Honors program lacks diversity

By Ana Mendoza
The Collegian

Smittcamp Honors College students are a small percent-age of the university, but their presence and access to resources for success are immense compared to the rest of the average Fresno State student. When comparing the honor’s students to the gen-eral student body, ethnic and economic imbalance is evi-dent.

“Tending to be able to graduate debt free, and I don’t need to get any loans,” Kaitlin Morgan, a second year Smittcamp student, said. “It’s a nice relief to not have to worry about financial costs.”

Hector Cerda, a Fresno State graduate student, is cur-rently working two jobs to pay for his grad degree. He said that the lack of economic and ethnic diversity within Smittcamp proves that insti-tutionalized racism is present.

There is nothing about what is your ethnicity, what is your fam-ily’s income.”

Applicants are not consid-ered for the program based upon their economic standing but strictly on academic achievements, Chapman said.

Every year, Smittcamp accepts 50 new students from different California high schools, out of state and some-times even out the country. Because the scholarship is only given for eight semesters, 50 students are accepted each year.

In fall of 2010, 647 students applied for the 50 positions available. Of the selected applications, the average GPA is 3.9 (4.19 weighted GPA) and the average SAT score is 1918.

out of a maximum possible score of 2400. In the fall of 2009, Fresno State had 21,500 students. Of those 5.3 percent were black, 35.7 percent Hispanic and 34.8 were white.

That same year, 66 percent of the 50 students accepted into Smittcamp were white, and 10 percent Hispanic and one black and two students were Asian Indian.

According to the Policy on Campus Use of Alcoholic Beverages, The Association Caterer’s Permit operates under licenses issued by the Alcoholic Beverage Control. This permit is what allows The Bucket Pub and Grill on campus to sell alcohol.

According to this require-ments The Bucket Pub and Grill which provides food services and six different draughts of beer is in full com-pliance with Fresno State’s policy.

The student who decides to drink while at school, on the other hand, could very well be violating the campuses rules and not even know it.

“Students will not be under the influence of alcohol while on campus,” states the policy. This at first seems to be contradictory to the availabil-ity of beer, but it is unclear as to what being under the influ-ence actually means in the policy.

Dr. Lisa Herzog, a dietician and nutritionist at Fresno State says it’s not straightforward issue.

“Tending that everybody across the board is going to have the same type of reac-tion, I couldn’t necessarily say that,” Herzog said. “We can only make some assump-tions.”

There are many different factors to consider when diagnosing blood alcohol content, Herzog said.

“Men typically have the enzymes that take alcohol longer to metabolize than females. Also body composi-tion, fat weight, and the blood rate is going to affect the metabolism of alcohol,” Herzog said.

According to the Blood Alcohol Content Chart provided by the Fresno State Health Center there are three zones of intoxication represented by colors. The blue zone rep-resents the ideal level of alco-hol content of around .02 to...
Getting back to Christmas basics

Backcountry needs tradition of diversity

And at least for the moment, it seems that those who “celebrate reason” are winning. For the past century, the Christ-centered aspect of Christmas has been steadily marginalized and forgotten while the more commercial and materialistic aspects of Christmas have been exalted. Granted, holiday celebrations have not always revolved around the birth of Jesus. Many ancient Egyptians celebrated the winter solstice and the coming of days with extended sunlight. Germans honored the pagan god Odin and Romans celebrated Saturnalia, a celebration of debauchery that would make New Orleans’ Mardi Gras celebration pale in comparison.

Even in Christian societies, Christmas wasn’t celebrated at the outset. Easter was the dominant holiday, and Christmas wasn’t celebrated until the fourth century. Even the date. Dec. 25, has been disputed— Pope Julius I picked it, but the Bible doesn’t give a specific date for the birth of Jesus and many believe the day the pope chose to be the wrong one.

Nevertheless, Christmas developed into a celebration of the birth of Jesus. Christmas carols developed like “Silent Night,” “Hark the Herald Angels Sing” and “Adeste Fideles” that explicitly mentioned Jesus Christ, and the myth of Santa Claus was developed out of a real man, St. Nicholas, a saint renowned for his kindness.

Since the beginning of the 20th century, however, Christmas has steadily lost part of its past. It came slowly. Christmas movies, at first, at least alluded to faith. “Every time a bell rings an angel gets its wings” was a famous quote from “It’s a Wonderful Life,” one of the most beloved Christmas movies in America. But the more traditional celebrations have taken off as the direction American culture write large has gone.

Christmas instead became centered around Santa Claus, and not one based on the St. Nicholas of the Bible. Competing with him, and songs became about the winter, the cold and reindeer.

The culture became occupied with finding the best gift possible, giving birth to days specifically dedicated to shopping. The politically correct American culture has been replaced “Merry Christmas” with the less explicitly religious “Happy Holidays.”

The result of this [exposure] is the erosion of what you perceive as the boundaries that are around your world,” Johnson says. However, Johnson recognizes that before a shift is seen in ethnic representation in the outdoors, traditions, traditions of outdoor experience must be built. It was this realization that provided Johnson to contact Oprah Winfrey a few years ago, suggesting she use her position of influence to promote the outdoors.

This fall Winfrey answered that challenge, filming a two-part special. It is a short film for her show featuring her, and a friend camping in Yosemite. The trip even included a pit stop at Fresno’s REI outdoor gear store. Winfrey’s segment is a major advancement in the diversification of the outdoors.

However, there’s still work to do. Tim Cohee, owner of China Peak Mountain, says he sees increased movement of minorities toward skiing. But in the more than three decades Cohee has worked in the snowsports industry, he says that his most recent venture with China Peak has shown the largest multi-cultural draw. Cohee attributes this to the accessibility and affordability of China Peak compared to other resorts.

While economic and geographic issues play a role, the missing link in the chain of outdoor diversity is family tradition.

Without a heritage of outdoor experiences, children from non-white backgrounds are less likely to experience the outdoors than their white counterparts. While economic and geographic issues play a role, the missing link in the chain of outdoor diversity is family tradition.

When these youngsters enjoy the vast sky and fresh air of their outdoors, their boundaries expand. Their connections to what is real and calm and clean deepen. They experience the truly wild and untamed gems of America’s vast sense of reality. A sense of smallness, and at the same time, a sense of significance.

THAT’S WHAT THE PEOPLE ARE SAYING...

"A lot of what goes on in our college campuses isn’t education at all. And much of it, if I’m afraid, can’t be called ‘cheaper’ either.”

— Prof. Andrew Nevel, MFLR.org

Danielle Harper
Online Writer
"No, they should not be released. We were kept secret for a reason, to protect the public good."

Tom Lake
Jazz Performance Senior
"On one end, it’s bad because it’s a breach of their whole system. They probably got leaked as a result of some negative situation. The other side is, I think it’s good that it gives some insight on how they’re really acting. It’s little bit to see what’s really undernehad.

Daniel Gonzalez
Accounting Senior
"It’s probably not a good thing."

The Right Tone
TROY KENYER

Before
After

And the angel said to them, “Fear not: hereafter, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.”— Luke 2:10-11, KJV

"Flora, fauna and geographic formations show a striking array of beauty. But in one area of the outdoors, diversity is markedly absent— its visitors."

As a fan of National Parks and a frequent backpacker, hiker, cyclist and camper, I can’t help but notice the difference in representation between “traditional” park attendees, like Caucasians and internationall travelers, and other ethnicities that more fully represent the population of the Central Valley. As I can a mine, this observation is a signal of a deeper problem.

According to a 2009 Park Service study, only 1 percent of Yosemite’s visitors last year were African American or black. The majority of people visiting Yosemite last year were white, staggering 88 percent of travelers to the park. Shelia Johnson, Yosemite’s sole full-time African American ranger, recognizes the potential impact of exposure on the outdoors.

"The result of that [exposure] is the erosion of what you perceive as the boundaries that are around your world,” Johnson says. However, Johnson recognizes that before a shift is seen in ethnic representation in the outdoors, traditions, traditions of outdoor experience must be built. It was this realization that provided Johnson to contact Oprah Winfrey a few years ago, suggesting she use her position of influence to promote the outdoors.

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While economic and geographic issues play a role, the missing link in the chain of outdoor diversity is family tradition.

Without a heritage of outdoor experiences, children from non-white backgrounds are less likely to enjoy the outdoors than their white counterparts. When these youngsters enjoy the vast sky and fresh air of their outdoors, their boundaries expand. Their connections to what is real and calm and clean deepen. They experience the truly wild and untamed gems of America’s vast sense of reality. A sense of smallness, and at the same time, a sense of significance.
BOOKS: Selling off

CONTINUED from page 1

partnership with Better World Books, an online book seller organization that raises funds for world literacy.

“When the books are collected here in the store, we just kind of divide them in half and send half to Dr. Rice and to the Golden Key,” Bartel said.

Child development major Araceli Perez said she has donated some of her textbooks to the Kennel Bookstore.

“The books that they don’t accept for return backs, I usually put them in the donation box, so I don’t keep them,” Perez said. She also said she

“Usually put them in the donation box.”

— Araceli Perez, Student

has given some of her textbooks to the Salvation Army in downtown Fresno.

Junior student Yesenia Cruz, a social work major, said she knows of another place where students can donate their textbooks to migrant students; the University Migrant Services coordinated by Raul Moreno.

“I think they share your books with other students who don’t have money to buy their books,” Cruz said.

Some students don’t have to worry about what to do with their textbooks, as they rented

WEDNESDAY, DECEMBER 8, 2010 THE COLLEGIAN • NEWS

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Moreno.

Services coordinated by Raul

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— Araceli Perez, Student

PUB: Campus beer, student choice

CONTINUED from page 1

.06 percent. The orange zone represents what they call the “sloppy drunk” and the red level is a representation of severe mental and physical impairment.

Having after one or two beers at the Pub, most students would still only fall into the blue category of the BAC chart, Dr. Herzig says that even with a minimal amount of alcohol in your system you are still susceptible to some risks in the classroom.

It very well could impair their ability to follow along with a lecture. It may even cause some problems physically for them if they were not to be as cognizant,” Herzig said.

Having a pub on campus may serve as a bad influence for some, but the Alcohol Safety Council led by Dr Oliaro says it is always taking the appropriate measures to ensure the best environment for all students.

According to the Alcohol Safety Council (ASC) mission statement, Fresno State strives to promote and sustain a safe, healthy and responsible learning environment regarding alcohol choices.

They accomplish this by developing and coordinating alcohol-related education, prevention and intervention programs. They also work to advise and collaborate with the university administration, campus and community on alcohol-related issues.

Dr. Oliaro, vice president of student affairs, says that interacting with alcohol will always be part of our daily lives.

“It’s a natural part of life,” Oliaro said of student’s access to beer on campus.

Kathy Yarmo, the Coordinator of Health Promotion and Wellness Services, said she bad a pub on her campus while going to college and that ultimately as adults we make our own choices.

“If your 21 and you want to go have a beer at the pub, that’s your legal right to do so,” Yarmo said.

Yarmo also stressed that students need to be aware of the outcomes of their choices as well.

“It’s certainly something to say that everybody across the board is going to have the same type of reaction, I couldn’t necessarily say that everybody across the board is going to have the same type of reaction,” Yarmo said.

We want to make sure that first of all that those that are consuming alcohol are of legal age. But if people are going to engage we want them to be safe. We want them to have the information hey need to make the best decision for them.”

Spend The Winter... Studying at Lake Tahoe

SCHOLARSHIPS AVAILABLE | No Fee to Apply Online for Spring 2011
Employees at Student Health Center still adjusting to paperless structure

By Megan Morales
The Collegian

Fresno State’s Student Health Center has taken the leap to modernize its system by adopting a completely paperless structure, but employees are still getting accustomed to being electronic eight months later.

The new transition was implemented in April of this year, and according to employees working at the Health Center it’s made the process significantly more efficient.

With this new system, charts can be accessed electronically when checking in. This will cut the wait time for students who are waiting to be seen. In addition, the system interfaces to the center’s laboratory and pharmacy systems.

“When you order tests, the system communicates with the lab software that ordered the tests,” Interim Operations Director Dirk Ruthrauff said. “So when the results come back, they go into the system and the provider just reads the results from within the point and click system.”

Students no longer need to make a trip or even call the health center when waiting to receive lab results. They simply sign into their private portal that is interlinked with the health center to view their results in just a few seconds.

“We are able now to radially change our jobby,” Ruthrauff said. “We’ve taken out a lot of chairs because we don’t have as many people just waiting around.”

The Patient Web Portal provides 24 hour access a day for students to book appointments, complete pre-visit questionnaires and medical forms, exchange secure messages with providers and even print online walkout status with providers and even print online walkout status with providers and even print online walkout status with providers and even print online walkout status with providers.

Ruthrauff said the system provides access 24 hours a day for students to book appointments, complete pre-visit questionnaires and medical forms, exchange secure messages with providers and even print online walkout status with providers and even print online walkout status. Using this portal will provide access to all patients’ medications. Using this portal will allow patients to receive lab results. They also have a mass amount of information.

“In addition to Fresno State’s contentment with the newly added system, Cal State Fullerton’s medical records supervisor, Hilda Pelaez, described Point and Click as ‘wonderful and very easy to use’,” Ruthrauff said its been a big step for the health center and has brought about a great transition, but they’re still adapting to the modernized ways.

“We’re still swallowing it,” Ruthrauff said. “We need to absorb it.”

Digitalization isn’t always an easy transition for everyone. And lastly, efficiency has been argued in terms of compatibility with all systems. But this newly added electronic system is a momentous step forward for Fresno State’s health center.

Ruthrauff said there also might be some additional upgrades as well. Hopes to add simple check in kiosks are in the works right now to make it simple for students to make appointments and check themselves in rather than waiting in line. With a simple swipe of an identification card, the patient can see all their information, update any status changes and the machine will direct them where to go next.

Administrators from Cal State Chico, Cal Poly and Cal State Fullerton each said they’ve enjoyed the new system and its brought tremendous positive aspects.

In addition to Fresno State, Cal Poly and Cal State Chico each said they’ve enjoyed the new system and its brought tremendous positive aspects.

Four computers are located in the Student Health Center’s lobby to assist students in filling out a health history and immunizations form prior to appointments.

Employees at Student Health Center still adjusting to paperless structure
because of their academic achievements, are granted free in-state tuition scholarship, a stipend for a laptop and its accessories, on-campus housing, free parking, small classes of 25 students or less in all honors courses with prestigious university professors, access to the Honors College Office resources like copiers and fax machines and more. Smittcamp students also have regular interaction with university president John Welty and attend a welcome event and an annual Christmas party at his university home.

Students like Morgan also get priority registrations. “I don’t really have to worry about getting my classes, which is very nice especially in this kind of climate.”

“If households are more successful financially, their children do appear to do better in school,” Chapman said. “That is a terrible trend. That means that all the high schools that are serving the poorest students, they are facing this uphill battle of trying to increase the success of students who are fighting against odds.”

Cerda, who interns at Students for Quality Education and a former Outreach Services employee, wonders why Smittcamp does not have more ethnic and economic diversity.

“If you can acknowledge and identify that there is an issue, then there is also a problem in being able to identify it and not being able to solve the issue,” he said.

Despite concern about fair representation, many students, faculty and administrators believe that Fresno State needs these 200 students. “I think it’s good for the university to have role models like that who are motivated and succeeding so that other students can strive for similar things,” Morgan said.

But Chapman admitted honor students receiving benefits need to contribute more financially.

“If there are students receiving benefits on campus that are not available to other students and their households meet financial aid criteria for participating fully in the payment of tuition, then they probably should pay tuition.”

“They should give other people the opportunities that are smart as well, but they just don’t have the money,” Fresno State student Isaura Olmos said. “I know a lot of people sometimes pre-judge us thinking we just have everything handed out to us but we had to work really hard in high school to get the scholarship, and we still have a GPA we have to maintain,” Morgan said.
Popular Christmas time locale opens for 88th year

Opening night draws thousands

Christmas Tree Lane, a popular Fresno tradition that opens to the public each year, kicked off its 88th season on Dec. 1 for an opening night of at least 30,000 visitors.

The Fig Garden Homeowner’s Association organizes the much-anticipated event, which opens for 20 days each December to feature around 140 houses and 300 trees decorated in Christmas lights.

Christmas Tree Lane got its start in 1920 when a family who lived on the street decorated a tree in front of their house in honor of one of their children who died that year.

“The house that started it is identified on the street,” FGHA member Tony Pings said.

This year, Christmas Tree Lane features 80,000 lights, half of which are LED light bulbs. A set of 10 LED lights is equivalent to the power of one lightning bolt.

“About half of the lane is decorated with LED lights,” Christmas Tree Lane subcommittee member Jeanne Alexander said. “The hard cost is around $100,000 a year, and it’s split between the residents.”

Residents of the lane, while they are not required to decorate, are urged to keep the Christmas spirit when they decorate their houses.

“We encourage residents of the lane to keep within the Christmas theme,” Alexander said. Anything pertaining to winter, Christianity, Christmas, love in lights, or Santa is welcome.

The only thing we discourage is displaying something inappropriate.”

Remington Alexander, a lifelong resident of the lane, describes the set-up process for his family’s house as a time-consuming effort.

“It took me and my family around seven weekends to set up. We definitely had some help from family friends.”

— Remington Alexander, Christmas Tree Lane Resident

Students inspired by ‘I, Robot’ take science prize

By Jessica Gresko
Associated Press

WASHINGTON (AP) — A pair of high school students inspired by the science fiction movie “I, Robot” and another who studied star formation inspired by the science fiction movie “I, Robot” and another who studied star formation and the movie “I, Robot” and another who studied star formation inspired by the science fiction movie “I, Robot” and another who studied star formation inspired by the science fiction movie “I, Robot” and another who studied star formation inspired by the science fiction movie “I, Robot” and another who studied star formation inspired by the science fiction movie “I, Robot”.

Benjamin Clark of Lancaster, Pa., won the top individual prize for his research on binaural hearing. Akash Krishnan and Matthew Fernandez of Portland, Ore., won the team prize for their work on speech recognition technology. They developed a computer algorithm that can detect a speaker’s emotion better than current technology and will split the $100,000 team prize.

Krishnan, 16, and Fernandez, 17, watched “I, Robot,” while taking a break from trying to come up with a project idea. The movie featured a robot that could detect when its user was stressed, and they decided to try to improve on the existing technology.

Their algorithm has a 60 percent accuracy rate, compared with about 40 percent for a previous system. They say their work could be used to improve computer automated phone systems, helping, for example, to tell if a caller was becoming angry.

“You could automatically redirect them to a actual human person, so that you could handle those kind of angry people better,” he said.

The teens are also working to develop a wristwatch-like device that would display colors or happy and sad faces to help autistic children identify and interpret other people’s emotions.

Krishnan plans to study computer science and electrical and mechanical engineering in college, while Fernandez plans to study engineering and computer science.

Six individual students and six teams of students competed in Washington after winning regional competitions in November. They presented their research to a panel of judges Sunday.

“What just blows me away is how advanced they are in their thinking,” said Dr. Thomas D. Dymond, a former NASA astronaut who headed the judging panel. “ Truly these research projects are often at the cutting edge of their field.”

News Briefs

Brief news for the brief attention span

BEVERLY HILLS, Calif. (AP) — Helen Mirren and Katie Couric told personal stories to inspire a group of Hollywood executives and power brokers at the annual Power 100 Women in Entertainment Breakfast. The actress and news anchor were featured speakers at the gathering Tuesday at the Beverly Hills Hotel.

Halle Berry presented Mirren with the Sherry Lansing Leadership Award in recognition of her personal and professional integrity. Berry lauded her fellow Oscar winner as “a giant talent” and someone who has “conducted her whole life with such grace and dignity.”

Couric also credited her parents during her keynote address and celebrated the memory of her eldest sister.

NEW YORK (AP) — Alicia Keys, Lady Gaga and other celebrities can sign back online, thanks to donations from their fans and a philanthropist.

Keys announced Monday that her charity, Keep a Child Alive, reached its $1 million fundraising goal in honor of last week’s World AIDS Day. A slew of celebrities signed off digital platforms like Twitter and Facebook last Wednesday and asked their fans to donate to the charity, which supports families affected by HIV and AIDS in Africa and India.

The celebrities could sign back online when the $1 million fundraising goal was met.
The daily crossword
Edited by Timothy E. Parker

ACROSS
1 Mr. T flick
6 Put a hood up?
10 Moranis of “Ghostbusters”
14 “Swell!”
15 Operation Allied Force gp.
16 Kind of silent come-on
17 Adams of photography
18 Shaving mishap
19 Burn soother
20 Become king by force
23 Letter upon which this puzzle’s theme is built
25 Contound
26 Lowly laborers
27 McDaniel of “Gone With the Wind”
29 Great way to leave Vegas
32 Roman port
33 Those people
34 “I solved it!”
37 Views as senseless
41 Mag. staffers
42 Light-hearted diversion
43 Bay on the English Channel
44 Some campaign figures
46 Tippi of “The Birds”
47 Old West herd
50 Victorious shout in a card game
52 Where to find pirates
57 Ersatz butter
58 Filled cookie
59 Couples
60 Okla., until 1907
62 Mack less squawky, perhaps
63 Dickens’ Heep
64 “Don’t change it”
65 “I solved it!”
66 Hushed “Hey, you!”
67 Field of rice

DOWN
1 It may be used against you in a court of law
2 100-year time span (Abbr.)
3 Blockbuster rentals of old
4 To ___ (exactly)
5 Certain South American
6 Building extension
7 ___ and switch
8 Use acid to make art
9 Drag on a cigarette
10 Warned, lion-style
11 Hemispherical home
12 Performer with a big mouth?
13 Wails like a banshee
14 “To each ___ own”
15 Operation Allied Force gp.
16 Kind of silent come-on
17 Adams of photography
18 Shaving mishap
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Puzzle Solution: http://college.csufresno.edu

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Word of the Day
Cool story, bro

A phrase sarcastically used to indicate one’s disgust or indifference towards a story.

Source: UrbanDictionary.com

Congratulations to Club & Organization Advisor of the Month Winner for November 2010

Dr. Melissa Golden
Advisor, Chemistry Club

Dr. Melissa Golden was nominated by her students within the Chemistry Club. Below are some of the comments they made about Dr. Golden as part of their nomination:

“Through her motivation and dedication, in three years, the club went from no members to receiving the American Chemical Society’s Outstanding Chapter Award, the highest award the society gives its student affiliates.”

“Overall Dr. Golden advises, donates her time, mentors, and most importantly, she cares.”

In receiving this award Dr. Golden will receive an automatic nomination for the Club & Organization Advisor of the Year Award, which will be announced at the Leadership Recognition Ceremony taking place Thursday, April 28th, at 3 p.m. In addition, Dr. Golden will receive a $25 gift card to the Kennel Bookstore.
No need for energy drinks

By Jerry Huerta
The Collegian

Since most students have rigorous schedules during the day, they need something to keep them energized. Often times, students turn to energy drinks to help them get through the daunting stretch.

Dietetics and food administration program director Lisa Herzig believes energy drinks provide more than just energy.

“The reason is that [the student athletes] want to increase the overall fuel and output to improve performance,” Herzig said. “They’re not getting to the prolonged level of energy that their bodies require in order to have maximum output for performance.”

Herrzig explains that there are other fuel sources that provide energy, such as carbohydrates, proteins and certain types of fats. Also, there are other nutrients that will help for a long-term effect as opposed to just a short quick fix.

“The fact that it is a central nervous system stimulant and you have that boost of energy, it certainly can impact and enhance performance, which is why a lot of athletes will consume them,” Tirapelle said. “The reason I wouldn’t recommend them is because it impacts your sleep patterns in a negative way, which is not good for athletes because they need the sleep time to recover.”

“Additionally, caffeine is very addictive,” she said. “So if you try to wean off at any time, you’re going to have headaches. The recommendation is 200 milligrams a day. To give you an example, a grande Starbucks coffee has about 300 milligrams. Most people probably consume more than that.”

The program director said with a balanced diet, the defensive end has found some ways to get energy extra energy. Herzig said, “They may be fatigued going into the actual match or meet or game.”

“So they feel like they need to have a stimulant in order to hype up their system so that they can perform. What they don’t realize is that many times it’s short lived, and it may quench their focus and their attention because their bodies are too hyped up and they’re not able to perform as well as they can because they’re not focused.”

Even though, Herzig provided reasons why students consume them, she still doesn’t see a reason to drink them.

“I don’t really see a place in one’s diet for energy drinks. There are other products like guarana, for example, which are herbal stimulants that over stimulate the body.”

— Lisa Herzig, Dietetics and food administration program director

CONTINUED from page 12

athletes, four other players come from states outside of California, and will only get limited time to be with their loved ones.

Although this may seem rather hard and insensitive to the young athletes who pour their heart and soul into Fresno State athletics, they all make the best of it by planning with their family and friends in advance of the upcoming vacation. On the women’s team, redshirt freshman Taylor Thompson, who comes from Cache, Okla., plans to visit home after the team heads to New York to play in the St. John’s Holiday tournament.

“After we’re done in New York, I’m leaving from New York to go to Oklahoma to visit with my family for the holidays until we have to come back,” Thompson said. “When at home, we get to spend time with friends and family and then after the bowl, we have to come back to start practice again.”

As for the student athletes who are from Australia, the chances of returning home are very bleak and all of their plans show that they will not be able to visit their families. However, in the circumstances of Bree Farley, a freshman from Kadina, South Australia, finds some hope by being able to visit with her brother who resides in Fresno.

“When I found out that we weren’t going to be able to go home, I knew that was going to be the case and I didn’t get my hopes up,” Farley said. “I’m looking forward to the summer holidays anyways, and visiting with my mom who lives out here so I get to see her pretty often.”

CONTINUED from page 12

his junior season, coaches converted Carter back to defensive end and he’s made a living there ever since.

Carter provided a relentless push rush all season long for the Bulldogs in 2009, but it was his performance at Camp Randall Stadium against Wisconsin where Carter stamped his name as a legitimate sack specialist.

In the second game of last season, Carter proved that his 6-foot-5, 240 pound frame could hold up against the Big Ten’s 300-plus pound offensive linemen after sacking Badgers quarterback Scott Tolzien two times.

CARTER: Among WAC elite

After a breakout junior season, Carter was selected as a second-team All-WAC performer for his 47 tackles and five sacks.

Carter will end his decorated Fresno State career when he returns to the smurf turf in Boise, Idaho to face off against Northern Illinois in the bowl game.

“I’m looking forward to go back to the Humanitarian Bowl,” Carter said. “They were great escorts to us the last time we went there. I’m just excited about it.”

BREAK: Basketball to miss holidays

CONTINUED from page 12

If at any time, you’re going to have headaches. The recommendation is 200 milligrams a day. To give you an example, a grande Starbucks coffee has about 300 milligrams. Most people probably consume more than that.”

One player who is used to needing extra energy is Fresno State defensive end Chris Carter. With all of the time spent on the football field, the senior has to find some ways of getting extra energy.

“I just eat a lot,” Carter said. “I eat as much as I can and try to stay hydrated. Honestly, that’s the best way that I find to get energy. We actually do a lot of things real natural, so we don’t drink a lot of protein shakes. Some players get their own protein shakes, but the school doesn’t fund them for us. Protein shakes have to get approved through the school and the NCAA. There’s Muscle Milk Collegiate which is specialized for NCAA regulations, but I personally don’t use anything.”

For the 2010 WAC Defensive Player of the Year, the added energy is apparent on the field, with his 55 tackles and a career-high 11 sacks this season.

With a balanced diet, the defensive end shows that there is no need to consume energy drinks to be successful.

Carter’s success on the field has contributed to the win column with the team finishing in fourth place in the WAC with a 8-4 record. The Bulldogs are bowl-bound for the fourth straight year.

BREAK: Basketball to miss holidays

The program director said with a balanced diet, the defensive end has found some ways of getting extra energy.

The fact that it is a central nervous system stimulant and you have that boost of energy, it certainly can impact and enhance performance, which is why a lot of athletes will consume them,” Tirapelle said. “The reason I wouldn’t recommend them is because it impacts your sleep patterns in a negative way, which is not good for athletes because they need the sleep time to recover.”

“Additionally, caffeine is very addictive,” she said. “So if you try to wean off at any time, you’re going to have headaches. The recommendation is 200 milligrams a day. To give you an example, a grande Starbucks coffee has about 300 milligrams. Most people probably consume more than that.”
Carter WAC’s top defender

By Vongni Yang

Chris Carter was regarded as an undersized defensive end that many of the big-time schools from automatic qualifying conferences shied away from. Recruiting websites pegged Carter as being “too small” to play on the defensive line at the Division I collegiate level. Many experts expected Carter to convert to linebacker in college because he lacked “ideal” size to be an every-down impact player at defensive end.

But Carter has proved his critics wrong. The senior from Fontana, Calif. was named by coaches as the 2010 Western Athletic Conference’s Defensive Player of the Year after registering a conference-high 11 sacks and 16.5 tackles for a loss in his 2010 campaign with the Bulldogs.

“I’m just really proud and privilege to have such a team to make it possible for me to be able to do all that,” Carter said.

As a senior at Kaiser High School in 2006, Carter exploded on to the scene after tallying 116 tackles and 21 sacks, but the offers from Bowl Championship Series schools didn’t start piling in, most notably the top California universities: California, UCLA, USC and Stanford.

Carter received offers from only three BCS schools: Oregon State, Washington and Washington State, but the schools in the Northwest didn’t seem too attractive of a destination.

Fresno State was the lone California school to extend an offer to Carter, and it has paid off for both parties.

In his first year with the Bulldogs in 2007, Carter suited up and played as a pass rush specialist on obvious passing downs. Carter was the player that flushed then-Hawaii quarterback Colt Brennan out of the pocket that made teammate Marcus Riley’s devastating hit on Brennan possible.

Riley’s bone-crushing hit became a YouTube sensation soon after. Riley coincidentally was the last Bulldog to receive the WAC’s Defensive Player of the Year award.

“Marcus Riley got it when I came here,” Carter said. “I really wanted that award. I was just saying at the banquet, I told my parents that I really wanted to get that before I leave.”

As a true freshman, Carter recorded 16 tackles and 2.5 sacks for a loss in limited action.

After showing glimpses of his playmaking ability as a freshman, Carter was inserted into the starting lineup at linebacker in 2008 after injuries decimated the Bulldogs at the position. Carter made 10 starts at outside linebacker and racked up a career-best 38 tackles, 6.5 tackles for a loss and 3.5 sacks.

But even then, Carter knew that his natural position was still at defensive end. So, in