

It's going down! Cyclists Compete on New Arcata Ridge Trail

photos page 12 ... story page 19

### PLUS



Elevator Operation Permits Expired All Over Campus ... page 5



Proposition 19 fails!
More election results on page 3

# THE LUMBERJACK

#### ON THE COVER:

Top: An HSU cyclist speeds down the ridge trail Photo by: Preston Drake-Hillyard

Bottom Left: An expired elevator operating permit Photo by: Travis Turner

Bottom Right: Marijuana is still illegal in California Stock Photo

Cover Design: Adrian W. Emery

# **CORRECTIONS** If you have corrections contact us at: Office: 707.826.3271 | Fax: 707.826.5921 or E-mail: thejack@humboldt.edu

Kristan Korns, who co-wrote the story on the campus assault, was not identified as a reporter from KRFH. He is a reporter for KRFH, HSU's student-run radio station.

Jackie Sugihara, not Jackin Sugihara, carved a pumpkin for our cover.



## SHAY: tj's cartender of the week.

786 9th Street, Arcata, CA 822.0410 1644 G Street, Arcata, CA 822.1965

sun. 8-10, mon. 8-11 tue through thur 8-12 fri. and sat. 8-1:30

# **ALUMNI OWNED AND OPERATED**

Arcata Ligours promotes responsible drinking habits

# IN THIS ISSUE

## **NEWS**

Campus Safety Tips ...4 Expired Elevators ...5

Business Students Succeed in Business Simulation ...7

# **FEATURES**

Campus Dialogue on Race ...8 HSU Hosts Lecture on Cryptography ...9 Eat Your Greens ...10 Weekly Wine & Dine ...11

# SPOTLIGHT

Humboldt Cyclists Race on New Trail ... 12

# **OPINION**

Editorial: Jack Pass Funding Discussion ... 15 Sex Column: Herpes ... 16

# SPORTS

Men's Basketball Takes to the Court ...17 A Giant Dream ...18 Racing for the Ridge ...19

# This is your newspaper. Be a part of it.

## Contact Us

Send Letters to the Editor, guest columns, story ideas, press releases, general opinions, and corrections to: Office: 707.826.3271 | Fax: 707.826.5921 | Calendar: lumberjack.calendar@gmail.com. | Opinion: lumberjack.opinion@gmail.com. Feel free to stop by the office in Gist Hall Room 227 at Humboldt State University, 1 Harpst Street, Arcata, CA, 95521

# Advertising

For advertising rates or to reserve ad space, contact the Lumberjack Advertising Department: Office: 707.826.3259 • Fax: 707.826.5921 • E-mail: LJNPads@humboldt.edu

## Mission Statement

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

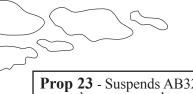
### Disclaimer

The Lumberjack is a member of the California College Media Association. The Lumberjack is printed on recycled paper and published Wednesdays during the school year. Questions regarding editorial content of the Lumberjack should be directed toward its Editor. Opinions expressed by guest columnists are not necessarily those of HSU. Advertising material is published for informational purposes and is not constructed as an expressed or implied endorsement or verification of such commercial ventures by the Lumberjack, Associated Students, or HSU. The views and content of the Lumberjack are those of the author and not necessarily HSU. One copy of the Lumberjack is provided free of charge to all community members.



thejackonline.org

These results are as of 11:00 p.m.
Tuesday night.
The updated results will be online at Election Coverage **Propostitions** 



Prop 23 - Suspends AB32 until California's unemployment rate drops to 5.5 percent and remains there for a full year

**Prop 26** - State and local fees require 2/3 vote to be approved

**Prop 19** - Legalizes marijuana in California. Allows local governments to regulate and tax commercial production, distribution, and sale of marijuana.

**Prop 22** - Prohibits the state from borrowing/taking funds used for transportation, redevelopment, or local government projects/services

> Prop 21 - Creates \$18 annual vehicle license fee to help fund state parks/wildlife

**Prop 25** - Changes legislative vote requirement to pass budget and budget-related legislation from 2/3 to a simple majority



**Prop 24** - Repeals legislation that allows businesses to lower their tax liability

Prop 20 and 27 - Both deal with redistricting, only one can

City Council: Alex Stillman

Mark Wheetley

# **District Attorney:**

Allison Jackson

# Governor:

Jerry Brown

## **Senate:**

Pending

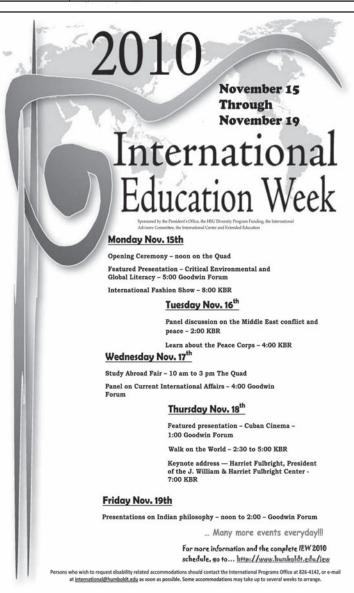
# California State Senate:

Pending

# **House of Representatives:**

Democrat Mike Thompson







# Defend Your Dormitory!

## Campus Safety Tips for Residents

### Story and Cartoons by Adrian W. Emery

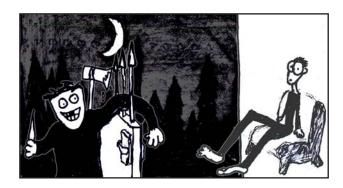
On Saturday, Sept. 23, a man broke into the Sunset dormitories and sexually assaulted a resident. UPD arrested a suspect in the case, Martin S. Alvarado.

In response, the Humboldt State University Housing Department held a series of meetings to discuss the issue of safety on Humboldt's campus. Here are a few things you can do to stay safe in your dorm.

**Location:** College Creek Apartments

**Issue:** Anyone with a working arm can reach through the bars and push the lever on the inside of the large gates on the outer edge of the aparments.

What HSU is doing: The University will modify the gates to prevent people from entering in this way. What You Can Do: Once the University modifies the gates, the only way non-residents will be able to get through is by climbing over. If you see anyone climbing over the gate, call UPD immediately.

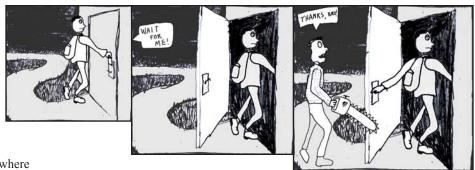


Location: Redwood and Sunset (and the rest, too)

**Issue:** Students must use a key card to open the outer doors of a few of the dorms, but non-residents can still enter the common areas. Students can follow behind card-carrying students and walk into the dorms if the resident holds the door open.

**What HSU Is Doing:** The school will install signs near the entrances to the dormitories that will remind students to allow only residents into the dorms.

What You Can Do: Do not hold the door open for strangers. Ask people to identify themselves when they want to come in your dorm.

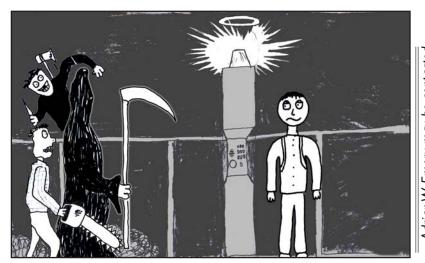


**Location:** Everywhere

Issue: Suspicious people appear on our campus all the time.

What HSU Is Doing: HSU has an active police force, the University Police Department.

**What You Can Do:** Call them! Report suspicious activity to UPD by calling 911 or 5555 from any campus phone. You can use the blue light towers located around campus to call UPD. The towers have large red buttons that can connect you directly to UPD.



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

# Elevators Without Permits

# State Budget Holds Up Inspections at HSU

Josh Aden

Permits in HSU's elevators are almost uniformly expired, and California's budget woes may be to blame.

California's Division of Occupational Safety and Health (CalOSHA) last inspected the school's elevators in May, 2009, and some inspection dates go back even further. CalOSHA must perform a safety inspection on every elevator once a year to issue permits.

Plant Operations Director Tim Moxon said the school and the state are aware that the permits expired, but a lack of travel budget for elevator inspectors prevented the state from checking them. He said he learned of the issue while trying to get state inspectors to issue permits for the elevators in the newly completed College Creek Apartments.

"Initially, they said since the state budget hadn't been signed, they wouldn't come," Moxon said.

Partisan gridlock held up California's budget in the state legislature until Oct. 8 this year. With effort, HSU got the new elevators certified. College Creek could not have opened without the elevators because they would not be compliant with the Americans with Disabilities Act.

Kevin O'Brian, director of the Student Disability Resource Center, said the school faced a similar issue last year in trying to get a new elevator certified in the Forbes Building. The center had to find an alternate way of getting students to the Recreation Center until the state could send an inspector.

"Like all state offices, they get hit with budget cuts, and what they do sometimes is cut travel budget," O'Brian said.

The issue particularly affects students whom the Disability Resource Center serves.

"We've got some people who are absolutely dependent on elevators," O'Brian said. "This is Hills and Stairs University [H-S-U]. They are pretty important."

O'Brian said he has no fear about the safety of campus elevators as Plant Operations is quick to fix elevator problems. The Otis Elevator Company maintains the elevators. Moxon said Otis certifies the elevators for safety even if the state has not.

"They wouldn't be running if they were not safe," Moxon said.

The elevators have generally been inspected promptly after the permits expire until California's recent budget issues, Moxon said.

"[Inspections have] been right spot-on the past couple of years, even the month before some years," Moxon said.

Dean Fryer, a spokesman for the California Department of Industrial Relations, would not comment on whether California's budget cuts affect the ability of the state to inspect elevators. He did say that some areas in the state have a heavy workload and that HSU's elevators may be backlogged.

The University notifies the Division of Occupational Safety and Health on the day an elevator's permit expires, Fryer said. This means there is always a window between when a permit ends and when an elevator is newly certified.

"Every permit is going to show expired at some time in the year," Fryer said.

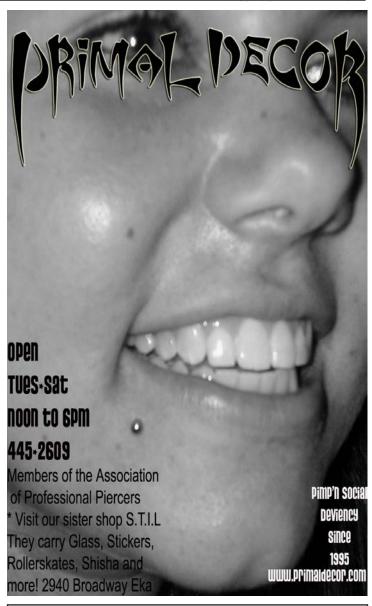
Budget shortfalls have plagued California for years, partly due to the two-thirds majority required to pass a budget. HSU's elevator certification dilemma may illustrate why there is a growing movement in California for budget reform.

Moxon said, "It doesn't matter who you like or you don't like, none of them are doing their jobs. Our legislators let us down pretty big."

Josh Aden may be contacted at thejack@humboldt.edu

Editor's Note: At deadline the LumberJack learned that inspections are scheduled for later in November.

Here is a list of campus elevators with their permit expiration dates.
Jolly Giant Commons (from lot): 5-29-2010
Jolly Giant Commons (from the J): 5-29-2010
Quad: 5-27-2010
Founders Hall: 2-7-2009
Science A: 5-28-2010
Science B: 5-27-2010
Forbes Complex/West Gym: 10-7-2010
Kinesiology: 5-27-2010
Theater Arts: 5-27-2010
Wildlife and Fisheries: 5-28-2010
Natural Resources: 5-27-2010
Music Complex: 5-27-2010
Harry Griffith Hall: (toward 14th Street): 11-13-2007
Harry Griffith Hall: (toward SBS) 5-27-2010
Nelson Hall: 5-28-2010
Student Business Services (both): 5-27-2010
Siemens Hall: 2-6-2009
Gist Hall: 2-6-2009
Library: 5-28-2010
Behavioral and Social Sciences (both): 9-10-2009





Serving Breakfast, Lunch & Dinner 8AM to Midnight

On the Plaza 744 9th Street 822-3731 Phone Orders Welcome



### www.thealibi.com

### Trailer Park Mondays

Hamburgers, Hot Dogs, Hush Puppies, Corn Dogs, Hot Wings, Deep Fried Dill Pickles, Bud in the Can, Jello Shots, Oly Specials

### Irish Pub Wednesdays

Corned Beef & Hash, Lamb Chops, Halibut n' Chips, Cheese Fries, Irish Flag Shots, Guiness, 50 cents of Irish Whiskeys

### Two For Tuesday

8am to 2pm

Buy any breakfast or lunch entree and get one half price.

### 5pm to 9pm

Buy any lunch or dinner entree and get one half price.

### Ono Luau Thursdays

Aloha Chicken Wings, Maui Ahi Poke, Coconut Shrimp, Macadamia Nut Halibut, Teriyaki Ginger Tofu, Chicken Katsu, Blue Hawaiian,

Mai Tais





And now, a Haiku



Student newspaper Coverage of campus news It's newspaper zen



www.thejackonline.org



# HSU Makes Top 100 in Online Business Simulation Game

**Ashley Ward** 



Team C HGH members Kimberly Whitlaker, Joseph Lamb, Joshua Lynn and Elizabeth Stanton stand with Provost Robert Snyder and President Rollin Richmond after winning first place in a week long online business simulation between schools around the world. The entire simulation is months long, with winners chosen weekly based on company performance and success. <> Photo Courtesy of Business Department

"We [HSU's Business department] have

always been participating in business

simulation games. Simulation is an

integral part."

- Saeed Mortazavi Business Department Chair -

HSU business students ranked 36 in GLO-BUS' Top 100 Schools. President Richmond and Provost Robert Snyder handed out certificates and slices of chocolate cake to the business students last Thursday.

GLO-BUS is an international online business simulation game for college students. University professors divide students around the globe into teams. HSU

Professor Mohsen Modarres divided his class, Strategic

Management BA 496, into eight teams -- A NKM DIGITAL Inc., BMACC, H LCTH Digital Inc., D Plus, Esav, F Vision, G The Coleman Co., and C HGH. The objective was to successfully create and run a simulated camera company for a 15-year period. Each simulated year is one week in real time.

The simulation gives students all the tasks a business manager has. "You have factors, management, how much you pay employees, whether you go green," Troy Wooster, an Esav teammate said.

The teams met each week to discuss the company's needs -- component usage, camera performance, product line breadth, research and development, production operations, work force compensation, pricing, outsourcing, sales, marketing, and finance.

The teams competed worldwide for the weekly high score. "It was interesting because you didn't

know what other teams were going to do," said Joseph Lamb, a C HGH teammate. The simulation calculates the overall company performance of each team and awards the most thriving company. Team C HGH held first place in the international game for

the last week of the competition.

Accounting Major Elizabeth Stanton is also a C HGH teammate. "It was interesting to take all the components of what you've

learned," she said. Every Tuesday, her team entered online the goals for the week and the strategies for improving the camera company. "I definitely had to look back to our previous classes for help," Stanton said.

To be successful with the simulation, the teams had to execute aggressive tactics to give their company a recognized brand image and global market leadership. "You try to think of a strategy, whether you want to differentiate yourself," said Esav teammate Troy

"[HSU's Business department] has always been participating in business simulation games," Business Department Chair Saeed Mortazavi said. "Simulation is an integral part."

"[GLO-BUS] helped me think strategically," said Lamb. "I can outsmart other people."

Ashley Ward may be contacted at thejack@humboldt.edu

Since 1898

ce Cream • Espresso • Desserts Sandwiches

Humboldt County's Only, Full Service, Handcrafted, Ice Cream Parlors

Come and stay awhile with



Locally Owned and Operated by Proud HSU Grads from Classes 1997 & 2000.

Arcata Plaza 7918th Street Jacoby's Storehouse 822-6388

Old Town Fureka 215 F Street Between 2nd & 3rd 268-0122

Family Entertainment Center and Laser Tag

8,000 sq. ft of laser tag! Video games! Classic Arcade games! Snack bar!



HOST YOUR SPECIAL OCCASION AT OUR GAME CENTER

www.cybercityeureka.com

Private Events • Birthday Parties • School Field Trips • Corporate Functions • Team-Building Exercises



Located Right off Broadway Street in Eureka, behind Philly Cheese Steak

3022 BROADWAY STREET, SUITE 1



# Let's Talk HSU Campus Dialogue on Race

Peter Sheppard

Racism, sexism, and intolerance in general are still very much alive and present in the world. While the past few decades of our nation's history have been ones of nearly unprecedented growth and acceptance toward racial understanding, the ugly specter of racism can still rear its head, and that is what the Campus Dialogue on Race is all about.

The Campus Dialogue on Race is an annual week-long event put on by the MultiCultural Center of Humboldt State. Its roots are in an initiative started in 1997 by former President Bill Clinton, who encouraged the need for our country to have an open dialogue about racism and intolerance. To achieve this goal, he formed a panel tasked with starting candid conversations on U.S. race relations, examining ways to expand opportunities in both education and employment and fostering mutual respect. Humboldt State took up the challenge, and the Campus Dialogue on Race has been an annual part

The first HSU Campus Dialogue took place in 1998. It started as a talk about race and racism but expanded to include discussions on sexual orientation and is now more of a dialogue on social justice. Its aim is to get students talking about these issues and to get them involved in the discussion. Marylyn Paik-Nicely, director of the HSU MultiCultural Center, said that the Campus Dialogue on Race is really about having an open discussion about race, gender, and sexual identity and summed it up as a look at the continued oppression of people and how we can do away with that.

While HSU tends to be a progressively minded campus, the racial make up of the campus shows that it is in fact predominantly white. Mona Mazotti, the Outreach and Social Justice Coordinator for HSU, said that the lack of diversity among students and faculty can create a "place of tension at times." Rogelio Molina, a psychology and ethnic studies major and volunteer staff member for the Campus Dialogue, said that his general experience regarding intolerance on campus comes in the form of prejudice involving cultural knowledge. "Many individuals that I've felt aggravation with have been espousing ideas that are contrary to the real root of where these things belong," said Molina.

Events so far included discussions on the rights of indigenous people of both the past and present, the struggles of immigrants in this country, and a workshop on the rights of voters in California and the initiatives they passed over the years. Starting Wednesday, the next three days will host the Cross-Cultural Queer Film Festival with films that focus on queer issues. Discussions on the films will follow.

> Peter Sheppard may be contacted at thejack@ humboldt.edu

# CAMPUS DIALOGUE ON RACE

### Wednesday, 11/3:

"Tunnel of Oppression" 5:00-9:00pm 1st floor of the J

### Thursday, 11/4:

"Diversity In The Sciences Discussion" w/ Lydia Hicks 2:00-3:30pm in the Great Hall "Deconstructing Stereotypes of Low-Income Students in the US" 4:00-5:20pm in the Great Hall "A Discussion of the Impact of School Desegregation" w/ Brian McElwain 5:30-7:00pm in the Great Hall

### Friday, 11/5:

"Art as an Anti-Racist Action Workshop" w/ Maia Papaya & Eli Conley 1:00-3:00pm in the Goodwin Forum

"The Racialization of Religious Identity in the Post-9/11 United States" w/ Jadep Singh 5:00-7:00pm in the KBR

### Wednesday, 11/3:

Chocolate Reception 4:00-8:00pm in the KBR

### Thursday, 11/4:

"Fire" Film Screening and Discussion 10:00am-1:00pm in the Goodwin Forum "Aimee & Jaguar" Film Screening and Discussion 2:00-5:00pm in the Goodwin Forum Keynote Film "La Mission" w/ Writer-Director Peter Bratt 7:30pm in the KBR

Friday, 11/5:

"Boys Don't Cry" Film Screening and Discussion 1:00-4:00pm in Gist Hall 218 "Beautiful Boxer" Film Screening and Discussion 4:30-8:00pm in Gist Hall 218

# Crack the Code

# Cryptography Lecture Preview

### **Michael Kennedy**

"I hope that the audience will learn that cryptography, relies on mathematics."

- Alice Silverberg -

Cryptography is the practice and study of hiding and discovering hidden information. It almost sounds like a term straight from an science-fiction novel. When you first read the definition and what it entails, cliche images of mathematicians and scientists who decrypt secret messages at a hidden government bases somewhere in the desert jump to mind. But, when you learn just how important it is, you will want to know more.

Wednesday, Nov. 3 at 8 p.m., cryptography expert Alice Silverberg will give a lecture about her work and the mathematics of cryptography at the annual Harry S. Kieval Lecture.

By definition, cryptography is the study and practice of "enciphering and deciphering of messages in secret code or cipher." It is hard not to think of an

image from an old black-and-white war film or a scene from "National Treasure," where Nicolas Cage decrypts a secret mes-

sage that saves the day. In reality, cryptography plays a different and larger role in the modern world. For example, money and confidential information is exchanged daily among the millions of citizens who use the Internet. Users can access everything from bank statements to Facebook on the Internet.

A math professor at the University of California At Irvine, Silverberg worked with and studied mathematics most of her life. She earned a bachelor's degree from Harvard University and received her doctorate from Princeton University. Silverberg moved on from there and held teaching jobs for esteemed universities, including her first job at Ohio State University. Throughout her teaching career, Silverberg developed a a habit for traveling, speaking at more than 250 lectures worldwide and earning several honors along the way. One of her latest being right here at HSU, earning the distinction to work with the Humboldt Research Fellowship. In addition to her previous accomplishments, she has managed to create several computer programs despite her busy schedule, even some that are now patented.

Silverberg recorded hundreds of hours in this line of work. She has been a guest speaker for numerous conferences, and served on various program committees. Her latest being as a member of the program committee for CT-RSA 2011, the Cryptographers Track of the RSA conference, the largest annual computer security event. Instead of just knowing the "what" and "why" though, Silverberg wants her audience to understand the "how." She said, "I hope that the audience will learn that cryptography relies on mathematics."

This semester is the 56th lecture. Harry S. Kieval was an HSU professor who began the lecture series over 30 years ago.

A New York City native, Kieval arrived at HSU in 1966 as a math professor. A firm believer in undergraduate education, he left a permanent impression on Humboldt State University, even after his retirement from his 14-year tenure. His funding and donations helped create an annual undergraduate math scholarship as well as the math lecture, both named in honor of him. After Kieval's passing, his will said that the Kieval estate will continue these traditions with annual donations

Brilliant mathematicians and scientists spoke at HSU every year after the lecture's debut. Each one had a distinct and intriguing issue to discuss regarding mathematics. "We have had a few presidents of the National Math Association and a couple of Nobel Prize winners speak," said Martin Flashman, a math

professor at HSU and the coordinator of the event. Even though the guest speakers and topics change over

the years, the purpose of the lecture is always the same: to explore and comprehend the new and current uses of math. It ranges across hundreds of mathematical topics and professional applications.

Wildlife major Kurt Ongman said, "I feel it is crucial for our well being to keep our private information safe away from the eyes of the globe. I'm glad to hear of new methods of encryption that hoard information from those with harmful intent."

As the importance of mathematics only grows with the advancements in technology, its utility in the professional field does so as well. If we are to keep up with the world and current technology, then it is time we have at least a basic understanding of the mathematics that fuel it.

Michael Kennedy may be contacted at thejack@ humboldt.edu

# Alice Silverberg:

"Cryptography -- How to Keep a Secret" Wednesday, Nov. 3 at 8 p.m.

Science B Room 135

4WESOME discount coupon for GREAT Chinese food

HUNAN • CANTON • PEKING SZECHUAN • MANDARIN • DIM-SUM

We have the largest VEGETARIAN MENU in town!



# HSU Student ID gets 10% off

Fine Chinese Cuisine on the Plaza...

761 8th St. On the Arcata Plaza

Call for to-go orders or reservations

822-6105



CHINESE RESTAURANT Closed Mondays



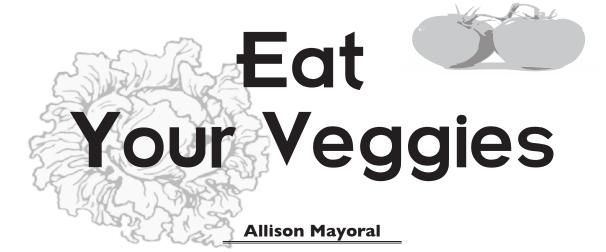


NORTHTOWN BOOKS 957 H Street Arcata, CA 95521

822-2834 Special Orders Welcome At No Extra Charge







It took Michael Cooper, 22, a few minutes to remember the last vegetable he ate. "I had lettuce and tomato on my burger the other night. That counts right?"

Cooper said he does not make it a habit to eat fruits and vegetables. Instead, he eats whatever is around, usually frozen burritos or pizza. "It's probably bad that I have to really think when the last time I had an apple," said Cooper.

A new study released last month by the Centers for Disease Control and Prevention found that in 2009, adults did not get enough fruit and vegetables in their daily diets. The study found that only 32 percent of adults ate the recommended two or more servings of fruit each day, and 26 percent had three or more vegetables per day.

"It's disappointing," said Chelsey Brown, a registered dietitian with the Humboldt Patient Resource Center in Arcata.

"It is not that surprising," said Brown of the results of the study. The U.S. Department of Health and Human Services recommends that adults eat nine daily servings of fruits and vegetables. That means about two cups of fruit and two-and-a-half cups of vegetables should be in your diet every day. The typical American diet falls short of those expectations.

Ron Rudebock, director of HSU dining services, said The Depot is "almost [doubling] the amount of produce and fruit we are going through compared to last year."

Snacks are still the popular choice, but Rudebock said one fruit is a staple to students. "Bananas are popular year round, and we are currently going through about 120 pounds per week at South Campus Marketplace."

"I think the main challenge is people are in a hurry most of the time, and it is quick and easier to grab a packaged, ready-to-eat snack that you can throw in your backpack and eat between classes," said Rudebock.

Brown said, "Convenience is everything."

Eating the recommended nine servings of vegetables takes a plan. You have to think before you eat. "Nine sounds so overwhelming," said Brown. But, it is not impossible. One serving of fruit is one piece of fresh fruit or half a cup of canned fruit. A vegetable serving is one cup of raw vegetables or a half a cup of cooked vegetables.

Chronic illnesses, like diabetes or high cholesterol, are often linked to obesity because they develop due to poor diet and lifestyle. New analysis from the Centers for Disease Control and Prevention found that by the year 2050, as many as one-in-three people in the U.S. could have diabetes.

That is why prevention is key. A diet filled with vegetables and fruit is a start. You can now use food stamps at the farmers market. Farm-to-school programs in some schools bring fresh fruits to the youth.

There have been changes. "In the long run, we have come a long way," said Brown, "but [poor diet choices] didn't happen overnight. It will take long to dig ourselves out."

Brown recommends buying a share with a local Community Supported Agriculture farm as a way to get vegetables in your diet. With a share, you buy local, seasonal food directly from the farmer and receive a box of fresh food each week. "My diet improved 50 percent," said Brown of her diet after she joined a CSA.

Membership to the Arcata Educational Farm, one of many local CSA's, is a sliding scale of \$400-\$450 for 22 weekly pick-ups. It comes down to around \$18-\$20 a week for a box full of fresh veggies.

The main barrier is the time it takes to prepare the vegetables that makes it easy to give them a pass said Brown. Cut and dice your vegetables as soon as you bring them home from the store. Have them ready to go, so when you get home, you can reach for diced jicama instead of a bag of Doritos. "Sometimes, you're not really hungry. It is just a habit," said Brown.

Karina Miller is a vegetarian. She admits that she does not get her recommended servings of fruits and vegetables. "Some days, I am just lazy," said Miller, "and I'll grab a bean-and-rice burrito or snack on cheese and bread."

Miller said she tries to eat at least one piece of fruit each day and makes an effort to cook up vegetables for dinner. "I do try to not be a 'junk food vegetarian,' but sometimes, grabbing a slice of pizza is easier than chopping and cooking up a stir fry," said Miller. "Plus, I hate doing dishes."

The Depot offers vegetables, so do not be afraid to eat them. The sandwich and burrito stations can easily accommodate a serving of veggies, and there is a salad bar.

Hannah Rainwater, natural resources major, said when she gets a sandwich, she always makes sure it is packed with veggies. "I always make sure I have avocado and cucumber on my sandwiches. It's a plus that [those vegetables] can become a serving of vegetables," said Rainwater.

Brown suggests making a big pot of vegetable soup that you can eat throughout the week. Put a bowl of fruit in sight instead of a bowl of jellybeans. Eat fruit or vegetables as a snack. Ask for extra vegetables on your pizza or sandwich. For a long school day, pack an apple or carrot sticks and hummus. Snack on dried fruit, which will take care of a serving of fruit. Resist the urge to press E10 for a pack of Skittles from the nearest vending machine and eat a piece of fruit instead.