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Mission Statement

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

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E-mail: thejack@humboldt.edu

Ready for the Big Time

Sara Wilmot
Managing Editor

Raja Storr sits at a picnic table stringing necklaces of beads and shells preparing gifts to honor tribal dancers at this year's California Big Time celebration.

"It is a big part of our native culture to give gifts to honor guests," said Storr.

Storr is president of HSU's Ensuring Native Inherent Traditions Club. She is a member of the Tolowa Indian tribe and represents just one of several organizations involved in the Big Time.

The California Big Time and Social Gathering celebrates native indigenous tribes from along the west coast. At least six different native dance groups from California, Oregon and Washington will take part in Saturday's celebration. Dancers dressed in colorful native garb decorated with beads, feathers and shells will share traditional dances, songs, stories and authentic foods.

Indiana Vasquez, a psychology major with a minor in Native

American studies attended last years event and decided to volunteer this year. She sat with nearly a dozen other students and community members working to finish the necklaces in time for the event.

This Saturday, performers will share dances used in tribal ceremonies. "All of the dances are so significant to each culture," said Vasquez. "If no one has seen dancing like this, they should come. It is amazing, the costumes are beautiful."

Mona Mazzotti, social justice programs and outreach coordinator with the MultiCultural Center, said some of the dances get very intricate. In the friendship dance, lines of people weave in and out of each other with the music while shaking hands with each person to the beat of the drums.

"This is really our time to get together and share different tribes' traditions with one another and non natives," said Mazzotti. "We encourage anyone and everyone to come."

She says the celebration is a way for people to learn and share. "It's very interactive and the audience always gets involved in the dances and activities."

Mazzotti will dance to defend her position as reigning champion of the potato dance, a dance in which partners place a potato between their foreheads and dance to the beat of a drum. The beat starts slow and gradually increases, making it more difficult for dancers to keep the potato in place. The final pair to keep the potato from falling will be named the potato dance champs.

This is the second annual Big Time at HSU. It begins at 10 a.m. in the Kinesiology and Athletics Building starting with dance presentations that continue throughout the day.

Dustin Detweiler is a non-native student with a minor in Native American studies. For him, involvement in the Big Time is a way to broaden his perspectives and meet new people.

"When I came [to HSU] last year I didn't know anyone. Through

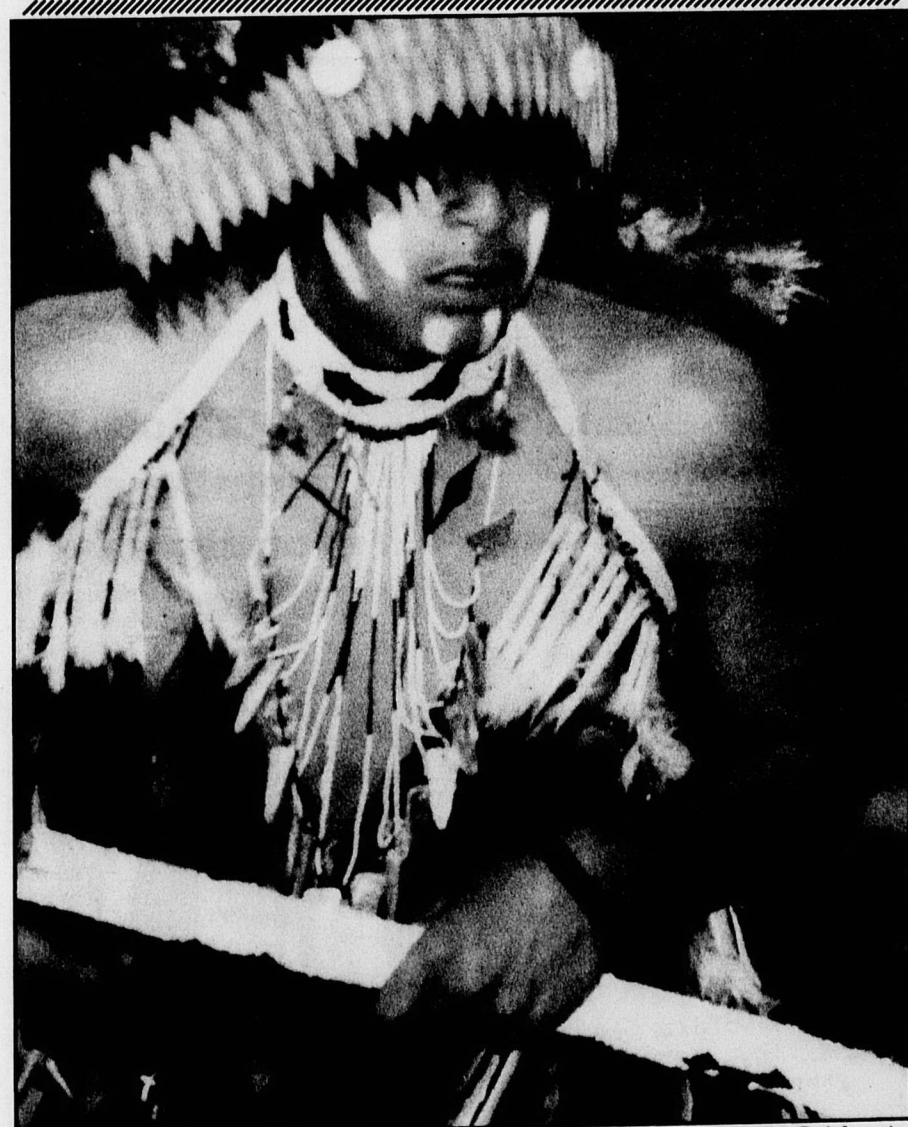


Alura Bates was part of the Hintil'KeBanm dance group that shared their traditional songs and dances at last year's Big Time.
| Courtesy of Brandi Easter & The Native Cultures Fund

2ND ANNUAL HSU CALIFORNIA BIG TIME AND SOCIAL GATHERING

WHEN Saturday April 4 - Beginning at 10:00 a.m.
WHERE HSU Kinesiology and Athletics Building
WHAT Featuring dance presentations and activities throughout the day and into the evening.

MORE INFO For more information: myspace.com/hsu_bigtime



I-wi from the Hintil'KeBanm dance group dances at last year's California Big Time & Social Gathering at HSU. | Courtesy of Brandi Easter & The Native Cultures Fund

events like this and the clubs that organize it, I have been able to meet lots of great people," said Detweiler.

Through the sharing of stories and traditions, Storr feels the event enables the local tribes to maintain a strong native community. "It is a great way for cultural exchange," said Storr.

In the past, HSU and the Native American community hosted a powwow each year. The annual powwow was cut five year ago due to funding problems. But students did not let that prevent them from celebrating their heritages. They worked hard and raised money to implement a new event, this time a Big Time.

A Big Time is different than a

powwow, as Big Times originated in California. Powwows stem from the traditions of native people from the plains region of the U.S.

Storr said it only makes sense to host a Big Time, something authentic to the native people of California. It offers an open atmosphere focused around the sharing of cultural traditions among local and regional tribes.

Storr said last year's Big Time was an undeniable success and she expects this years to be even better.

"Everything has a spirit and story attached to it, it is important to have a grasp of that and to share it with those who come," said Storr.

Sara Wilmot may be contacted at thejack@humboldt.edu

Indoor Air Pollution: Coming to A Home Near You

Sally Kiefer
Staff Writer

Ah, a breath of fresh air. It just may be the best thing for you.

For the last 30 years Americans have been sealing themselves tighter and tighter into the boxes we call homes. The air becomes stagnant and full of harmful chemicals and particles. Researcher Richard Corsi calls it "bad air." It is estimated that 400,000 Americans die each year from cigarette smoking, but Indoor air pollution may be responsible for 20,000 to 40,000 deaths each year. To a crowd made up of students and community members, Richard Corsi explained his research in Founders Hall. He said that the more we insulate our walls and double pane our windows, trying to save energy, the more we expose ourselves to chemical bi-products that build up in our houses.

Ozone is a big part of the problem. Not the atmospheric ozone, but the kind that is created by pollution (smog) or even home air purifiers designed to generate ozone. In a town like Arcata, smog is not really part of the equation.

The problem then: ozone generators people use in their houses, combined with household chemicals and poor ventilation.

This kind of ozone combined with indoor

air pollutants in a room that gets little ventilation results in harmful bi-products. These bi-products are minute particles that go directly into the bloodstream by way of the lungs. This type of air contributes to the eventual breakdown of the immune system, allergies and asthma.

Indoor air pollutants to watch out for: carpets, paint, furniture treated with flame retardants, pressed wood board, cleaning products, fragrances, gas burners and printers.

"The key is to bring in as much fresh air as possible," said Dustin Poppendieck, an assistant professor of environmental resources engineering at HSU.

Poppendieck first heard Corsi give a similar talk in 1997. He went on to work for him from 2002 to 2004. Prior to that Poppendieck did hazardous waste research. "Not that hazardous waste sites aren't important," said Poppendieck 36, of Arcata. "I decided that indoor air has a much higher potential of affecting people's lives."

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bringing more fresh air into our houses.

These actions may reduce mysterious symptoms of ill-health such as headaches, fatigue, and lowered immunity.

Richard Engel, 45, of Arcata, attended Corsi's presentation. Engel is a senior research engineer at Schatz Energy Research Center at HSU. Engel said he doesn't see the problem to be so much a lack of oxygen as it is about how many toxins are in your building.

"This is definitely new information for me," said Engel. "But I already knew the premises about building tightness and efficiency trade-offs with no fresh air." Engel understands that a tightly sealed house with little ventilation means less fresh air to breathe.

"There are two camps on the matter," said Corsi, "conserving energy vs. making people sick."

Corsi, 49, is an alumnus of HSU. He is a researcher at the University of Texas in Austin.

During his studies on outdoor air pollution in graduate school, a student came to him with the idea of studying indoor air, a turning point for him.

There are only five groups researching indoor air in the United States. There is not

much funding for it, or knowledge about it being a problem. Outside of the U.S., Denmark and China are the leaders in this research, and have regulations for indoor air pollution.

Funding for this research comes from national agencies like the Environmental Protection Agency and the National Science Foundation. Sometimes chemical industries will come to them offering funding for research.

"I prefer to get funding from the national agencies," said Dr. Corsi. "I know what the corporations would like me to say, but we don't always have answers they like. They fund you in hopes you'll give them a certain answer."

Despite the unsettling information Dr. Corsi presented, his style was matter-of-fact. When asked about his own house, he said it was pretty normal.

Engel said the buildings he lives and works in now are older and does not think they are too toxic. "But in a year, I'll be working in a newer building and this may be a concern of mine then," he said.

Sally Kiefer may be contacted at thejack@humboldt.edu

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- Ventilate your home properly by opening windows when painting, wallpapering, applying floor stains, and other highly volatile products.
- Switch on a bathroom fan or open a window in the bathroom while showering or using any chemicals to clean.
- Chlorine-containing laundry bleaches and dishwasher detergents chemically react with soiled items and leads to large amounts of chloroform that is released to indoor air. Consider opening a window or vent fan when using these.
- Do not use any "air purifiers" that emit ozone into your home. These include ozone generators (often marketed as releasing activated or tri-atomic oxygen) and many ion generators. Ozone itself is a harmful air pollutant, but also generates toxic bi-products when it reacts with chemicals.
- Vacuum regularly, but use a vacuum cleaner with a HEPA filter. Vacuum cleaning leads to re-suspension of particles into air.
- Use a damp rag when dusting in order to not distribute it elsewhere in your home.
- Use floor mats at all entries to clean shoes, or better yet, remove shoes before entering your home. Shoes track harmful chemicals such as pesticides, other heavy organic chemicals, and heavy metals into homes.

EDUCATION AND PERSONAL ACTION

US Environmental protection agency: <http://www.epa.gov/iaq/index.html>
 California Air Resources Board: <http://www.arb.ca.gov/research/indoor/INDOOR.HTM>
 American Lung Association <http://www.lungusa.org>
 Indoor Environmental Science and Engineering/ University of Texas: <http://www.cae.utexas.edu/igert>

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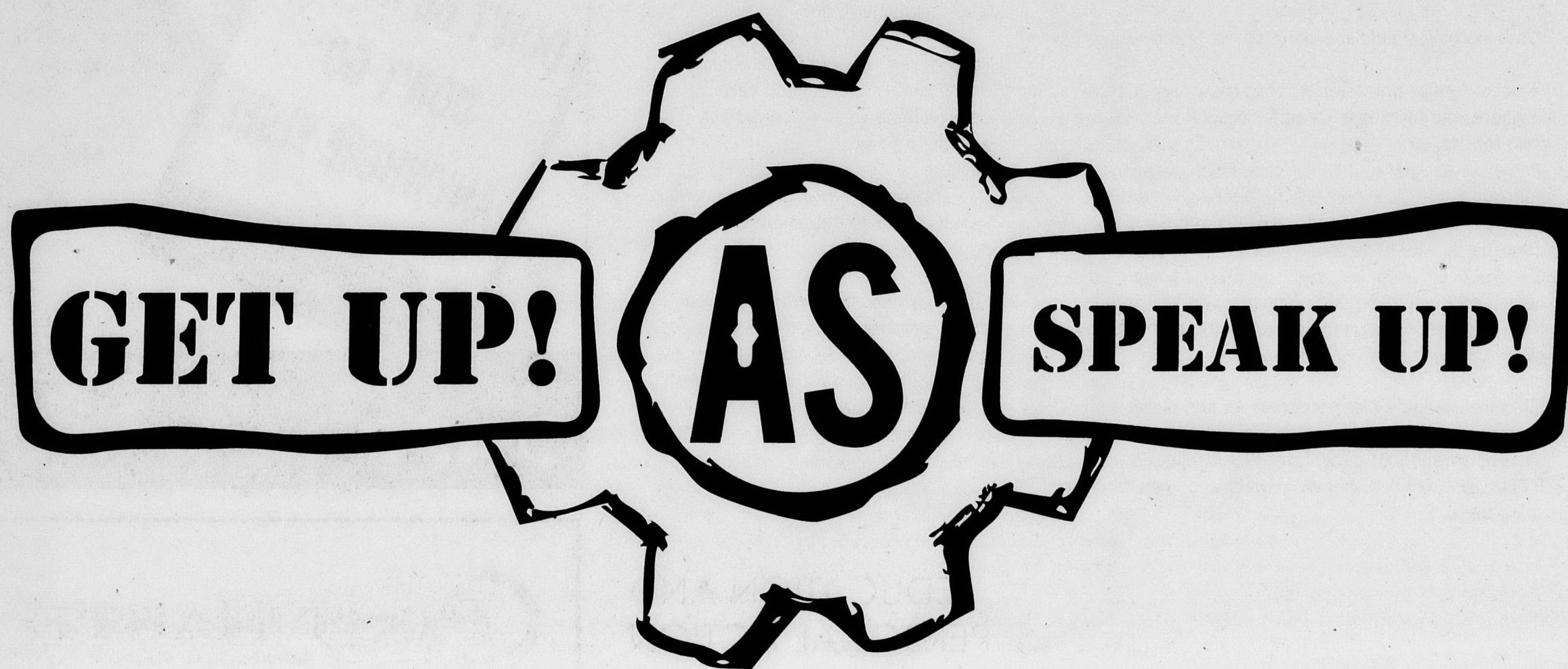
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WORD ON THE STREET

What's the best April Fools' Prank you've heard of?

Mystikque, 28
Local Performing Artist



“Tell someone to get all dressed up and they're going somewhere fancy. Then spray them in a spot with something awful. They're looking around trying to find the smell, but can't.”

Susan Yule, 63
With nephew Isalah, 5 and his Grandfather Robin Yule



“I worked at a mental health facility. I wrote in an official log that I let one of the patients drive a car. The administration's faces went pale.”

Susie Cooper, 28
Papa Murphy's Employee



“At my school, they put a [VW] Bug on the roof. It was pretty elaborate, they took it apart and put it back together on the roof.”

Berel Steinberg, 23
HSU Music Major



“It's a classic thing: call your mom or dad saying you're in jail. The person on the other line is crying and you're like 'April Fools!'”



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Not a Tool

campus veterans deal with anti-war sentiments

Mark Farias

Staff Writer

Living in a wet and gloomy environment is a downer. It doesn't help when people are colder than the weather.

Veterans, just like many students, share the sentiment of culture shock when moving to Humboldt County. "It was a shock to come here, said Brenna Toel, Student Veterans Association member. "The transition from the military, even after a year, [is something] I am still adjusting to."

But some, like Jennifer Fusaro, director of the North Coast Stand Down, said veterans are discriminated against on campus, and are sometimes confronted by other students who are against war. Too often there is a

general misconception that is tied to the military and militarization.

During a presentation last semester on campus about the global war on terror and other subjects like post-traumatic stress disorder (PTSD), a student referred to the veterans as "tools of the establishment." This is not an isolated incident.

Fusaro said, "other incidents of discrimination were alluded to, specifically to events which involve staff and faculty who inappropriately handled the situation by either ignoring pro-war arguments and upholding anti-war beliefs during in-class arguments."

Fusaro expressed that veterans come into conflict against clubs like the 9/11 Truth club which displayed a shirt that read "Join the Army, visit exotic places, meet strange people, then kill them." Veterans asked that it be removed, but due to First Amendment issues

it could not be taken down.

Kim Hall, director of the Veterans Enrollments and Transition Services (VETS) center, said there are around 400 student veterans on campus this year with around 280 of them collecting aid from their G.I. Bills.

The VETS center re-opened in its new location in November. They help veterans and their families with

the transition back to civilian life from the armed forces. Getting back into regular life is stressful on any campus.

Veterans come from an accelerated life experience, where they sometimes have to deal with mortality because of the death of one of

their fellow soldiers.

Hall stresses that everyone they assist needs individual counseling because of their diverse experiences. Representatives of the VETS center uphold the belief that there is a change, and it is a tough transition for veterans who return to school though the rediscovery can be both good and bad.

The VETS center resources help ease the process of getting back into the academic lifestyle by offering tutoring in all fields, paying for the sessions. The center also assists with finances by helping Veterans land jobs and housing, on and off campus.

Travis Holt, president of the Student Veterans Association said during his military experience he carried a machine gun. "I never killed anyone - but I did feed families."

Mark Farias may be contacted at thejack@humboldt.edu

The VETS office is currently looking for tutors,
tutors do not have to be veterans, for math and chemistry.
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The origins of April Fools' Day

Harold Funk
Cover Designer

April 1st is known by many as April Fools' Day. An informal holiday, it is a day marked on the calendar where it is customary to play practical jokes on friends and family with the intention to embarrass the gullible.

Not unlike all holidays celebrated in the western world, its history and origin is as colorful and diverse as it is obscure. Historians are unclear about the exact origin of April Fools' Day, or as it is more commonly known in Europe, All Fools' Day.

One of the earliest historical mentions of this springtime celebration was in Ancient Rome. The Romans had a festival called Hilaria that was celebrated on March 25. Throughout the day masquerades and playful mischief ensued.

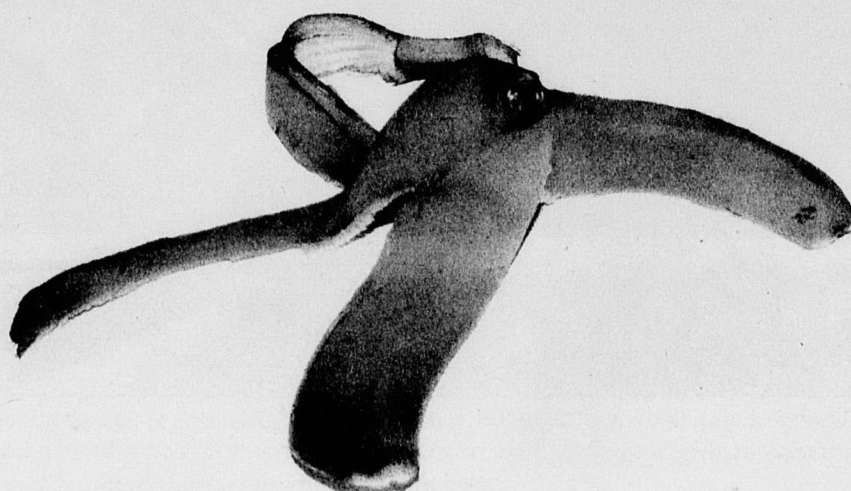
Despite this fact, April Fools' Day, as it is observed today, is more likely a day that evolved over time from many local European customs.

It has been speculated by some that the celebration as we know it today has roots in the pagan festivals in late March with the coming of spring – the Vernal Equinox. For many cultures, this day marked the beginning of the new growing season, an occasion for jubilation, and a veritable "spring fever."

The most commonly accepted theory among historians is that the holiday was first officially introduced with the changing of the pre-Christian calendar of thirteen months to the Gregorian calendar of twelve months. In 1582, Pope Gregory III ordered a new calendar to replace the old Julian calendar. In this new calendar, New Years Day was shifted from April 1, to January 1. Those that continued to celebrate New Years Day on April 1 were referred to as April Fools and were subject to ridicule being taunted by their neighbors.

This harassment continued over time into a tradition of prank playing on the first day of April. Although the Gregorian calendar was not accepted in England until the year 1752, this day of pranking and general merrymaking was already well established in other European countries by that point.

The variety of pranks performed on April 1 range from the simple to the more devious. Whatever the prank, it generally ends with the prankster shouting to the pranked, "April Fools!"



information sourced from: wilstar.com/holidays/april fools, urbanlegends.about.com, wikipedia.org



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Features

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THEJACKONLINE.ORG

4.1.2009

Money doesn't grow on trees

Local gardeners take to planting their own vegetables

Leigh Lawson

Staff Writer

You've tried to grow your own tomatoes at your home in Eureka, Arcata, or McKinleyville. You've learned they do not grow well by the Humboldt coast: tomatoes need warmer temperatures.

But did you know the small yellow Sun Gold tomato (*Lycopersicon esculentum*) does great on the coast? This is just one tip that gardener Marcia Louise has to offer.

Louise started gardening in Humboldt 22 years ago, and tried and tested many tomato varieties, looking for a variety hearty enough for her garden in Eureka. This is how she found the Sun Gold Tomato.

Spring has arrived, the season for gardening. This spring the nation happens to be in an economic recession, and people are planting more vegetables to save money on groceries.

Kristina Bascochea, stock purchaser for McKinleyville's Miller Farms Nursery, said the nursery sold many more seeds, bare root fruit trees, berry bushes and vegetable starts this year than in the the last six or seven years she has been a purchaser. "As soon as I get an order in [of vegetable seeds] I'm reordering," she said.

"I used to buy berries at the market for \$3.95 a basket. I thought, geez, I can grow those."

-Marcia Louise

She estimates she places an order with one of the four seed companies they carry every week. Gardening classes have also been extremely popular.

Locally, new and seasoned gardeners had the chance to get free vegetable seeds and plant starts at the 11th annual "Seed and Plant Exchange" at the Manila Community Center last Saturday. Attendees brought seeds and plant clippings to share. Those who came empty-handed could also participate, and leave a donation if they wished.

First-timer Jeff Scroggins brought radish, parsley, beet, and carrot seeds to the exchange. He picked out aloe and strawberry starts for himself.

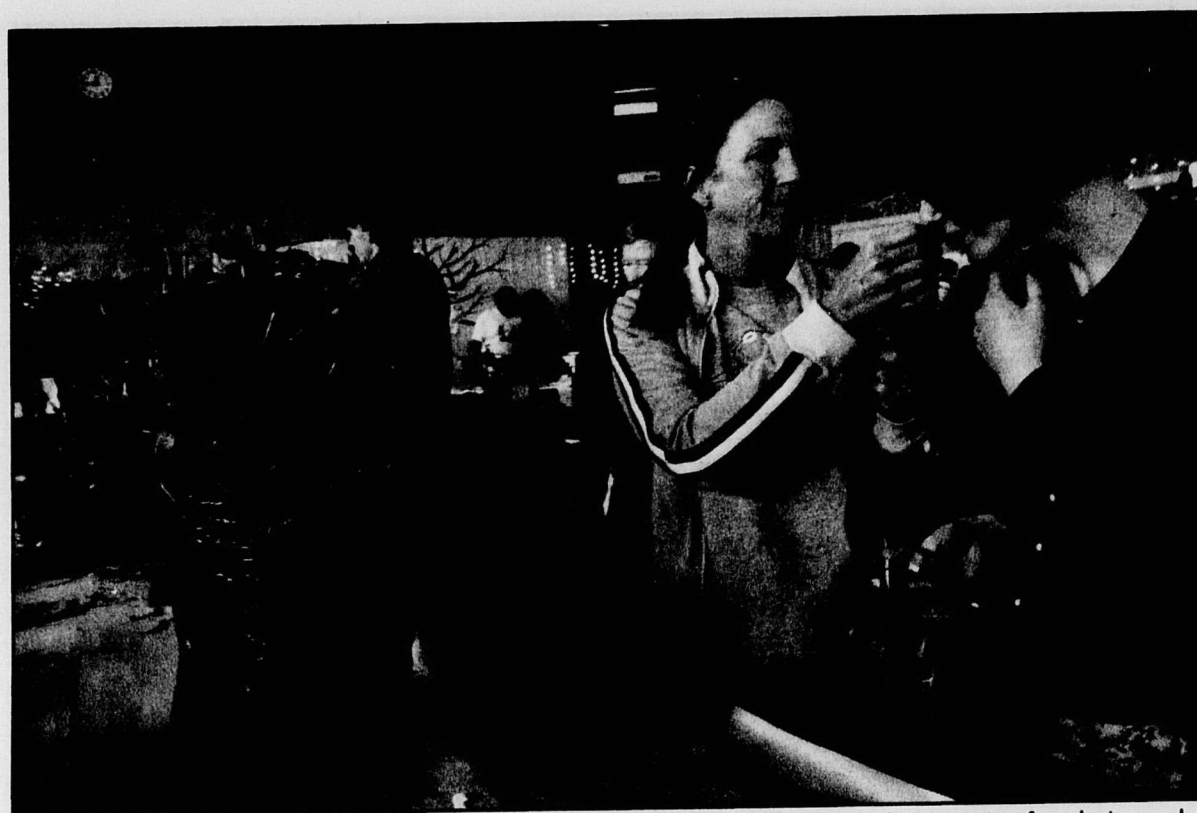
The free event was perfect for people who garden on a small budget, like Louise. "You won't find me buying supplies at Pierson's Hardware," she said.

Louise is all about saving money. She supports her garden habit by working in other people's gardens.

She decorates her garden with salvage-yards scraps and things friends donate. A recent find of hers is a 4-foot-tall antique bird cage. Now a part of her garden, it provides a trellis for climbing sweet peas.

Each year Louise plants garlic, potatoes, peas, beans, lettuce and Sun Gold tomatoes. Louise also has perennial blueberries bushes.

"I used to buy berries at the market for \$3.95 a basket. I thought, geez, I can grow those."



Sharon Letts (left) and daughter Rose Russell (right) pick sprigs of spearmint for their garden Saturday at the Exchange. "This is how our country was planted," said Letts. "People have been exchanging seeds since they began growing food." | Allyson Riggs

This year's seed-exchanging event was busier than last year's, said Louise. This year, she brought Lime Thyme (*Thymus citriodorus*), Bleeding Hearts (*Dicentra spectabilis*), Ladies' Mantle (*Alchemilla erythropoda*) and Festuca Grass (*Festuca amethystina*). Everything was snatched-up quickly. "They went like that," she said. "I could hardly get the box down."

Louise left the exchange with ornamental plants, and garlic chives and mint for her vegetable garden.

Though seed sales are increasing, the recession has not affected produce sales at local grocery stores. Larry Hup, merchandiser for Wildberries Marketplace, said the market's produce sales are normal. However, Wildberries has seen a slight decrease in overall sales during the last few months, said Hup. Roland Taylor, merchandiser at Ray's Food Place in McKinleyville, said Ray's has not had a decrease in produce sales either.

Gardening novices Mallory Voyk and Chris Forton of Arcata were also at the exchange Saturday. They came to get vegetable and herb seeds for their three-year-old vegetable garden. Out of last year's crop, they were happiest with their sugar pumpkin plants (*Cucurbita pepo*), a variety good for making pies.

Voyk and Forton garden to be more self-sufficient. "Just in case the economy gets worse," said Voyk.

Gardening lingo for the novice gardener

- start: a seedling
- perennial: a plant that lives three or more years

Leigh Lawson may be contacted at:
thejack@humboldt.edu

Faces of Humboldt State



William Steed sits on a fence near an old farmhouse.
| Jade Copple

William Steed

Jade Copple
Staff Writer

Thick avocado trees cast shade on the ground during the hot summer. The air is warm and sweet along the farm rows. For HSU student William Spencer Steed, known to friends as "Spencer," this is home.

When he was 17 Steed's family purchased their first farm. He remembers driving through the area as a child, his mom saying, "One day I'd love to have a farm here."

Today they own Fairfield Farms, which includes 160 acres of avocado trees, 110 acres of citrus fruits and 60 additional acres of blueberries.

It takes a lot of manual labor to harvest these crops. Steed said his family hires about 150 seasonal employees to gather the produce during eight hour days. Each day, Steed says, they collect a couple thousand pounds.

Steed tends to work the business end of the farm, although he makes a lot of equipment repairs as well.

Steed strayed from the farm though, moving to automotive engineering. He expressed interest in the automobile industry and moved to Michigan to study mechanical engineering at Kettering University. Through school programs, Steed worked internships designing and testing the 2005 Mustang. He also worked in research and design testing the breaking points of various auto parts.

But soon Steed decided that the program at Kettering wasn't right for him. "[Engineering school]

was a dead end," said Steed. "The things they were teaching me in classes weren't the things I needed to know in my internships. If I can get an engineering job without the degree, why waste my time?"

Steed transferred to Irvine Valley College to complete GE credits before transferring to HSU. "I chose a business major because my dad did business, and international sounded fun because I wanted to get the fuck out of this country," explained Steed, "Can you blame me?"

Steed is the eldest of four children. His parents adopted him before the technology of in vitro fertilization allowed his parents to have his three younger brothers.

At one point Steed was taken in for a brain scan by his

mother. "Mom thought there was something wrong with me," he said. As it turns out, the scan showed that the part of the brain that controls emotion and anger was not emitting waves.

"Basically I'm not normal," said Steed. "It's very hard to get me angry, and maybe that's why."

Steed has had a variety of unique opportunities. This vast range of experience made Steed a 'jack of all trades'.

"[He's] a Mr. Know-it-all," said good friend, Vanessa Nunez. She went on to describe Steed as "totally outgoing and friendly. There isn't a bad thing to say."

Another close friend Chris Fiegel said, "Spencer seems to know everything. If I were on a game show, I'd want him as a lifeline."

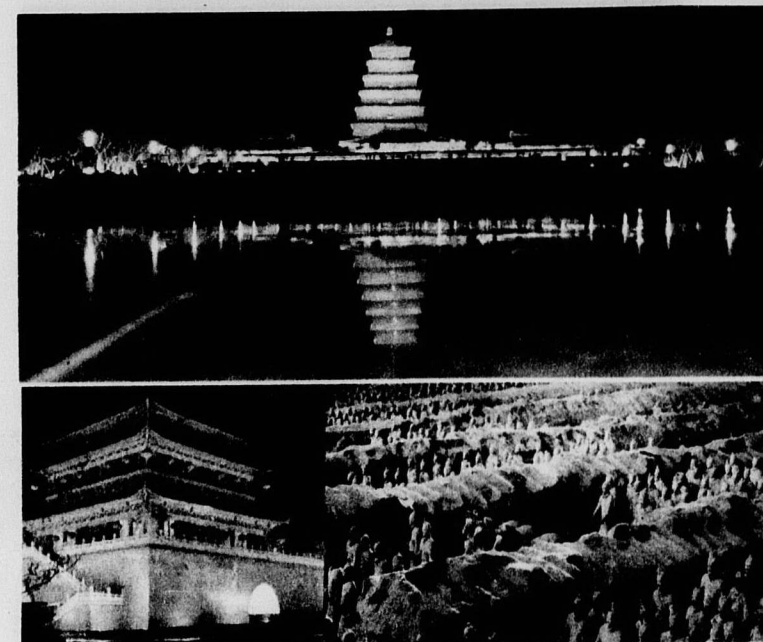
“ Basically I’m not normal. It’s very hard to get me angry, and maybe that’s why. ”

-William Steed

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Faces of Humboldt State

Abby Arndt

Kayla Gunderson
Staff Writer



Abigail Arndt focuses on the ten ball after hitting the cue ball in the Depot. | Bryan Thomson

It's noon, and after spending \$10 Abby Arndt and her friend Jackie Robinson, both HSU freshmen, still haven't gotten a stuffed animal out of the claw machine at Toni's Pizza Place. This is just one of the many times when Arndt is up for anything.

Being positive pretty much defines her. An avid tennis player, Arndt is a Humboldt County local. Born and raised in Manila, at the age of

14 she moved to Fieldbrook to live with her aunt and uncle after both of her parents tragically died of heart attacks within months of each other. She doesn't seem to let this family tragedy get her down.

"When you're feeling down she is there to lift your spirits," said Robinson. "She is very outgoing. She just walked right up to me and introduced herself when we were in the Giant's Cupboard together," she said.

Overcoming adversity on and off the court is what Arndt does best. After the tragedy she went on to become the No. 1 ranked tennis player at

McKinleyville High School. "Abby is good on the tennis court, but she doesn't take it too seriously. We mainly just goof off," said Erin Grady an HSU freshman and Arndt's future roommate.

When HSU tore out the tennis courts to build the new Kinesiology building she didn't complain. Instead she used it as an excuse to get more exercise. She now walks across the street to play her favorite sport.

"Both my parents were pretty healthy, so I need to take precautions so I can live a long life," said Arndt.

Arndt decided to come to HSU because she wanted to be in the environmental engineering program, and financially speaking it was the best route. After asking her why she decided to live in the dorms instead of just commuting from Fieldbrook she said, "I wanted to live a more independent life and experience college."

"I wanted to live a more independent life and experience college."

-Abby Arndt

Kayla Gunderson may be contacted at:
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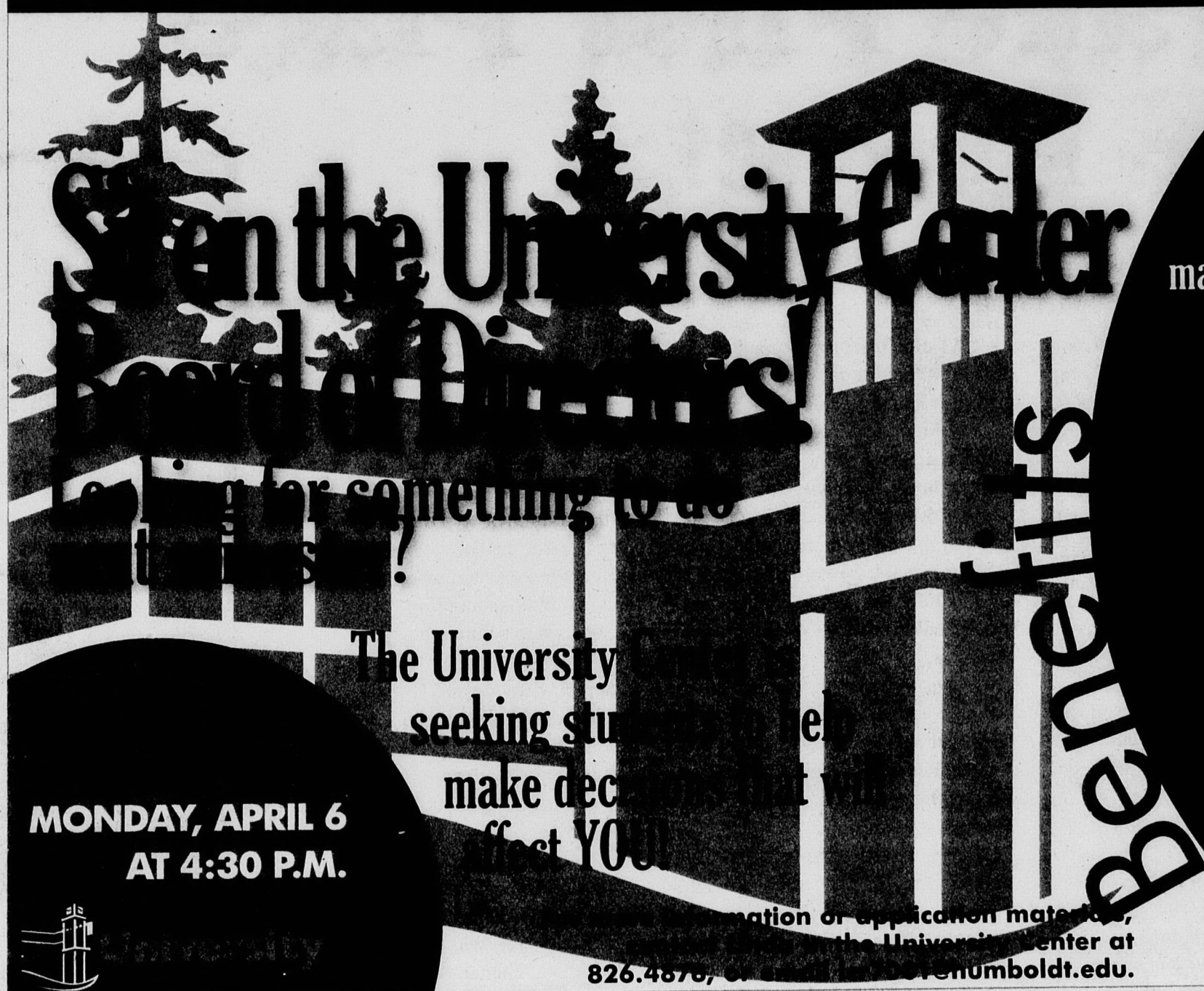
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AS Elections

April 21-23



Jack's Take First Place In Home Regatta

Hilary Lebow
Staff Writer

Senior English major Elan May said that rowing is her "zen." If not for crew, she would have a hard time dealing with stress, and would likely have anger issues. It is surprisingly meditative even with the throbbing pain. "Some people do yoga. I row."

May is part of the HSU Women's Rowing team that secured first place in every race last Saturday at the 26th Annual Blue Herod Redwood Springs Regatta. The regatta took place on Humboldt Bay in Eureka.

From shore, it is difficult to grasp the unique feel that rowers experience during race time on the water.

Each stroke must be perfected, synchronized, and repeated to drive the boat to top speed through the water. The result is excruciating pain. During the races, rowers have to power through a lactic-acid build-up throughout the body - a byproduct of extreme work in muscle groups.

May said, "Your quads usually feel like they are on fire, your ass is on fire. Depending on how you row, your forearms start to hurt and your back too. Basically, you can't breathe."

In the seventh race of the day, the Jacks competed in boats of five against Mills University rowers from Oakland. After a swift start, a Mills' boat came dangerously close to a collision with a Jacks' in the third lane. All the boats were ordered to restart the race.

For the second start, the Jacks took a quick lead in Lane 1, passing Mills by several boat lengths. In the third lane, the other Jacks' boat stayed barely ahead of Mills until they gained momentum halfway through the 2,000-meter course. In the end, HSU left Mills behind and took first and second place.

Head Coach Robin Meiggs said that the regatta was a huge success, especially being able to sweep so many wins at home. "It was a job well done. There's no doubt about it," she said.

The regatta also featured rowers from the HSU men's crew club, Cal Maritime from Vallejo, Arcata high school, and Eureka High School.

Junior Kim Kumada, a women's studies major, was pleased with how her teammates rowed in the competition after months of training. She said the team improved in this set of races thanks to meticulous detail on technique in practice.

"We didn't get frantic, and we just kept it going," said Kumada. She did admit that the Jacks had an advantage this time around, because the course at Humboldt Bay is familiar.

Freshman Katie Harris, a coxswain (pronounced "cox-in"), competed in two of the races with Kumada. As the coxswain, her job is to sit or lay at the hull of the boat and keep her crew safe.

She communicated through a "cox box" that amplifies her voice through speakers placed inside the boat. Harris makes the call if conditions are too rough on the water, and steers the Jacks to finish.

"The purpose of rowers is to just row and not think about it too much," said Harris. "The purpose of the coxswain is to be the brain of the boats."

Harris also motivates and distracts the women when they are in pain during competition. "My goal is to keep a constant roll of babble, just so they have something else to think about," she said.

Kumada hopes the Jacks can keep improving in practice and become faster as a unit. And, "To continue to be 'coxed' by Katie Harris," she said.

Harris is also optimistic that the Jacks will continue to place well in competitions, and become more confident as the season continues.

All sixty Jacks will travel north to compete in the Northwest Collegiate Rowing Conference Invitational in Vancouver, Wash., next weekend. Humboldt State will compete with thirteen other schools from California, Oregon, Washington and the east coast. This is the first of later competitions for HSU to qualify for NCAA Nationals. Head Coach Meiggs said that competing alongside national champions like Rollins University from Florida and Dowling College from New York will provide a distinct opportunity to see just how HSU ranks with other schools across the nation. "We're hoping to be in the pack. This will be the first regatta that we really find out how we relate to everyone else," she said.

"This weekend is truly exciting. The first two regattas were tuneups. We've been training since last August for this Saturday."

Hilary Lebow may be contacted at:
thejack@humboldt.edu



Coxswain Katie Harris relaxes her responsibilities.



Jennifer Moore puts her full body into each stroke, helping her teammates glide through the water during their heat on Saturday at Humboldt Bay.



Tawny Neal, Angela Zepp, Elana Pasquel and Ali Prieto wait for their next race.

All photos by Elizabeth Sorrell



s relaxes her responsibility of steering, motivation and overall command of the boat during races.



o wait for their next heat in Humboldt Bay during Saturday's Regatta.

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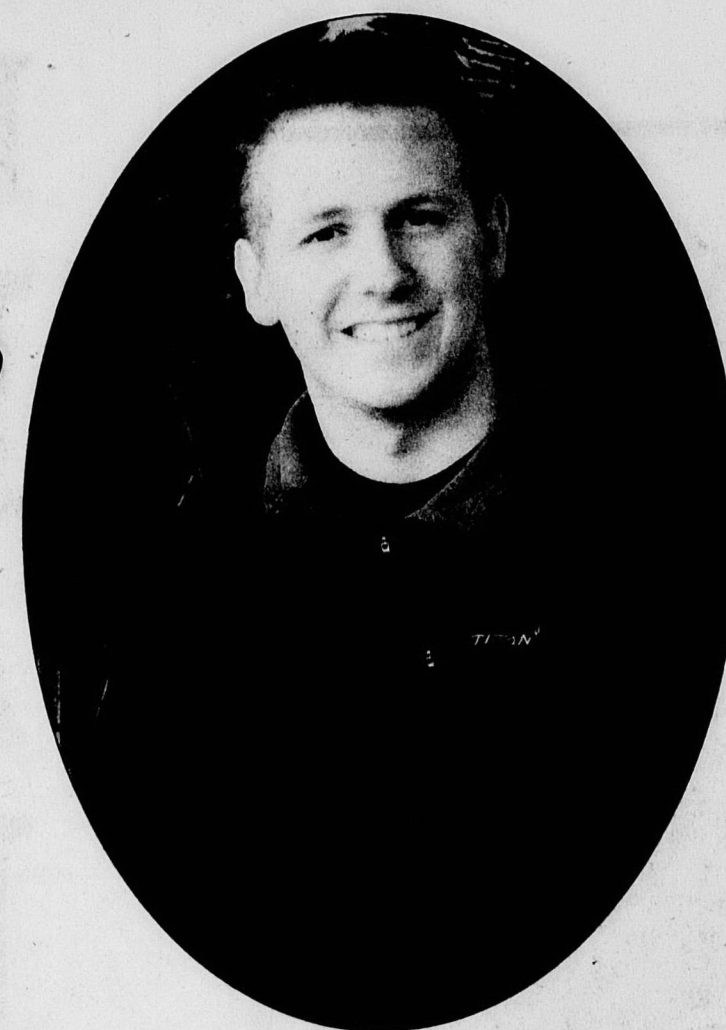
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Faces of Humboldt State

Zachary Beshore

Dorothy Guido

Staff Writer



Zachary Beshore sits near the Associated Students building where he works hard to represent all of the student body. | Bryan Thomson

He looks like an average student, but Zachary Beshore is a leader on campus and in the community. Gentle natured and personable, Beshore created a niche for himself in just his second semester at HSU.

Known for his work as a Residence Hall Association representative and at the Information Technology Services help desk, helping students face to face. Beshore learns about what their issues are, their needs and wants, and brings those back to the administration of housing and of HSU. He makes a huge effort to spend personal time with everyone he comes across.

To remain involved in the inner workings of student housing, he chooses to live on campus. Beshore, with words of encouragement and a genuine interest, fosters his peers through personal involvement and an intense enthusiasm in activities on campus. He not only plays the part of a student, but fills the role of a great student leader.

Beshore finds time between homework and his work to be a student representative on the Student Fee Advisory Committee as well. Serving as a general voice of the students for the various fees either created or raised every year, he attempts to make sure students are not being ignored in the face of the economic crisis our school is in.

Michael Capaccio, a communications major, said, "He's such a great guy, super friendly and totally involved with all sorts of things. I don't know how he

finds time for that, and have time to just kick back and talk about life."

Moving here from just outside Sacramento, Beshore took one look at Humboldt State's campus and could not say no. "I absolutely love the student atmosphere here on this campus," Beshore said. "Everyone is so involved and really intent on making sure everyone succeeds. It's difficult not to love this

school with its location and the people here."

He plans to graduate in the spring of 2010 with a bachelor's degree in business with the beginnings of an M.B.A. He is not sure where he would like to

“ Zachary’s perseverance and persistence in handling situations... has allowed him to become a regularly identified leader on campus. ”

- Nathaniel Grey

attend graduate school, but said HSU is on his list of definite options. He hopes to add to his current experience by applying to be the next student trustee for HSU, which would open up huge opportunities for his future career with the governor of California.

His ultimate career goal, however, is to work in management of eco-friendly refinery technology.

A fellow staff member at HSU housing Nathaniel Grey said, "Zachary's perseverance and persistence in handling situations that most people would be afraid of has allowed him to become a regularly identified leader on campus."

"[He's] admirable and encouraging to be around, and certainly makes it easier to make it through those really difficult tasks," he added.

Dorothy Guido may be contacted at: thejack@humboldt.edu

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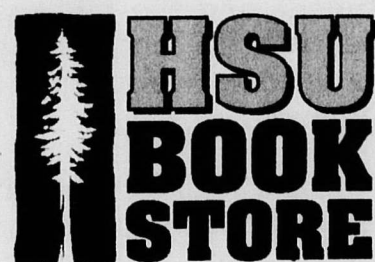
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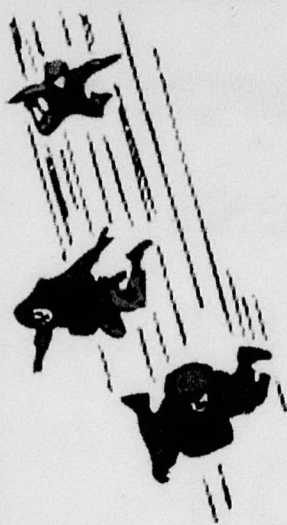
Opinion

18 | OPINION

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4.1.2009

Look up—the sky is NOT falling



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EDITORIAL

to help the poor, here in America and around the world.

Chase National Bank has renounced the idea to become a monopoly, and has begun to split back into its parent banks.

Many of Humboldt County's own lumber mills have begun taking steps to become green businesses, with a little help from a multinational team known only as The Planeteers.

Overseas, this country is in the best shape it has ever been.

Other countries, especially in the Middle East, see us as great bringers of freedom, and keepers of the peace.

We're very close to winning the wars in Iraq and Afghanistan, and our troops will be safe at home before you can say "Bin Laden." We captured him, too, by the way.

On the local front, Humboldt State University has extra income. The school is going to be re-hiring the teachers we've been so sad to lose, teachers like Hal Genger and Dr. Stone Brusca.

Financial aid will be giving out more grants than ever, and student loans are safer than they've ever been.

More classes are going to be offered, reducing the number of students in each classroom.

The programs that have been cut, such as German, are coming back.

President Richmond just announced that he will give free puppies to every HSU student, and the UPD said they will no longer report marijuana violations on campus.

And the latest weather report from the underworld: Lucifer, the prince of darkness, announced yesterday that temperatures just dropped to -2° C (27° F), which confirms that Hell has, in fact, frozen over.

Those inconvenienced by the change in temperature are being moved to a warmer climate, and rumors are circulating about a "Lake of Souls" ice rink.

So turn that frown upside down. Everything is rosy and nothing is going wrong.

Do we really need to say it?

April Fools.

[this editorial is satire]



The Lumber Jack

Location:
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Phone: (707) 826-3271

Fax: (707) 826-5921

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Web site: www.thejackonline.org

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

LETTERS TO THE EDITOR

Stand up to education budget cutters

Obviously, I am not an ideal messenger but, contrary to the claim of crime-business politicians, education is NOT the top waster of tax dollars. Huge multi-billion dollar abuses are in state and local criminal justice and prison spending, from prosecutor to political appointee parole boards.

From repeatedly discredited tales of former clerks, secretaries, aids, wives, girlfriends, etc... we learn about the foreign bank accounts of many prosecutors, judges, officials, politicians (in Bali, Bangkok, Manila and elsewhere). Some using corrupt IRS agent advisers, their investments in and receivables from hundreds of court, jail and prison goods and service providers and contractors. This is how California became the "Prison State." Last term, one bill per in-session hour was submitted by invested state senators and assembly members either creating new crimes or lengthening sentences.

These crime business profits, legal and illegal, motivate officials to find an expensive prison remedy for every social problem. Surprise! Our prisons are overflowing with addicts, drug abusers, mentally ill,

silly parole violation and trivial three-strikes cases, homeless trespassers, prostitutes, self-defense cases (rights we have lost), thousands of harmless geriatric lifers, the innocent, sick and dying, etc. Boots-on-the-ground police officers know that courts and prisons do not solve social problems. A minority of willful predators are sensationalized on the nightly news, ever enriching TV execs and cowering the public into viewing themselves as victims. Rich and powerful prison employee unions have co-opted and corrupted the agenda of once well-meaning victim rights groups.

But the lead domino in this scam is "absolute prosecutorial discretion," the supreme authority of secretive district attorneys, which should be turned over to panels of civilian voter-volunteers at the county level. Reading police reports and applying criminal statutes is not rocket science. A panel of grandmothers minding the gate could save billions by prosecuting only real crime.

The FBI should investigate the finances of our many crime profiteers. But please urge your school to take a first step toward

sanity by sponsoring surveys of real crime victims, asking whether they would prefer to retain mom's jewelry, grandma's silver, family heirlooms, etc... and just give the dopers their fix at their local clinics, or continue to be victims spending billions enriching judges, prosecutors, lawyers, politicians, union bosses, etc...

Also, mental facility and out-patient care are far more cheaper and more effective than prison. Our universities might take over our currently out-dated in-prison/vocation programs (whose budgets are routinely stolen or diverted by unaccountable officials anyway). But any politician who advocates cutting education, has to be a crime-business profiteer, a crook who is willing to molest our children, college students and taxpayers. Service providers for my site exposing these abuses were threatened, so there has been no maintenance since last year. But informative newsletters remain. Please do your own, independent research.

Kenneth E. Gage
CDC Inmate

Take-a-kid fishing day
at Freshwater Lagoon

A fishing day event for children 15 years old and younger will be held at Freshwater Lagoon from 9:00 to noon on Saturday, May 2.

The event is being hosted by Redwood National and State Parks, Humboldt Fish Action Council, AmeriCorps Watershed Stewards Project, California Department of Fish and Game, U.S. Fish and Wildlife Service, and California Trout.

The "Take-a-Kid Fishing Day" event is for all families to come together and discover how much fun you can have fishing.

Community volunteers will be on hand to teach techniques of casting, baiting the hook, landing the fish, careful release, and safe fishing practices. Prizes donated by the community will be raffled off to registered participants 15-years-old and younger.

Loaner fishing rods will be available on a first come, first served basis. Children 15 years old and younger do not need a fishing license, however all

other regulations still apply.

To drive to the event from the Eureka/Arcata area take Highway 101 north to Freshwater Lagoon, two miles south of Orick. From Crescent City/Klamath area take Highway 101 south to Freshwater Lagoon, two miles south of Orick.

Carpooling and shoreline fishing is encouraged as there is limited parking for cars and boat trailers.

Please bring your own gear, lifejackets, sunscreen, sunglasses, cameras, etc.

If rain is predicted you can call (707) 465-7714 on May 1 after 12 p.m. to receive information on an alternate date.

For more information about this event please contact me at (707)465-7765.

Thanks,

Carey Wells

Lead Park Guide South District
Redwood National and State Parks

GUEST COLUMN

Things to consider before adopting a pet

Whenever you decide to share your life with a dog or cat there are a number of questions to consider.

This is especially true if you are in a transitional state of existence, which often makes this the very time you want a nice furry kitty to snuggle up in your lap, or a dog to take with you on runs at the beach.

Having a loyal and adoring best friend who offers you unlimited amounts of unconditional love is a wonderful feeling, especially when you are experiencing so many changes and challenges each day.

While all the above can be true, and there is no doubt that dogs and cats can enrich your life immeasurably, is this the best time for you to take on the additional responsibility of pet ownership?

There are **4 CRITICAL FACTORS** that will insure a great experience for you and your new "Friend for Life."

Do You Have The Financial Capability To Care For Your Pet?

Good quality dog or cat food is essential for proper growth and development, and some animals need a special diet due to allergies or other medical conditions. Veterinary costs are an ongoing expense, as many immunizations must be updated yearly.

What if your dog or cat gets sick or injured? Do you have the funds to pay medical costs that may run into the hundreds of dollars, or more?

Most importantly, will you be able to afford to have your cat or dog spayed (females) or neutered (males) so they don't add to the animal overpopulation problem of Humboldt County... and leave you scrambling to find homes for all the babies?

Do You Have Proper Space For Your Four-legged Friend?

Is there a safe place for your pet to be, particularly when you're away from home, or is that puppy going to end up tied to a tree (not

only cruel, but illegal), crated up, or panting in a hot car all day? How will your cat spend his/her days and nights?

Do you live on a busy street, or in a place where wild forest animals might be a threat? Is your landlord amenable to having animals on their property, and will there be an additional deposit? How do your roommates feel about sharing their space? How do you control fleas and ticks? And what about all that poop scooping?

Do You Have Time To Share With Your Critter?

Spending time with your dog or cat is fun, relaxing and rewarding. Animals can have a very calming and positive influence when they are well behaved and know what is expected of them, but this takes time and a firm commitment from you to build that bond of trust.

Dogs in particular need training and consistency, socialization with people and other dogs, and most

importantly plenty of exercise. Playing fetch, taking walks/runs, grooming, and just cuddling up are activities that need to happen every day to keep your dog engaged, socialized and happy. If you are too busy to take the time to train, exercise and play with your dog every day it is likely that behavior problems will occur, and this makes for an unhappy experience for you and your pet.

Know Yourself!

Attending school is a transitional time for most people. Your living situation is likely to change frequently, as will class schedules, work schedules, and your social circle. Will you be able to accommodate the needs of your dog or cat given these changes?

Each year animals are abandoned when their owners can no longer provide for them. The poor animal is "set free" to " fend for himself." Most abandoned animals will starve, sicken and die,

and our local shelters are full of animals nobody wants. Sadly, there are not enough homes for all of them and many will be euthanized.

If you have carefully considered all of the critical factors discussed above and feel you can provide a great life for a cat or dog, contact a shelter or rescue to find your "friend for life." If, on the other hand, you feel your situation is not conducive to having an animal—**WAIT** until the time and space are right.

The goals of Friends for Life Animal Rescue are to reduce animal overpopulation through spaying and neutering, and keep dogs and cats out of shelters by providing "matchmaking" on our website for animals needing to be re-homed. Please visit our website at: www.dogrescuers.org

Louanna Phillips

President board of directors
Friends for Life

The Lumberjack Submission Policy

- Submissions must be addressed to
Opinion Editor Rose R. Miller at
rcm28@humboldt.edu

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

- Letters to the editor may not exceed 350 words.

- Guest columns may not exceed 750 words.

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

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

- New contributors may be given preference over return contributors.

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

- HSU students should provide their major and class standing.

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

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

Arts & Entertainment

20 | ARTS & ENTERTAINMENT

THEJACKONLINE.ORG

4.1.2009

Arcata Theatre to open its doors after five years

Amber Duka

Staff Writer

Paint is retouched, light fixtures are fastened, tables and chairs are put in place and everyone is running around in complete panic. This describes the chaos at the Arcata Theatre Lounge.

After a grueling five years, the Arcata Theatre Lounge (ATL), located in the historic Arcata Theater on G Street, is finally set to open its doors.

"I can't believe it's finally here, I am so amazed," said owner Lara Cox.

Rather than showing new releases and blockbusters, the theater is taking the route of showing more artistic and avant-garde films. "There is not really a venue like this in the area," said Mike Sargent, the head of cinema booking and advertising.

"We are not here to showcase blockbusters. We are looking to show more art films, documentaries and independent films," said Sargent.

There are countless people around putting on the final touches before the grand opening on Friday, April 3.

"The ATL is a place where we want people to come and experience a variety of entertainment," Cox said. "The ambiance and design of the building will make shows and performances here more interesting. We want to bring a little magic into people's evenings."

And magic is what you get. The moment you see the theater and walk through its doors, you travel to a different time. The building embodies elegant and glamorous old Hollywood with a small-town twist. The detailed molding on the walls, etching on the doors and overall architecture of the building simply takes your breath away. The art-deco themed building has been restored.

The ATL is not only unique in its architecture. One aspect many people will enjoy is that the theater will be a full-service restaurant and will serve wine and beer. It will be a place where you can wine, dine and catch a movie or live performance all-in-one.

Since the theater's opening in 1937 by movie mogul George Mann, the ownership of the Arcata Theatre has changed multiple times. In 1982 Mann sold the property to David Philips who continued to operate the theatre as a movie house. Next the theater was sold to Robert White in 2000 that wanted to turn it into a concert hall/cinema/restaurant bar.

After a canceled event White leased the theatre to a company called AIRcata Physical Arts and acrobatics training facility. AIRcata never opened its doors and broke its lease with White. Finally in May 2004, Lara and Brian Cox purchased the historic Building.

Rhenna Lagambina, an Arcata resident, can't wait for the ATL to finally open.

"My friends and I always talked about buying it one day," she said. "We wanted to make it a place where you could actually sit down, watch a movie and have a meal. To hear that they're doing that is so cool."

The menu will range from calzones and samosas to chicken wings and pub sandwiches. "We will be serving gourmet pub/bar food with a twist," said Jen Pittman, the head chef at the ATL. "We are working with local companies like Brio Bread Works and Hey Juan Burritos to get some of our ingredients for our food, so everything is locally based," said Pittman.

Wonder what's going on in this brand spanking new theater? See page 22 for a calender of events!



A construction worker puts the finishing touches on the newly remodded Arcata Theater lounge that will celebrate its grand opening this friday, April 3 at 9 p.m. | Allyson Riggs

Amber Duka may be contacted at thejack@humboldt.edu

Taarka and Elephant Revival invade Arcata

Nathaniel Ochoa
Staff Writer

All eyes were fixed on the darkened stage. A spotlight shadowed five mysterious figures in silhouette. They were armed with stringed instruments and an African drum. Slowly, the lights brightened and the band began to play.

Elephant Revival, the gypsy-folk band from Colorado, kicked off the night with a Scottish folk number that had the audience tapping their feet in time to the music.

"If the tables are in the way, simply dance on top of them," said guitarist Daniel Rodriguez with a laugh.

As if on cue the tables and chairs of HumBrews were pushed aside to allow the audience to get closer to the band and begin to dance.

The next song, titled "Pipers Sun" was another Scottish-folk tune with a contagious rhythm that had the audience dancing enthusiastically by the end, cheering in appreciation during the song's impressive fiddle and banjo solos.

Blending together traditional folk music, Irish jigs, Scottish beats, and the African drum (the djembe), the band brought its unique sense of Americana to a full house.

The smell of beer and sweat and the faint odor of cigarettes filled the room as the band played into the night.

The band ended their set with the Irish jig "Single Beds Are Made For One." After, they thanked everyone for coming out to support them.

During a brief intermission, the audience had a chance to go outside, cool down and chat about the show.

After 20 minutes, Colorado-folk band Taarka was ready to take the stage. The audience hurried inside and bum rushed the bartenders for another round of drinks before the band began to play.

When the four members of Taarka took the stage the audience roared in approval.

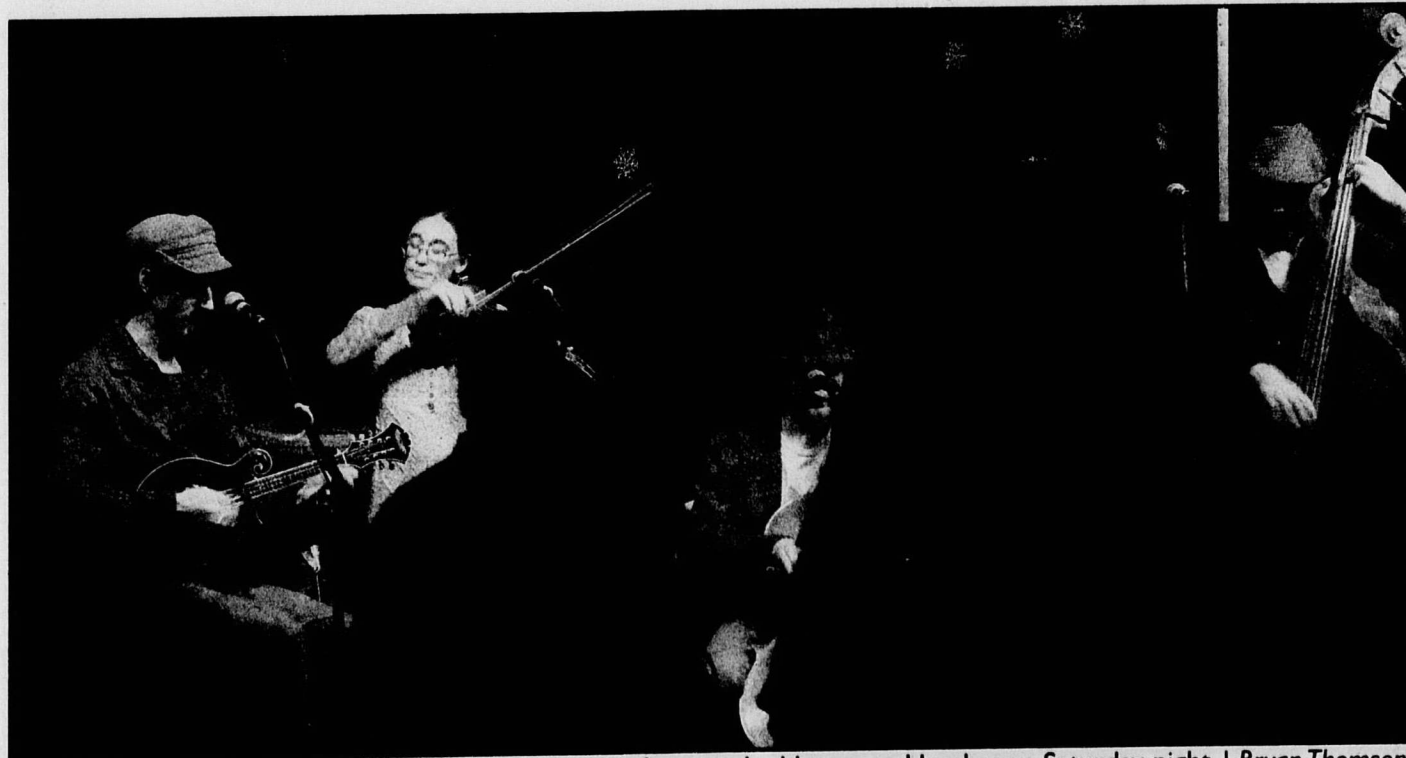


Enion Pelta-Tiller plays her violin with precision and grace during the Taarka's show at HumBrews. | Bryan Thomson

Taarka began their set with a fiddle solo that sounded like something straight out of "Fiddler on the Roof." And before you could say "mazel tov," everyone in the audience was clapping their hands and stomping their feet.

One man danced so energetically that one of his sandals flew

See Elephant, page 22



Members of Taarka play for a packed house at HumBrews Saturday night. | Bryan Thomson

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Elephant: Don't let silly things like furniture get in the way of your dancing

Continued from page 21

off his foot. He scrambled for it in the midst of the dancing audience. Man and his sandal were soon reunited, and he began dancing as excitedly as before.

"We really are excited to be here tonight," said Taarka's cellist Daniel Plane with a smile. "It's our CD release party and we thank you all for being a part of it."

The next song, "My Angeline," is a song about secrets, betrayal, and sweet revenge that bled into a 15-minute instrumental number that had the audience jumping up and down with joy.

In the next song, "Dark Eyed Lover," fiddler Enion Pelta Tiller sang sadly that "beauty maddens the soul like wine, she triumphs to think that your heart is won, stately dark eyed lover of mine, I would have followed you down to hell, beauty maddens my brain like wine."

The band played on for more than an hour, and the audience danced itself to exhaustion.

It was well after 1 a.m. when the show finally ended and the audience stumbled into the chilly night air.

Elephant Revival fiddler Bridget Law said that life on the road is always fun, but it is always good to come home every now and then.

"When we're here in Humboldt, it feels like we've come home."

Nate Ochoa may be contacted at thejack@humboldt.edu



David Tiller (left) and Enion Pelta-Tiller (right) serenade about 'Angeline.' | Bryan Thomson

UPCOMING EVENTS AT THE ARCATA THEATER LOUNGE

April 3, 2009:

Grand Opening with Ponchel and The Delta Nationals

Doors open at 7:30 p.m.

Music starts at 9:00 p.m.

Tickets are \$15.00 at the door

\$12.00 in advance at Smug's Pizza in Arcata and Eureka.

21 and over

April 4, 2009:

The Motel @ 8:00 p.m.

Midnight Movie - Six-String Samarai @ 11:59 p.m.

April 5, 2009:

The Motel @ 5:00 p.m.

The Motel @ 8:00 p.m.

April 11, 2009:

Our Daily Bread @ 3:00 p.m.

April 18, 2009:

Our Daily Bread @ 3:00 p.m.

April 19, 2009:

Our Daily Bread @ 5:00 p.m.

Our Daily Bread @ 8:00 p.m.

Contact Info

For event info, visit arcatatheater.com or call: (707) 822-1220

For booking inquiries, email: arcatatheatre@suddenlink.net



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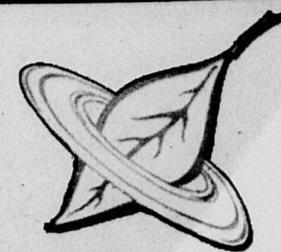
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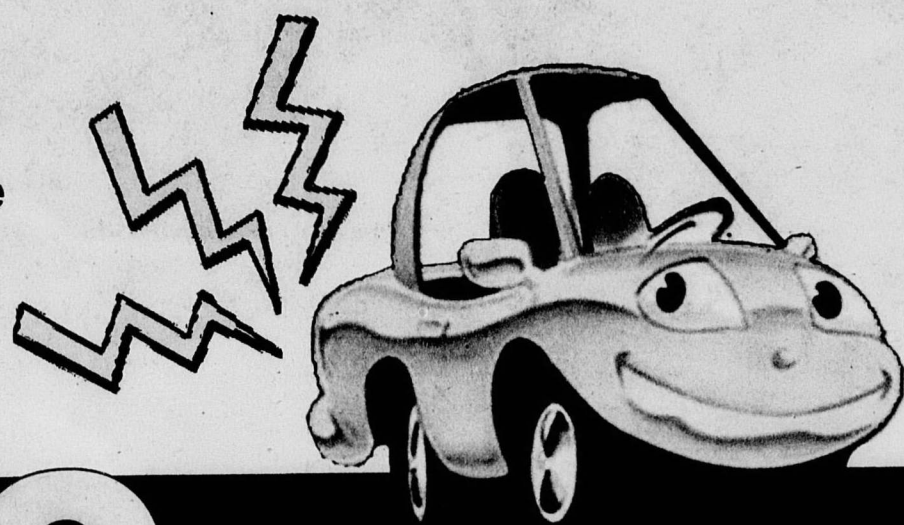


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Arcata Community Center

For more info,
www.HumboldtPlanItGreen.org

Eighth Annual

Lost Coast Jewelry, Gem, Bead and Mineral Show

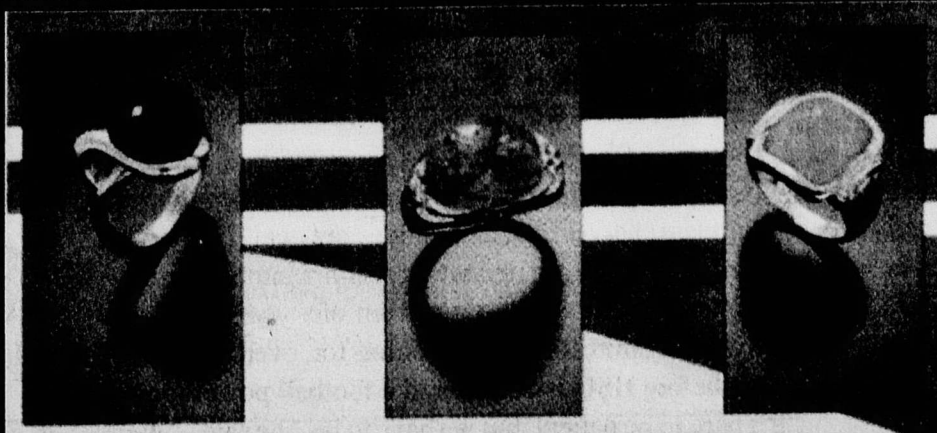
Friday, April 3rd
12pm - 7pm

Saturday, April 4th
10am - 7pm

Sunday, April 5th
10am - 5pm



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General Admission: *3⁰⁰

Seniors and Students are 1/2 off on Saturday and Sunday
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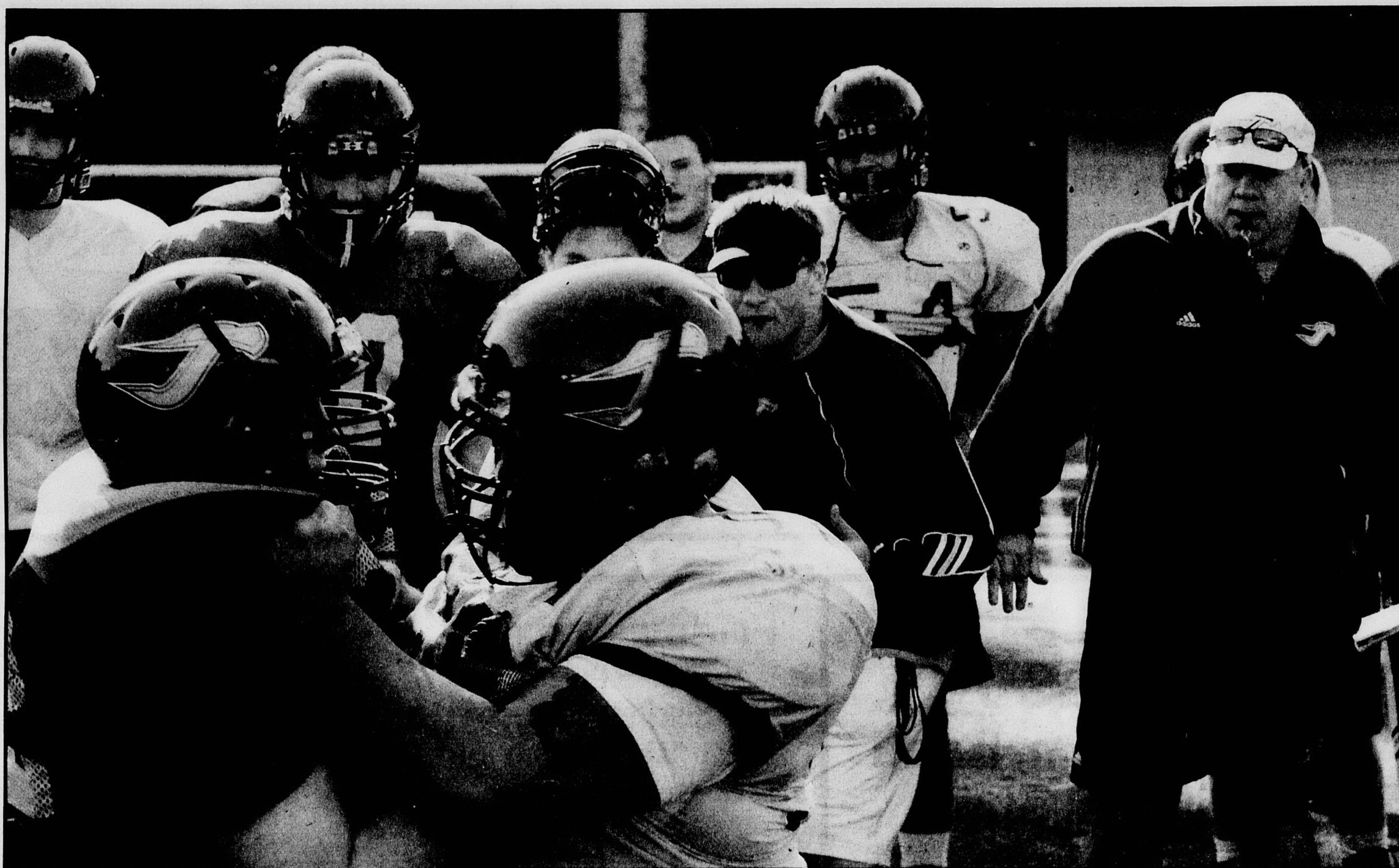
Seniors/Students FREE on Friday

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Coach works to rebuild team



Two HSU football players push and shove in the circle with Coach Rob Smith and the rest of the team watching. | Bryan Thomson

Luke Ramseth

Staff Writer

On a misty Wednesday afternoon, Redwood Bowl is abuzz with the pop of helmet on helmet tackling drills. Players yell and coaches call out directions. In the midst of the chaos is HSU's Head Football Coach Rob Smith.

Smith was hired just over a year ago. Under him the Jacks went 2-11, which wasn't an improvement over a 2-8 record in 2007.

While hardly an impressive inaugural season, Smith isn't worried. In fact, he's fine with his tenure at HSU getting off to a slow start.

Smith has a different philosophy than previous HSU coaches, and it shows at the Jacks' spring practices, which kicked off just before spring break. It is also evident in the direction he is pushing the program, from recruiting younger players to encouraging inner-competition within the team.

The team has been practicing three times a week. "I think this team is starting to come together," he said. "If we compare these practices to where our team was last year at this time, we're light years ahead."

Pat Gondkoff, a freshman wide receiver in Smith's first recruiting class, agreed. "The practices are real high tempo. We're coming out hungry and we expect a winning season."

The improvement of the team from one year to the next is exactly what Smith said he is looking for, even if it takes a few years before HSU is considered a football powerhouse.

"It's hard to be patient, but we have to be," he said. "We're not looking for a quick fix. We're trying to build the program from the ground up, for that long-term success."

One strategy employed by the Jacks coaching staff is to recruit mostly freshman as opposed to junior college (JC) transfers. A tradition in the past, Smith feels recruiting JC transfers is just a "quick fix," because they only get two years in the program. A freshman gets four or five years.

Two solid freshman players in Smith's first recruiting class last year are Gondkoff and tight-end Erik Peterson. Gondkoff is the only freshman to get serious playing time, and although Peterson was recruited as a quarterback, he said he was willing to switch to tight-end this season because it's best for the

team. "I'm here for the long run," said Peterson. "That's the way I can see more [playing time] and help the team."

A total of 39 freshman football players will join the squad in August. Smith hopes some of them are able to contribute right away.

Typically, college athletes are "redshirted" and don't play in games freshman year so they are eligible to play one more season later on. But because of depth issues, especially on the offensive and defensive lines, Smith is telling new recruits they'll have a chance to play right away.

Peterson sees the extra competition as a good thing. "The vibe [on the team] is excited just to prove ourselves. I want this year to be a starting point," he said.

Maybe more important than anything is the survival of the football program at HSU. While there has been no talk of dropping it, it can be considered a costly program at a school that is hurting for money in a tough economy. Smith

See Football, page 25

Football: Coach says time will tell

Continued from page 24

coached at Western Washington University before coming to HSU. Despite WWU having a winning team, the school dropped their football program altogether in January.

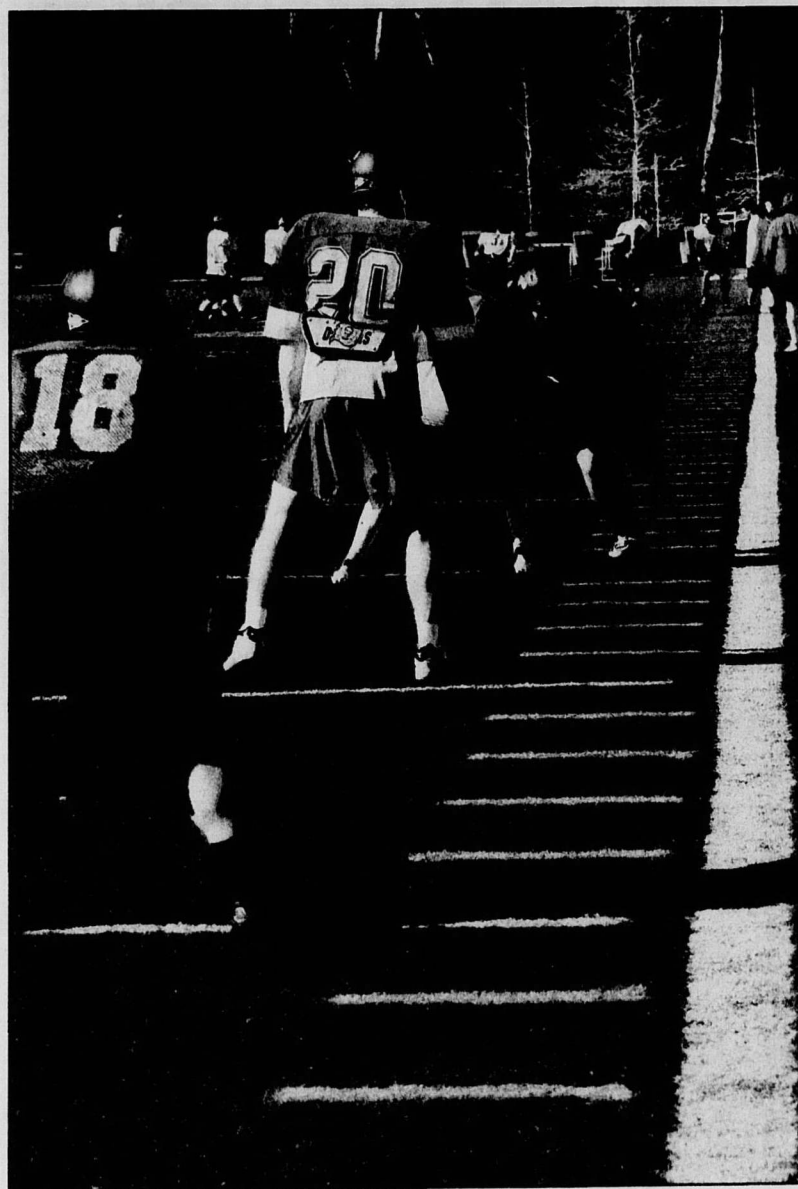
Smith doesn't think about the prospect of HSU losing its football program, and doubts it will happen anytime soon.

"I choose to look at the positive side of things," he said. "The [community] support we get here is impressive, when you look at fans at the basketball games, and even at the football games, despite a disappointing record. When we turn this thing around, then the crowds will get even bigger at football games."

"They didn't have that kind of community support up at Western Washington," said Smith.

And after one season coaching, albeit a rough one, Smith is happy with his choice of HSU. "I have no regrets," he said. "I'm more convinced than ever we can build a successful program at Humboldt State."

Luke Ramseth may be contacted at:
thejack@humboldt.edu



HSU football players take turns trying to stay inbounds during a pre-season practice. | Bryan Thomson



HSU football players line up to begin practice. | Bryan Thomson

When?

Was the last time
You waved to your
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LUMBERJACK CALENDAR

campus.community.music.film.theater.dance
Apr. 1 - Apr. 7

WEDNESDAY

April 1

Mardi Gras: Made in China (Film)

Where: Siemens Hall Rm. 115, HSU
Time: 7 p.m.

Oyster Night and Karaoke

Where: The Boiler Room, Eureka
Time: 9 p.m.

THURSDAY

April 2

Habib Koité (Pop from Mali)

Where: Kate Buchanan Rom, HSU
Time: 8 p.m.
Cost: \$35 General, \$30 Seniors and Children, \$20 HSU Students

Chateau La Roach (Comedy)

Where: Carlo Theater (Dell'Arte), Blue Lake
Time: 7:30 p.m.
Cost: \$8 General, \$5 Students and Seniors

FRIDAY

April 3

Duo Fuoco (Tango)

Where: Fulkerson Recital Hall, HSU
Time: 8 p.m.
Cost: \$8 General, \$3 Students and Seniors

Chateau La Roach (Comedy)

For more information, see Apr. 2 listing

Dancing Potluck with Synrgy and Woven Root

Where: CCAT, HSU
Time: 7 - 11 p.m.
Cost: One food dish to share

SATURDAY

April 4

California Big Time and Social Gathering

Where: Kinesiology & Athletics, HSU
Time: 10 a.m. - 10 p.m.
Cost: Free

Echoes of the Night: Faculty and Student Compositions

Where: Fulkerson Recital Hall, HSU
Time: 7 p.m.
Cost: \$7 General, \$3 Students and Seniors

Poor Man's Whiskey (Jam Grass)

Where: Humboldt Brews, Arcata
Time: 10 p.m.

Chateau La Roach (Comedy)

For more information, see Apr. 2 listing

Six String Samurai

Where: Arcata Theater Lounge, Arcata
Time: Midnight
Cost: \$7 Ages 21+

Open Mic

Where: Has Beans, Eureka
Time: 4 - 9 p.m.

Bucky Walters

Where: Mosgo's, Arcata
Time: 8 p.m.

SUNDAY

April 5

Alexander String Quartet

Where: Fulkerson Recital Hall, HSU
Time: 8 p.m.
Cost: \$45 General, \$40 Seniors and Children, \$25 HSU Students

International Roma Day Celebration

Where: Redwood Raks Dance Studio, Arcata
Dance Workshop 5 p.m.
Live Music Party 7:30 p.m.
Cost: \$15 for one event, \$25 for both

Chateau La Roach (Comedy)

Time: 2 p.m.
For more information, see Apr. 2 listing

MONDAY

April 6

Christy and Emily with Indian Valley Line

Where: Big Pete's Pizza
Time: 10 p.m.
Cost: \$4 General, \$3 Students w/ I.D.

TUESDAY

April 7

Free Admission Day, HSU Natural History Museum

Where: Natural History Museum, Arcata
When: 10 a.m. - 5 p.m.

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WELLNESS

HSU AA MEETINGS now meet in HGH Building Room 226. Call 442-0711 for more info. Marijuana Anonymous meets every Wednesday night from 7-8pm in NHE 113. 618-9228.

CHECK YOUR EMAIL for a free monthly subscription of **Student Health 101**. It is a magazine that offers relevant articles encouraging students to be aware of different wellness and health issues.

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