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# The Lumberjack

Wednesday, April 20, 2011 Vol. 98 No. 12 [www.thejackonline.org](http://www.thejackonline.org)

**From  
Joints  
to Juice**  
Page 3

**Dispensary  
Dilemma**

**Stoner  
Stops**

**Page 13**

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**Design:** Jacob Horn and Melissa Hutsell

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## Corrections

-Derek Lactaen's name was spelled wrong in last week's "Hike of the Week"

-Background photo in last week's "Probing Probasco" should be credited to Derek Lactaen

-Word on the Street in last week's issue should be credited to Kristan Korn

AS Presidential candidates Iban Rodriquez and Bryan Kelly's names were spelled wrong in last week's editorial

-The California Faculty Association was accidentally called The California Faculty Foundation in last week's "Standing for Education"

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

Office: 707.826.3271 | Fax: 707.826.5921 or

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# The Lumber Jack

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## JUICING THE BENEFITS FROM CANNABIS

Stephanie Giles  
Staff Writer

Cannabis is ingested in different ways. You can smoke it, you can eat it, and now, you can drink it. The Humboldt Patient Resource Center started a program that sells the mature leaves of the Cannabis plant to patients. These leaves are juiced just for the healthy benefits.

A wheat-grass juicer is used to juice the leaves. The juice can be frozen into ice-cubes and added to your morning beverage, or taken as a juice shot. This new program launched a new area of research in to the medical benefits that Cannabis has to offer.

Mariellen Jurkovich has been the director of Humboldt Patient Resource Center for five years. Jurkovich is interested in the health benefits that come out of the juicing program.

"To me, it's a holistic approach to your health. It's not just about your cannabis or juicing," she said. "It's about your diet, your stress, the environmental hazards to your health—it's everything."

According to research done at the HPRC, juicing of the leaves of cannabis has anti-inflammatory effects. This includes major health problems such as arthritis, inflammation of the joints and brain and Alzheimer's disease. These positive effects come from the high content of CBDs, or Cannabidiols, in the cannabis leaves.

"We really care about how we can help the

patients get better," Jurkovich said. Right now 12 patients use the juicing program. HPRC is working to move to a bigger facility so it can expand the number of patients it can support.

"We would like this to become a research facility for patients and to test the cannabis we grow," she said. Cannabis leaves do not have THC, so the juicing of the leaves will not get you high, but you could gain health benefits like you would from wheatgrass. Cannabis is illegal in California, therefore research grants on the health benefits of cannabis leaves are hard to receive.

HPRC works closely with HSU students who are interested in this research and educate the community on the health benefits of cannabis. Students have written their thesis on HPRC's research and the benefits that Cannabis offers. Jurkovich, and other employees that work with the juicing program, teach students about the program, the medical side as well as the sociological side of this research.

Cultivation Director, Kevin Jodrey, overlooks the growing process of HPRC's plants. When the plants are mature, before they bloom, Jodrey picks the leaves and divides them into bags, ready to sell to patients. The HPRC grows different kinds of Cannabis that each have different benefits. "It's a bigger pic-

ture than 'Kush' does this, and Sativa does this," he said. "It's really relative to who's consuming it and what their needs are."

Jodrey gives patients tours and shows them where and how the leaves are processed. HPRC only uses organic fertilizers for the plants so it does not affect the leaves. Jodrey is concerned with the bad reputation Cannabis has, but sees how this new research is proving the benefits Cannabis offers. "85% of our patients are women and 90% are over the age of 55," Jodrey said. "It's a new science, but the patients that use it are extremely excited about it and they do really well with it," he said. "I've seen profound effects with some of these people."

Sarah Hartoe works closely with HPRC's juicing program patients. "It takes three months for the benefits of the juicing program to be noticed," she said. "We've seen that the patients on the juicing program are taking less prescription drugs for their symptoms." Hartoe has arthritis and is interested in starting the juicing program herself. "It does take a while to notice the effects, but it is worth it," she said.

Stephanie Giles may be contacted at  
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# AS PRESIDENT RESIGNS AMID IMPEACHMENT CONTROVERSY

**Kristan Korn**  
Assistant Online Editor

Iban Rodriguez resigned his post as Associated Student president just two hours before a scheduled impeachment hearing on Wednesday, April 13. The hearing was cancelled. Stephanie Partlow, formerly the AS administrative vice president, took over for the rest of Rodriguez's term.

In his letter of resignation, Rodriguez wrote, "I will not take part in any impeachment proceeding where the accused officer is found guilty prior to the hearing." He also expressed his opinion that the impeachment proceedings started against him when he chose to run for re-election.

"I was told multiple times that if I decided to move forward with re-election that I would be impeached," Rodriguez said. "The exact words the last time were 'this is an unofficial warning.'"

Rodriguez also said that he did not receive any articles of impeachment until after he had submitted his re-election paperwork.

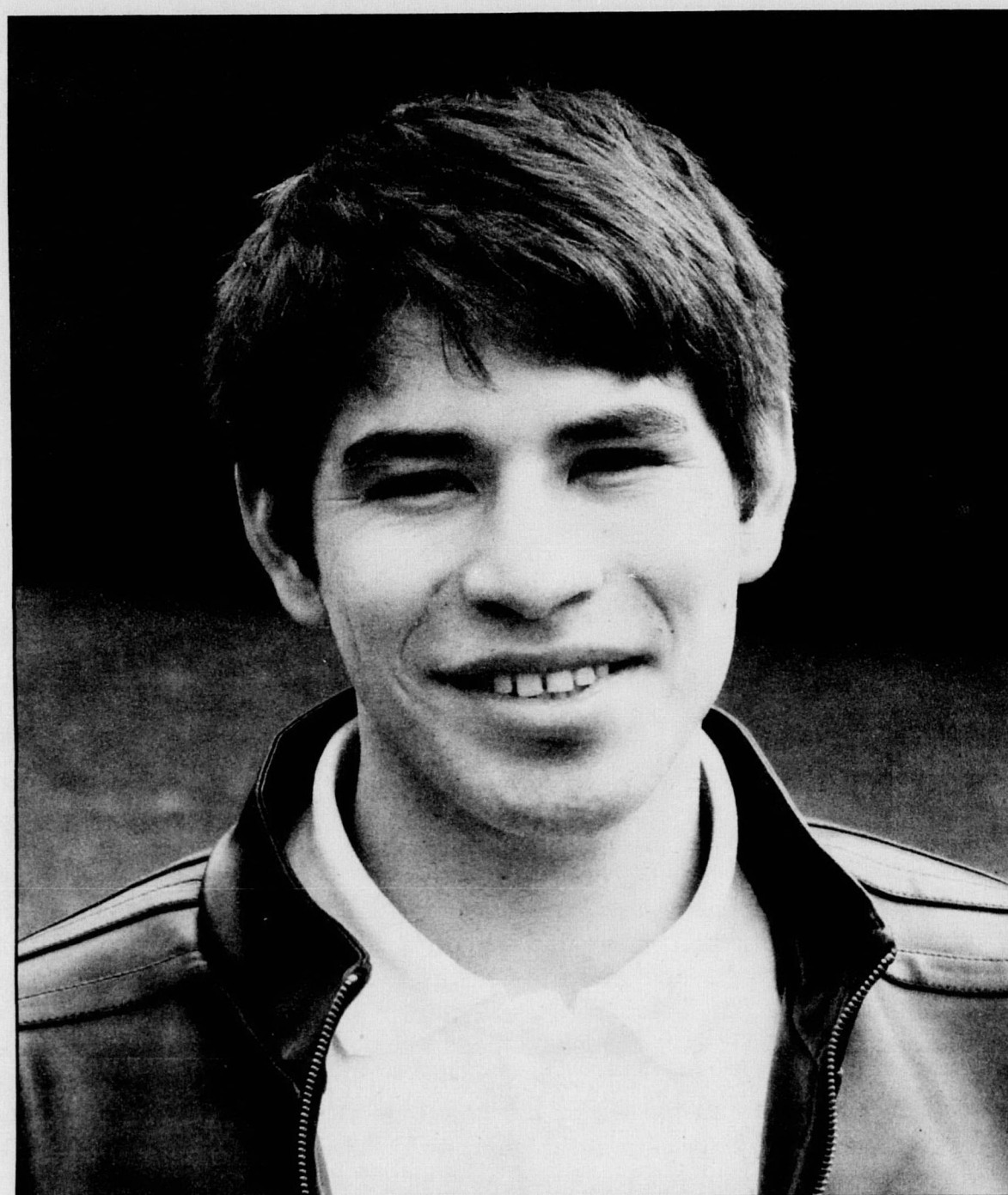
Kristy Eden, the student affairs vice president for AS, denied there was a connection.

"The council was not initiating the impeachment because of the election," Eden said. "The council made a good faith effort to work with our president, but he wouldn't meet with us half way. This is why we're where we are today."

AS Representative Pamela Ward also criticized the former president's performance. "He hasn't been to AS Council meetings, he hasn't been to Academic Senate meetings, and he hasn't been appointing people to committees," Ward said. "This is going on because he wasn't doing his job."

Rachel Brownell, an at-large student representative, echoed Ward's criticism about missed meetings. "He just wouldn't show up and no one would know where he was or what had happened," she said. "After spring break, he was gone for a whole extra week. The last month and a half really went downhill."

Not every member of the student government feels the same way. Cortland Johnson, an AS representative for the



Iban Rodriguez stepped down as Associated Students president hours before a scheduled impeachment hearing. He is a candidate for AS president in the current election. | Kristan Korn

College of Professional Studies, said that he was not pushing for Rodriguez's impeachment.

"He could have been doing more potentially," Johnson said. "And he could have done worse. I don't feel I could have done that job, so I shouldn't be judging him."

Rodriguez acknowledged that he missed meetings. "The first was in February because I was sick," he said. "And I informed everyone ahead of time about missing the second meeting because I'd planned a trip to Southern California to visit a friend."

"As far as the third absence," Rodriguez explained, "I stayed in San Diego to support my friend who was having surgery."

Accusations of absences and missed meetings are not the only complaints against Rodriguez by the AS Council. The Articles of Impeachment posted outside of the AS offices in the University Center South Lounge listed accusations ranging from failure to conduct office hours, to using AS funds to travel to California State Student Association (CSSA) meetings.

Several AS representatives repeated accusations that Rodriguez missed mul-

tiple AS meetings, used AS funds to travel around the state, and failed to report back to the council.

"He was using AS funds to travel, sometimes flying and sometimes driving to CSSA meetings at other CSU campuses," Brownell said. "It's not specifically in his job description to go to these, but if you're going to go, we expect you to come back and say 'this is how I helped' and 'this is what I learned.'"

Rodriguez said that he went to the CSSA meetings to get information on what students were doing on a statewide level, in terms of what bills were being looked at that would be of interest to students and which issues that universities' associated students were facing.

"I did not misuse funds. There is a travel budget for the president," Rodriguez said. "The president's job is to be the official voice of the AS off-campus."

Even though he has resigned as AS President, Rodriguez is still a candidate for that same office in the elections scheduled for April 19, 20 and 21.

"People who know me know that I've been working for the students," Rodriguez said, "I worked on getting a storage space for Taking Back the Tap's water barrels, and I was working with Native American Studies and different groups on campus to get a mural approved."

"I think it's a shame that these are projects brought to me by students that they wanted accomplished, and things like this are being overshadowed by a week of election drama," Rodriguez said.

Stephanie Partlow, who is serving as AS President for the remainder of the semester, said that if Rodriguez is re-elected for another term, "It wouldn't be good."

"Everyone had made it very clear that we were upset with what he had done, or not done this year," Partlow said. "I don't agree that he should be running again, since he didn't even finish out his term."

Rodriguez disagrees.

"I think that it should be up to the students to decide who they want their representatives to be," Rodriguez said. "And it shouldn't be up to 13, 14, or 15 people to decide to use their power to bar somebody from office."

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Kristan Korn may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

**AS POLLS OPEN**

Vote online at [humboldt.edu/associatedstudents](http://humboldt.edu/associatedstudents) through April 21.



# CITY SAYS STAY OUT OF PARK

**Scottie Lee Meyers &  
Kaci Poor**  
Staff Writers

Hilary Hutchison attended the 4/20 gathering at Redwood Park in 2009. People lounged on blankets and basked in the sun under a mushroom cloud of smoke. "It was cool to be a part of," says Hutchison. Police were present but they didn't interfere.

That was two years ago. Last year police officers took a more active role. Due to heavy rain and heavier enforcement, people abandoned the park. Gatherers took cover under the canopy of redwood trees as police officers wound their way through the crowd of less than 500. In past years, thousands of people have shown up at the park located next to Humboldt State University.

This year the City of Arcata is telling gatherers to stay away entirely.

"This very large, unsanctioned and unorganized event has become a serious problem," city officials said in a press release. They expressed concern about litter and foot traffic harming the sensitive park environment.

Dan Tangney of the City of Arcata Planning Commission says the city "can't afford that party." "It's expensive because it requires overtime for staff members who respond to the event," he says.

Brandon Durr is a fourth year Political Science major at Humboldt State. Durr has never attended the 4/20 gathering. He says it's not his scene. But he does know people from his hometown of Petaluma who do attend the event. "The 4/20 celebration is like a picnic day for Arcata," says Durr.

"It doesn't matter what [city officials] do," says Durr. "There is a massive amount of tradition behind [the gathering in Redwood Park]. I imagine its going to happen somewhere. There are plenty of other places to go smoke."

In the press release, the city says it plans to close access roads into the park on April 20th. Park access for pedestrians will be limited.

People will continue to celebrate 4/20, it just may not be in Redwood Park.

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## Could a Collective Student Café Come HSU's Way?

**Kaci Poor**  
Staff Writer

Imagine a cooperative café on the Humboldt State campus where students are paid in food for the hours they work. Employees decide what products are offered. The menu is based on the growing seasons. The food is organic and local. Workshops on how to cook and preserve are held for students.

Members of the Campus Student Food Collective are doing more than just imagining such a scenario. They are trying to make that dream a reality in the University Center, filling the vacant space left by the closure of Windows Café in Fall 2010 (see "Window Cafe Closed", Sept. 14, 2010 [thejackonline.org](http://thejackonline.org)).

Food collective member Eric Recchia leans over a pie dish while he smooths the thick white filling down with a spatula. The warm yellow paint on the kitchen walls of the Campus Center for Appropriate Technology reflects off his tan face. The skin around his dark eyes crinkles as he smiles apologetically, revealing straight white teeth. "I didn't really puree the nuts as long as I should have," he says of the raw vegan cheesecake he is making. "It should be creamier."

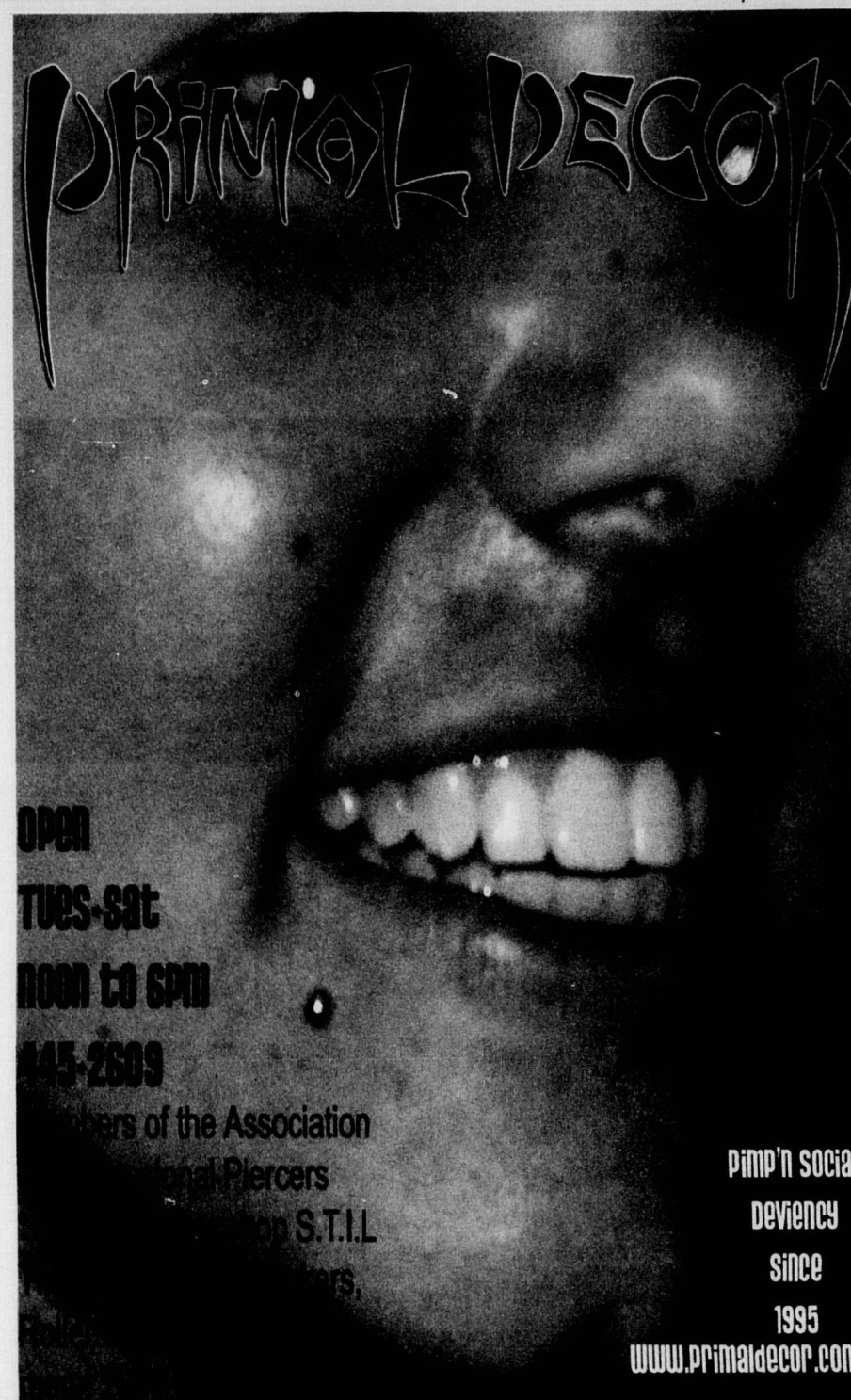
Recchia, an economics major, is one of the main organizers of the collective. The collective meets every Wednesday at 5:30 p.m. in the University Center South Lounge. The club hosts a potluck in CCAT starting at 6 p.m. twice a month. A few people mill around, sampling the tasty treats, but it's early and Recchia says they usually get a crowd of 10 to 15 students.

Teri Grunthner, also an economics major, pulls a steaming bowl of purple beets out of the oven. Grunthner is co-director of CCAT and president of the club. She is quick to explain that her title in the club is only important on paper.

"We really try not to have one or two leaders," she says. "We want everyone to feel like they have a strong role."

Grunthner says even though the club is new—it was officially approved two weeks ago—concern about the food offered on campus is not. Grunthner hopes the collective will be able to do what others clubs have failed to do in the past—open a student-run co-op café on campus.

See **FOOD COLLECTIVE** Page 9

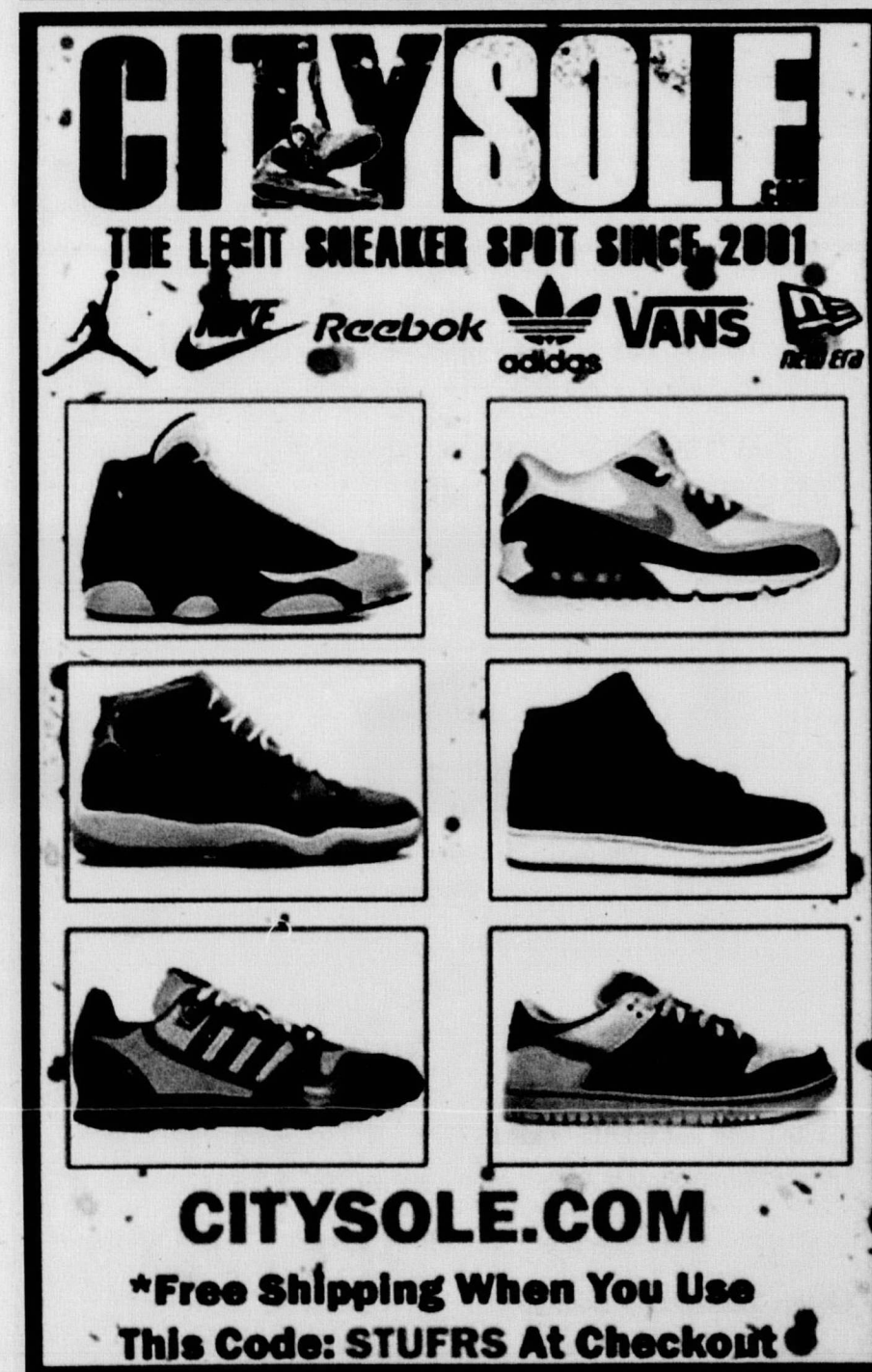


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Budding Arcata AK-47 | Catherine Wong

# ARCATA POT CLINICS UP FOR REVIEW

**Scottie Lee Meyers &  
Kaci Poor**

• • •  
**Staff Writers**

There are four medical marijuana dispensaries in Arcata. Only one of these dispensaries, Humboldt Medical Supply, has been properly permitted by Arcata's Planning Commission, says Dan Tangeny of the commission. The other three dispensaries are in the process of being reviewed.

Mariellen Jurkovich, director of the Humboldt Patient Resource Center, appeared before the planning commission recently to update her permit. "It was rough," she said. "We weren't quite ready for it."

Jurkovich was not ready for the depth required to be permitted under Arcata's new land-use codes passed in 2008. Up till this point Jurkovich, along with the other dispensary owners had been operating on temporary permits.

The commission uses land-use codes to regulate marijuana dispensaries. Because of these codes, some dispensaries have developed hazy business practices like serving food without the proper permit or claiming their marijuana is organic without proper certification. Even the scales they measure the marijuana with aren't regulated.

Most cities in California use land-use codes to regulate marijuana dispensaries. Land-use codes can restrict businesses by dictating where they can and cannot operate. The commission does not want marijuana dispensaries too close to

schools and parks. They also don't want dispensaries clustered together--like they are now. All four dispensaries in Arcata are within five blocks of one another.

The City of Arcata says they don't want more than four dispensaries. "There is a goal of rendering it down to two," says Tangeny.

On the second floor of the HPRC Jurkovich runs a hand along the leafy green plants that fill the space. Over the loud hum of the fan, Jurkovich tells a few marijuana jokes, talking about how sensitive female plants are. It is evident she is comfortable and secure in her surroundings. But Jurkovich only feels secure knowing the city supports her and her clinic.

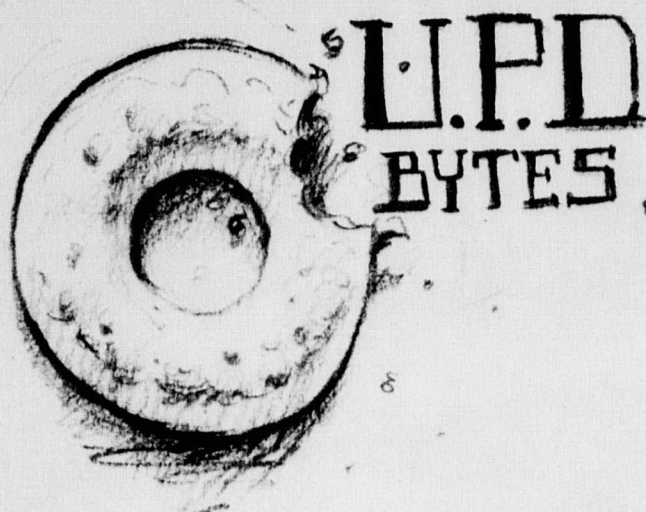
"You don't want your city not backing you," she says.

It is not likely the city will abandon its cash crop anytime soon. The dispensaries pay sales tax.

On March 17th, the North Coast Journal, on its cover, depicted the relationship between the city and pot growers as two hands coming together in truce. Although he admits it was a good article Tangeny was offended by the cover. "We are no where near a peaceful harmony," he says.

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**Writers may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)**



**Wednesday, April 13**

23:50 Officers were asked by Housing staff to confiscate marijuana contraband during a fire alarm room search. Moral of the story: don't leave your glass on your desk.

**Thursday April 14**

19:53 Officers trekked across campus to the Housing Office after a man accidentally sprayed himself with mace. Seems like someone misunderstood "self-defense."

**Friday April 15**

21:18 An officer was called to F Street after a man twisted his ankle while running after a

bus. He refused medical assistance and limped off into the sunset.

23:32 Officers and Housing staff searched the area around the College Creek Apartments after Housing reported people smoking marijuana. They were unable to locate the subjects. Looks like someone didn't follow their nose.

**Saturday April 16**

22:47 Underage drinking was reported in a suite in Creekview. Officers were unable to locate any evidence of underage drinking. On a Saturday night. In a college dorm.

**Sunday April 17**

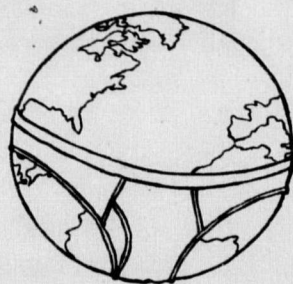
22:44 Housing reported an intoxicated woman around Sunset Hall. Officers were unable to locate the woman, who probably passed out in the bushes.

**Monday April 18**

12:30 Someone complained that loud music being played in the University Center Quad was interfering with classes in music buildings. Apparently music majors didn't feel like collaborating with anyone outside their department. Snobs.

-Compiled by Nicholas Preciado

## The World In Briefs

**Cuba**

Raul Castro was elected Tuesday to take over as head of the country's Communist Party. He will succeed his older brother, Fidel Castro, who has been in power since 1959.

**Syria**

The country's Cabinet passed a bill on Tuesday that gets rid of a 48-year-old emergency law. The law allowed the government to arrest without charges, overrule constitutional statutes and prevent detainees from having a lawyer present when being interrogated. Although the bill was passed by the Cabinet, it is currently awaiting approval from President Bashar al-Assad.

**Japan**

The owners of the Fukushima Daiichi power plant announced Monday that it will take anywhere from six to nine months to stabilize the nuclear reactors. It will take three months to lower the radioactive levels around the plant, and another three to six months to shut the reactors down. The country's government said it will continue to work on decontaminating the surrounding area.

**Mexico**

Drug cartel leader Martin Omar Estrada Luna, also known as "El Kilo", was arrested on Saturday by Mexican police. Luna is one of the head leaders of the Zetas cartel and is one of the main suspects behind the mass graves that have recently been discovered.

**Egypt**

Former President Hosni Mubarak and his two sons were detained last Tuesday over the slaughter of protesters in Cairo's Tahrir Square earlier this year. Mubarak is denouncing the allegations against him, saying that the investigation is being used to tarnish his name, along with his family's.

-Compiled by Nicholas Preciado

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**Barrington Levy, Million Stylez** *Friday 4/22*  
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**VibeSquad, Ana Sia, Lazer Sword, Epoc** *Saturday 4/23*  
Doors at 9 p.m. \$30 \$25 21+

**Who Framed Roger Rabbit** *Sunday 4/24*  
Doors at 5:30 p.m. \$5 Rated G

**HSU Native American Arts Gallery** *Tuesday 4/26*  
**Film Screening: Edge of America**  
Doors at 6:30 p.m. Free All Ages

**MIMOSA, Paper Diamond & Bogi** *Wednesday 4/27*  
Doors at 9 p.m. \$15 21+

**Random Acts of Comedy** *Thursday 4/28*  
Doors at 7:30 p.m. \$5 All Ages

**Gaudi, Danny Ladwa aka** *Friday 4/29*  
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# ACKNOWLEDGING GENOCIDE

The Armenian Students' Association aims to inform about their culture and violent history with a documentary screening Thursday.

**Josh Aden**  
News Editor

The Turkish soldier's sword cleaved into the back of Zarouhi Naccashian. The wounded young girl was pushed into a ditch near the Turkish town of Ahkshayeer. It was filled with other dead and wounded Armenians.

Naccashian, her mother, sister and a few others survived the the killings that day in 1915. "They laid there with all the bodies for a couple days until a shepherd came and yelled, 'is anybody alive?'" explains anthropology student Arda Sevan Aghyarian as she tells the story of her great-grandmother, a survivor of the Armenian Genocide.

"[Zarouhi], her mother, and sister Angela along with other survivors climbed out, naked, beaten, and exhausted. From what my great-grandmother recalls, her mother stated that she went to find water. She never returned. She believes she killed herself," Aghyarian says. "Her sister was stolen by a Bedouin, and she ended up being taken in by a local villager and became a servant."

Stories of survivors like these have been passed down through generations of Armenian families who now live mostly in diaspora communities around the world, thanks to the Ottoman Empire's effort to eliminate non-Turkish, non-Muslim communities that began April 24, 1915. More than one million people are thought to have been murdered.

"They wanted Armenians out, they wanted Muslim Turks only," Aghyarian says. "These are massive scars, every family has experienced so much turmoil."

Which is why she and fellow Armenian students founded the Armenian Students' Association. Moving away from a tight-knit Armenian community like that in the Los Angeles area is uncommon, says Susan Aksu, a co-founder of the club. Members hope the association will be a place for students to support one another and celebrate Armenian culture.

"It's exciting to meet another Armenian," says Aksu, whose family changed their name to Turkish after the massacres. "We thought: 'maybe there's more of us out there,' so we threw our names out and slowly they started coming in."

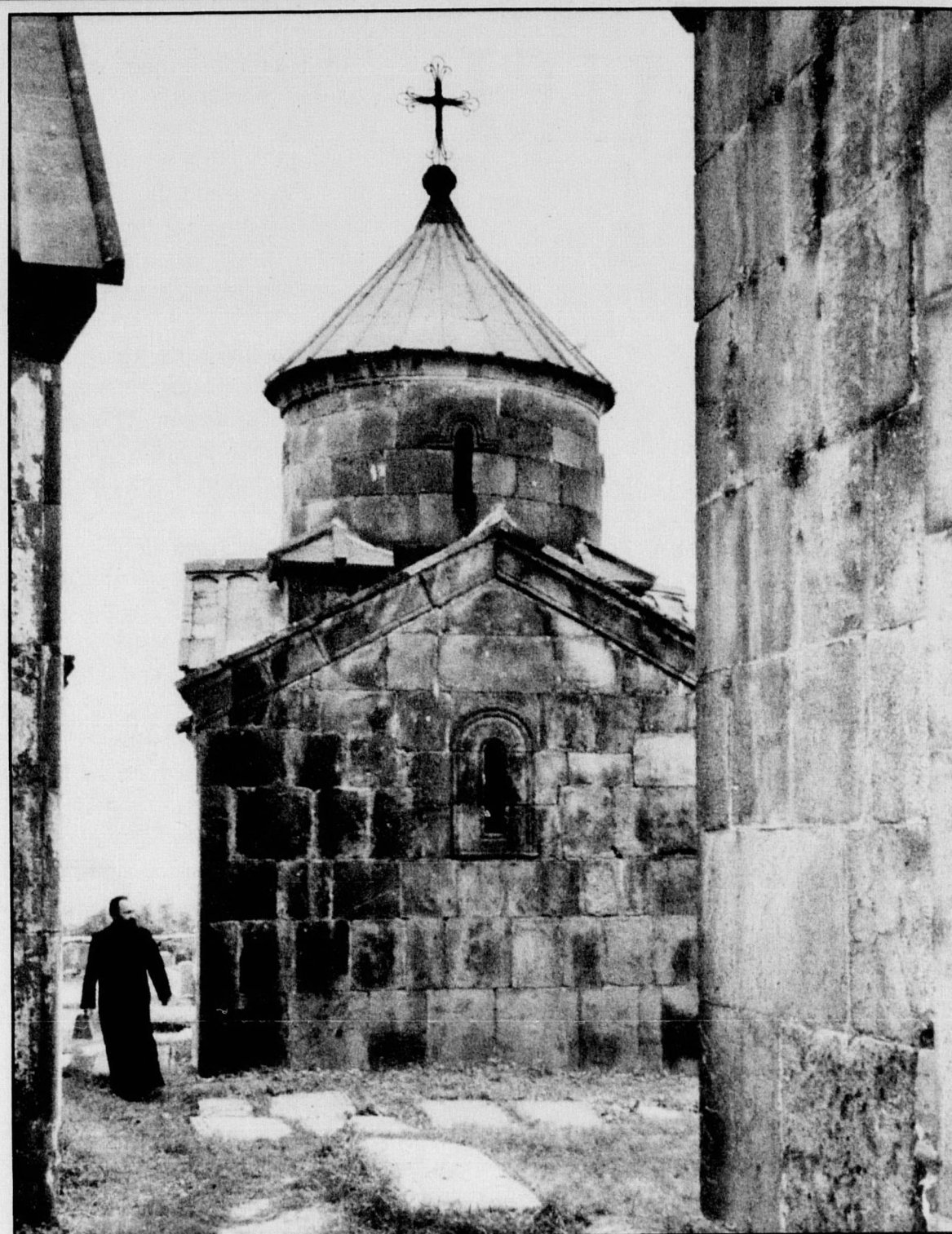
While evidence of the massacres and forced deportation of Armenians is thoroughly documented and generally accepted by the academic community, the Turkish state officially denies the genocide. In fact, it is illegal to mention the words in Turkey. The events are not officially recognized by the United States government, either.

The Armenian Students' Association will commemorate the beginning of a genocide that goes unacknowledged by screening "Screamers," a documentary by the Armenian-American band System of a Down. The message of the movie, Aghyarian says, is that it's time for people to stop talking about genocide and start screaming. "It's not an armchair, sitting back movie," she says. "It's in your face."

Aksu says System of a Down is outspoken in spreading awareness of Armenian history. "People don't know Armenia exists and that's sad. If System of a Down didn't do this I don't think people in the middle of America would ever know what Armenia is."

HSU Ethnic Studies professor Maral Atallah will lead a discussion after the screening about genocide and genocide denial. Atallah, herself of Armenian descent, says her studies were inspired by the stories of her grandfather and other genocide survivors. She focused her studies on ethnic relations and inequality. While she doesn't agree with everything System of a Down says or advocates in the movie, she's glad the club is showing something to spark discussion about genocide with Humboldt State students.

"I am very proud of the ASA; these students are coming together not only to promote Armenian solidarity but also to raise awareness of genocide and genocide



An ancient monastery in Armenia. | Courtesy of Susan Aksu

denial," Attallah wrote in an e-mail.

Attallah, like most Armenians, is critical of the refusal of the Turkish and American governments to acknowledge the plight of her ancestors.

"By not speaking up the US is contributing to the distortion of history- One, we are obligated to acknowledge the genocide (one of the reasons being that our archives hold an unprecedented number of survivor and witness testimonies)," she wrote. "We are certainly obligated to shed light on the current campaign by the Turkish government to distort history... Americans should know the Turkish government spends millions of dollars annually just in lobbying efforts to dissuade the American congress from 'officially' recognizing the acts of 1915-1923 as genocide."

Aghyarian says that as long as the Armenian Genocide remains unrecognized, it allows modern regimes to justify genocidal policies. She points to a quote attributed to Adolf Hitler before the invasion of Poland in 1939: "I have placed my death-head formation in readiness... with orders to them to send to death mercilessly and without compassion, men, women, and children of Polish derivation and language. Only thus shall we gain the living space which we need. Who, after all, speaks today of the annihilation of the Armenians?"

.....  
**Josh Aden may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)**

## "Screamers"

The Armenian Student Association will screen the System of a Down documentary Thursday, April 21 at 7 p.m. in Gist Hall Room 118.



# ★ VOTE NOW IN THE ★ 2011-12 A.S. ELECTIONS

## Sample Ballot

### President:

Bryan P. Kelly  
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)

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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)

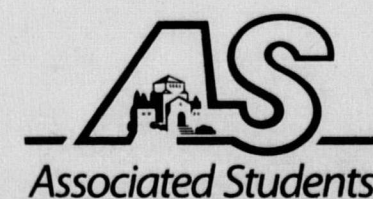
Chryste Johnson  
Katrina McDarment

2-year position (1 Position Available)

Jennifer Mahoney  
Nicole Young

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





.....  
**FOOD COLLECTIVE continued from Page 5**

So far they say they have met plenty of support. "The local and campus community are very receptive to the idea," says Grunthner. Last week members of the club attended a food policy discussion where they were able to interact with several members of the Arcata business and agricultural community. The club also works with the World Pool Collective, another student group on campus, on events to be held during Slam Fest.

Grunthner and Recchia explain that the club is in the process of drafting a business plan for the café. "We are looking at a lot of different student co-ops in the state of California and across the U.S. We are even looking at a few in Canada," Recchia says. The students are also looking at unsuccessful co-ops to see what went wrong.

The students are using the Berkeley Student Food Collective business model as their main template because of how successful it has become on the Berkeley campus. "What they [Berkeley students] have accomplished has been really inspirational for us," says Grunthner. "They took something from the ground up and made it work."

Clubs and Activities coordinator Jerri Jones appreciates the idea of having more food opportunities on campus. "Faculty, staff and students want healthier choices on campus," she says. Jones, who graduated from Humboldt State, says it was three years after she graduated before she could eat another bagel.

But Jones is worried about the logistics and costs associated with opening a co-op café. "We all want healthy, organic food," she says. "But for many it isn't financially feasible."

Jones says if the students plan is to work they will

need to partner with Dining Services. "The best thing they could do is put together a comprehensive business proposal to present to the administration," says Jones. "It needs to be as inclusive as possible." She suggests the students speak with small business owners when developing their business plan.

"They are on their way," says Jones. "This isn't going to be an easy process. Most things worth fighting for are hard."

Grunthner and Recchia understand that the process will be difficult. They plan to start slow. Next semester they want to have a regular table on the quad where they will begin selling the type of food they hope to have in the café. The students are counting on grant support to fund this endeavor. "It's a loose timeline, but we are hoping to table next year and then try to open up the café in fall 2012," says Grunthner.

Director of Dining Services Ron Rudebock started working at Humboldt State Dining Services 38 years ago. Lots of things on campus have changed since then. But the changes take time and effort.

"I'm not 100 percent for it [the café] and I'm not 100 percent against," says Rudebock. "I am neutral and I don't want to get their hopes up."

Any major renovations to the University Center require a student vote because the students, along with the money the building collects in rent, are its two sources of income. Rudebock isn't sure that students can afford an increase in fees right now.

"We do have reserves that we can use to make renovations," says Rudebock. "But any major changes could require an increase in the UC fee that students pay. A student vote would be needed to approve the fee increase. I do not see us requesting

an increase until after the state budget stabilizes."

Rudebock is not sure if the student café fits into future plans for the University Center. Rudebock explains that the University Center will hire a consultant over the summer to work with the University Center Board next year. The consultant will help the University Center to develop plans and future goals.

Rudebock explains that a consultant's evaluation could have a big impact on the current setup of the University Center. It could mean reorganizing business locations. "We will know more after next year," he says. "I would hate to have us go in and make changes now and then find out in a few years we will need to make even more changes."

"We want to see where we fit within the University's Master Plan," Rudebock says. Whether or not that plan includes a student co-op café is hard to tell.

Grunthner will graduate from Humboldt State in May. But she doesn't plan on leaving Arcata. She wants to see her project brought to fruition. Grunthner isn't worried about the club losing initiative after she graduates. Recchia will fill her position as co-director of CCAT. He will likely also take over as club president. "He is like the second half of my brain," says Grunthner and they both laugh. "We both have such similar thoughts and goals."

A name for the café will be decided at a club meeting today but it could be a long wait before the students see that name inside the walls of the University Center.

"We know what it takes," says Recchia as he slices a kiwi into thin discs to cover the top of his cheesecake. "We are prepared to put in the work and the time."

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Chicken Katsu, Blue Hawaiian,  
Mai Tais

.....**Upcoming Shows**.....

**Saturday 23**



**White Woods**

Alt country gothic from Portland  
Tbd  
\$5

**Monday 25**



ex-Metal Shakespeare Company

**Radiation City**

Indie pop from Portland  
\$2

**Saturday 30**



**They Came at Dawn**

Arcata native rock

translation of local records artist

**Fight Amp**

Rock rock from New Jersey \$5

Doors open at 10:30 p.m.

.....  
**Kaci Poor may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)**

**Meetings:** every Wed, 5:30-7 p.m. in the UC  
South Lounge (below the bookstore)  
Next potluck: Sunday, April 24th 6-9pm at  
CCAT

Conscious Food Festival (in partnership with  
the Worldpool Collective):  
Interactive art exhibit on food along with info  
displays in the Quad Friday April 22 during  
SLAM Fest

Expert panel discussion and Q&A (featuring  
Dustin Mabry, HSU Grad Student, Jennifer  
Bell from KHSU, and Susan Ornelas, Mayor of  
Arcata, along with several HSU professors) 10-  
12 p.m. Thursday April 28, location TBA. Panel  
topics will be on Food Justice and Sustainable  
and Local Food Systems.

Dates for the name contest: April 6-19, Logo  
contest will start April 22.  
E-mail submissions or contact for more info at  
[info@humsfc.com](mailto:info@humsfc.com)  
You can also find the Humboldt Student Food  
Collective on facebook at [www.humsfc.com](http://www.humsfc.com)



## WHY REDWOOD PARK?

Molly Lovelady & Catherine Wong

Copy Editor & Photo Editor

*"Redwood Park, it's our park, and people want to have it."*

Marellen Jurkovich  
Director of Humboldt Patient  
Resource Center

For as long as residents can remember, Redwood Park in Arcata has served as the gathering place on April 20th for the annual 4/20 cannabis rally.

The numbers 4/20 have been associated with marijuana use since 1971 when "The Waldos," a group of San Rafael High School students, would meet after school at 4:20 p.m. to smoke. From there the date April 20th evolved into a counterculture holiday known for large gatherings of people that celebrate and smoke marijuana. These rallies are used to demonstrate the impracticality of enforcing the current marijuana laws.

Redwood Park has the largest 4/20 gathering in Humboldt County. On that day it features costumes, drum circles, dancing, food and marijuana. People come from all over to participate in this annual marijuana gathering at Redwood Park—from outside of the county, state and country. Every year a cloud of smoke swirls silently into the trees as hundreds of people party loudly at the roots.

HSU senior recreation major and local Lindsey Bryie said that although she went to Redwood Park on 4/20 last year to check it out, she's not going this year. "It was crazy. All these people were lying on the grass passed out," she said. "All the crazies came out."

Last year, the City of Arcata issued a press release that urged against gathering at Redwood Park. "This very large, unsanctioned and unorganized event has become a serious problem for the City of Arcata," it read. The city cited problems from environmental damage to overflowing garbage and clogged streets.

City Manager Randy Mendosa stated in the press release: "Each year the City of Arcata is being forced to spend thousands of precious taxpayer dollars to deal with what has become a 'big party'. We are asking citizens to help protect Redwood Park by simply staying away on April 20th."

Jorge Menjivar works at the Humboldt Patient Resource Center and graduated from HSU last year. He grew up in Ventura County but came to Arcata seven years ago for school. Menjivar has gone to Redwood Park five times on 4/20. "When I first came up here, that's where I went," said Menjivar. "To tell you the truth, I actually saw it in a High Times magazine for 4/20 events and it said Redwood Park was the place to go."

"You always get people juggling and just all kinds of things. You have to go up there to see it." He said, "the first year I came here, I had no idea what it was about. I saw people taking baths in the river."

Chet owns The Time Traveler Gift Shop, one of the stores in Arcata that sells glass pipes. He has been the sole operator of his store since 1986. "I don't really know why people go [to Redwood Park]," said Chet. "They really should be gathering on the Plaza. You should tell people they should be going to the Plaza."

Texas Green is a local HSU junior recreation major. "It's partially the price we pay," he said, referring to the fact that taxpayers spend thousands of dollars cleaning up after the 4/20 party in Redwood Park. He said, "It's expected. What else are we going to do? It's the price we pay for living in a marijuana culture."

Green said that although it is expensive to clean up after 4/20, it's still a better option than trying to prevent people from attending. If that were the case, he says the result would be a riot. He does not see a problem with gathering at Redwood Park rather than at the Plaza, where most other large events are held. We'd still have to clean up after everyone, just like after the Oyster Festival every year, he added.

Marellen Jurkovich is the director of the Humboldt Patient Resource Center and has lived in Humboldt County for 40 years, 19 of them Arcata. "I've known about it forever," said Jurkovich. "The year that they came to do the story Pot City USA, a lot of the pictures were taken of Redwood Park and a bit of the Plaza."

"I think the park is just a great place to be anyway," she continued. "There's the redwood trees, and there's the meadows, and the swings and the tables. It's really conducive for people to gather."

Jurkovich added that last year there were problems at the park. "Last year I read in the newspaper that they thinned out the trees so some people were feeling that they were blocking the ways into the park," said Jurkovich. "The city said it was just coincidental that they were there at that time. And then someone was complaining that they had put chicken manure on the lawn."

"It's not just that people are using cannabis. They start using other drugs and they're drinking and they have children up there."

At UC Santa Cruz, 350 miles south of HSU, the 4/20 cannabis rally gathers at Porter College, a residential college of the Santa Cruz campus. Last year, more than 1,000 people arrived to celebrate. According to Blair Svenick, a sophomore from UC Santa Cruz, the marijuana use policy on the campus is the same as the HSU policy due to federal funding. "The police and firemen are always there to make sure nothing really happens," said Svenick. "But there's such a large number of people, they really can't do anything about it."

In Boulder, Colo. the annual 4/20 celebration takes place on the University of Colorado campus, with attendance reaching more than 10,000 in 2010. The celebration in Boulder is one of the largest in the nation. Commander Tim McGraw of the university's police department said that marijuana is illegal on campus. "Marijuana has been severely decriminalized in the state of Colorado," said McGraw. "Possessing just under two ounces of marijuana is less of an offense than tearing a piece of paper in half and littering. It's the lowest level of crime."

The celebration in Redwood Park last year is estimated at 300 people.

Students who possess medical marijuana cards can legally use marijuana off campus.

According to Lt. Lynne Soderberg of University Police, "Students who are off campus need to abide by the law in their jurisdiction. If they violate laws in Arcata, they may also be held accountable on campus under Title V." HSU facilities such as the Natural History Museum, the marine lab in Trinidad and the observatory on Fickle Hill carry the same regulations as campus.

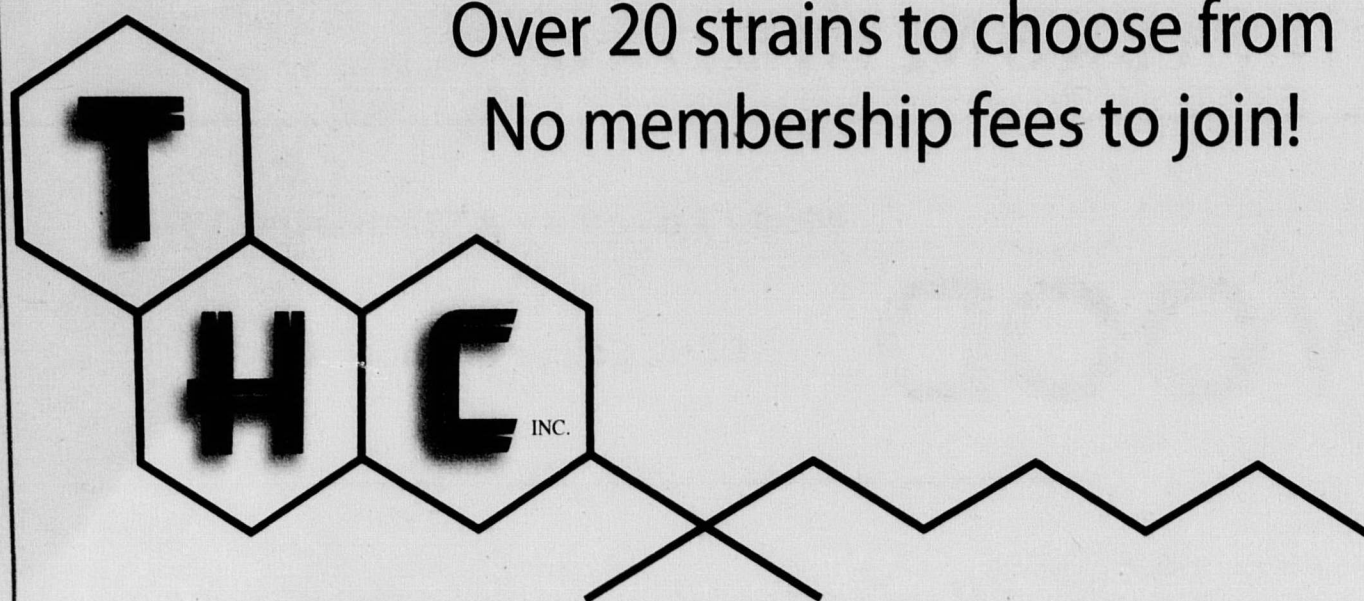
Soderberg does not foresee a gathering the size of the one in Boulder happening at the school because of the CSU's stance on marijuana possession.

"We have seen what can be described as mild intoxication to severe alcohol or other drug poisoning, where students have had to go to the hospital and or jail due to their level of intoxication and impairment."

HSU student Texas Green was adamant in making the best out of 4/20. "Embrace it. It's gonna happen," he said.

Molly Lovelady and Catherine Wong may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)





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## STONER LINGO

.....

Compiled by Jordan Sayre

**Stoner:** a cannabis enthusiast.

**Bag Boy:** someone who sells weed for someone else

**Roach:** butt of a joint

**Munchies:** the period of intense hunger following the smoking of marijuana

**Cashed/Ashed/Assed:** The bowl is finished

**Blunt:** a joint rolled in the tobacco-leaf wrapper of a cigar

**Shotgun:** inhaling the smoke exhaled from someone else

**Take:** to smoke marijuana

**Bowl:** between 1/32 and 1/16 ounce of marijuana

**Cannabis:** the Marijuana plant, also known as hemp, pot, ganja, reefer, etc.

**Chronic:** the hip-hop term for high-quality or potent pot

**Midnight Toker:** someone who smokes Marijuana before going to bed

**Wake and Bake:** to wake up and smoke

**Nickel:** a \$5 bag of marijuana

**Roach Clip:** holds partially smoked joints, for further smoking

**Shake:** smaller particulates of weed, usually at the bottom of a bag

**Dime:** a \$10 bag of marijuana

**Spliff:** a marijuana cigarette with tobacco

**THC:** tetrahydrocannabinol; the chemical in the plants that gets you high

**Elbow:** a pound of marijuana

**Bunk:** low-quality weed

**Dub:** \$20 worth of weed



A "ray gun" pipe that can be purchased at The Pleasure Center. | Catherine Wong



A glass pipe resembling a cannabis bud that can be bought at Humboldt Glass Blowers | Catherine Wong



# STONER STOPS 4/20

.....

Humboldt is known for its cannabis culture, but where can you actually go to celebrate? The Lumberjack has all the go-to stoner stops in Arcata for 4/20.

## Cannabis Clubs

1. Arcata SaiCenter  
1085 K St.
2. The Humboldt Cooperative  
601 I St. # B
3. Humboldt Medical Supply  
855 8th St. Suite 1
4. Humboldt Patient Resource Center  
980 6th St.

## Head Shops

5. The Time Traveler
6. Humboldt Glass Blowers  
815 9th St.
7. Pacific Paradise  
1087 H St.
8. Humboldt Outfitters  
860 G St.
9. The Pleasure Center  
1731 G St.
10. 4th St. Market  
781 Samoa Boulevard

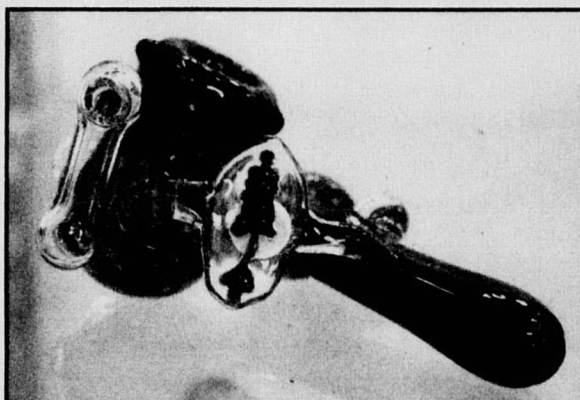
## Stoner Spots

11. Redwood Park  
(see story on page 11)
12. Arcata Community Forest
13. Arcata Marsh & Wildlife Sanctuary
14. Arcata Plaza
15. Mad River Beach
16. Arcata Skate Park
17. The Blue Lake Pump Station

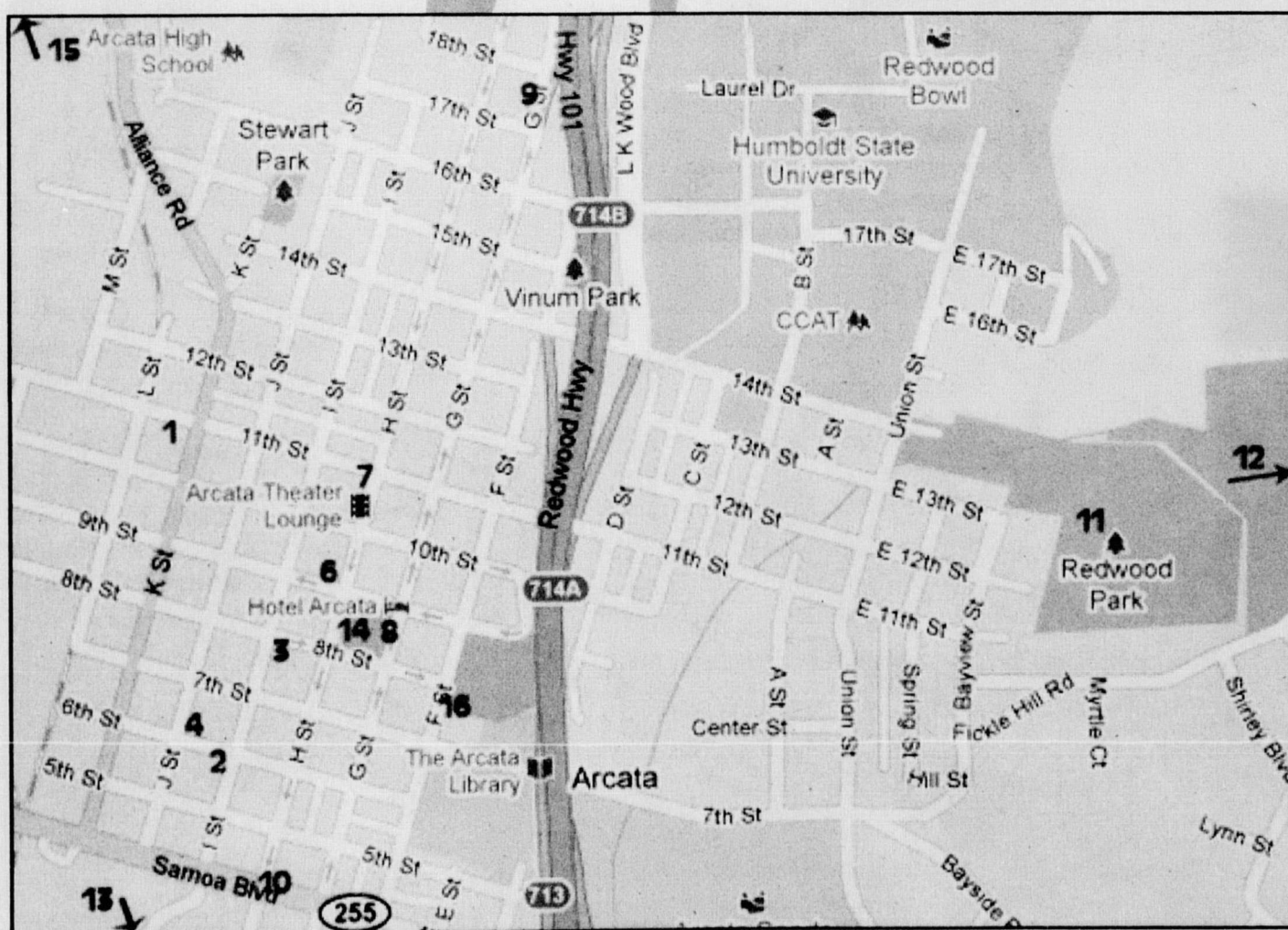
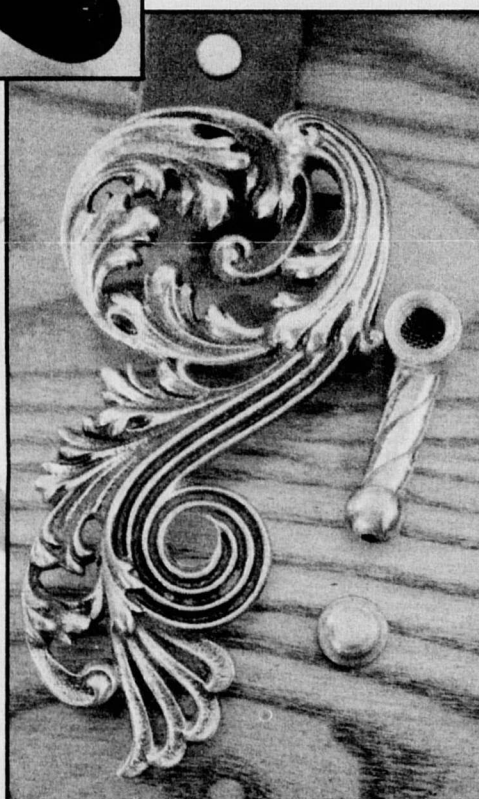
A vintage belt buckle-pipe from the 1970s bought at The Time Traveler Gift Shop.

## Doctors

- Juergen Rebstock, MD:  
(707) 822-3200; 1703 Giuntoli Ln.
- NorCal Health Care, Inc:  
(707) 822-5244; 4677 Valley West Blvd.
- North Coast Medical:  
(707) 826-1165; 1448 G St.



A glass pipe with a redwood tree decoration that can be bought at Humboldt Outfitters.



Arcata, Google Map By Melissa Coleman

Wednesday April 20th

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Friday April 22nd

## Garage A Trois

9:30pm-\$15/20

Garage A Trois first formed in 1999, right after Mardi Gras, as a trio featuring Charlie Hunter, Stanton Moore and Skerik. They then added Mike Dillon in 2002. In 2007 Charlie Hunter left the band and Marco Benevento joined. This union of musical forces has only increased the creative output of these musicians-and apparently really helped their grundle.

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"This is the student revolution and it starts today," yelled speaker and pissed-off student Jeff Borum as he stood on the steps of the library with a microphone in his hand. "In the past two years, 2,500 faculty members have been cut. 10,000 classes have been cut."

"Fuck that!" screamed students.

Hundreds gathered outside the library at noon on Wednesday April 15. Both students and faculty came to support the 'Stand up and Walk Out Rally' to protest increased tuition and additional budget cuts. The California Faculty Association, Lobby Core and the HSU Democrats organized the event. Members of Associated Students, faculty and Arcata Mayor Susan Ornelas were among the many

speakers. The rally also included songs and speeches by community members and students.

Within minutes of 12 p.m., professors led their students toward the library. The sound of the crowd reached the art and university quads. Protestors held signs high above the crowd that read, "Stop the men rollin' rich' on genocide," "Students aren't the fiscal problem" and "Will someone please give a fuck?" Tombstones in the grass read "R.I.P. CSU."

Communication professor Maxwell Schnurer attended the rally. "Seeing the enthusiasm students have about their own future is fantastic," he said.

Student and veteran Numair Khaled, senior philosophy and psychology major, held a sign that read "Tax the rich. Problem

solved." He said, "It's beyond disheartening to go from great education to not being sure if we are getting an adequate one."

The crowd moved from the library to a march around campus and even into buildings. People from all around campus heard drums and screams until 2 p.m.

Speaker Zuietti Goosbi encouraged the crowd to not go down quietly. He thanked the crowd for standing up and being at the rally. He reassured the students and faculty that the Democrats supported their cause. "Don't go darkly into this night."

-----  
**Melissa Hutsell may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)**



Students hold hand-painted signs above their heads in protest of the CSU budget cuts and tuition hikes. | Josh Aden



CUT ADMINISTRATION!  
NOT EDUCATION!

SAVE  
OUR  
SCHOOLS!



(ABOVE)

A student gazes at speakers and protectors while carrying a hand-painted sign in the afternoon sun.

Catherine Wong

(LEFT)

Students yell in agreement with speakers during the Rise Up Walk Out rally from last Wednesday, April 13.

Catherine Wong



# Humboldt

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## Hoodie sale

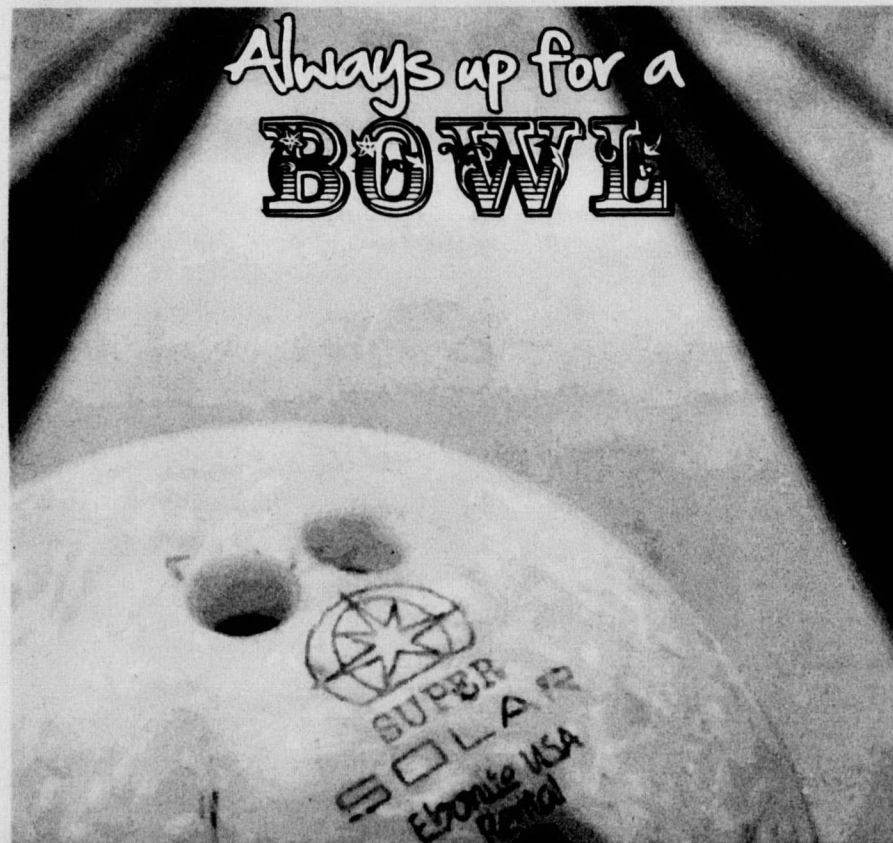
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# CHRONIC RECIPES

Jacob Horn & Jordan Sayre

Layout Editor & Opinion Editor

Whether you are a bud lover or not, here are some recipes that will knock you off your feet.

## Peter Piper's Chronic Tea

THC, which is the chemical in marijuana that produces the "high", is not very soluble in water. In order to fully take advantage of it's effectiveness as a medicine, you can dissolve the THC by using milk.

### Ingredients:

- One gram of Herb
- One cup of milk
- One tea bag of your choice

1. Boil on low one gram of marijuana to every cup of milk for 20 minutes.
2. Remove from heat and steep one tea bag of your choice per cup for at least four to six minutes.
3. Strain the marijuana out of the liquid and viola!

-- This recipe can be refrigerated for up to one week --

## Chronic Bud Brownies

### Ingredients:

- 2 eggs
- 3/4 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2/3 cup unsifted flour
- 1/2 cup chopped walnuts
- 1/2 cup marijuana butter (see next recipe)
- 3/4 cup coco powder
- 1/4 teaspoon Baking powder

1. Heat oven to 350 degrees F.
2. Stir eggs with sugar and vanilla
3. Add marijuana butter, cocoa powder, flour, baking powder and salt.
4. After mixed completely, add walnuts.
5. Spread into greased 8 or 9" square pan.
6. Bake at 350 degrees F for 30 minutes.
7. Cut into squares. Eat in moderation!

## Bud Butter

### Ingredients:

- 5 sticks of butter or vegetable spread
- 3/4 of an ounce of marijuana

1. Melt the butter on low heat in sauce pan.
2. Once the butter has melted, add the weed.
3. Simmer for 20-30 minutes stirring every 5 minutes.
4. Let sit for 5 minutes then strain the pot butter (using cheesecloth) into a small bowl.
5. Pull out cheese cloth and squeeze out butter.
6. Cover and refrigerate bud butter until semi-solid.

(This can also be done in a slow cooker. When using a slow cooker we suggest cooking on low for 1-2 hours.)

Jacob Horn and Jordan Sayre may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



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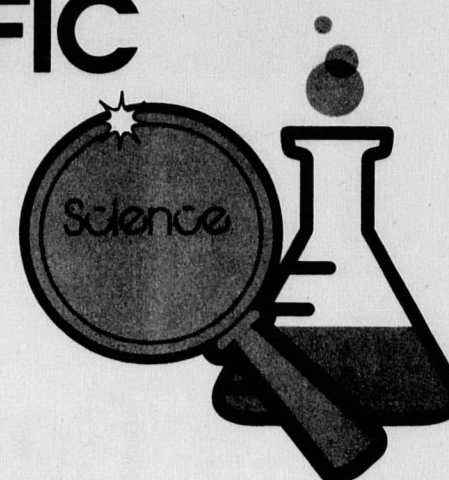
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# HSU's SCIENTIFIC INSTRUMENT MUSEUM: OLD TOOLS, NEW STYLE



Rob Knott  
Science Writer

Obsolete scientific instruments are not merely a thing of the past, according to chemistry professor Richard Paselk, who curates HSU's Scientific Instrument Museum. The museum, named after Paselk's late father, has its main exhibit on the second floor of the library, with satellite exhibits in the east stairwell of Science A. In addition to the campus displays, the museum has an interactive website that allows online visitors to learn the history of the scientific instruments that have helped shape HSU's renowned science department.

The collection contains artifacts from HSU classes dating back to 1921. Every instrument in the collection was once used on campus. "They're all from Humboldt State. Everything here was used here," said Paselk. This includes some of the first instruments ever used by HSU students.

The assortment of craftsmanship is vast, spanning from old refractometers to precise two-table balances—that is, very accurate scales. Before the introduction of more modern techniques, scientists used refractometers for identifying specific chemical compounds.

"In the 19th century, there was a lot of interest in identifying the quality of butter because they had developed margarine, which you could add yellow coloring to and sell as butter. You can distinguish butter and margarine quite easily with a refractometer," said Paselk, who has a hundred-year-old butter refractometer sitting in his office. The collection has gained him international acclaim. "Just

regarding balances, on average, I receive one inquiry per week from around the world," he said.

"We use the analytical balances a lot. It's cool to see the old ones," said Daniel Walden, a senior studying chemistry who was recently caught admiring one of the museum's satellite displays in Science A.1

With more than 130 artifacts, the museum conveys a rich history of science. "I'm a bit of a nutcase, so some of my favorite objects in the museum are these guys," said Paselk, pointing to cylindrical weights no bigger than a car's cigarette lighter. "The story's cooler than the object. It's kind of a Zen thing that makes these my favorites," he said. Located under glass in the Science A stairwell, these weights indeed have an impressive history. "This is the one golden standard. The way these are made, their mass won't change over time," said chemistry senior Dave Janssen.

"They're accurate to fractions of a milligram," said Paselk. "They were certified by the National Bureau of Standards, which is a pretty fancy deal. To this day it's the only standard left that's based on an artifact," he said.

Since 1889, the National Bureau of Standards has maintained a one-kilogram metallic cylinder to which all weights in the world are calibrated. "That kilogram has been there under multiple glass bell jars in a vault in a basement in Paris. Nobody touches it, because that's the world standard," said Paselk. In the early sixties, HSU's small weights made the trip to France and were precisely measured

to the standard. Since then, the small weights' official certificates, original boxes and even the packing slip have been impeccably preserved.

As curator of the museum, Paselk aims at a virtual audience. "I have designed a 'display' website and an 'online' website. Most visitors are online. But this way if you're visiting [the campus museum], and you have a smartphone or iPad, you can click on the object and it will take you to a description," he said.

"I think it's a great idea, seeing as some museums have headsets that guide you through them," said Janssen.

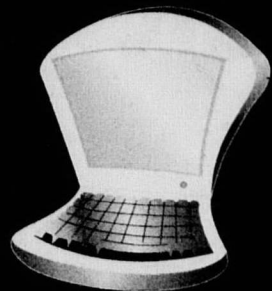
In celebration of HSU's centennial in 2013, Paselk is preparing a display on Alexander von Humboldt and the instruments he used throughout his whirlwind journeys. "His expedition was the best-equipped expedition up to his time. He had really top instruments," said Paselk. Von Humboldt, who influenced Charles Darwin, was a German explorer revered for his discoveries and views of human equality. The amount of instrumentation he brought along on his expeditions is still, by today's standards, astounding.

"Better a museum than a trash dump," said Walden, noting how many of the displayed instruments were pulled out of the garbage. The museum's many visitors, be they online or on campus, seem to agree.

.....  
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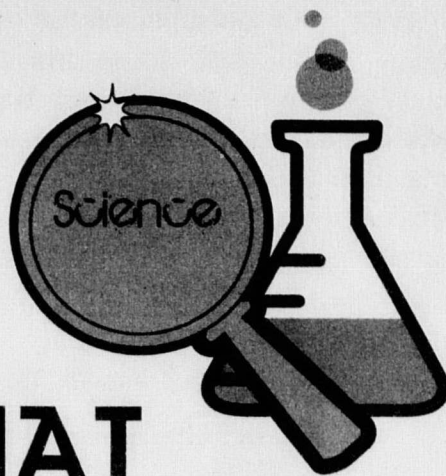
## Word of The Street



For this week's Word on the Street, Kristan Korns will be reporting this afternoon on the 4/20 celebrations in Redwood Park.

Photos and video will be posted on the Lumberjack website at thejackonline.org and at our new website thelumberjack.org.

# BioTalk BREAKDOWN: LITTLE THINGS THAT RUN THE WORLD



**Rob Knott**  
Science Writer

Nate Sanders, ecologist at the University of Tennessee, spoke to a science student-filled crowd last Friday in Founders 118. Sanders, who worked in HSU's biology department from 2001 to 2003, said it was a welcome return to Humboldt County.

Sanders and his students study ecological patterns in Great Smoky Mountains National Park. "The basic idea that motivates our work is a simple question: biodiversity is distributed unevenly on the planet. Why is that?" said asked Sanders. "This is an old question in ecology. I'm not the first person to ask it and certainly won't be the last."

Sanders references the fact that there are more species near the equator than, say, in North America. "Species richness declines with latitude," he said. In addition to latitude, elevation and temperature can also affect where species may be located. Sanders studies the effects of things like temperature and elevation on what he calls "ecology's movers and shakers:" ants.

"Ants are incredibly important. They do more than just ruin our picnics, crawl across our kitchen counters, and sting

us. They are incredibly important in how ecosystems work," said Sanders. His favorite ant, the predatory "trap-jaw," has mandibles that slam shut on its prey. The force slamming these jaws shut is the highest force generated in the animal kingdom. The ant can also propel itself through the air by closing its jaws rapidly, reaching heights comparable to a person jumping over a 23-story building from a standstill.

"Who would have thought, ants?" said asked Hunter Preston, a sophomore studying biology at College of the Redwoods who was in attendance at the BioTalk. "Tropic forest canopies may house more than half of the world's animal species. But we know nothing about what drives those patterns," said Sanders, who hopes to use information collected on the ground to better understand what's happening in the canopies. "Ants are incredibly important in these systems," he said. Ants play a vital role in plant distribution by carrying a wealth of plant seeds throughout their ecosystems. They're like miniature Johnny Appleseeds.

By connecting with other researchers around the world,

Sanders compiled a global data set for 3,000 ant communities. He stressed the importance of collaboration, citing hundreds of people that contribute to his work.

"Overall I found the talk very informational and inspiring," said Dan Thompson, a senior in botany. "[Sanders] was gearing towards a scientific crowd," he said, but added that the talk was for "people with no knowledge on ants."

In addition to Friday's talk, Sanders spoke with Thompson's ecology class earlier in the week. "It was a very fun and charismatic talk about biodiversity decline, ant characteristics and their important role in global ecology," said Thompson.

This Friday's BioTalk (4:00pm FH 118) features Benjamin Bomfleur from the University of Kansas. Bomfleur will discuss plant fossils from Antarctica – insights into the polar vegetation of a greenhouse world.

.....  
**Rob Knott may be  
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\*Participants must be currently registered HSU students.\*

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## MEET THE MUSICIAN

WITH

## KILLBOT FACTORY

Stephanie Giles  
Staff Writer

With trumpets, saxophones, trombones, a guitar, a bass and some drums, Killbot Factory claims its spot as the only ska band in Arcata. "It's like Arcata was waiting for a ska band," drummer Max Vecchitto said. Killbot Factory brings on the energy during their shows, encouraging the crowd to skank, which is a style of dance where the crowd skips, kicking their legs out in front of them, around in a circle.

Local DJ Gabe Paredes organizes a ska and

reggae night at Jambalaya once a month and always books Killbot Factory. "They all come from different backgrounds, they have different styles of music and they come together to play the music they love," he said. Paredes likes the atmosphere of Killbot Factory's shows, "They always look like they're having fun, and it's infectious," he said. "They get you to dance and it makes you want to go see them again."

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

Hanko: We've been playing for over two years now.

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

Miller: It's actually a quote from the Simpsons: "Just miles from your doorstep, hundreds of men are given weapons and trained to kill. The government calls it the Army, but a more alarmist name would be...the Killbot factory."

LJ: How would you define your music?

O'Leary: We're a good time ska band.

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

Cavanaugh: Ska is a people's music. The way it was born is still the energy that brings people together.

Hanko: It's definitely working-class music. Come together and shake it off, and the style of dancing is unique too, skanking and moon stomping.

LJ: What is your favorite part about performing?

Vecchitto: Making people dance!

Cavanaugh: Getting to subliminate. Channeling the energy from the crowd, it's like a double sublimation. It's also very spiritual.

LJ: Where do you guys perform?

O'Leary: Everywhere. We've performed in almost every venue.

Miller: We are working on Humbrews right now, we haven't performed there yet.

Hanko: We perform at Jambalaya for their ska nights.

LJ: Why should people listen to your music?

Miller: It's a lot of fun!

Hanko: It'll get you to dance.

Cavanaugh: Just support your local artists!

LJ: What are your future band plans?

Cavanaugh: Keep the energy flowing and the tunes fresh. We don't want to become too big.

Hanko: Our idea of success is different.

.....



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be contacted at  
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Provided by  
Killbot Factory



## WORKING OUT UNDER THE INFLUENCE

**Nichole Parada**

**Staff Writer**

The most common side effects that weed has on the body are an increase in heart rate, relaxed muscles and dehydration. Keep this in mind when you work out.

### Heart Rate

Keeping track of your heart rate is important for your body when you exercise. Your heart rate helps indicate how much exertion you put your body through. It can also help you pace your workouts. To have an idea of what your heart rate level should be, you could subtract your age from 220. This number will give you your maximum heart rate. Keep this number in mind while you workout. Your target heart rate should be 50-85 percent of your maximum. Brian Charity, a trainer at the Student Recreation Center, said the gym deals with people who come in high all the time. "They are not aware that their strength has how much it has decreased," says Charity. "Their heart rate has increased therefore their body is thrown out of balance."

### Relaxed Muscles

After you take a puff from a joint, the THC causes the muscles in your body to relax and loosen up. When you go to workout your muscles need the ability to contract with every move. If your muscles are relaxed beforehand you will eventually hurt yourself. The SRC cannot stress enough how important it is to listen to your body and what it is asking of you. If you are light-headed, your body needs water. If your muscles tighten up during an exercise, then your muscles need more time to stretch. The SRC said that in the past people have come in to workout under the influence leave because they caused serious damage to their body.

### Hydrating Your Body

Keeping your body hydrated with water is not only important, but essential for an everyday lifestyle. When it comes to a work out, the amount of water that you take in is crucial. Our bodies are made up of water. Water is constantly a part of us; 85 percent of our brain, 80 percent of our blood and 70 percent of our muscles. The water helps keep our bodies balanced and our metabolism running properly. With marijuana in your system, that water supply is low.

"The bottom line is, it's a safety issue when people come into the gym high," says Duke Manyweather, "They are endangering themselves and the people around them."

.....  
**Nichole Parada may be  
contacted at thejack@  
humboldt.edu**

Hi readers. We at The Lumberjack are giddy over our surprise for you. We're so excited about, that we can't help but leak the secret. The Lumberjack is proud to announce that it will soon launch a brand new website, just for you.

Why the pride?

We're happy because we will now be able to bring you Lumberjack content in a cleaner, user-friendly, social form at [www.TheLumberjack.org](http://www.TheLumberjack.org). We're amping up our online-exclusives to bring you more video, more photos and more stories as soon as they happen, putting them at your fingertips so you can read, discuss and share them with those around you.

We're using student and alumni talent to develop a Drupal site, which uses open source software that allows us to keep our costs down as well as to stay current with web trends and technology.

We're also hosting with DreamHost, an employee-owned group out of Los Angeles that is making advancements in green hosting. Besides resource reduction, DreamHost purchases Renewable Energy Credits and invests in Emissions Reduction Credits. They also partnered with the Environmental Protection Agency to review offset purchases.

We're also changing our domain name to help keep things simple and clean; it's a new name for a new start and we want you to be part of the process. When you get a minute, visit [www.TheLumberjack.org](http://www.TheLumberjack.org) to preview the new site. Warning: We are still building and developing. You'll find a bunch of empty space and weird formatting things, but visit it to get a sense of what the new site will be like.

Check out our old website at [www.thejackonline.org](http://www.thejackonline.org) and take a look around. Let us know what you like and what you don't like. We'll do our best to stay current on design trends and functions, but we need your help to point out things like usability, function and relevance so that our new site can be even better.

For a short time, you'll be able to find all of our previous online content at the old site, [www.thejackonline.org](http://www.thejackonline.org); we'll make the full transition after the semester. As always, "Like" us on [facebook.com/HSULumberjack](https://www.facebook.com/HSULumberjack) and follow @HSULumberjack on Twitter and follow us on Tumblr at [HSULumberjack.tumblr.com](http://HSULumberjack.tumblr.com) to stay fully updated on the website launch.

Read the print edition for our launch announcement that will happen before the end of the semester.



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## ASSAULT OF ARMS: HSU's FENCING LUMBERJACKS COMPETE IN TOURNAMENT

**Michael Kennedy**  
Online Editor

Breathing heavily underneath his vest and uniform as sweat drips on to his mask, HSU alumnus Alex Busche parries and jolts forward simultaneously, attempting to land a hit square in the chest. A 3-point score ends the Redwood Coast Assault of Arms Tournament and places Busche in first place for the short sword & rapier. "It was really satisfying to make the finals and win one" said Busche.

The HSU fencing club held its 4th tournament this weekend in the Lumberjack Arena. "There are two people who came from New York City, as well as a person who drove down from Seattle, Washington," said competitor and HSU alumni Jared Zedo.

Saturday and Sundays event attracted alumni and competitors alike from as far as 3,000 miles away. "I was a student and on the fencing team at State University of New York at Purchase, which is a sister school to the school of fencing here," said Austin McLauren.

The two events McLauren placed third in, foil

and the short sword or rapier, are both variations of fencing with the major difference being space. Foil is the variation people are more familiar with, moving only forwards or backwards while parrying and counter-attacking. The short sword/rapier allows for lateral movement and a bigger space in which to duel. "We all fenced well, and I feel lucky enough to have practiced and make it so far," said short sword & rapier second-place finisher Jared Zedo.

*"I have been here several times, and I felt the fencing was top notch,"*

**Ramon Martinez.**  
the 'Maestro Armistice Master of Arms'

The tournament saw its best turnout to date. "The tournament here is always good. I have been here several times and I felt the fencing was top notch. Particularly the foil was excellent this year,"

said Ramon Martinez, the 'Maestro Armistice Master of Arms'. With the best and most exciting tournament to date, the fencing club is planning ahead for next years. "We're definitely coming back, and we are bringing more people next time," said Busche.

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**Michael Kennedy may be contacted at thejack@humboldt.edu**

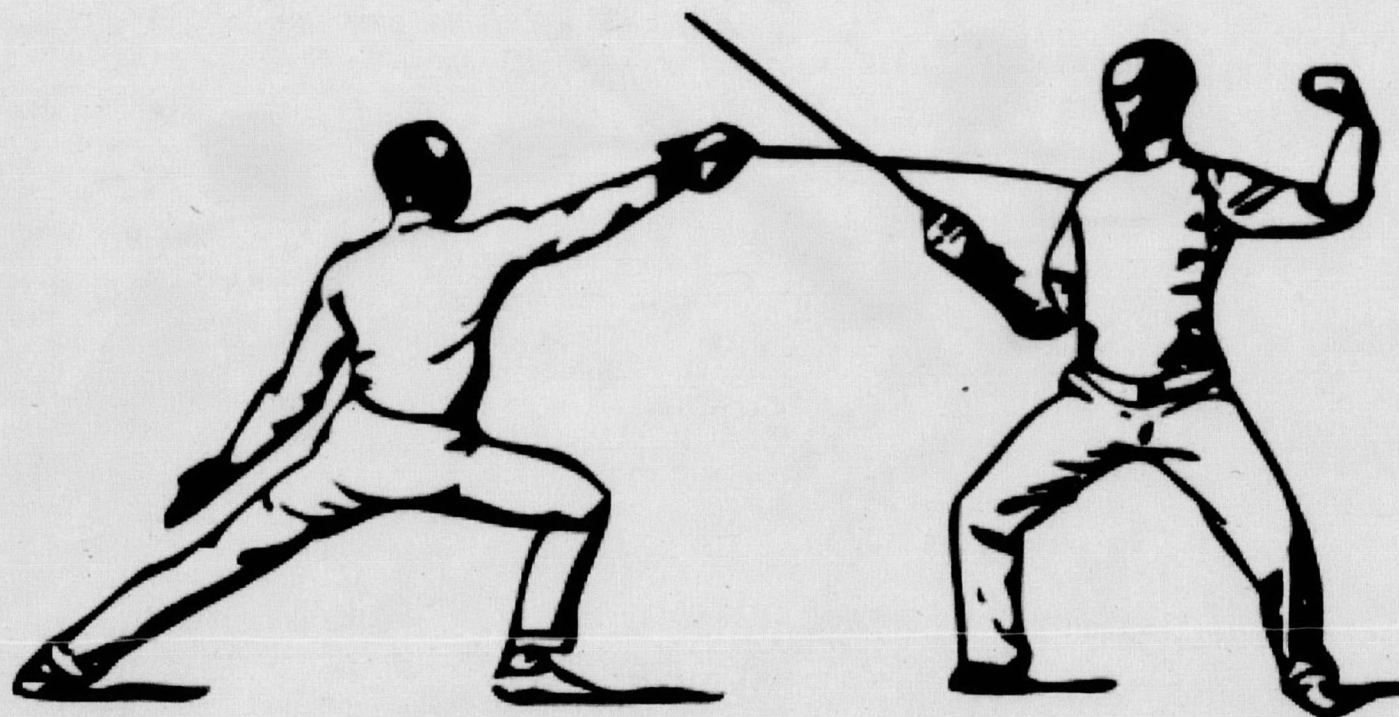
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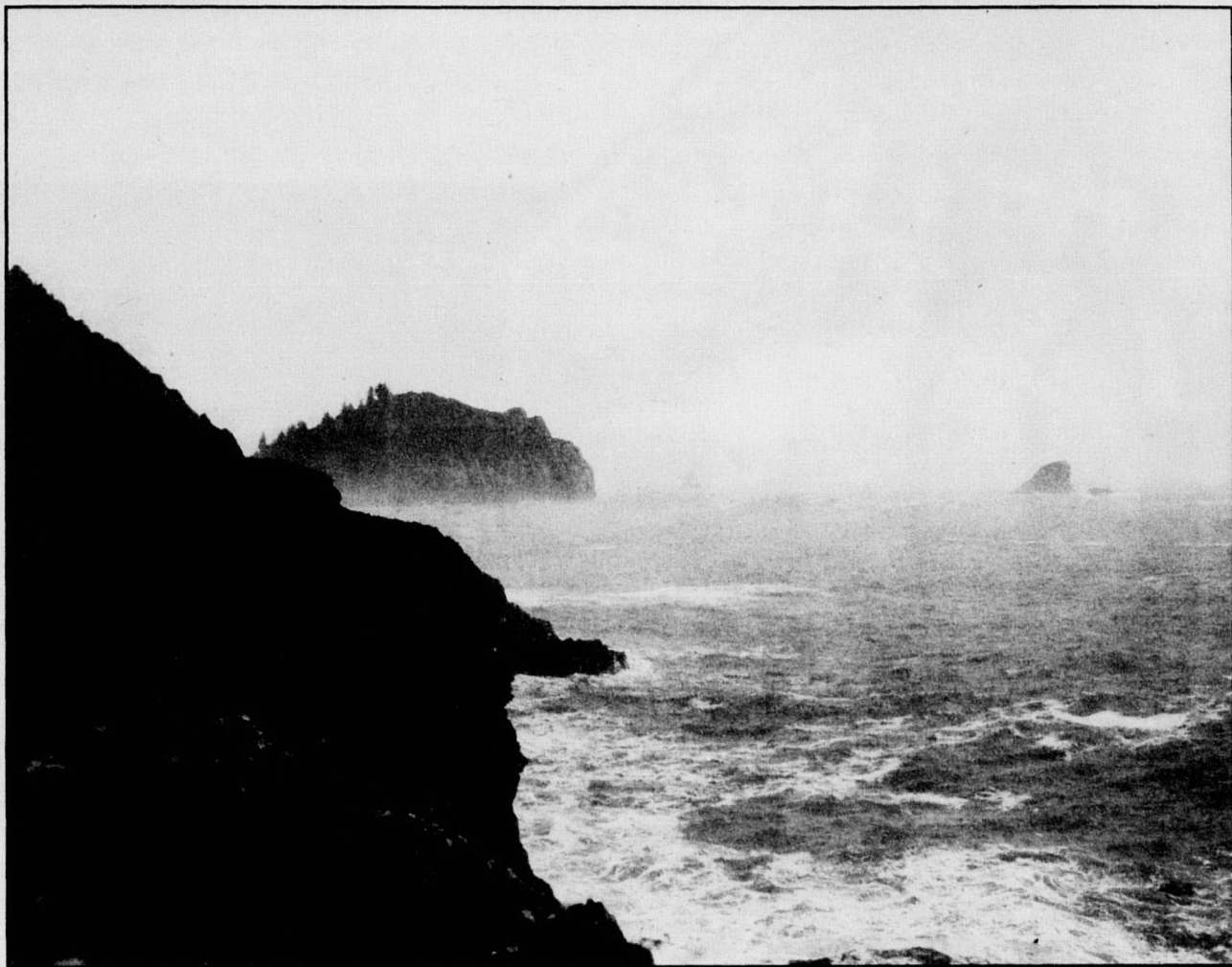




# NIGHT HIKE AT ELK HEAD

## GETTING YOU OFF THE PAVEMENT

**Derek Lactaoen**  
Online Editor



Photos By of Derek Lactaoen

Pull on your boots, strap on your head-lamps, grab a flashlight and a walking stick. It's time for a night hike!

This week, head up to Trinidad, Calif., for a short hike at Elk Head. The trail takes you through a stand of deciduous trees before opening up to sights of the rocky coastline.

We know we just missed the full moon, but given a clear night, any moonlight will illuminate this hike giving it an eerie glow. The wide trail lets in enough light (given a decent moon) to brighten the pathway, and breaking out of the trees at the end of the hike bathes you in blueish-white glow. Bring a friend for when twigs snap in the woods or when crashing waves in the middle of the night get a little too spooky.

Just past Trinidad State Beach at the parking lot for College Cove, the Elk Head

trail is an unassuming path carved out of a blanket of trees. But don't let its quaint demeanor and short distance fool you. The trail, although easy and borderline bland, will bring you to one of the best vistas in Humboldt County.

Break through the trees and descend the flight of stairs to the table-top Elk Head. Be careful, though. No ropes and steep cliffs make this spot dangerous near the edges. But try your best to enjoy the scenery, especially at night. The darkness gives the swelling tide a resonating sound that isn't easy to notice during the day.

If you do go during the day, look for fabulous views of Trinidad Head and Pewetole Island, or just watch the waves batter the rocks below the Head.

.....  
**Derek Lactaoen may be  
contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)**



### Driving Directions:

From HSU, drive north on Highway 101. Exit at Trinidad, turning left into town. Turn right onto Stagecoach Road. Turn left into the dirt parking lot of College Cove and Elk Head.

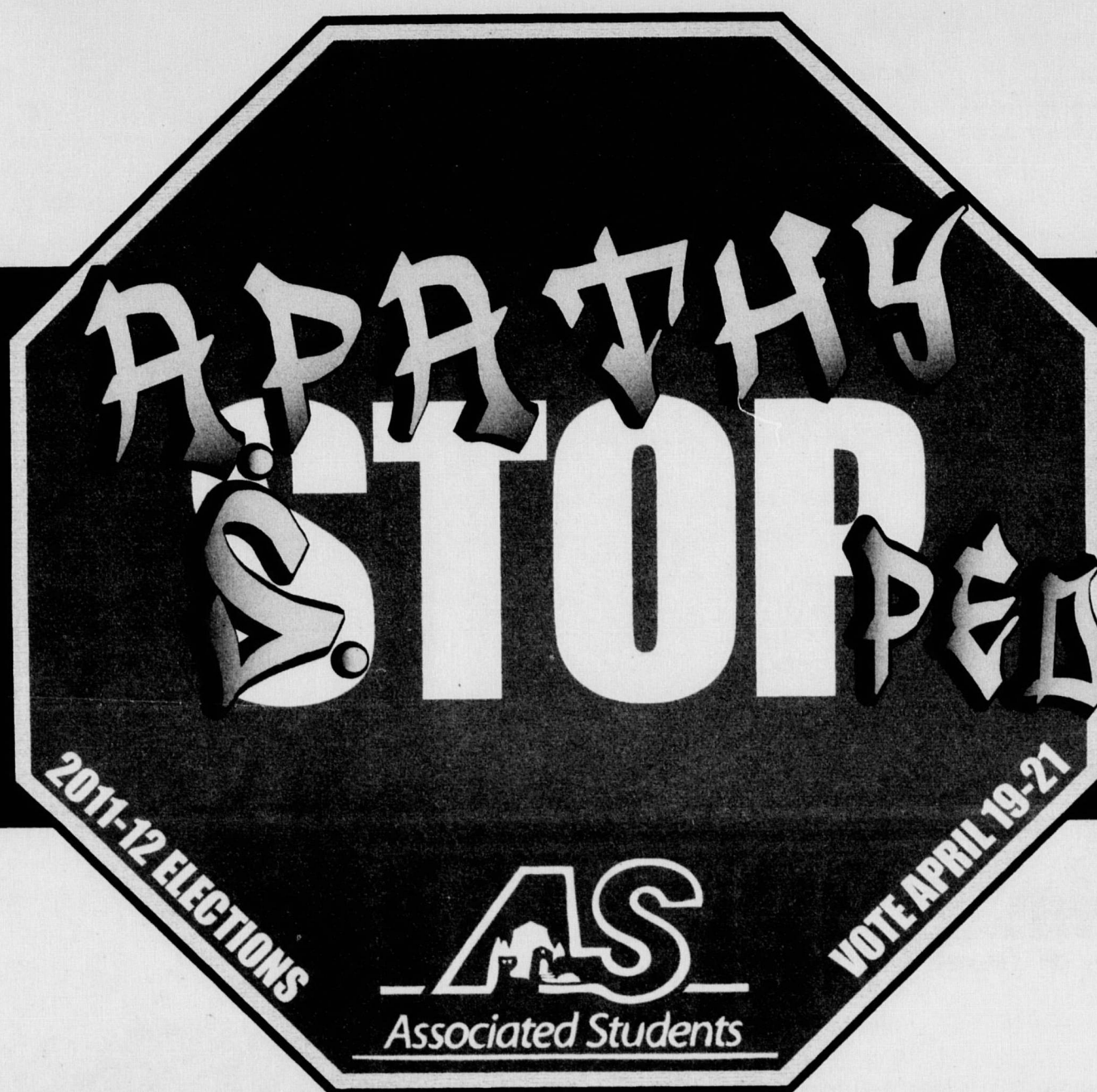


Hiking Difficulty Scale

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## EDITORIAL

### Green isn't as green as you'd think.

Despite Humboldt's reputation as an eco-groovy community, our 4/20 culture leaves a big carbon footprint. From the amount of joints and blunts smoked to the indoor marijuana grow houses, marijuana usage produces a carbon footprint equal to that of three million cars and requires as much energy as half of all our country's computers combined.

The inefficient growers turn to diesel and gas generators to stay off the grid when growing, because electricity levels are so easy to track. Diesel generators use around 70 gallons to grow one plant. Gas uses nearly 140 gallons per plant. Using these fossil fuels only adds to the bigger problem: damage to the environment and emissions. Altogether, five billion dollars in energy is used to grow marijuana every year. That's more than one percent of Americans' energy usage. The production of one joint alone can take an amount of energy equivalent to leaving a 100-watt light bulb on for 20 hours. In addition, 12 pounds of CO2 are emitted from a single joint.

Since legalizing medical marijuana with Proposition 215 in 1996, Humboldt County's energy usage jumped a staggering 50 percent. Arcata's energy usage jumped 60 percent. With energy

bills for grow houses in the thousands of dollars, the monetary gain for growers outweighs the environmental impact that they cause.

Berkeley and Oakland jumped on the eco-friendly indoor growing train and now allow operations that are carbon neutral. The city encourages its growers to find more electricity, fuel friendly lights, fans and space heaters.

Since weed is illegal, some cultivators chose to grow their plants indoors. Around one-third of the weed grown in California is grown indoors. Until it is legalized, we encourage growers to use greener methods such as eco-friendly light bulbs and generators. Growers should not be so concerned with their profit when their product is so damaging to the planet. Legalization will not only help the economy, but it will help our planet because growers will be able to grow outdoors, which is more eco-friendly.

Instead of being concerned with the legality of our growing industry, we should be concerned with the effects of keeping it hidden.

## SEX COLUMN

### Dirty Little Secrets

"I wouldn't recommend sex, drugs or insanity for everyone, but they've always worked for me." - Hunter S. Thompson

By Catherine Wong

First of all, if you're doing it right, you shouldn't need drugs to enhance your sex life. And if you're doing it wrong, I can guarantee you that drugs will not make you a more skilled lover. Most illegal drugs are illegal because they alter the way we perceive the world. They increase our sensations of touch. And while increased touch sensations would make drugs seem like a positive thing to spice up the love life, there are other reasons why drugs will not help you.

Smoking marijuana introduces the chemical substance tetrahydrocannabinol, or THC, into your body (Just in case you didn't know). While it causes euphoria and increased feelings of intimacy, THC lowers testosterone and reduces sperm production in men. Human sperm cells also contain receptors for cannabinoids. Cannabinoids prevent sperm from swimming the way they should and hinder their ability to fertilize eggs. This happens to all sperm made within the body during sperm production. It takes approximately six weeks of sobriety to produce an entirely new and healthy batch.

In comparison to research on males, far less data are available that describe the effects of THC on the female hormonal profile and results are inconsistent. However, research suggests that THC can upset the menstrual cycle and cause early menopause.

It also makes you lazy.

LSD (lysergic acid diethylamide), more commonly known as acid, is a chemical derived from ergot, a fungus that grows on rye. Physical symptoms include increased body temperature, increased heart rate and sweating, which sounds like any other decent romp in the sheets. But LSD also causes weakness, sleeplessness and twitching, which doesn't really sound like fun at all.

Users report a lack of sexual arousal and sometimes impotency while under the influence of acid. They also have hallucinations such as radiant colors, morphing objects, rippling walls, an intensification of colors and brightness. So

sure, you are energized, excited and so visually overwhelmed that you feel like your mind left, but does that really belong in your sex life? At first you might think so, but it's pretty distracting.

The same thing goes for psilocybin mushrooms, or shrooms. Shrooms cause hallucinations too, but the visions are more fantastical. And with that, more distracting from your partner. How can you do the deed when that gnome is doing a jig in the corner and the walls are melting? You might miss something important.

About an hour after digestion, people who take shrooms experience an increase in audio, visual and tactile senses. Some people even experience synesthesia, or a mixing of senses or emotions. A honking car horn could feel red. A blue marker could taste sad. Now imagine that during sex. It's not a sensation that can be turned off. Your brain is already in overdrive from a bombardment of stimuli, and you want it to process pleasure too? That's a risky cocktail of visions, sounds and feelings that could translate to a bed of roses or a nightmare of thorns.

MDMA (methylenedioxymethamphetamine) is commonly known as ecstasy because it induces euphoria in the user by releasing serotonin in the system. Serotonin is a hormone in your body that makes you happy. Its release into the body causes a increased sense of arousal and diminished anxiety. Again, these symptoms are all well and good during the act, but after use, people tend to suffer from paranoia, depression and irritability without regular levels of serotonin to balance them out. Paranoid, depressed and irritable? Not something I look for in a sex partner, especially after sex. Also, if you choose to have sex while under the influence of ecstasy, your sex will never be as good as that one time. Hormones and memory won't allow it. It's all down hill from there. Do you really want that?

So, don't do drugs...in bed.



## LETTER TO THE EDITOR

The "Direct Action Guide," published as part of your "NEWS" piece on page 5 of the April 13 issue about that day's walkout and protest, reflected a terrible lapse in journalistic integrity.

Specifically, the "Wheatpasting" recipe and instructions that you printed conveyed a strong message that the Lumberjack was encouraging HSU students to carry out acts of expensive and damaging vandalism to our campus "target wall"(s). What you didn't say was that acts of wheatpasting constitute violations of the law under 594(a) PC of the California Penal Code, as well as violating Humboldt's Student Code of Conduct. Depending on the scope of the vandalism, the consequences for a student wheatpasting can range from a simple fine to a felony conviction and expulsion from the entire CSU system.

Your article did not provide any balanced perspective acknowledging that the time, labor and materials expended by the campus to restore vandalized surfaces diverts those scarce resources from other projects and priorities intended to improve classrooms and laboratories. It strikes me as ironic that the walkout article was about protesting drastic funding cuts to the CSU, and your "Direct Action Guide" advocated criminal acts which pile additional costs on Humboldt State's beleaguered budget.

As a proud alumnus of Humboldt State, I am deeply disappointed that the Lumberjack would advocate acts of vandalism against our campus in a published news piece.

As a journalist and future graduate of Humboldt, please consider the relevant points of the Society of Professional Journalists' Code of Ethics, including: Examine your own cultural values and avoid imposing those values on others, clearly distinguish between advocacy/opinion and news reporting, let your writing reflect your dedication to ethical behavior, and remember that professional integrity is the cornerstone of your credibility as a journalist.

Thanks for seeking and listening to this feedback.

Sincerely,

Thomas W. Dewey '83  
Chief of Police/Director of Parking & Emergency Management

## And All That Jazz

By T.K Harris

It's protest season and Humboldt is not without its angry activists. The recent rally called students to walk out of class and protest our education system's budget cuts.

I think it's a great thing to see students come together to fight for a common cause. What I don't find great, however, is when I see a good thing wasted. The protest wasn't a total loss, but I do feel it was more of a waste of time than anything.

The rally called for students to walk out of class, as if to show how many are "angry" about the cuts to their education. To me it showed something slightly different. It showed how many students "don't approve" of the budget cuts. It would have had a larger impact if the rally took place on a Saturday. It would prove that students care about their educations enough to go out of their way to have their voices heard.

Another way the protest felt like a bust was the location of it. It's easy and convenient to gather students in front of the university's library, but what good does that do? It confirms that everyone feels the same way. There was no one there to change the views of. Without the opposition there

to hear what we have to say it becomes everyone yelling "I agree" at all of the speakers. Sure they can read about it, but it's easier to ignore.

There was talk of the rally only being the first step. That next everyone should contact their representative or senators. And most people would contact them after getting pumped up at a protest. Thing is, a lot of people don't know who these people are. So when everything is settled down people can forget who they're suppose to call. Then they think of "Ghostbusters" and it's all over, phone call or letter abandoned. It would have been helpful to have fliers with the contact information of the people that can directly prevent the budget cuts.

Like I said, it wasn't a total loss. I'm sure there were people who were inspired to take action. And there probably were people who learned something. There even could have been students who hadn't heard about the budget cuts; nothing draws a crowd like a crowd. I just think it could have been a lot more successful that it was. It seemed more of a rowdy presentation than it was an organized protest.

Call or write to Humboldt County's Representative, Mike Thompson:  
317 3rd Street, Suite 1 Eureka, CA 95501  
Phone: (707) 269-9595

## Cheers and Jeers



Jeers to the girl in the ladies restroom of the Forestry building Tuesday afternoon who was spraying copious amounts of Amarige perfume. Have a little respect and consideration for your fellow students who must also breathe the shared air. Where were you off to anyways? It's the Forestry building and you are at school, not the Givenchy Counter at Macy's.



Jeers to the fire-extinguisher jerk that kept the Sunset residents up until 7:30 AM on Saturday night. We all want to sock you one. Each.



Jeers to the lady at Redwood Curtain with short blond hair on Saturday. Hooker, pull up your pants. It doesn't matter if you were standing at the bar ordering a tasty brew or sitting at a table, your entire ass was hanging out. I know you think you are a size 6, sweetheart. But honey, you are a full 12. I was truly afraid to look, but the tattoo of peek-a-boo bear feet holding a yo-yo was too much. The guy next to you also had his ass out getting some fresh air, but at least his was covered with enough tundra of matted hair you could barely tell it was skin. Seriously whores, enough with the low riders.



Cheers to Take Back the Night for being inclusive and allowing males to participate in Friday night's march!



Cheers to whomever was working the Rice Bowl this Tuesday Afternoon in the Depot. Best Thai Curry Bowl ever. You really seem to have mastered the perfect balance of Chicken, Veggies, and Rice. Bravo.

The Lumberjack wants to introduce to you  
a new section this semester:

## Cheers & Jeers.

Have you ever wanted to publicly thank the cashier at the Depot for being so kind on a day you needed it? Or have you wanted to tell off the biker who cut you off on your way down B Street? Tell them now in less than 60 words.

Find this new community-based  
section online at:

[www.thejackonline.org](http://www.thejackonline.org).

Submissions must not identify anyone and are subject to edits and review by the Lumberjack editorial board. All accepted submissions will appear on the website. We will run the best cheers and jeers of the week in the print version.

The Lumberjack

### Submission Policy

Send Submissions to: Opinion Editor Jordan Sayre at [lumberjack.opinion@gmail.com](mailto:lumberjack.opinion@gmail.com)

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

Letters to the editor may not exceed 350 words.

Guest Column May not exceed 750 words.

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

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

New contributors may be given preference over returning contributors.

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

HSU students should provide their major and class standing.

We also Welcome cartoons, spoof article, and other items.



# CLASSIFIEDS

WEDNESDAY APRIL 20TH, 2011  
THEJACKONLINE.ORG

## EMPLOYMENT

Need a job in the fall? The Lumberjack Newspaper is hiring for the Fall 2011 semester. We are in need of the following:

Advertisement designer: create and update advertisements for our clients using Adobe Creative Suite software. Must be organized, have great attention to detail, proficient using Adobe software and creative.

Advertisement representative: sell advertisements for the Lumberjack Newspaper. Must have excellent people, communication and organization skills. Pay is commission-based.

Delivery driver: deliver newspapers to various locations in Humboldt County. Must be 21 (state requirement), have valid driver's license and able to lift and carry stacks of newspapers.

Delivery is done on Wednesdays, so driver must have a minimum of five hours available during the day to deliver.

If you are interested in any of these positions, please email a resume and letter of interest to [LJNPads@humboldt.edu](mailto:LJNPads@humboldt.edu). Please submit everything by 4 p.m. on Thursday April 21.

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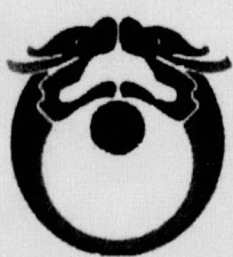
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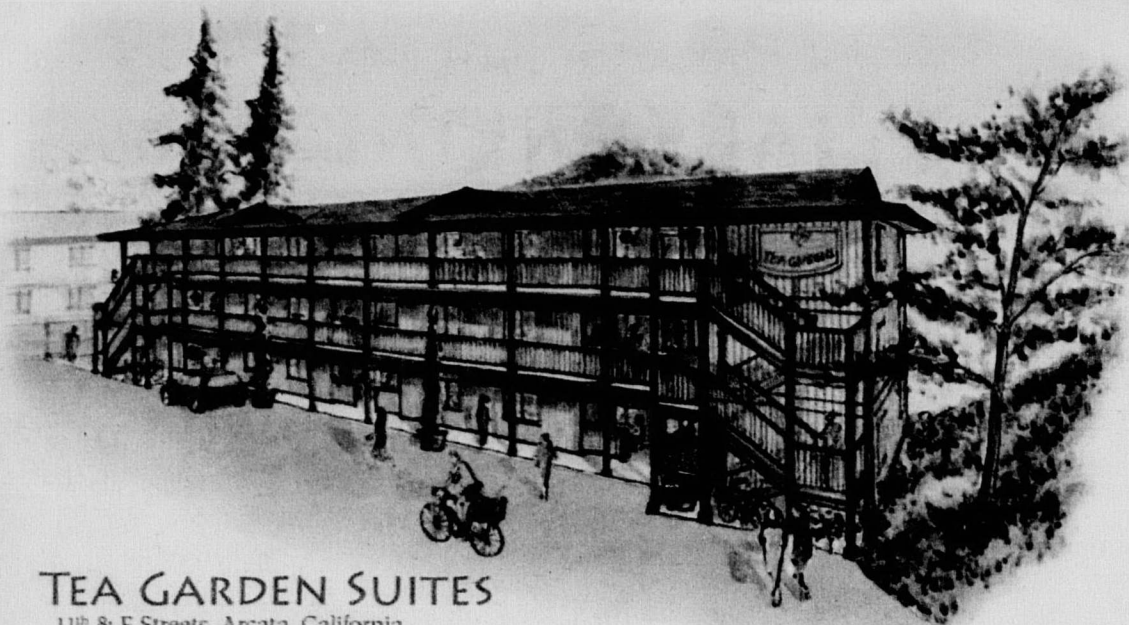
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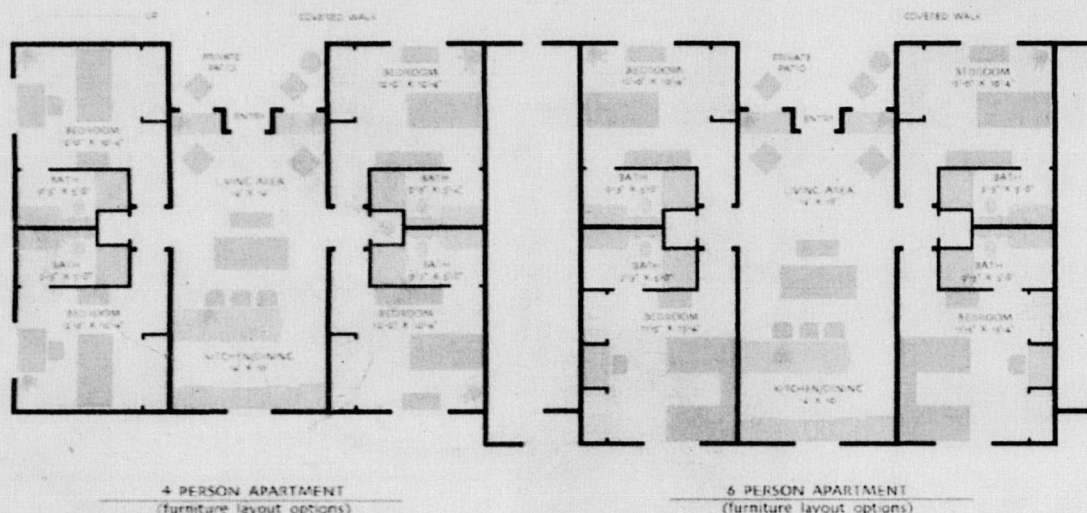
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