions of Prop. 13, and at the same time they have been granted state income tax cuts due to federal cuts put in by the Bush administration in 2002 (yes, in the middle of a war, which was, and is, still unfunded). These cuts were approximately 10 percent for income taxes and 50 percent for capital gains taxes. This is to say unfunded spending increases at the same time unnecessary tax cuts have been put in, have occurred in the state during the years you were in elementary and high school — before you could vote — that are now directly effecting what you pay in tuition.

This does not have to be. None of this is written in stone. With a ballot initiative that would change the unfair tax provisions of Prop. 13, where citizens pay wildly different rates for properties with the same value — if this were passed and all the additional funding put towards education, student tuition at CSU and UC campuses would be reduced dramatically. A separate initiative rescinding all state employee pensions,

benefit, and pay increases since 1997, or just benefit and pension increases, would have a similar effect. The latter would be fought by public service employee unions, but the state constitution calls for a balanced budget, and present increases are not only preventing a balanced budget on a yearly basis, but are unsustainable on a long term basis. Changes in Prop 13 would require a higher threshold of signatures to be placed on the ballot, approximately 800,000 vs. 500,000 for a simple ballot initiative.

My recommendation would be to pursue both, two separate ballot initiatives to both reduce state spending that is too high and increase revenues from property taxes, and at the same time put in a fairness provision in this code. Additional revenues from both sources would go directly into funding student tuition and K-12 education, spending cuts other than education to stay in place until such time as other funding became available from other

sources, such as an increase in sales taxes from a change in the business cycle.

It can take \$3 to \$4 million to gather signatures for a ballot initiative. PG&E did this on their own in the last election. But the initiative process was set up originally to gather signatures by volunteers — citizens wishing to curtail the corruption of business interests in Sacramento. To fully fund education, this can be done today if students were to do the signature gathering. There are more than 100,000 students in the CSU system alone. Add the UC system and parents of students, and with a concerted effort, within a short time frame, initiatives could be placed on the ballot that would accomplish all of the above with passage.

Because you could not vote before does not mean you cannot take effective action now through ballot initiatives that would have wide support throughout the state and make this situation right.

### The Lumberjack Submission Policy

Send submissions to our Opinion Editor, Sabina Gallier, at [lumberjackgallier@gmail.com](mailto:lumberjackgallier@gmail.com)

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

Letters to the editor may not exceed 350 words.

Guest columns may not exceed 750 words.

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

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

New contributors may be given preference over returning contributors.

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

HSU students should provide their major and class standing.

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

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



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# Weekly Events

Thursday  
04/5

Ocean Night Film Screening  
Arcata Theater Lounge  
7 p.m.  
\$3

Chick Days 2012  
Fortuna Feed and Garden Center  
8 a.m. to 6 p.m.  
FREE

First Thursday Film Night:  
*Hell and Back Again*  
Morris Graves Museum of Art  
6 p.m. to 7:30 p.m.  
FREE

Women's Golf Clinic  
Baywood Country Club  
5:30 p.m.  
\$10

Friday  
04/6

The Barr Brothers  
Humboldt Brews  
9:30 p.m.  
\$12 adv./\$15 at the door

Much Ado About Nothing  
North Coast Repertory Theatre  
8 p.m.  
\$15

Yoga  
United Methodist Church of the  
Joyful Healer  
4 p.m. to 5 p.m.  
FREE

Extreme Midget Wrestling  
Red Fox Tavern  
9 p.m.  
\$20

Saturday  
04/7

Arts Alive  
Old Town, Eureka  
6 p.m. to 9 p.m.  
FREE

The Beach Ball  
Arcata Theater Lounge  
8 p.m.  
\$10 adv./\$15 at the door

Beer and Buffet  
featuring Hoppy Brewing Company  
Humboldt Brews  
6:30 p.m.  
\$30

Sweet Dreams  
Eureka Theater  
8 p.m.  
\$25

Sunday  
04/8

Redwood Coast Scrabble Club  
Arcata Community Center  
1 p.m. to 5 p.m.  
FREE

Much Ado About Nothing  
North Coast Repertory Theatre  
2 p.m.  
\$25

Redwood Rhythm Review  
Arcata Playhouse  
7 p.m.  
\$5

Deep Groove Night  
Jambalaya  
9 p.m.  
\$5

Monday  
04/9

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

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

Sister Spit Tour  
Humboldt Brews  
7:30 p.m. to 9:30 p.m.  
\$10

Poets on the Plaza  
Plaza View Room  
7:30 p.m.  
\$1

Tuesday  
04/10

A Night to Remember  
Humboldt County Library  
6:30 p.m.  
FREE

Humboldt Cribbage Club  
Moose Lodge  
6:15 p.m. to 9:30 p.m.  
\$7

Healing Rooms  
of the Redwood Coast  
Wood Street Chapel  
6:30 p.m. to 9 p.m.  
FREE

Savage Henry Comedy Night  
Humboldt Brews  
9 p.m.  
\$5

Wednesday  
04/11

Windfall  
Ferndale Veterans  
Memorial Building  
7 p.m.  
FREE

North Coast  
Water Garden Club  
Wharfinger Building  
7 p.m.  
FREE

Gin 'n' Guitar Stan  
Clam Beach Inn  
5 p.m.  
FREE

Eureka Mindfulness Group  
First Christian Church Eureka  
7:15 p.m.  
FREE

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Wednesday April 4  
Sci Fi Night ft. *Druid Underground Film Festival*  
6 p.m. - 10 p.m. Free (Rated R)

Thursday April 5  
Ocean Night ft. *Splinters*  
Doors at 6:30 p.m. | \$3 | All Ages

Friday April 6  
Hipster Holocaust  
Doors at 7:30 p.m. | \$5 | Strong Parental

Saturday April 7  
Beach Ball ft. *Grass Band & Missing Link DJ's*  
Doors at 7:30 p.m. | \$5 | \$10 | 21+

Sunday April 8  
Jesus Christ Superstar  
Doors at 5:30 p.m. | \$5 | Rated G

Wednesday April 11  
Paper Diamond and Minnesota  
Doors at 9:30 p.m. | \$5 | 21+

Friday April 13  
HSU Marching Lumberjacks Spring Concert  
Doors at 7:30 p.m. | \$5 | All Ages

Saturday April 14  
House of Floyd  
Doors at 8 p.m. | \$28/\$24 | All Ages

Sunday April 15  
Honey, I Shrunk the Kids  
Doors at 5:30 p.m. | \$5 | Rated PG

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Friday April 6th

**HUMBOLDT BREWS**

The Barr Brothers  
9:30pm - \$12/\$15  
members of The Slip & Suprise Mr. Davis  
wsg's The Lonesome Roses

Saturday April 7th

Beer & Buffet featuring 6:30pm-\$30  
Hoppy Brewing Company  
Join us on our monthly Beer & Buffet featuring select beers  
on tap from Hoppy Brewing Company paired with a four  
course meal prepared by our chefs using the featured beer...

Monday April 9th

Sister Spit Tour 8pm  
Featuring Michelle Tea, Dorothy Allison, Brontez Purnell,  
Erin Markey, Cassie Snolder, Kh Yan

Tuesday April 10th

Savage Henry Presents:  
Comedy Night 9:00pm - \$5  
Featuring Ryan O'Flanagan, Chase  
Bernstein, Cornell Reid, Dr. Foxmeat

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and get one half price.  
5pm to 9pm  
Buy any lunch or dinner entree  
and get one half price.

Irish Pub Wednesdays  
Corned Beef Hash, Lamb Chops,  
Halibut n' Chips, Cheese Fries,  
Irish Flag Shots, Guinness,  
50 cents off Irish Whiskeys

Ono Luau Thursdays  
Aloha Chicken Wings,  
Maui Ahi Poke, Coconut Shrimp,  
Macadamia Nut Halibut,  
Teriyaki Ginger Tofu, Chicken Katsu,  
Blue Hawaiian, Mai Tais



## WHERE'S ROLLIN?

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

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

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

### LAST WEEK'S WINNER:

April Fools!

Rollin was not placed in last week's edition of *The Lumberjack*. So for those of you who spent hours on end searching, do not fret. Rollin returns with this edition. Be sure to enter weekly for a chance to win a \$5 gift certificate to Arcata Scoop.

## HUMBOLDT JUMBOLDT by Melissa Coleman

Rearrange the letters to form a word. Set aside the double underlined letters on the line below. Rearrange those letters when all words are solved to find this week's answer! Plurals allowed, no proper nouns though final answer may be a proper noun. *Answers in the next issue.*

SAHHR == \_ \_ \_ \_ \_  
 NABOJ \_ \_ \_ \_ \_  
 LEOTM == \_ \_ \_ \_ \_  
 EEDDN == \_ \_ \_ \_ \_  
 CAPEE == \_ \_ \_ \_ \_



ANSWERS TO LAST ISSUE'S PUZZLE: VIOLA, TEMPT, RACER, USHER, TRUTH  
 FINAL ANSWER: COMPUTER VIRUS

## Weekly Sudoku Difficulty: extreme

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

## Lumberjack Fact Check

Win a \$5 gift certificate to Arcata Scoop!

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

- Name two items stolen from Spencer Knutson's Arcata house during the week prior to HSU's spring break.
- What was the name of the Eureka High School theatre production HSU students helped with?  
 A) *Bye Bye Birdie*  
 B) *Little Shop of Horrors*  
 C) *Every Fifteen Minutes*  
 D) *Grease*
- Which Willow Creek nursery is responsible for bringing a seed bank to Humboldt County.
- What university did soccer player Chris Bemis attend during his first two years of college?
- TRUE OR FALSE: HSU junior Nicole Miehl's major is environmental science.

Last week's winner: Gary Lester

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

## Classifieds

### BOOKS

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### RENTALS

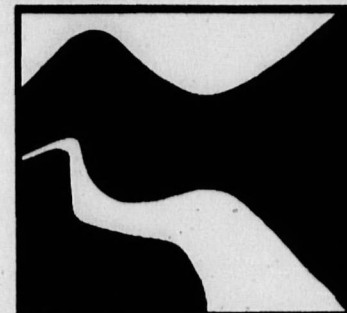
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# Spotlight

## WINNER!



The Arcata Bottoms - Humboldt Grass  
Cate Be  
Ecological Restoration, HSU



Edge of the World (Humboldt Bay North Jetty)  
Vanessa Crandell  
Geology/oceanography double-major, HSU



Jumping with Bull Kelp  
Cate Be  
Ecological Restoration, HSU

## Flash Us!

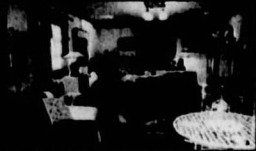
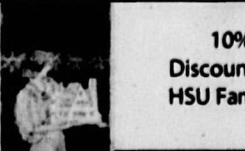

The Lumberjack is introducing a semester-long photo contest. Each week we will ask you, our readers, to submit a photo that you believe captures the essence of Humboldt. The photos can be of people, places or things and they can be funny, serious or ironic. We don't mind. Just so long as they capture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

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

Submit your photos to  
thejack@humboldt.edu

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

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