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The Lumberjack

Wednesday, April 13, 2011 Vol. 98 No. 11 www.thejackonline.org

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the money?

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walk out

page 5

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Impeach

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Corrections

-Our website URL was wrong on last week's cover. Wow.

-Anniversary was spelled wrong on the cover. Double wow.

-Background photo for "Missing Moss" should be credited to Andrew Thran

-Edgar Burgara's name was spelled wrong in last issue's "Change Through Social Entrepreneurship

-The anniversary for Redwood Curtain is actually on April 16, not April 14 like we said last issue. Our bad.

If you have any **Corrections** contact us:

Office: 707.826.3271 | Fax: 707.826.5921 or

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ANIMAL COLLECTIVE REVIEW

BRIGHT EYES PHOTO SLIDESHOW

The Lumber Jack

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BYE BYE, IBAN?

Josh Aden
News Editor

POSSIBLE IMPEACHMENT TODAY



Photo courtesy of Associated Students

Associated Students President Iban Rodriguez is running for another term, but his current one could be cut short. Rodriguez might be impeached today at a special Associated Students meeting.

The articles of impeachment cite a string of unexcused absences from meetings, not holding office hours, and failing to make committee appointments. Rodriguez is also accused of misusing AS funds and abusing his power as president.

Rachel Brownell is one of the legislation's signatories and sits on the student council as an at-large representative. She said the council struggled with Rodriguez's behaviour and attendance in February of the spring semester, but there wasn't enough support for an impeachment at that point.

Brownell said after a failed impeachment effort, council members tried to work with Rodriguez. "It's frustrating when you're trying to to help him," Brownell said. "He just ignored us."

According to the impeachment legislation, Rodriguez continually used AS money to travel with HSU representatives to California State Student Association meetings around the state, but did not report on his activities to AS.

"There's nothing in the president's role about going to these meetings," Brownell

said. "He was basically just having fun. He was going with our funds, but he wasn't doing anything in the name of AS."

Rodriguez said other council members told him he would be impeached if he ran for president again for the 2011-2012 school year. "I don't necessarily want to classify this as a threat. I will definitely say [impeachment] was used to deter me from running," Rodriguez said in an e-mail. "Legislative Vice President Aaron Wilyer told me that if I decided to run he would begin the impeachment proceedings."

Wilyer, who wrote the impeachment articles, is competing against Rodriguez for president in the upcoming election. As Legislative VP, it is Wilyer's job to prepare any legislation the council wishes to pass. He said he was approached by other members about writing the impeachment and that his candidacy had nothing to do with the impeachment proceedings.

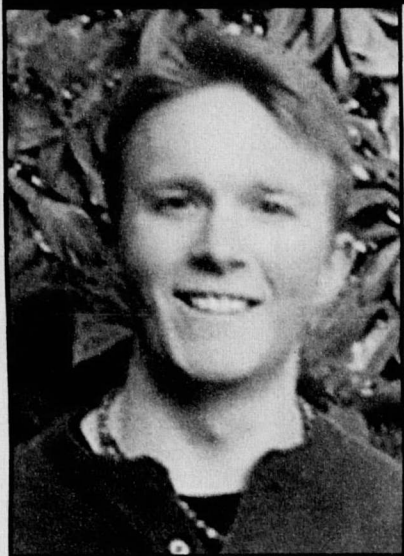
"We don't want people thinking that he got impeached strictly for this election," Wilyer said in another e-mail.

The AS council will vote on the impeachment today, April 13, at 4 p.m. in the Windows Cafe. If Rodriguez is impeached, he will be replaced by Administrative Vice President Stephanie Partlow who will take his place through the end of the semester.

.....
**Josh Aden may be contacted at
thejack@humboldt.edu**

ELECT YOUR LEADERS

President



Bryan Kelly



Iban Rodriguez



Aaron Wilyer

Student Government elections are April 19-21. Read candidate platform statements and vote online at www.humboldt.edu/associatedstudents.

Student Affairs Vice President



Natalie Guest

Legislative Vice President



Kate Beyer

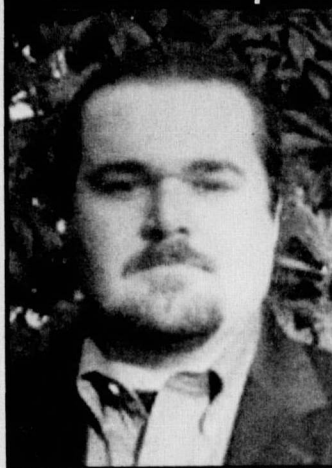


Maureen Walsh



Pam Ward

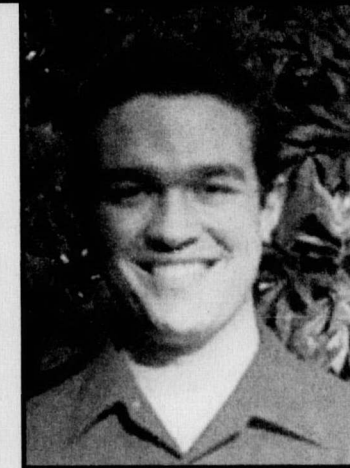
CPS Representative



Stefan Kreid

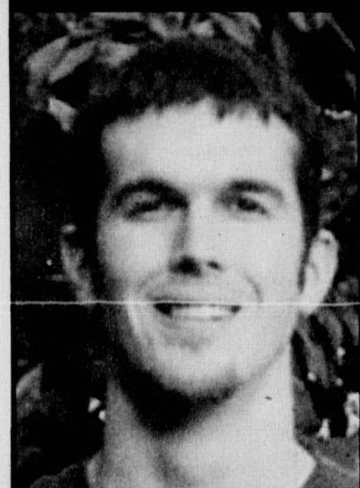


Cam Pham



Paul Yzaguirre

CAHSS Representative



Brandon Durr



Julieanne Hope

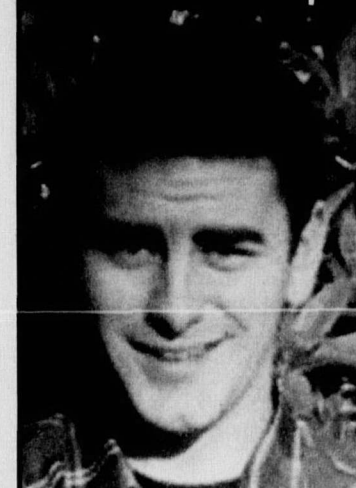


Sarah Scudder



Hayden Thomas

CNRS Representative



Nick Bollier



Jaymes Silveira

-Compiled by Josh Aden

STANDING FOR EDUCATION

A WALKOUT AND PROTESTS
AGAINST CUTS TO THE CSU SYSTEM
COMMENCE AT NOON.

Josh Aden
News Editor

Humboldt State is dealing with a multi-million dollar budget gap that could reach \$17 million unless California Governor Jerry Brown finds a way to hold a special vote on tax extensions. He must convince state Republicans to approve the special election before June and even then voters have to approve continue taxes to save the CSU system from deeper cuts.

With programs in danger of being cut and the potential tuition hikes looming, some HSU students and faculty have decided to take action. Organizers planned a walk out and rally in front of the Library scheduled for noon today.

"It's kind of our duty to stand up and say this isn't right," said Rita Dunn, a member of the HSU College Democrats who helped organize the rally.

Fliers and posters depicting a fist chained by dollar signs have appeared around campus advertising the event. The leaflets list the salaries for President Rollin Richmond and

CSU Chancellor Charles Reed as well as statistics about tuition hikes and cut classes. The fliers pose readers the question 'Why is it that we pay more money for less education?'

Matt Maltbie, another member of the College Democrats, said students should demand the tax extensions because the only other option is to cut more. "You can't have an 'all cuts' approach," Maltbie said.

The rally is a cooperative event organized by a number of groups including the College Democrats, The California Faculty Foundation and Lobby Corps.

The organizers call on all students and faculty to join the rally, especially those like James Bruce who are not already part of activist groups on campus. "I am... pissed and figure no one will actually do anything about it but talk," Bruce said.

.....
Journalist may be contacted at
thejack@humboldt.edu

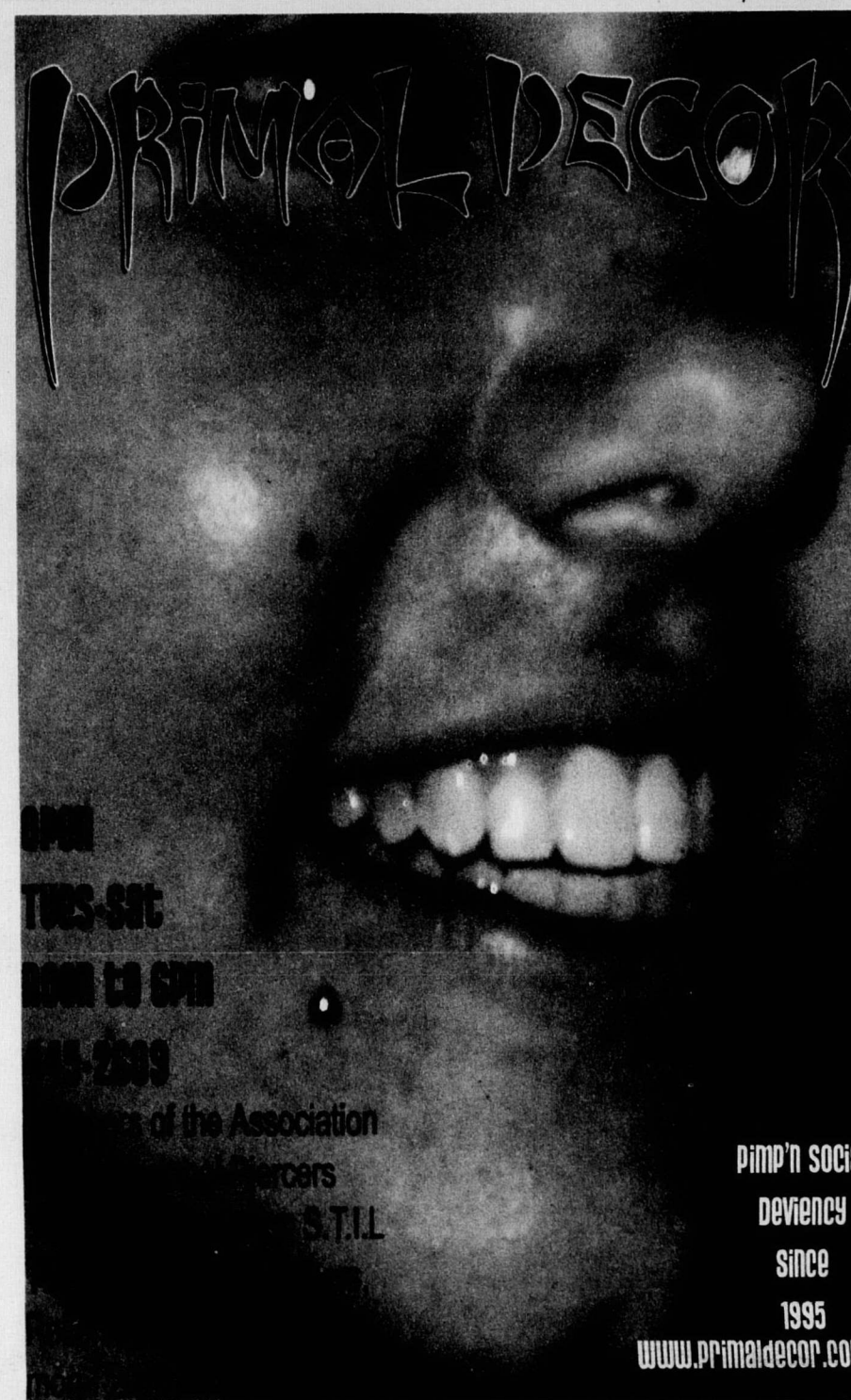
The walkout and
protest begin at
noon today, April
13, in the Library
Quad.

Direct Action Guide

Banners: Some clothesline, PVC pipe and paint is all that's needed to hang slogans and art. High railings, lamp posts, or upper story windows can be used let the message fly.

Rallying: Singing and chanting always draw attention. Drum circles and musical performances are also effective at drawing attention while creating a lively atmosphere. As mentioned before, banners and signs are integral to a rally. Long signs made of durable material make for good barricades between demonstrators and security or police.

Wheatpasting: This allows protesters to post messages in poster form, massed produced around a community. An informative or eye-catching poster in the right spot can go a long way toward advancing your goal. To make wheatpaste, mix two parts wheat flower with three parts water and boil after stirring. Apply the mixture to the back of your poster and use a flat surface such as a squeegee to affix to your target wall.

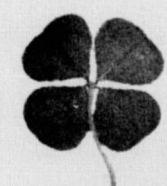


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Sample Ballot

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Iban Rodriguez
Aaron W. Wilyer

College of Natural Resources and Sciences Representative (3 Positions Available)

Nick Bollier
Jaymes A. Silveira

Administrative Vice President:

No declared candidate

College of Professional Studies Representative (3 Positions Available)

Stefan Kried
Cam Pham
Paul Yzaguirre

Student Affairs Vice President:

Natalie Guest

Legislative Vice President:

Kate M. Beyer
Maureen Walsh
Pamela Ward

Graduate Studies Representative (1 Position Available)

Leanne Lynch

College of Arts, Humanities, and Social Sciences Representative (3 Positions Available)

Brandon M. Durr
Julieanne Hope
Sarah Scudder
Hayden Thomas

All University Representative (1 Position Available)

No declared candidate

At Large Representative (1 Position Available)

John R. Hughes

University Center Board of Directors

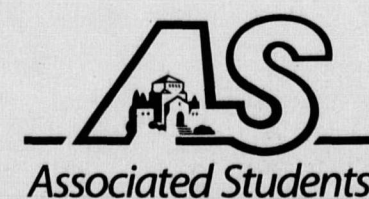
1-year position (2 Positions Available)
Chryste Johnson
Katrina McDarment

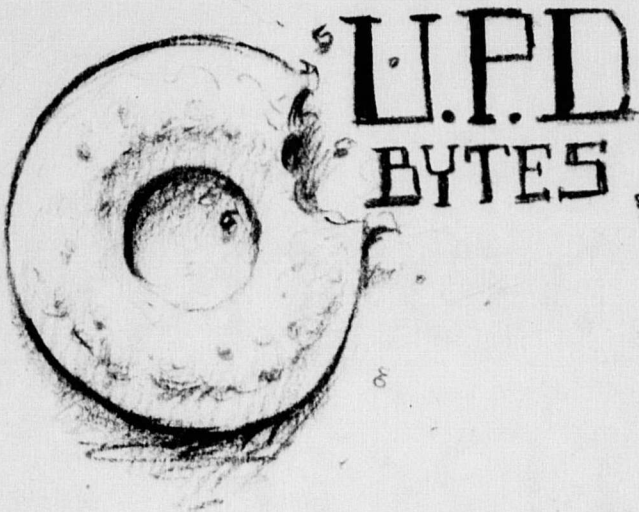
2-year position (1 Position Available)
Jennifer Mahoney
Nicole Young

VOTE April 19, 20 & 21

Election guides available
online and at the A.S. Office

www.humboldt.edu/associatedstudents/



**Wednesday, April 6**

11:55 a.m. An officer on patrol at the pedestrian underpass on L.K. Wood Boulevard found a pair of cameo pants blocking the camera. Taking off your pants before tagging definitely gives you the running advantage.

4:12 p.m. UPD officers assisted a woman who was stuck in the elevator in the SBS Building when power went out across the campus. The elevator was then detained for holding the woman hostage.

Thursday, April 7

11:29 p.m. Officers assisted a woman who was trapped in a malfunctioning elevator near the Depot. It's official: the elevators are rebelling.

Friday, April 8

3:48 p.m. UPD received a disturbance call about a man wearing purple yelling at the Student Disability Resource Center director at the Library. After screaming his head off, the man headed toward the President's Office. UPD intercepted the man and calmed him down before he spoke to the Vice President. Isn't purple supposed to be a calming color?

Sunday, April 10

12:48 a.m. A father called UPD about his daughter who lives on campus who he had not heard from for some time. UPD found his daughter, high-fived and headed towards Don's Donuts.

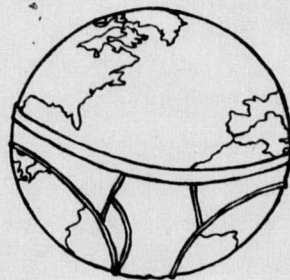
3:20 a.m. A noise complaint was phoned in at Cypress Hall. The complaint was cancelled before UPD arrived. Whoever called must have gotten used to hearing their neighbors singing Journey so early in the morning.

Monday, April 11

9:42 a.m. UPD responded to a call about graffiti at New Music on Art Fire Lane. When the officer arrived on scene, they were unable to locate the vandals or the graffiti. These graffiti artists are getting better at putting their art in places where people can't see it.

-Compiled by Nicholas Preciado

The World In Briefs

**Libya**

Moammar Gadhafi agreed to peace talks Monday after the African Union proposed a ceasefire between Gadhafi's troops and Libyan rebels. The proposal is void of any mention of Gadhafi stepping down as the country's leader. Libyan rebels are unhappy with the proposal, saying that Gadhafi must step down in order to have peace.

Japan

Japan announced Tuesday that the nuclear crisis at the Fukushima Daiichi power plant is being placed at level seven on the International Nuclear Event Scale. This puts the crisis on the same level as what happened at Chernobyl in 1986. The nuclear reactors at the plant currently remain unstable.

Belarus

A bomb exploded at a subway station in Minsk during rush hour on Monday. Twelve people were killed and more than 150 are hospitalized. Security officials said that the bomb was stuffed with shrapnel, nails and metal balls, with an estimated blast equivalent to five kilograms of TNT. The blast is blamed on terrorists.

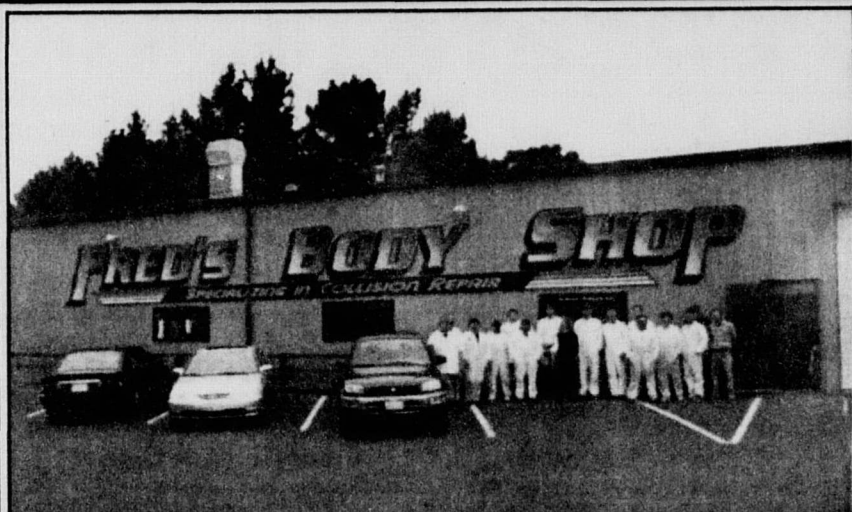
Egypt

Former President Hosni Mubarak was admitted to a hospital on Tuesday. It is reported that Mubarak suffered a heart attack while being questioned for possible charges of corruption.

North Korea

An American was detained on Tuesday in North Korea. Due to the animosity between the United States and North Korea, the Swedish Embassy in Pyongyang is working to have the man released. No information on who the man is or why he is being detained has been released.

-Compiled by Nick Preciado



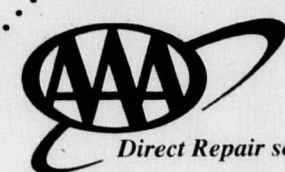
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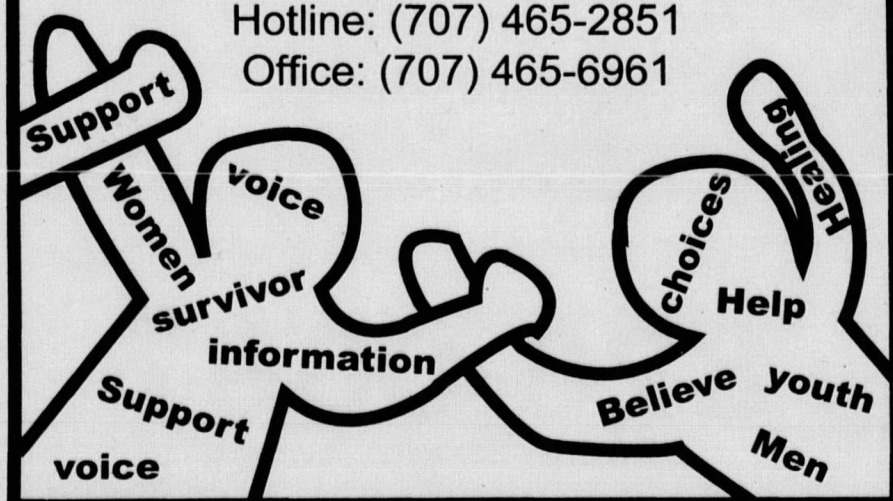
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FIGHTING FOR FOOD IN FERNBRIDGE

Dylan Honea-Baumann
Guest Writer

On March 31, Fernbridge Market and Cafe owner Steve Sterback was handcuffed and taken to jail for running his restaurant on a license that the Department of Environmental Health temporarily suspended.

On April 11 the District Attorney's office filed charges against Sterback for three counts of operating a food facility without a valid permit. His arraignment is scheduled for April 19. He could face up to eighteen months in jail, a fine of \$3,000 or both.

"I think that was a little extreme," said Sterback. "We've never been an imminent danger to the health of the public."

Sterback thinks that the Department of Environmental Health is on his case because of a refund he requested and received for a licensing fee for Doc's Take And Bake Pizza, a restaurant in Rio Dell that he has owned for eight months. Sterback said that he requested a licensing fee refund because veterans like himself can have the fee waived.

He said that Registered Environmental Health Specialist Kevin Metcalfe gave him a hard time. "He told me I'm lucky they're giving me a refund because of all the trouble my cafe is causing with water problems," said Sterback.

Sterback and the majority of his customers don't think that the district attorney should have arrested him for refusing to close down his cafe inside the Fernbridge Market. The Department of Environmental Health temporarily suspended his restaurant's license to serve food because of coliform bacteria contamination in the tap water, specifically *Escherichia coli*.

Escherichia coli, known as *E. coli*, is a rod-shaped coliform bacterium that can be found in the feces of warm-blooded animals. It can also be found in aquatic environments, in vegetation and soil. In some cases it can cause serious illness and or death.

According to the Department of Environmental Health, there is zero tolerance for *E. coli* in restaurant tap water.

Test results also showed that the water had high levels of turbidity, meaning it was cloudy. The level of chlorine in the water was four times under the state

minimum. It was 30 times under the recommended amount for unfiltered surface water treatment.

No reports of illness caused from the restaurant's tap water were made.

The Department of Environmental Health waited for a confirmation sample before suspending the license and asked Sterback to use bottled water until the results came back.

"It's an extremely temporary measure, it's not a long term situation," said Registered Environmental Health Specialist Harriet Hill.

According to Hill, one complaint was made from a customer during the time when the license was temporarily suspended.

"This anonymous person was concerned that this place was open and using bottled water," said Hill.

"I believe that because the water is a threat to public health that even bottled water does not ensure and safeguard against illness," said Director of Environmental Health Melissa Martel.

Sterback didn't want to pay for a state-approved system that costs around

\$10,000 because he doesn't own the building. According to Sterback's wife Deb Woods, the previous owner of the restaurant died of a drug overdose. Woods thinks its because she stressed out about problems with the market. The building was foreclosed and is owned by a bank.

Miriam Thompson said she's at the Fernbridge Market every day for two hours waiting for her dad to pick her up after school and that the closure of the restaurant took away a lot of the



Steve Sterback

old guys' coffee.

Fernbridge Market and Cafe employee Crystal Throssel was on her second day working at the cafe when Sterback was arrested. She said that she eats at the Fernbridge Cafe regularly. She knows lots of customers and no one complained about bottled water.

Sterback said that they've used potable water every winter since he bought the place two years ago because of cows stepping on the water lines and rain causing contaminants to get in. He says water contamination has been a problem at the market since before he became owner and wonders why they waited until now to make a big deal out of it. He said he paid someone to privately test the water and the results showed that the whole town



Steve Sterback, his wife Deb Woods and his son Louis Sterback in front of the Fernbridge Market the day after he was jailed for serving people food at a restaurant with a suspended license. | Dylan Honea-Baumann

has contaminated water.

According to Registered Environmental Health Specialist Kevin Metcalfe, the Department of Environment Health posted notices of water contamination at addresses they could determine were likely feeding from the same stream.

"Before the notices were posted, I told Kevin Metcalfe that if he didn't tell the community of Fernbridge their water was polluted, I would," said Woods.



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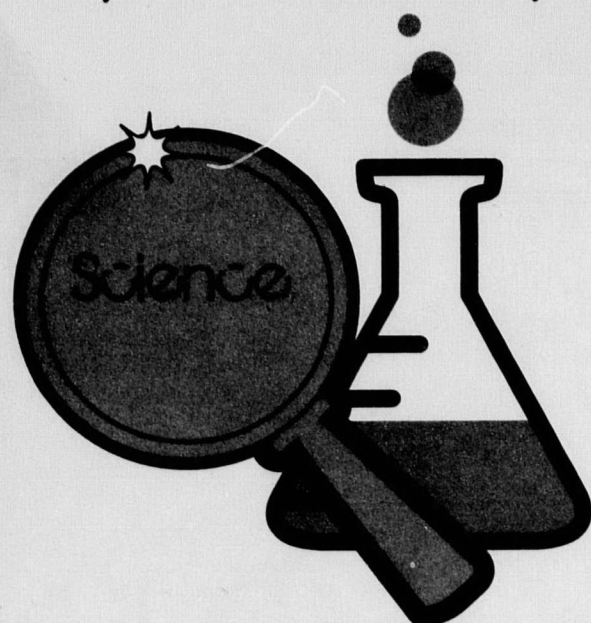
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BioTalk Breakdown ETHICS OF STEM CELL RESEARCH

Rob Knott
Science Writer

Millions of cells in the body die in the time it takes to finish this article (hopefully not brain cells...). Thousands of eye cells die with just one blink. Even the "long-lasting" red blood cells rarely make it past 120 days. Immortality is one hell of a feat for a cell. But that barely scratches the surface of a stem cell's potential, particularly when it comes to public discourse.

Never try to put a label on a stem cell. These cells can become practically anything - this powerful ability has thrust stem cell research to the forefront of biology. HSU's Stem Cell Techniques and Methods class orients future researchers to what is quickly becoming the future of research. In the lab, students develop mouse embryonic stem cells into a variety of different cells. Tye Petrie, who is enrolled in the class, recently developed stem cells into cardiac cells. "The heart cells, after a certain amount of time...you can look at them under a microscope and see an entire group of cells contracting all at once," said Petrie, a cellular molecular biology major. Beating heart cells are just one of the many possible fates for stem cells.

"There are several different varieties of stem cells that exist. The most talked about ones right now are embryonic stem cells, which are cells that are taken from the five-day-old (or younger) embryo and are capable of turning into any kind of cell in the human body," said Tawny Neal, a senior in cellular and molecular biology also enrolled in the stem cell class. "They are capable of self-renewing indefinitely so you can keep them in culture eternally. We call them 'immortal,' but there's no real way to test that. We've had them going for years without ever dying," she said.

Ken Taymor, a leading scholar on the social, legal and ethical implications of stem cell research and medicine recently spoke to HSU students and faculty about the issues surrounding hESC (human embryonic stem cell) research. "This [research] is all done in the context of market-driven development of biological therapeutics. That's a currently accepted paradigm—perhaps one that needs to be re-examined," he said.

Taymor, executive director of the UC Berkeley Center for Law, Business and the Economy, main-

tains the moral status of the embryo—that is whether or not the embryo is a 'human being'—is where the ethical nightmare begins. An embryo is formed when a sperm and an egg fuse together. Then begins an intricate marriage of each other's genetic information. "Whether the embryo has a special status because of a relationship we have with it clearly confuses embryonic stem cell research. To some extent they lie in a religious or belief system," said Taymor.

Stem cells can form sperm or eggs, and thus a human being. "Theoretically, you can implant your own genetic information into a human egg and create a clone of yourself, or at least partially," said Petrie, who attended the BioTalk with his stem cell class. "The professional community has not really come out strongly, not equivocally, against reproductive cloning. The professional literature says it's not yet ready, and therefore we shouldn't make a decision. I think this gives us good insight into scientific thinking: on one hand, we say 'gee, this is so obviously wrong it should be condemned.' On the other hand I think the scientific community is thinking of the balanced prudence principle and saying 'we don't really know what it is,'" said Taymor.

The balanced prudence principle refers to exercising sound judgment. According to Taymor, to jump to the conclusion that reproductive cloning should be prohibited, one must first take a stance on something that can't even be done yet. "This seems to be premature," he said.

Chimeras, human-animal hybrids, are another hot topic. "[Researchers] do human-animal hybrids all the time," said Taymor. Indeed, scientists frequently place human cells into animal tissues. There are many reasons to perform such experiments. "For example, taking human nerve cells and putting them into a mouse brain in order to see if you've developed a type of nerve cell that may be a model. Then take a nerve cell from a Parkinson's patient and see how it might degenerate." In English, rather than using a human test subject, a mouse is utilized to grow the human cell. "But at what point might there be neural integration leading to mental function leading to that research mouse saying, 'Hi, I'm Mickey'?" said Taymor.

Neal, the cellular molecular student, says she believes there are ways around the ethically challenging issues. "I think we should focus on reprogramming adult stem cells so that we can try and avoid having to harvest embryonic stem cells," she said. Many hESCs are a waste byproduct of the booming fertility industry. In vitro fertilization - think test tube baby- yields several "extra" embryos, as only one is usually implanted per mom. "I think in the case of medical research, the potential life of an embryo that is produced in in vitro fertilization isn't as important as the real actual lives of the people that are dying of these diseases. They should get priority over a potential embryo that is probably never going to be implanted."

Parkinson's is a degenerative disease in which brain cells, for unknown reasons, begin to die. Researchers are optimistic stem cells may hold some answers in treating currently incurable diseases, like Parkinson's. A man at extremely high risk for Parkinson's disease once told Taymor: "You're my last hope... you've got to hurry up and do the work and create a cure for me so I can avoid the fate of my brother and my father."

"If this is your last hope, you have no hope," said Taymor. The technology is still years away from being anything constructive, and then meaningful data must be collected for years after. None of this matters, of course, if stem cell research continues to stall.

Overall, Taymor—who is not trained as a biologist—aimed at a general audience, which made his presentation quite digestible. "I think that he had a good overview of the social and ethical implications. He didn't go too far into the hard science—that would've made it more difficult to understand from a non-biological perspective," said Neal.

This Friday's BioTalk (4 p.m. FH 118) features Nate Sanders from the University of Tennessee. Sanders will discuss mechanisms underlying macroecological patterns: observational and experimental tests with the little things that run the world.

.....

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WHEN PETS ATTACK

Rob Knott
Science Writer



The way owners care for their pets can change the animals' carbon "pawprints." | Yelena Kisler

Time to pull out the calculator when considering your next pet. Recent research suggests pet ownership is much more decadent than most people realize. According to sustainability researchers from Victoria University of Wellington in New Zealand, more than two acres of agricultural land is required to provide the meat and grain necessary to sustain a medium-sized dog for its lifetime.

The researchers estimate that 154,440 square miles of land is required to feed the cats in the world's top ten feline-friendly nations. America is ranked first among them. For perspective, California is 163,696 square miles in total area. This is the equivalent of bulldozing the entire state to grow Meow Mix. It was even shown that a humble goldfish requires 3.4 square meters of agricultural land.

As if these carbon pawprints are not damaging enough, the New Zealand researchers hardly broached the tangible daily impact domesticated animals have on their surroundings.

"Cats kill a lot of wildlife. It's ubiquitous. Everywhere we have cats, we have cats killing wildlife," said Dr. Richard Brown, HSU wildlife disease ecologist. Indeed, worldwide estimates put yearly kitty-induced death tolls into the billions.

"In Humboldt County, we have a lot of overlap between wildlife, domestic livestock, pets and people. Such overlap increases risks of pathogen transmission to all of these groups," said Brown, who is currently researching the potential for disease transmission between cattle and wildlife. Pathogens, like the ones Dr. Brown studies, are microorganisms that cause disease - think germs. "In many cases it's hard to know whether pathogens in our dog or cat populations are being maintained in the pet population, that wildlife then get exposed to, or if there's a wildlife reservoir."

Along the California coast, sea otters are experiencing an epidemic caused by the bacteria *Toxoplasma gondii*, which is found in cat feces. Cat owners flushing excrement and litter down the toilet has created a situation where *T. gondii* is collecting in rivers and estuaries.

HSU senior Mary Huebert studies tropical ecology. "Anything that harms sea otters will seriously harm the marine environment," she said. "Sea otters eat sea urchins, and sea urchins eat kelp. Kelp is a big player in the marine ecosystem."

Indeed, kelp isn't just food; a variety of organisms call these green underwater jungles home. Kelp also acts as a fish nursery, providing unwary fishlings protection from predators. "When the sea otter population decreases, the sea urchin population explodes and the kelp forests disappear," said Huebert. From a disease standpoint, it's clear that humans can have a tremendous impact simply by flushing a toilet.

"There are diseases that

domestic animals carry and get transmitted out to wildlife like rabies, distemper... and feline leukemia virus," said Brown, who is also a wildlife veterinarian. "You can never eliminate risk, but you can minimize risks."

An excellent way to minimize these threats is by vaccinating your pet. Chris Burley, a senior in wildlife management and conservation, touts keeping your pet separate from wildlife as a way to reduce the risk of disease and injury or death. "Never feed wildlife, because they can become accustomed to humans. This includes leaving pet food out that attracts wild animals," said Burley. "And clean up after your dog."

.....
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QAIEL PELTIER: PRESIDENT, SISTER, STUDENT AND FABULOUS!

Ze: gender-neutral pronoun for "he."
Hir: gender neutral pronoun for "him."

Stephanie Giles
Staff Writer



Qaiel Peltier joins the Sister of Perpetual Indulgence to host Bingo Night. | Stephanie Giles

Wearing thigh-high stockings, a plaid mini skirt, a tiny tank top and a pair of big, white bunny ears, Qaiel Peltier read off the bingo balls to the players, hir sparkly red eyeshadow glittering in the lights.

Qaiel Peltier joined the Queer Student Union three years ago when ze first started at HSU. Now, ze is the President of QSU, and has been for a year and a half. Peltier works to provide a space for queer individuals to socialize on campus and in the community. Ze is also known as Postulant Gaia T with the Sisters of Perpetual Indulgence. The Sisters of Perpetual Indulgence is an order of 21st century nuns, "involved in exploiting stigmatic guilt and promulgating universal joy." There are Sisters in 11 countries around the world, and in 25 different U.S. Cities.

Peltier grew up in McKinleyville and attended McKinleyville High, until ze had to transfer to the Academy of the Redwoods after receiving death threats from peers. Peltier became social about hir sexuality hir sophomore year of High School. "I never really had to come out, because it's kind of obvious," ze said.

Transferring to the University of the Redwoods made things easier for Peltier, but ze still has some things to work on. "In terms of acceptance, things have been slow with my family," ze said. "But my parents love me regardless, and it's more of a battle within myself rather than a battle with them."

As the president of the Queer Student Union at HSU, Peltier organizes events for members of the QSU, and other students, to spread knowledge and acceptance. "There is a rainbow of genders that exist and aren't acknowledged," ze said.

Peltier believes that the HSU campus is queer friendly, and was even voted as one of the most queer friendly campuses in California. Although ze does believe there is a lack of trans-education on campus.

"We focus on what's going on on this campus," ze said about the QSU meetings. "We have a lot of fun and talk about things that make a real difference to queer students." The QSU strives to be a 'safe haven' for queer students. "Being a part of the QSU liberated myself and lets me be who I want to be."

Ravin Craig works for the ERC Multicultural

Queer Resource Center and met Peltier when ze took over as the leader of QSU. "Qaiel puts all of his passions in to what he does," Craig said. "Ze's honesty, openness, how approachable ze is and hir availability to students is life saving to some students who need that safe environment." Qaiel is also a volunteer intern with the ERC.

Peltier joined the Sisters of Perpetual Indulgence this year and is now the second student in the organization. Ze helps the Sisters educate the community about queer issues, distribute safe sex materials and literature, organize fundraisers for other organizations in need and "generally have a fabulous time," ze said. The Sisters Bingo night this past weekend was one of those fundraisers, and fabulous times.

Peter O'Sameuls, known as Father Oh Mary, is the President of the Sisters. He is also Peltier's "mother," or mentor. Father Oh Mary says that Peltier started showing an interest in the Sisters when ze was volunteering, and encouraged hir to join the group. "I am in complete awe of him, he is so brave," he said. "He's incredibly intuitive, compassionate and a grounded person."

"Qaiel is just a star as far as I'm concerned," Father Oh Mary said. Peltier is at the second level, out of three within the Order, and is progressing fast to becoming a full member. "He is somebody who has goals, gets them done, and shines through life," Father Oh Mary said.

Father Oh Mary guides Peltier through the rules and duties of being a Sister. "Qaiel is really going to stand out as a leader someday, in his own way," he said.

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A Bagel Without a Toaster is like a Bagel from The Depot

Scottie Lee Meyers

Staff Writer

Los Bagels serves about eleven dozen bagels every day in The Depot at Humboldt State University and all of them are cold. There is no toaster at Los Bagels. The heavenly bagels are hellishly cold. It's bagel purgatory.

"It's kind of ridiculous that I can't get my bagel toasted," says Kayla Trotter, a sophomore English major from Central Valley California. "I mean some bagels are \$8 and I can't get it toasted?" Trotter munches on her raisin bagel with cream cheese, carrots and tomatoes; it's what she usually gets. She says a bagel without a toaster is like "a flower without petals."

Ron Rudebock says there is nothing Los Bagels or The Depot can do about it. Rudebock is the Director of Dining Services and he is not really a breakfast guy. Rudebock points out that three concrete walls box Los Bagels in. Concrete walls are not conducive to oven and toaster appliances. Rudebock says there needs to be a ventilation system that could circulate the hot air of a commercial toaster away. But that's impossible because the Karshner Lounge, the room adjacent to the Kate Buchanan Room that features student artwork, sits directly above Los Bagels.

So a commercial toaster is out of the question. What about a kitchen toaster? Can't Los Bagels toast its bagels with a simple Black & Decker toaster like all of us do at home? Rudebock says that would violate National Sanitation Foundation codes. Health Inspectors show up every year and if they spotted a kitchen appliance toaster they could issue a fine.

"It's a world turned upside down," says Eric Murrell, editor of The Saturday Evening Toast, the newsletter of the Toaster Collectors Association. "What's next if we allow eating establishments to exist without toasters? Hardware stores without nails?" he asks. It should come as no surprise that a group of toaster collectors are in favor of a toasted bagel, but what is the official stance from Los Bagels?

"I like bagels toasted myself," says the owner, Dennis Rael. "But the traditionalist in me says you don't toast them." The Arcata location, on I Street between 10th and 11th Streets, is the original Los Bagels. You can get your bagel toasted there now, but it was not always that way.

Rael hesitated to buy a toaster for his Arcata shop. "I used to tell [customers] that they can take them home and toast them there if they want to," says Rael. He eventually abandoned the time-honored way of not toasting bagels and bought a commercial toaster. He even threw a toaster decorating contest.

Los Bagels celebrated its 27th anniversary in March. Rael owned a Mexican restaurant in Amsterdam before coming to Humboldt County in 1978. As the name implies, Los Bagels is a convergence of heritage. Rael's dad is Mexican and his mom is Jewish.

A group of HSU students brought Los Bagels to The Depot about 10 years ago. "The reason that we're in The Depot is because we had a marketing class do a project with us," says Rael. "We wanted

Bagel Bites

- The bagel was invented in Krakow, Poland in the 16th Century.

- Los Bagels awarded Laurel Skye \$25 when she won its toaster-decoration contest. She tiled a toaster that said "Los Bagels" on it. It was then she realized she could make money from her tiling. She opened a tile business and her tile art is now world famous.

- Eric Murrell, Editor of The Saturday Evening Toast, says the "Babe Ruth rookie card" of toasters is the Toastmaster No. 1B1 Automatic Toaster, Circa 1928.

- An excerpt from "100 Ways to Make Money with Toast," published in 1937 by McGraw Electric, the company that invented the pop-up toaster: *The modern tendency towards lighter meals and quicker service has created a new opportunity for profits through serving toast. Toast sandwiches, three-deckers and toast dishes take but a few minutes to prepare...they save time and labor in the kitchen...they are delicious, satisfying, attractive...and, if properly prepared, they leave a handsome profit for the operator.*

to bring more students to our location." The students suggested that Rael bring Los Bagels to the students.

Back at The Depot, a Los Bagels employee hands Tatum Paul her order: an (untoasted) cheddar bagel with wasabi cream cheese, lox and cucumbers. It costs \$7.50. "There's nothing better than a cold bagel on a cold Humboldt morning," says Paul, sarcastically. She says a bagel without a toaster is like "a night without a moon."

.....
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Rosemary Parmesan Bagels

Kaci Poor

Staff Writer and Photographer

Part 2

If you want your bagels hot and fresh in the morning you're going to have to start at night with Part 1. Plan for an hour and a half to get it all done. Part 2 can be finished when you wake up and takes 30-45 minutes. In addition to the ingredients listed below, you'll need a baking sheet, parchment paper and a pot to boil water in.

Ingredients

- 1 packet (2 ¼ tsp) quick active yeast
- 7 ½ cups bread flour
- 3 cups warm water (not so hot that you can't touch it)
- 3 tsp. salt
- 2 tbsp. barley malt syrup (honey or brown sugar can be substituted)
- 3 sprigs rosemary, leaves stripped and chopped
- 3 ½ cups bread flour
- ½ cup water
- 1 tbsp. barley malt syrup
- ½ cup cornmeal
- 1 cup Parmesan cheese

Part 1

1. Combine the yeast and four cups flour in a large mixing bowl.
2. Add two and a half cups water and stir until all the ingredients are combined.
3. Cover with a damp towel or plastic wrap and let rise 30 minutes. For best results place the bowl in a warm area to rise—near a stove or heater works well.

Part 1 (cont)

4. After 30 minutes have passed add the salt, one tbsp. barley malt syrup, rosemary, remaining flour and half cup water. Mix until the ingredients form a ball. The dough should be stiff and dry, but moist enough that all of the ingredients are incorporated. Adding the flour slowly—in half-cup increments—will make the process easier.
5. Once the dough is ready, place it onto a clean, floured surface and knead for 10 minutes. If you don't knead the dough correctly you will end up with hockey pucks—not bagels.
6. After 10 minutes have passed divide the dough into 12 sections. Roll each section into a ball. Place them back in the bowl, cover with a cloth and allow to rest for 20 minutes.
7. After they have rested, use your thumb to punch a hole through each ball and place your newly formed bagels on a well-oiled baking pan. Cover the pan with a plastic bag—a clean trash bag works well—and allow the bagels to rise for 20 minutes.
8. Once risen, place the pan in the fridge overnight. You know your bagels are ready to go in the fridge if you drop one into cold water and it floats back up to the surface. Now go to bed and dream about your bagels!

1. Preheat the oven to 500 degrees.
2. Bring a large pot of water to boil. Add half tbsp. barley malt syrup. While waiting for the water to boil, cover the bottom of your baking pan with parchment paper and then sprinkle with corn meal. This will keep the bagels from sticking when they cook in the oven.
3. When the water has come to a full boil drop the bagels in three or four at a time. Leave them in for a minute. You will know they are done when they puff up and rise to the surface. Remove the bagels from the water with a slotted spoon and place them on the cornmeal-covered baking pan. Immediately sprinkle the Parmesan cheese over the wet bagels, as it will not stick otherwise.
4. Once all your bagels are boiled and arranged on your pan throw them in the oven. Let them cook for five minutes.
5. Reduce the oven temperature to 450. Rotate the pan and let them cook for another five to 10 minutes until golden brown. Remove from the oven and let cool. Congratulations, you have officially mastered the bagel.

.....
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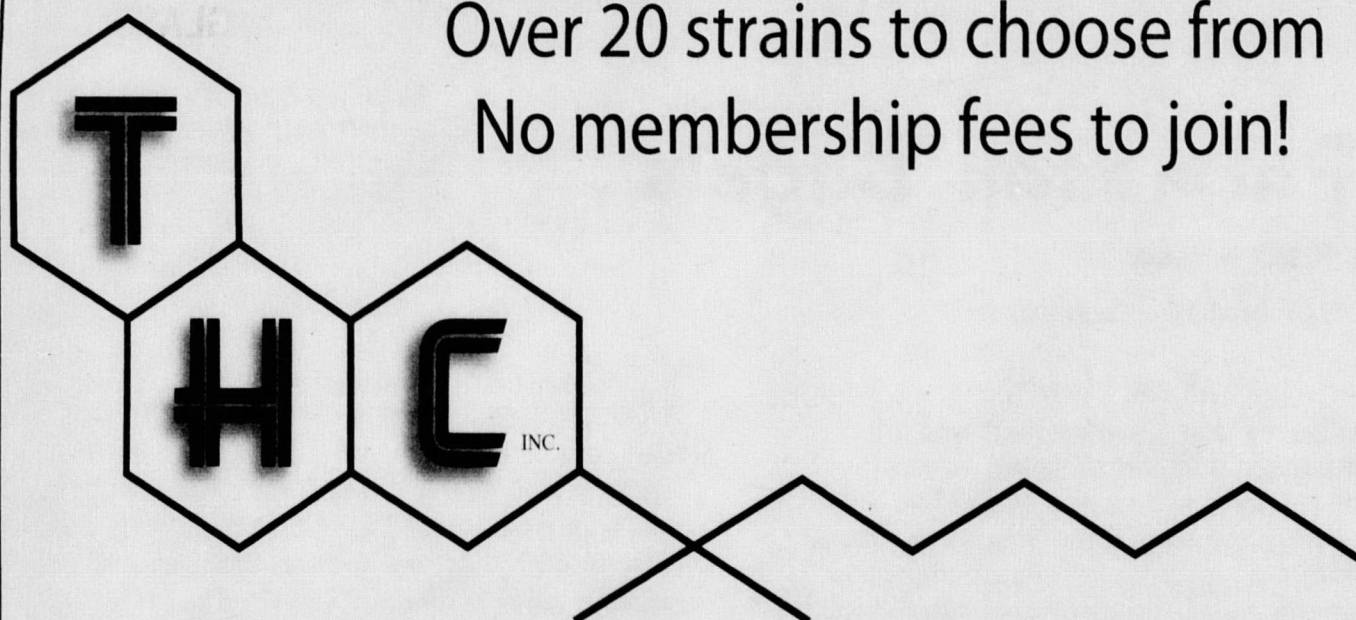
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MEET THE MUSICIAN



Stephanie Giles
Staff Writer

Quirky rhythms, theatrical shows and sometimes even space suits gives local band thelittlestillnotbigenough a distinct style of musical expression. This band will catch your attention with creative lyrics and their unique sound, making them stand out and rock out. The band includes HSU students and alumni: Phil Kumsar (guitar and keyboard), Sage (guitar and productions), Devon Ferrucci (percussion and production), and Steve Dugger (bass).

The Lumberjack: How long have you been performing as a band?

Kumsar: Well, this configuration of folks has been playing for about eight months or so, but the collective has been performing and recording to some degree for six or seven years. Sage and I (we started this project together) grew up together and I followed him up here to make music and hug trees. We've been a revolving door for ghosts and goblins alike, ranging from half a person to seven people on stage.

LJ: How did you come up with your band name?

Kumsar: Our name came about while I was labeling a CD-R of early recordings to give to people, when we were nameless. It is an attempt to create an image that has no form or is intangible (so as to have a name but still be nameless). thelittlestillnotbigenough is some type of form, in flux, always expanding in some direction (that's the deep statement about it). It's perceptual for the listener's sake, so many folks try to recall our name offhand and it turns into The Little and The Bigs or they think we're a Stephen Stills side project or something.

LJ: How would you define your music?

Kumsar: We believe in the anarchistic possibilities of a world with no masters...That being said, right now we're playing guitars and a singin and a drummin some songs, like some sort of rock outfit. In the past we've worn organic, non-GMO, hemp-fiber acoustic folk outfits and also some gawdy experimental space-hip-hopera pantsuits. We like to change it up on a whim. I like to think we have words and voices that want your attention first and foremost.

LJ: What makes your music different in comparison to other local bands?

Kumsar: If you're making inspired music for the people you love, or hope to get to know better at some point at least, there is no compare and contrast necessary. We're not a reggae or dubstep group (yet) if that draws a line...we represent a broad spectrum within the local music community. Sage and I have been kindred musical spirits for a while now and recently finished a sordid hip-hop album called BLACKHOLE, BYEBYE-GLOSSOLALIA. Devon has a project called SWIMMING which is set to release his masterwork ELLIPSES on Audiobulb Records this summer. Check out our site to listen and download both projects and more!

LJ: What is your favorite part about performing?

Kumsar: Having the chance to experience the endorphin rush of exuding music physically with each other and, really, just to taking advantage of the opportunity to play music. This life is short as shit. Make what you can when you can. There's nothing like performing for interested people in interesting places. We

THE LITTLE STILL NOT BIG ENOUGH

have live spurts that are always awesome and cathartic, especially in this current of frustration that is the Humboldt music scene (or any music scene really).

LJ: Where do you guys perform?

Kumsar: Like I was saying, we never turn down a show. Some form (even singular) will play just about anywhere for anybody. This code we live by sometimes results in playing for empty coffeehouses where the espresso maker's steam wand is louder than us, but I digress. We've played nearly everywhere in the area with some really amazing groups and are always up for a show. Bring back the vista!

LJ: Why should people listen to your music?

Kumsar: The burden of proof is on the state. That is to say, you guys (and the world at large) will have have to explain to me, beyond a reasonable doubt, why you wouldn't want to check us out or any other new and especially awesome music available. We have everything free for download and streaming via www.thelittlestillnotbigenough.tumblr.com

LJ: What are your future band plans?

Kumsar: Well, right now we've been frantically recording a group of songs to be released in some coordination. They're really good. We have tentative plans this summer to tour the western U.S. in a school bus Sage got from the Leggett School District. It's all very exciting. We try not to make "plans" per say, we only attempt to fulfill the lofty goals we set for ourselves in a somewhat efficient manner so our friends don't think we're lying about making music. Really though, I feel like we are a special group of people with a special talent for making music we love. Please listen to us, duty and capital free, and share it.

.....
Stephanie Giles may be
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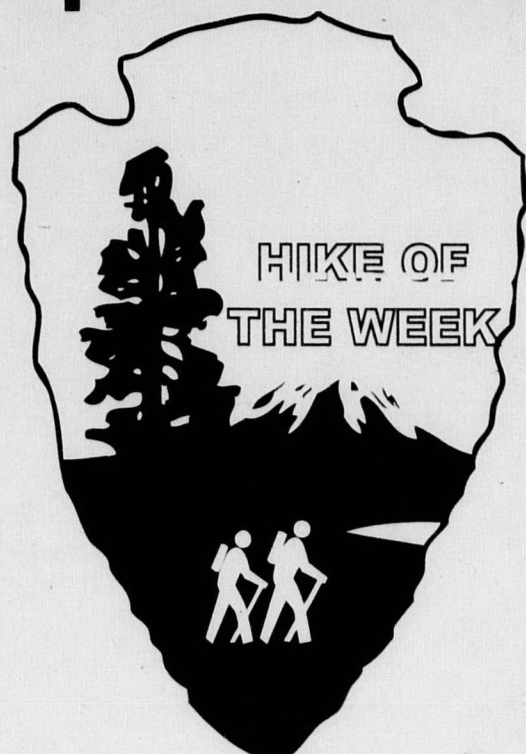
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Derek Loctaoen
Online Editor

Strawberry Rock is one of those Humboldt things you hear about in certain circles. You ask "What's Strawberry Rock?" and the person responding looks at you as if you just asked who the president was.

We're telling you about Strawberry Rock because of how popular it is with students. Dozens of students do the hike every weekend, especially when it is sunny. However, this is one hike we can't justify recommending that you try.

The land that the Strawberry Rock hike takes you through is private property owned by Green Diamond Resource Company. A spokesperson said that the company knows of the hike and does patrol the area to enforce their no-trespassing policy.

But just because it's on private property doesn't mean the hike isn't stunningly beautiful.

The view of sweeping green hills to the east and the vast Pacific Ocean to the west

are unmatched.

The other reason we don't want to send you to Strawberry Rock is that to get to the top where the view is, you have to do some rock climbing. We might be able to get away with a little trespassing here and there, but advocating unharnessed rock climbing isn't something we're too amped on.

Rumor has it that the hike starts out on muddied logging roads and climbs gently through redwood trees before breaking into a clearing that looks like a rock quarry. Another road slips around to the side before ending at the base of Strawberry Rock where the climbing begins.

.....
**Derek Loctaoen may be
contacted at thejack@humboldt.edu**



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PROBING PROBASCO

Michael Kennedy
Staff Writer

He steps up to the long and narrow runway, methodically pivoting his feet a shoulder's width apart. Breathing slowly and bending at the knees, he focuses on the nine-foot spear clutched in his hand. After one last deep breath, Marcus

Probasco begins to move, releasing his javelin at the end of the runway with a violent burst of energy. Landing 150 feet later, one would never guess that Marcus never picked up

a javelin prior to this semester. "Marcus is a straight beast," said sophomore teammate Shane Breski.

A native Californian, Marcus was recruited for football, track & field while attending high school in Manhattan Beach. "I initially was going to come here [Humboldt State] for football," said Marcus. Now he is a member of the track team instead, taking the first semester and football season off. "So when I did come up here [Humboldt State], I just decided I would do track instead," said Marcus.

The freshmen track & field standout has started to make a name for himself since he arrived at HSU three months ago. While in high school, Marcus's main events for track & field were shot-put and discus. Now a collegiate athlete, he works with a heavier shot-put

and discus. An increase of four pounds for both events, Marcus constantly adjusts his technique throughout the season. Progress is noticeable though, throwing two personal records in both events in Saturday's meet at

Chico State University.

"All the throwers and coaches I have been working with are great. Pat Fox and Coach Daniel Rowe have been helping me a lot with my javelin,"

"Marcus is a straight beast"

Shane Breski.
Teammate

said Marcus.

Javelin is a new event this season for Marcus, one that he is picking up with deft skill. "In high school the javelin and hammer-throw are outlawed. I have only been throwing for two to three months, so I have a lot to build on and learn," said Marcus. Young and relatively inexperienced, Probasco still manages to climb his way to place in the top 10 at meets. "I think it's crazy that Marcus can come out and throw like he does. He only three-steps javelin because he just started, and he is already throwing 146 feet" said Shane Breski. Compare that to a running start most other competitors start with, and it becomes clear how much potential this young thrower possess.

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Michael Kennedy may be
contacted at thejack@
humboldt.edu

FERNANDO TORRES

CHELSEA'S \$71 MILLION MISTAKE

Nick Swain
Sports Editor

Last Wednesday, Chelsea played Manchester United in first-leg quarterfinals of the Champion's League, and one question still sticks out for Chelsea fans: When will Fernando Torres finally score a goal? Since signing with Chelsea for \$71.12 million at the end of the January transfer window, Torres has yet to send one to the back of the net.

The Spanish striker gave his request for transfer to Liverpool on Jan. 28 with 65 goals under his belt from a highly successful career at Liverpool. He surpassed prominent Chelsea strikers Nicolas Anelka, who had 46 goals, and Didier Drogba, who had 51 goals. During Torres's childhood in his hometown of Madrid, Spain spoke of prodigy. They called him "El Niño" (The Kid) for his performance in the 1998 Nike Cup that earned him recognition as the best U14 player (player under 14 years-old) in Europe.

He became the top scorer of European U16 and U19 championships. At 17, he became the youngest player ever to sign for Atletico Madrid in May 2001. At 19, he became the youngest captain for Atletico. On August 11, 2007, Torres made his debut for Liverpool Football Club, and a week later he scored his first Premier League goal against Chelsea.

Now, after playing in 10 matches for Chelsea and producing no results, El Niño seems less like a fearsome torrent sweeping the final third of the pitch and more like a \$71 million mistake. Although Torres scored the winning goal for Spain in his cameo appearance during extra time in the 2010 World Cup final, stats show the 27-year-old in decline. Last season he scored 18 goals out of 22 appearances he made in the English Premier League. This season at Liverpool he scored only nine goals from the 23 appearances he made for the club, a statistic worsened by the additional 10 appearances he has made for Chelsea with no goals to show.

However, Torres might not be entirely to blame for his performance over the last two months. Irish journalist Miguel Delaney presents a comprehensive breakdown of Torres's 65 goals for Liverpool that shows an

overwhelming 46 per cent of Torres's goals were from the Spaniard's agility and ability to move into space. Of the 65 goals, 14 were from taking a through-ball at pace, eight were from dispossessing a defender, six were from beating defenders to a loose ball, and two came from running onto a goalkeeper making a goal kick. The "problem" with Torres is not an issue with a prodigy reaching his peak, it is a matter of tactics.

Under the management of Roy Hodgson, Liverpool Football Club favored the use of a target man, a skilled lone striker the team could pick out for goal-scoring opportunities. Hodgson's favored formations were 4-2-3-1 and 4-4-1-1, with the target man set deep on the pitch for counterattacks. Liverpool's strategy was to get the ball and move it down the field quickly to deliver a through-ball to the striker for him to score.

Carlo Ancelotti, manager of Chelsea, prefers 4-4-2 formations, sometimes in the form of a more direct 4-1-2-1-2 diamond shape, and 4-3-3 formations. Chelsea's strategy is to get the ball into the attacking third and maintain possession along the outside of the goal to work an opening for a shot- a style unnatural to Torres. Ancelotti acknowledges this problem, "He has to improve but it's the first two months here. He likes to receive the ball at a certain point, so we have to improve this. Sometimes he moves well on the wrong side of the center-back and the ball does not arrive at the right time." Even considering the tactics, the pressure is still on Torres to score. Andy Carroll, the man who took Torres's place at Liverpool and wears the same No. 9 jersey Torres wore, scored his first two goals against Manchester City on Monday.

To fully utilize Torres, Chelsea needs to reconsider its possession-focused strategy and may need to dip into its sizable bank account for an attacking center-midfielder who can accurately deliver the killer ball Torres needs to excel. Until then, Chelsea is better off leaving the Christian Bale look-alike on the bench.

Photo Courtesy of
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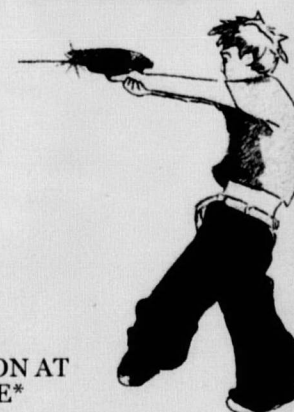
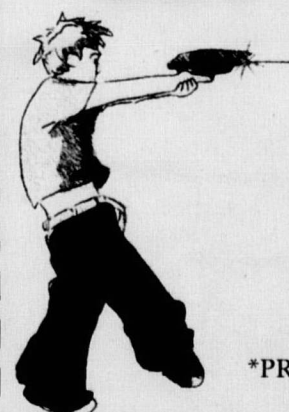
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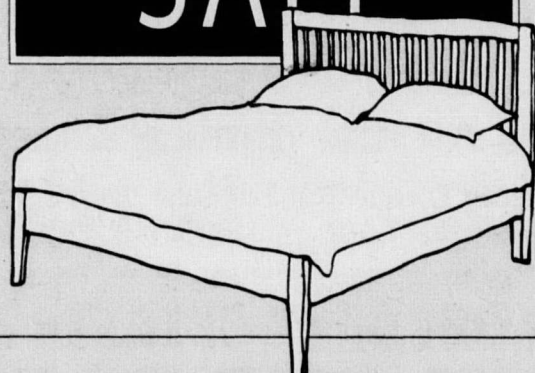
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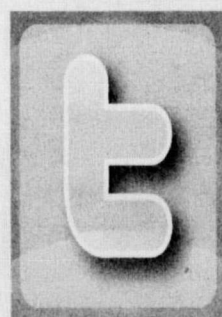
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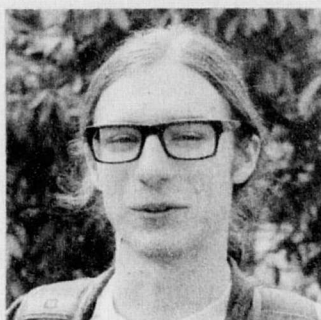
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Word on the Street

What is your favorite way to work out?

"I like yoga or basketball really, but I'm not much of basketball player cause of my height disadvantage. I like yoga because it allows me to stretch, which is a big thing. Part of my thing that I need for the guitar is that I have to be limber, at least in certain parts of the body, in the arms and fingers particularly."—Jason Hall, classical guitar



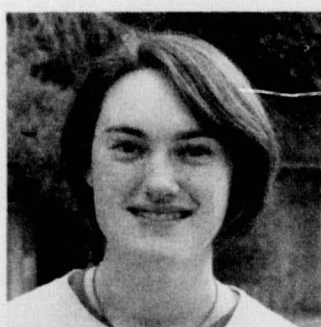
"I am a big snowboarder. I don't get to do it as much here obviously because there is no snow, but when I get a chance I like to get some of that in. I like to go for hikes and things like that outdoors. I don't hit the gym that much."—Colin Gaddie, music



"I like going for bike rides and doing yoga in my spare time. For example, yesterday I rode up to the watershed nature preserve; that was 14 miles. I took the long route with a bunch of hills, so I did like 30 miles yesterday."—Chris Grumbine, international studies



"My favorite way to work out is dance. I dance everywhere. It's my major, it's my hobby, it's kind of what I do. It's really the best way to do anything. It's the best way to move around, it's the best way to work out, it's the best way to have fun. It is wonderful and it makes you feel good and it's actually really good for you."—Gina Lee, dance



"I love to go on a long bike ride out to the beach and I love to do yoga and rock climb. Those get my heart pumping and exercise a variety of muscles."—Teri Grunthaner, economics



"I like to swim and I like to run and I like yoga."—Nancy Vargas, social work



LETTER TO THE EDITOR

Has it finally happened?!? Have we become One?

Do enough of us now realize that we are going to have to get along with each other very well, very quickly?!?

I think that is what I saw being enacted within me and around me at the We Are One rally I attended yesterday. So many citizens standing shoulder to shoulder in front of the Eureka County Courthouse. We are no longer strangers when we stand in solidarity.

Has it become clear that- at our core- we all have the same wants and needs? Do we understand that we can all be on the same side and part of a world-wide effort to face down all who oppress and destroy life? So many of whom we have allowed to be put into positions of authority over us.

Do we see that we are despised and disrespected by these oppressors? And that they have no real interest in knowing what kind of a world would satisfy us? Do we ourselves know what that world would look like?

Well certainly not this one- that seems clear!

So many kind, generous, hard-working folks coming together. It seems that we are publicly agreeing that we are taking matters into our own hands. We are mad as hell, and we are not going to put up with it anymore!

This is what I saw, heard, and felt as I stood with many other citizens out on our city sidewalks.

We held signs and chanted slogans. You will have read accounts and seen photos by the time this letter is printed.

We took an exuberant 20-minute walk to the Labor Temple on E Street, where we were treated to massive quantities of food, drink, and cake. Chairs were provided for our hungry, impassioned crowd, which included youths and children. In rapt attention, we listened to short speeches from the kind of people who have spoken truth to power throughout our history. Words of determination, honesty, intelligence, emotion, courage... speaking to those same attributes in ourselves.

This We Are One rally was a quickly organized, nationally coordinated event. It was both a commemoration of the 43rd anniversary of Martin Luther King Jr's assassination, and a demand for the continuation and furthering of worker's rights. There were thousands of We Are One rallies held across our country.

Does it seem to you that we have now fully identified the most destructive force on our planet? And that that force is greed? Do we see that greed comes in a variety of disguises and sicknesses? And that love and cooperation have the legitimate power to deconstruct this force?

Are we ready? Are we One?

Maureen Kane

EDITORIAL

Vote Now or Forever Hold Your Piece

With our current Associated Students president Iban Rodriguez being impeached for spending student money (see page 3), the school will elect a new student president. Voting starts next Tuesday, April 19. Only 10 percent of students voted in the 2009 election. With such a small, localized election, each of our votes matters.

The AS President serves as our representative and proposes legislation to the council. The president also oversees the executive council and has control over the AS budget, which is what our money is spent on.

If the charges against Iban Rodriguez are true, this means that the entire student government was running without a president. This also means that the rest of the AS Council pulls Rodriguez's weight by tacking on his responsibilities

on top of their own.

There are some positions on the ballot that don't have candidates. Others don't have any competition. What is wrong with our campus participation? Is it that we don't know about AS? Or is it because we don't care? With careless voting and non-participating students, we are giving these positions up to candidates who we may not agree with.

Rodriguez will be trying to regain his spot as president by running against two other candidates. Candidate Byran Kelly plans on starting a trust fund for students that will help reduce every student's fees if he is elected. He would like to use our campus resources instead of depending on the states. He proposes having a flea market on campus giving students a chance to sell their own goods. Outside vendors would pay a flat fee to

participate with the funds directly going into the trust fund.

This year's legislative Vice President Aaron Willyer is now hoping to further his involvement with AS by running for president. He proposes working closely with HSU administration and faculty and working on communication between staff and students.

Only 10 percent of the student body voted last year. Let's increase that percentage and make an informed choice. Go get your AS Voters Guide at the AS office in the University Center. Attend the candidate forums today or tomorrow at the University Center quad and listen to the candidates' platforms.

Don't forget to go online to HSU's homepage and vote on April 19.

SEX COLUMN

Dirty Little Secrets

"From what I've tasted of desire, I hold with those who favor fire." -Robert Frost, Fire and Ice

by Catherine Wong

'Cause you're hot then you're cold. Temperature play is a form of sensual play where objects and substances are used to stimulate the body's heat and cold receptors. You can use water, oil, molten wax, ice cubes, chocolate syrup, chilled fresh fruit or even steamed vegetables. Blindfolds are often used to intensify the effects of touch, and bondage can also amplify the experience. Like most other forms of play, precautions and safety should be top priority. Many of you may need an expert of sorts.

Fire play is a specific form of temperature play that involves lighting fire on or very close to the skin. It is often considered a form of edge play because while it can be very exciting, it can also be extremely dangerous. Fire play often includes the use of some form of flammable material on or near the skin. Other than rubbing alcohol, you can use flash cotton, candles, or even hot wax.

Different types of candles produce different temperatures of wax that can range from soothing to searing. People have different tolerances for heat and that can all depend on where the wax is applied. The heel of your foot is significantly less sensitive than your groin. Pure paraffin wax melts at around 130 to 135 degrees Fahrenheit (54 to 57 Celsius). You can add mineral oil to paraffin wax in order to lower the melting temperature. Soft candles in glass jars usually have mineral oil in their blend and burn cooler at around 120 degrees. Beeswax candles burn about 10 degrees warmer than an equivalent paraffin candle. Taper candles tend to be made with more animal fats and burn at around 160 degrees.

Wax also may be difficult to remove, particularly from areas with hair. Applying mineral oil or lotion before play can make wax removal easier. Wax is also difficult to wash out of clothes and bed linens, but a hot iron can work wonders. There is also a chance that you or

your partner may be allergic to the perfumes and dyes mixed in. If in doubt, read the label. You'd be amazed how many companies list that information for that reason. Adult toy companies have also produced sex candles with skin-friendly wax that melts at low temperatures and is sometimes even edible. Basic candle rules still apply even if you are preoccupied with other activities. Whatever is above a burning candle still gets hot, even at distances that may be surprising. Candles may break and set fire to objects underneath or nearby.

Ice play is a form of temperature play that usually involves running pieces of ice across a person's bare skin. Cold temperatures cause horripilation or piloerection, commonly known as goose bumps. This sensation is what causes nipples to be erect in the cold. Because nipples also become erect during sexual arousal, we tend to associate the responses with each other. Not everyone can be aroused through their nipples, but as far as I can tell, there's little harm in finding out. The basic properties of ice on hot flesh will also melt into a trail that can be traced along your partners body.

Playing with ice is not nearly as dangerous as playing with fire, but you do run the risk of getting the bed a bit wetter than you wanted. Glass can work as an alternative to ice. It doesn't melt at body temperature and naturally adjusts to the environment. This means it can be warmed or cooled depending on your preference. Glass toys made specifically for sexual purposes are a bit more durable and generally made out of Pyrex glass, the same glass used in some cookware. However, glass is vulnerable to thermal shock, which is when glass cracks due to rapid temperature change.

So, cool your jets. You don't always have to be warm to heat things up.

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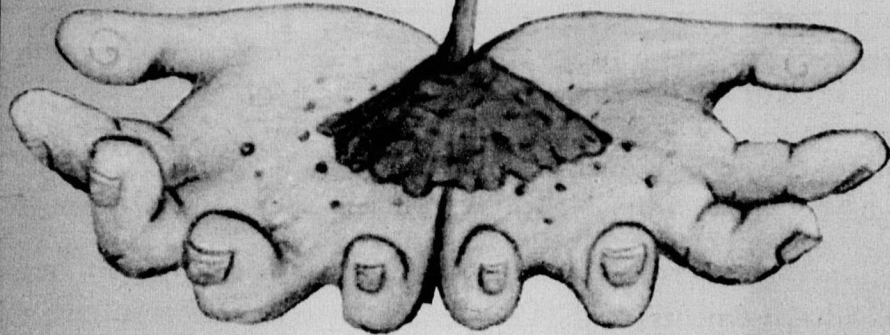
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