

SERVING THE HUMBOLDT STATE CAMPUS AND COMMUNITY SINCE 1929

www.thejackonline.org

The Lumber Jack

Inked
HSU Alum Tattoos
Arcata
page 12



NON-PROFIT
U.S. Postage
PAID
Arcata, CA
95521
Permit No. 783

NOV
LIBRARY HSU
PERIODICAL OFFICE

With Food Guru
Michael Pollan
page 4

Prey Photo Exhibit
Hits HSU
page 19

ON THE COVER:

Oak tree tattoo on forestry major Ryan Camera's back, done by Tom Harley of Rebellion Tattoo & Piercing.

Cover Design: Josh Aden

Cover Photo: Stephanie Giles

CORRECTIONS

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

Willie Shubert is a coordinator for National Geographic Magazine, not an editor.

Rogue Dog was accidentally spelled as "Rouge Dog." Rogue dogs don't know about makeup.

Last week's trivia title should have read "Farewell Leslie Nielsen," not "Documentary Edition."

The Lumberjack is online! Scan our QR code with your Android or iPhone's scanner application to read all of our latest news and check out exclusive content.



Arcata LIQUORS



SCOTT HILTON: Gnome of the week with a delivery of precious, precious beer.

786 9th Street,
Arcata, CA
822.0410

Sun. 8-10, Mon. 8-11
Tue through Thur 8-12
Fri. and Sat. 8-130

1644 G Street,
Arcata, CA
822.1965

ALUMNI OWNED AND OPERATED

Arcata Liquors promotes responsible drinking habits.

IN THIS ISSUE

NEWS

Nursing ...3
Q and A with Michael Pollan ...4-5
Jack Pass ...7
Campus Apartment Fee ...8
UPD Bytes ...9
Academic Senate ...11

FEATURES

Tom Harley: Tattoo Artist of Rebellion ...12-13
Top Music of 2010 ...14-15
Edible Landscapes ...16
Capture Photo Cams ...17
Weekly Wine and Dine ...21

SPOTLIGHT

Prey Photo Exhibit ...19

SPORTS

IRA: An Athlete's Perspective ...23
Archery Club ...25
Reducing Stress ...26
Meditation Makes You Smarter ...27
Winter Sports Guide ...29

OPINION

Editorial : S.510 ... 31
While You Were Out: It's About Time ...32
Business Time: Good Night, and Good Luck ...32

**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.

Nursing Program on Life Support

Program cancels spring admissions in the face of department difficulties

Josh Aden

The beleaguered nursing program at Humboldt State is again fighting for life, after school administrators announced spring enrollment for the program will be cancelled. Twenty incoming students were told their entry to the university has been cancelled.

The announcement came after the program was saved from elimination last spring, despite the Academic Senate's advisory to cut it. Nursing students said they were told the chair and director of the nursing department, Martha Libster, resigned just days before the announcement of the admissions cancellation.

"No program on campus can run without a director," nursing student Katie Small said. She and others are concerned the nursing program will be shuttered altogether.

The university is in talks with the Commission on Collegiate Nursing Education and the state Board of Registered Nursing about the future of the program.

Humboldt's nursing program is unique in its focus on teaching holistic and rural nursing. It is also California's only baccalaureate nursing program north of Sonoma County. It serves the North Coast while drawing students from around the country.

"This is one of the only holistic nursing programs around. It's one of the most unique in the country," said nursing student Lyndsey Craddock. She said she moved from Chicago for HSU's program.

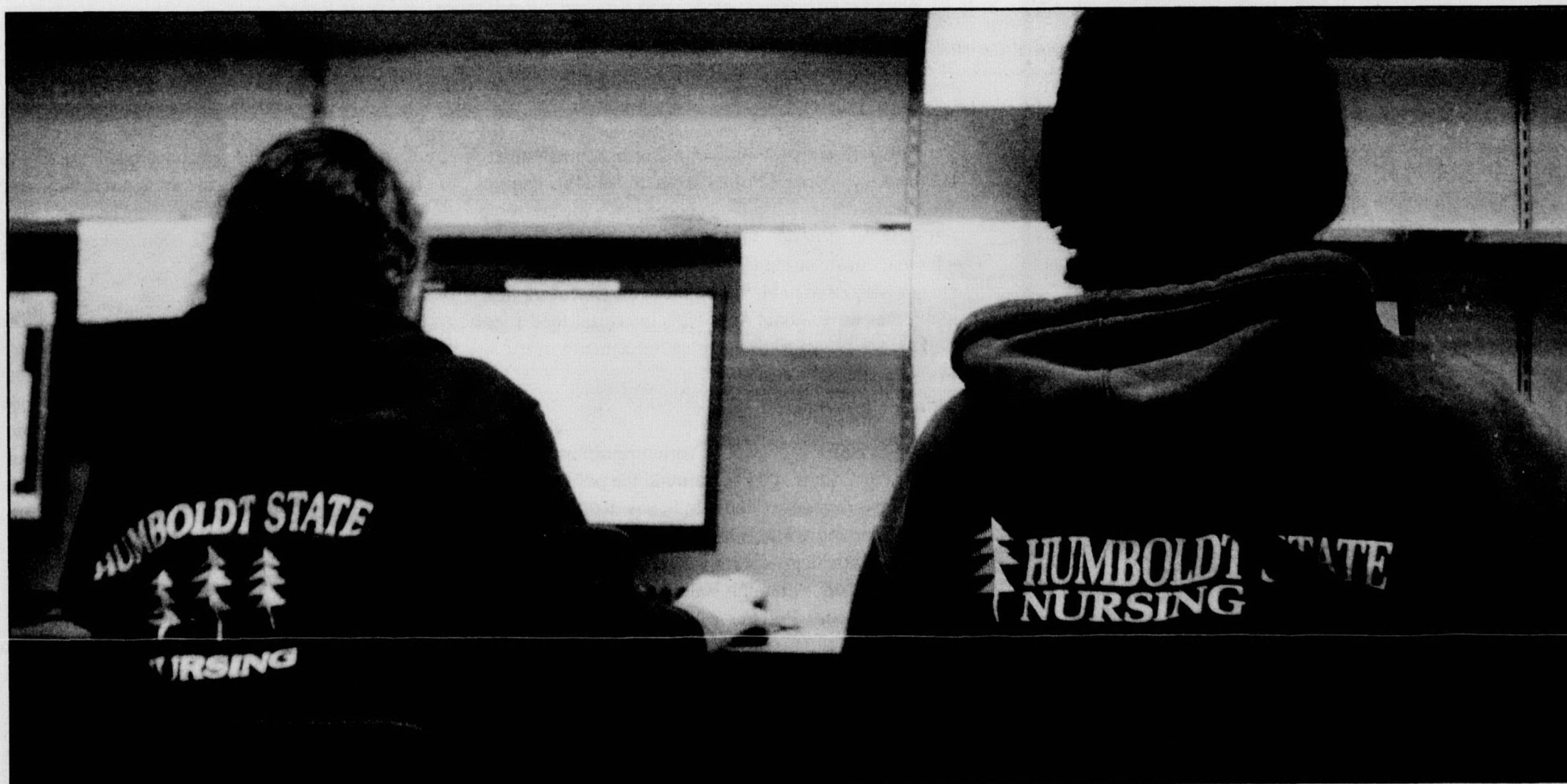
This is part of the reason the university is sinking time and money into resuscitating the program.

"We've worked hard to turn this program around, providing it with resources and support, but the program remains in crisis," Provost Robert Snyder said in a university release.

The statement also said the university authorized funds for two new faculty members, but the search for them has yet to begin.

Lydia Evers, the admissions processor for nursing, said there is still hope for the program. The admissions freeze is only for spring. Evers said nursing is still taking applications for the fall 2011 semester, despite the uncertainty.

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



Nursing Students work in a lab in their department at Humboldt State University in Arcata, Calif. on Dec. 6th, 2010. The Nursing department has fallen on hard-times and new students will not be admitted in the spring, even though the University has already admitted students for the semester. These students may find themselves hard-pressed to find another campus in a few weeks time. — Travis Turner

NEELY AUTOMOTIVE

-Engine Repairs & Rebuilds
-Electrical Systems
-Transmissions, Brakes & Clutches
-Heating & Air Conditioning
-Maintenance & Safety Checks
-Front End Alignments
-Computerized State-of-the-Art Equipment

UP-FRONT ESTIMATES

**We will work with
parents over the phone!**

Call Our Friendly & Experienced Team

826-0687

980 5th Street, Arcata



FREDS BODY SHOP

Specializing in Collision Repair

**651 Indianola Cutoff
Between Arcata & Eureka
(707) 442-2258**

Open from 8am -5:30pm Mon-Fri

**Family Owned and operated in
Humboldt County since 1973**



Union Labor
Force #1596
I-CAR Certified

The Politics of Food

Q & A with Michael Pollan

Melissa Hutsell



The one hour session with Michael Pollan was set as a question and answer where the students asked questions on global and American food issues. —Travis Turner

Best selling author and professor of journalism at UC Berkley, Michael Pollan spoke to the HSU campus Wednesday, Nov. 1. Pollan is best known for his books "In Defense of Food", and "The Omnivore's Dilemma" which advocate sustainable and educated food choices. He can also be seen in "Food Inc.," an unsettling film about the conventional America's industrial food supply. Pollan uses his voice to inspire a movement toward healthier food choices.

Laura Hahn, professor of communication at HSU, centers her Comm 100 class around the politics and cultural expressions of food. In hopes that her students will become more involved in the discussion of food policy and practices, she assigns essays by Pollan as well as other authors. Although Hahn has been a vegetarian for over 20 years, Pollan's work has had an impact on her academic and research interests. She also sees the indirect impact that it has on her students. "I've seen students become very aware of what they eat and the diversity of ways that food communicates culture and

class," she adds, "He does have his detractors to be sure! But the important part (to me) is not if they agree or disagree with Pollan, but that they are critically thinking about some of the cultural, economic, and political issues surrounding food practices."

Kayla Mahoney, senior communication major and TA for Hahn's comm 100 class, feels that Pollan's message is important to students because it shows them where their food comes from and how our carbon footprint can be reduced. "Only a small number of corporations run the production of our food and its the industrialization of food that detrimental to our health and well being."

In Humboldt-- known for it's focus on local and sustainable agriculture-- Pollan's message was welcome. However, he is not always greeted with such excitement. Last year, Cal Poly SLO nearly cancelled his event in fear that the university would lose it's funding from Harris Ranch, a huge contributor to the school.

Author M

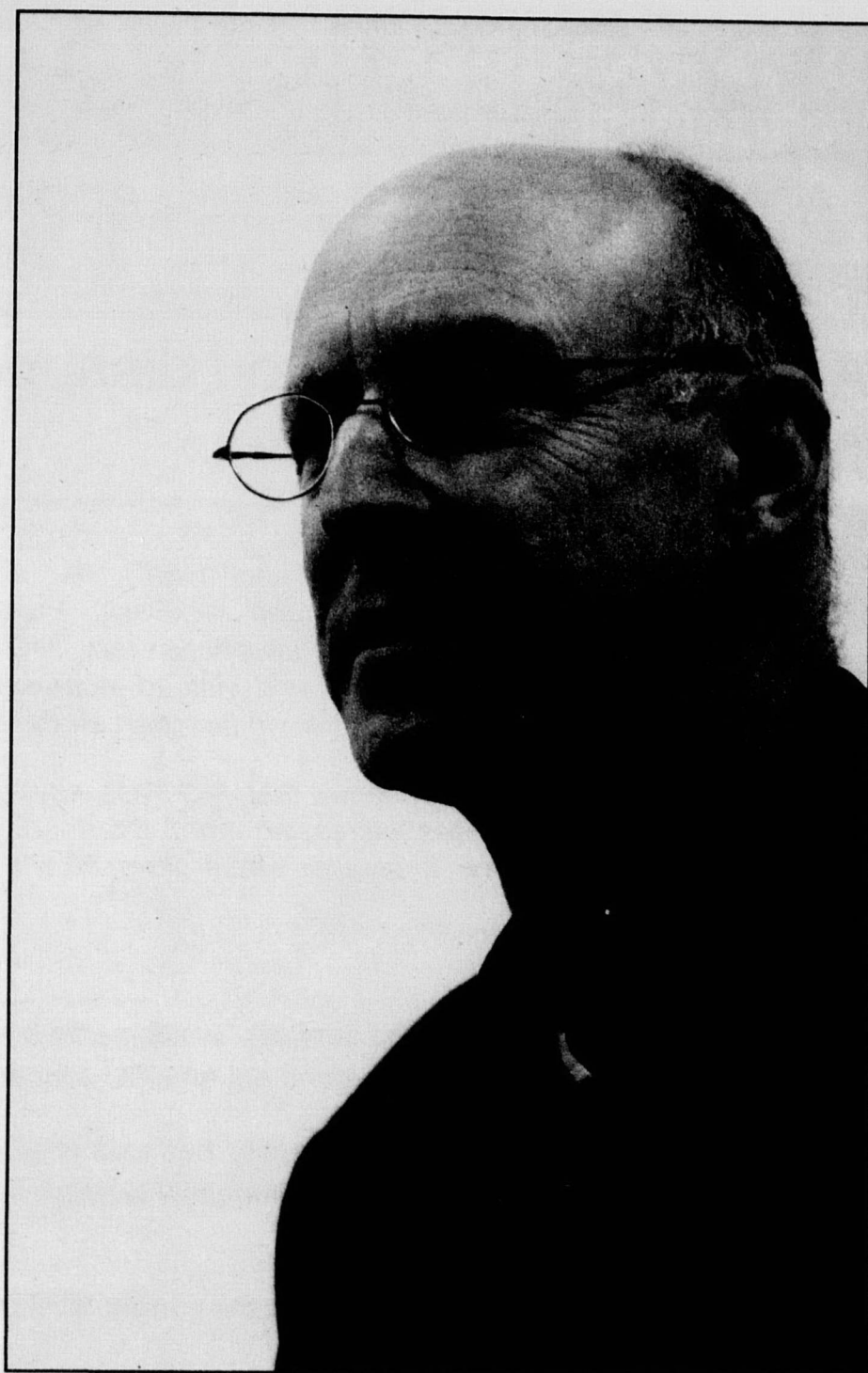
Lumberj
SLO last
the food i
you const
resistance

Pollan: I
engaged
are donor
debate, es
where the
farming i

LJ: As b
products.
the count
contribut

Pollan: Y
food serv
organic a
and supp
thousand
Food Cha
working

LJ: Why
obesity e
change, c
about wh



Author Michael Pollan speaks with HSU journalism students on Dec. 1st in Nelson Hall East. <-> Travis Turner

Lumberjack: You were asked to speak at Cal Poly SLO last year. Have you had other experiences with the food industry trying to silence your message? Are you constantly met with protests, and do you welcome resistance to your message?

Pollan: I welcome debate about my message, and have engaged regularly with critics. What I don't welcome are donors to colleges and universities trying to stifle debate, especially at American's agricultural schools, where the need to debate over the future of food and farming in American is most urgent.

LJ: As broke college students, we buy cheap, unhealthy products. How can HSU students, and students around the country, eat healthier on a tight budget? How can we contribute to this movement?

Pollan: You can organized and bring pressure on the food service at your school to offer more local and organic and pasture-raised food. You can plant a garden and supply food to the food service. You can join with thousands of other like-minded students in the Real Food Challenge, a national organization of students working to prove school food.

LJ: Why don't diet crazes help to solve America's obesity epidemic? Is it the industry that needs to change, or do Americans need to be more educated about what they eat?

Pollan: Both changes are necessary. There's a lot people can do, but the choices available to people--especially poor people-- are in large measure dictated by federal policies, and those have to change to make healthy calories in the supermarket more competitive with unhealthy calories.

LJ: Based on your observations of Humboldt County, what kind of role do you see us playing in the re-shaping of the food landscape? In other words, are we ahead of the curve?

Pollan: You have a vibrant local food scene, it seems to me-- people can do what they can to support it. Farmers market vouchers for people who can't [support it] are an important thing that community groups and affluent locals can support.

LJ: Where do you see the anti-industrial food movement going in the near future? Do you think it has the potentially to change the American dieting?

Pollan: It is already changing America's eating habits and created an alternative food economy somewhere between 26 and 30 billion dollars. It's only going to grow.

Melissa Hutsell may be contacted at thejack@humboldt.edu

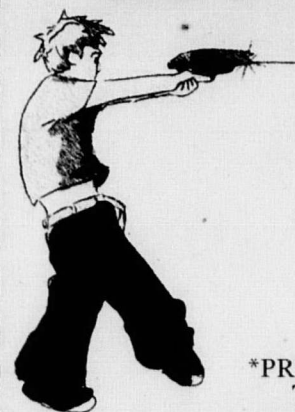
CYBERCITY

Family Entertainment Center and Laser Tag

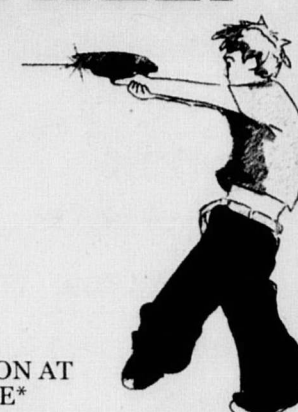
8,000 sq. ft of laser tag! Video games!
Classic Arcade games! Snack bar!

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

**BUY ONE GAME OF LASER TAG,
GET ONE FREE!**



*PRESENT THIS COUPON AT
TIME OF PURCHASE*



HOST YOUR EVENT HERE!

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

3022 BROADWAY STREET, SUITE 1
EUREKA, CA 95501 707.444.0977

www.cybercityeureka.com

Rebellion

Tattoo & Piercing

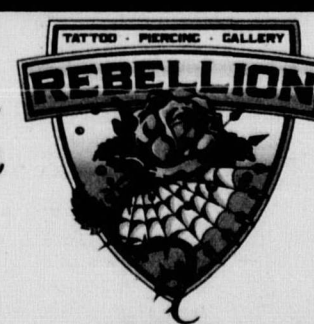
We're happy to
announce
Arcata's new
fine-art tattoo
studio.

Tattooing by
Tom Harley, BA
in Studio Art
from HSU and
25 years tat-
tooing profes-
sionally.

Piercing by
Brandy Link.

All Tongue
piercings
are 1/2 off
through the
month of
January

Call for
appointment.



707-822-1002

145 G Street,
Arcata
One half block
SOUTH of Samoa
Blvd/Old Arcata
Rd

Portfolio at
www.facebook.com/tjharley762

Where Body and Art Come to Life

Referendum on the Proposal to Increase the IRA Fee

This is a Paid Advertisement

Sample Ballot: Do you support the proposed IRA fee increase as shown in the chart below?

☐ **YES** A Yes vote indicates you approve of the proposal.

☐ **NO** A No vote indicates you disapprove of the proposal.

IRA Proposal	Full-time Student		Part-time Student	
	IRA Fee	Increase	IRA Fee	Increase
Fall 2010	\$278.00		\$166.00	
Spring 2011	\$278.00		\$166.00	
Current rate	\$556.00		\$332.00	
Fall	\$310.00	\$32.00	\$185.00	\$19.00
Spring	\$310.00	\$32.00	\$185.00	\$19.00
2011-12	\$620.00	\$64.00	\$370.00	\$38.00
Fall	\$337.00	\$27.00	\$201.00	\$16.00
Spring	\$337.00	\$27.00	\$201.00	\$16.00
2012-13	\$674.00	\$54.00	\$402.00	\$32.00
Fall	\$366.00	\$29.00	\$219.00	\$18.00
Spring	\$366.00	\$29.00	\$219.00	\$18.00
2013-14	\$732.00	\$58.00	\$438.00	\$36.00
Fall	\$398.00	\$32.00	\$238.00	\$19.00
Spring	\$398.00	\$32.00	\$238.00	\$19.00
2014-15	\$796.00	\$64.00	\$476.00	\$38.00

Without this increase: We don't have any easy solutions.

For Athletics and JackPass, austerity plans would be discussed with their campus committees. Options include eliminating certain sports & a "co-pay" of some amount for JackPass riders.

Fee Distribution	2010-11 Current Rates		2011-12 Proposed Rates	
	Amount	Percent	Amount	Percent
Athletics	\$223.83	80.5%	\$241.38	77.9%
HEIF	\$11.06	4.0%	\$12.33	4.0%
IRA Committee	\$26.53	9.5%	\$29.59	9.5%
JackPass	\$16.58	6.0%	\$26.70	8.6%
Total	\$278.00	100.0%	\$310.00	100.0%

The Instructionally Related Activities (IRA) Fee funds Athletics, Humboldt Energy Independence Fund (HEIF), IRA Committee which funds 35 student programs, and JackPass. Presently, the IRA Fee is increased each year by an inflation rate. This proposal does away with the inflation rate and instead increases the fee each year through 2014-15 as shown in the chart on the left.

The chart on the bottom left shows that JackPass would receive a larger share of IRA Fees increasing from 6% to 8.6%, while Athletics would receive a smaller share from 80.5% down to 77.9%.

PROS:

- Students continue to enjoy the services, enrichments & experiences that supplement & round out an HSU education.
- Athletics contributes to campus diversity, has annual student attendance of 25,000, and attracts community support. JackPass had over 310,000 rides in 2009-10.
- This increase will allow us to maintain the current level of services.
- For some students on financial aid, this increase will be covered with an increased grant and no additional out-of-pocket expense.

CONS:

- The IRA Fee increase is not sustainable and fee increases will be needed in the future.
- The majority of the restructured dollars will go towards maintaining existing athletics programs and not cutting any sports. Some students do not want to subsidize athletics any further because these students aren't athletes and/or don't attend games. Other students support athletics in concept but simply don't want to pay any more fees to meet required costs of these programs.
- A very small portion of the JackPass fee increase (perhaps \$1 or \$2 a year per student) might be used to enhance JackPass riders' experience through maintenance of free wi-fi on busses or real-time tracking of bus arrivals on students' smart phones and on bus stop electronic kiosks. Some students don't want their fees going towards these Jack Pass expenses.
- For some students, an IRA fee increase will mean larger student loans or higher out-of-pocket costs.

**Online voting coordinated by
the Associated Students:
Dec 7, 8 & 9**

Vote Now
www.Humboldt.edu

The H
year. It's p
can't affor

They'
website or
in with.

The q
approved.

JackPass a

The H

2008, whe

a yearlong

In tha

6.

Th

Th

34

1.

4.

The M

In 2007

many studen

previous ye

In 200

\$1

\$1

\$7

\$1

The \$3

So, in

is that the

owed, leav

Admin

semester, c

Unive

graph title

'number o

2014.

A seco

past the bl

the way to

DEAL OR NO DEAL

The HSU JackPass needs more money from students, but it's not a permanent fix.

Zach St. George

The HSU JackPass, which allows students unlimited rides on the bus, is now well into its third year. It's proven popular - so popular, in fact, that Administration says without a cash infusion, we can't afford it anymore.

They're putting it to a vote. Registered students can vote today and tomorrow at the HSU website on increasing the Instructionally Related Activities (IRA) fee which the JackPass is lumped in with.

The question is: is the roughly \$30 students pay now per year, or the \$50 they'll pay if the fee is approved, worth it? Would this fee increase fix the problem in the long term?

A public records request on ridership data helped shed some light on who uses the JackPass and how often they use it.

The Humboldt Transit Authority, which oversees the JackPass, provided data going back to 2008, when the bus system switched over to electronic records. The data in this article will focus on a yearlong period, from March 2009 through March 2010.

In that year:

- 6,964 individuals used the JackPass to ride the bus more than 334,000 times.
- The top user rode the bus 1,055 times. That's almost three times every day of the year.
- The top 10 users combined rode the bus 8,245 times.
- 341 people rode the bus more than 200 times.
- 1,041 people rode the bus more than 100 times.
- 4,040 people rode the bus more than 10 times.

The Money

In 2007, HSU set up a contract with the Humboldt Transit Authority (HTA), using predictions on how many students would ride the bus. The next year, they negotiated contract prices based on ridership levels the previous year.

In 2009, HSU paid \$315,000 for the JackPass. It's broken down into four contracts.

- \$180,000 to Redwood Transit Service
- \$130,000 to Arcata Mad River Transit Service.
- \$7,000 to Eureka Transit Service.
- \$1,500 to Redwood Transit Service Willow Creek.

The \$315,000 total got students more than 312,000 rides, (including just over 1,000 to Willow Creek).

So, in 2009-10, HSU paid just over a dollar per ride. What the data doesn't show, however, is that the \$16.58 we paid each semester in our IRA fees only covered \$244,000 of the \$315,500 owed, leaving HSU \$71,000 in the red that year. The JackPass is deep in debt after only three years.

Administration's solution? Raise the JackPass portion of the IRA fees up to \$26.70 per semester, or \$53.40 every year, up from \$33.16.

University Police Chief Tom Dewey, the administrator in charge of the JackPass, provided a graph titled 'JackPass-Current Rates'. It showed a green 'expenses' line breaking from the blue 'number of riders' line and the red 'revenue' line, and rocketing towards the \$500,000 mark by 2014.

A second graph, titled 'JackPass-Proposed Rates' showed the red 'revenue' line also rocketing past the blue 'ridership' line. It stayed level, sometimes even above, the green 'expenses' line, all the way to \$500,000.

The second graph says we'll be in the clear, at least until 2014-15, when the graph ends. With the increased fee, and a restructuring of the IRA budget so that money is shifted away from Athletics into the JackPass, HSU will have \$414,000 in revenue for 2011-12, perfectly in line with the graph.

The problem is, the lines on the graph have a steady upward trajectory, past \$500,000 and off the edge of the graph. So while the school's fine for next year, it's going to need more money within a couple years to keep the JackPass going.

Expect more fee increases in coming semesters.

Below are a few thoughts and angles on the JackPass and the fee increase.

Commuter Services and Alternate Transportation Advisor (and UPD Chief) **Tom Dewey** said, "The fact is, the cost of providing transportation has gone up." He called predicting what costs will be, and how many students will ride, 'a crystal ball equation'.

Greg Pratt from Humboldt Transit Authority said, "Our two biggest costs are fuel and tires, and wages and insurance prices are always going up." HTA is a government organization, so they can't offer discounted prices, Pratt said. The JackPass riders are the bus system's biggest customers - almost a third of all rides.

Emily Wortman is an Environmental Systems Management major. She was also the millionth rider to use the JackPass. She doesn't mind paying \$53 a year for the pass. "Yeah, it's still a good deal," said Wortman. "You can ride the bus whenever you want."

Pamela Ward is one of the four student members of the Student Fee Advisory Committee, which advise President Richmond on the IRA fee. She won't be supporting the fee increase. She said, "Well, unfortunately it (the IRA fee) is all tied together. They're not giving us the chance to vote on the separate issues." She said that the JackPass is a good program. "It's popular, it's socially responsible, the students support it, and that's why the administration has been using it to promote increasing the IRA fee."

Ward also said that the Administration's proposal to equip the buses with GPS tracking for accurate arrival predictions and wireless service is misguided in a time of budget crisis, no matter how small the cost. "Nobody cares about GPS and wireless. When every dollar counts, we don't need whistles and bells."

Iban Rodriguez is Associated Students president and also on the Student Fee Advisory Committee. He said originally he didn't plan to approve the fee increase, but since it's going to a student referendum, he's not sure which way he'll go. "I'm gonna try and vote in line with the students," he said.

Tell Iban which way to vote, today and tomorrow, at the Humboldt State homepage, www.humboldt.edu. There's a link at the lower right-hand corner titled, IRA Fee Vote.

Zach St. George may be contacted at thejack@humboldt.edu

Since 1898

BON BONIERE

Ice 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

791 8th Street

Jacoby's Storehouse

822-6388

Old Town Eureka

215 F Street

Between 2nd & 3rd

268-0122

SOLUTIONS

HEMP * RECYCLED * ORGANIC

Unique Gifts That Make a Difference
858 G Street on the Arcata Plaza
822-6972

Dollars, No Sense

Expensive litter, a guerrilla poster campaign, and \$57.50 worth of change.

Simon Neate

Residents of Campus Apartments were recently issued with a fine of \$57.50 for instances of "community damages". The news came in the form of notices posted throughout the building on the morning of Wednesday, Nov. 17 at the request of Residence Life Coordinator Khou Yang in consultation with Assistant Director of Housing, Jeremy Davis.

The notice, essentially an ultimatum, advises residents that the fine was issued because of ongoing littering around the gazebo area and that if not paid by Monday, Nov. 22, it would increase to a minimum of \$5 per resident. With 190 residents at \$5 each, that's \$950 for cigarette butts left in the garden.

Students were not happy and negativity spread through hallway conversations, Facebook status updates and a guerrilla poster campaign. Within hours posters appeared, allegedly produced by an angry resident. The poster was titled "Bullshit!!!" and asked "Who is benefiting from this? And why so much money?" among a photo montage of Adolf Hitler and

money bags.

The posters prove to be popular. A Facebook status update by resident Shea Mentges said, "Whoever put up those BULLSHIT posters is my fucking hero... Where the fuck is the extra [\$900] going..."

Questions about the legitimacy and even the legality of the fine arose among residents. Anthropology major and resident Christopher Berry summarized the general feeling when he asked, "Can they even do this?"

Clause 5(A) of the housing and dining license agreement states "Licensee agrees to give reasonable care to her/his living unit and its furnishings and to make payment for any damage or loss promptly upon demand by University."

Clause 5(D) continues, "The Licensee agrees to be jointly responsible with other Licensees for protection of the residence halls, common area furnishings and equipment, and physical plant. Damage or loss of common area furnishings unless specifically assigned to individuals shall

be equally divided among all members of the living group who have reasonable access to the common area."

Although the license specifically mentions communal acceptance for damage to common areas, students debate whether litter can be categorized as such.

Khou Yang is unauthorized to speak to the media and enquiries were responded to by John Capaccio, director of housing. Although unsure why the total was \$57.50, Capaccio said "Typically this is the cost to repair/clean/replace".

When questioned about the fairness of the procedure Capaccio said "It is not fair, but we all pay for damages created by others who don't take responsibility." Capaccio said penalizing an entire residence hall is a last resort.

"We would rather first have the responsible persons take ownership of the problem, failing that then having residents collect the exact amount of the damage rather than using the common damage billing policy."

All funds collected are placed in a maintenance account and used to fix or replace equipment and facilities.

Faced with a decision to pay the \$57.50 or risk paying an extra \$900, a plan was devised. Berry began collecting change: pennies, nickels and dimes.

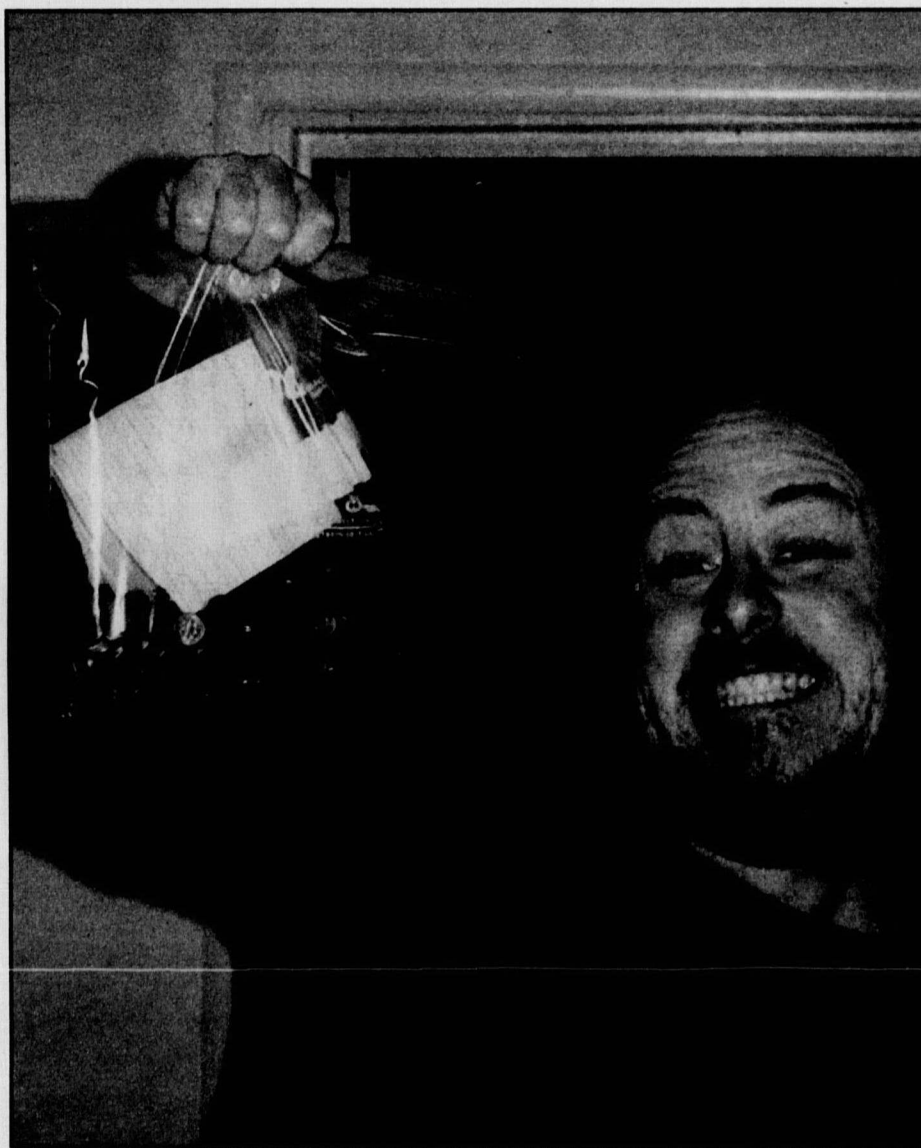
"We really just wanted to show how ridiculous this whole thing is and decided to pay them in change," he said.

The collection began prior to the Thanksgiving break. After securing a week-long extension, the payment was made to the housing office on Tuesday, Nov. 30.

\$57.50 and some cigarette butts may not be significant in the long term, yet Capaccio raises a valid point regarding social responsibility.

"Our taxes include costs for governments to repair and replace vandalism and stolen property. The cost of items in stores include losses from stolen property. Somewhere, somehow, we all pay for those social costs that are passed on to us."

Simon Neate may be contacted at thejack@humboldt.edu



Christopher Berry, anthropology major and resident of the Campus Apartments, holds a bag of spare change collected to pay off their housing fine. <- Simon Neate

Saturday

12:05 a.m.
UPD rec
reportin
place. N
Either t
there, it
too man
handle.

4:26 p.m.
UPD arr
for publ
two sep
Arcata
therefor

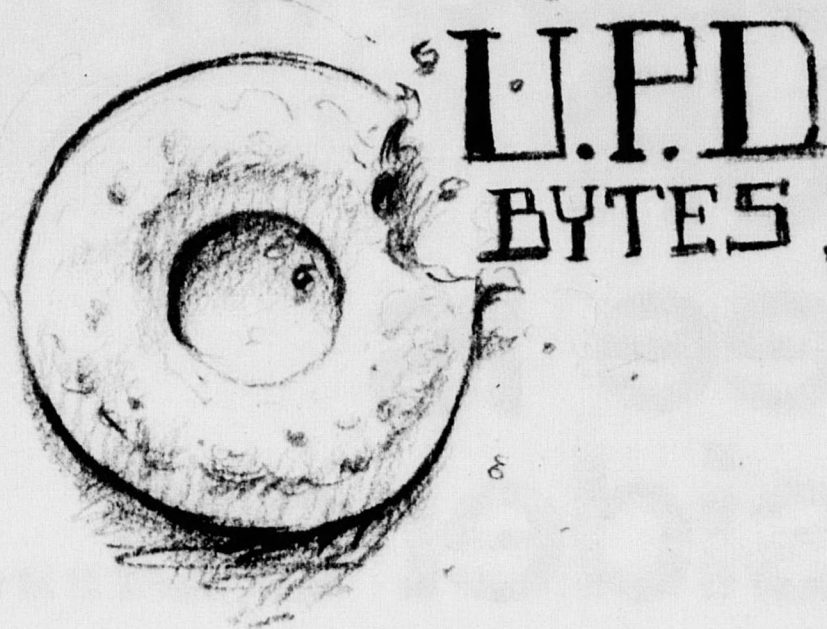
5:12 p.m.
UPD sto
under c
staff me
banning
was req
hand, a
outdoor

Sunday

1:00 a.m.
Housing
out of c
Sunset
under c
things v
alphabe

1:19 a.m.
UPD wa
of drug
found n
any dru
expecti

2:50 a.m.
UPD res
Sunset
it ever i

**Saturday, December 4**

12:05 a.m.

UPD received a call from Sunset hall reporting that a food fight was taking place. Nothing came of these reports; Either the fight broke up before they got there, it was a false alarm, or there were too many fries in the air for even UPD to handle.

4:26 p.m.

UPD arrested a man near the Arcata plaza for public intoxication. He was arrested on two separate charges, probably because Arcata runs on pacific standard time, and therefore, it wasn't yet five o'clock.

5:12 p.m.

UPD stood by to make sure things were under control in the library, where library staff members were in the process of banning someone. The officer's presence was required in case things got out of hand, and someone started using their outdoor voice.

Sunday, December 5

1:00 a.m.

Housing called UPD to help control an out of control party in the vicinity of the Sunset dorms. When UPD arrived, it was under control, and by the time they left, things were so orderly they had practically alphabetised themselves.

1:19 a.m.

UPD was summoned to deal with reports of drug activity near Cypress hall. They found nothing, of course! There aren't any drugs around here! What were they expecting to find?

2:50 a.m.

UPD responded to a noise complaint in Sunset hall. UPD found Sunset as silent as it ever is.

Monday, December 6

8:57 a.m.

UPD attempted to jump start a stalled vehicle in the lot behind the parking booth. The jump start was not enough to get the car moving again, shocking as that may sound.

1:31 p.m.

The Schatz Energy lab reported that one of their toilets was stolen. UPD is investigating, but they have nothing to go on.

1:34 p.m.

UPD reported a bike stolen from the area around the old music building.

1:54 p.m.

UPD reported another stolen bike. This one was taken from Tak Oak. We don't know what some thief is doing with two bicycles and a toilet, but we're not that anxious to find out, either.

2:14 p.m.

UPD received reports of three people panhandling in the median strip in front of the school. They were told to move along. Cars have little change to spare, these days.

6:19 p.m.

A student associated with Associated Students reported to UPD that some signs urging students to vote on the impending IRA fee were damaged. UPD found that, yes, indeed, someone had damaged the paper signs held up by wooden stakes. They are not investigating. Stolen toilets are a bigger issue.

10:31 p.m.

UPD caught two students using marijuana near the dorms. This is such a heinous crime, that UPD could not even bring themselves to deal with it, and left the discipline in the capable hands of Housing.

**ARCATA ARTISANS**

a local fine art and craft cooperative

883 H street, on the Arcata Plaza

(707) 825-9133 * ArcataArtisans.com



Kingfisher, etching by Marsha Mello

GIVE THE GIFT OF LOCAL ART
Many wonderful choices under \$35
free gift wrapping available



glass art * hooks * disc golf accessories
volcanoes * clothing * local glass pieces

HUMBOLDT GLASSBLOWERS**now in two locations**

ARCATA
815 9th street
822.7420

EUREKA
214 e street, old town
268.5511



An increase in YOUR IRA Fee is being considered...

The Instructionally Related Activities (IRA) Fee funds Athletics, Humboldt Energy Independence Fund (HEIF), IRA Committee which funds over 22 student programs (Music, Theater, Forensics, Conclaves, Lumberjack Newspaper, Marching Lumberjacks, etc...), and JackPass.

IRA Proposal	Full-time Student		Part-time Student	
	IRA Fee	Increase	IRA Fee	Increase
Fall 2010	\$278		\$166	
Spring 2011	\$278		\$166	
Current Rate	\$556		\$332	
Fall	\$310	\$32	\$185	\$19
Spring	\$310	\$32	\$185	\$19
2011-12	\$620	\$64	\$370	\$38
Fall	\$337	\$27	\$201	\$16
Spring	\$337	\$27	\$201	\$16
2012-13	\$674	\$54	\$402	\$32
Fall	\$366	\$29	\$219	\$18
Spring	\$366	\$29	\$219	\$18
2013-14	\$732	\$58	\$438	\$36
Fall	\$398	\$32	\$238	\$19
Spring	\$398	\$32	\$238	\$19
2014-15	\$796	\$64	\$476	\$38

SAMPLE BALLOT

Do you support the proposed IRA fee increase as shown in the chart to the left?

YES

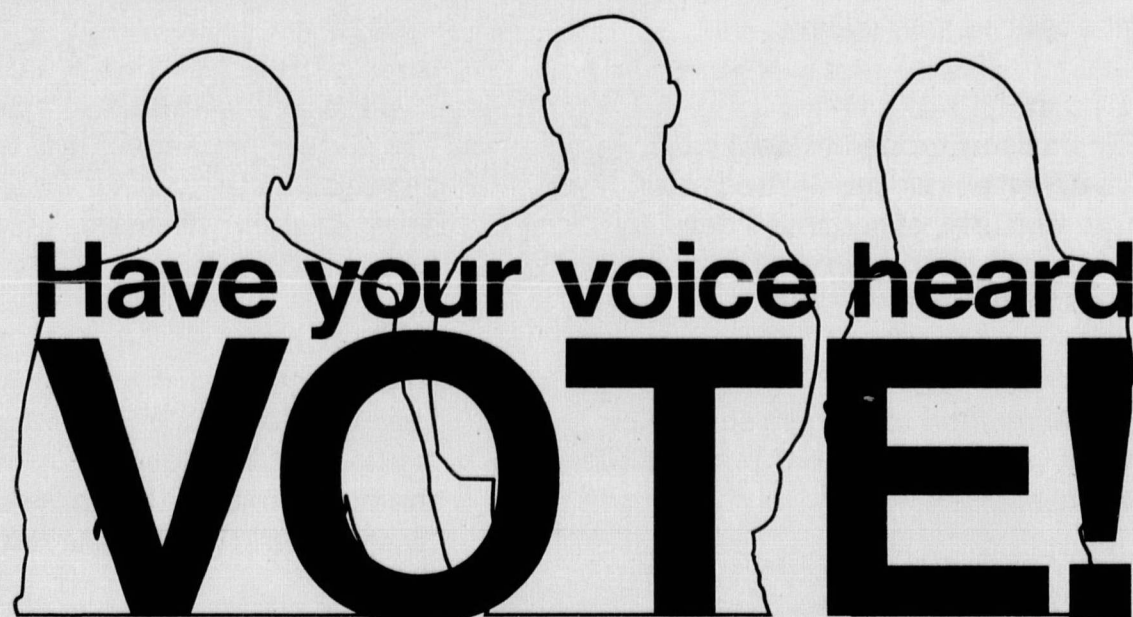
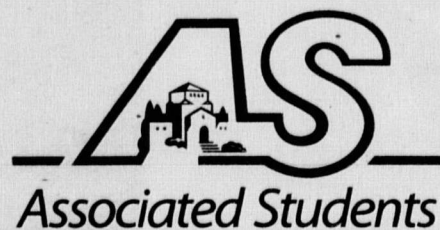
A yes vote indicates you are in favor of the proposed fee increase.

NO

A no vote indicates you are not in favor of the proposed fee increase.

Additional Information regarding the proposed fee increase can be found on HSU's home page.

Vote online
NOW!
www.humboldt.edu



Power Shift

HSU to construct University Senate

Adrian W. Emery

Humboldt State University may be changing the way things are run.

The Academic Senate, the body responsible for recommending academic policy to the administration, may dissolve. A new senate, the University Senate, would replace it.

The constitution and composition of the University Senate exist now in a series of drafted documents. Some are more complete than others.

Humboldt State University is a complicated organization to run, with close to 8,000 students and over 500 teachers. A number of bodies govern the way things run at HSU. Individual departments shape their own course schedules and offerings. Associated Students helps to fund campus clubs and programs. Housing & Dining decide what students eat and where they live.

The Academic Senate is another governing body on this campus. The senate is comprised of 30 voting members and nine non-voting members (39 total). They are the primary policy recommending body of the University.

In other words, the Academic Senate functions as a democratic body in the administration.

"We look at curriculum," said Academic Senate Chair Jay VerLinden. "We discuss the budget, but only as it pertains to academics."

In an e-mail, Claire Knox, the vice chair of the Academic Senate, said "the intent of the proposal is that the University Senate would be the primary policy recommending body."

Academics would continue to be the primary focus of the University Senate, but the senate would have some influence in

other areas of school policy.

The idea of a University Senate comes to us from the Cabinet for Institutional Change. The cabinet formed in response to criticism that communication among university staff, administrators, and faculty was failing.

This criticism came from the Western Association of Schools and Colleges, the same organization responsible for maintaining HSU's accreditation. Without that accreditation, a diploma from Humboldt is barely worth the paper it's printed on.

The faculty will decide whether or not the University Senate comes to be.

"At the point that the senate believes that draft is fully enough developed to be ready for a vote of the faculty, that vote will take place," said Knox. "It is my hope that we can accomplish that by very early in the spring semester."

Two plans exist for the proposed University Senate. Both plans include voting members of the HSU administration.

In Plan A, the deans of all three colleges would become voting members of the senate. The provost, vice provost, and the vice president of student affairs would also become voting members. President Rollin Richmond would become a member of the University Senate, but he would not vote.

In Plan B, only the provost, one college dean, and a master of public policy to be appointed by the president would sit on the University Senate.

Both plans incorporate three students into the University Senate. This is the same number of students who currently sit on the academic senate.

Both plans also give the faculty a smaller percentage of the vote,

though they still keep a majority.

The Academic Senate is scheduled to vote on the University Senate near the end of this school year. The senate would begin to function at the start of the next school year.

This is not set in stone, though. The constitution, and composition of the University Senate are still drafts. Members of the Faculty Affairs Committee will continue to revise the plans until the general faculty have a chance to vote on them.

"I would like it to be done as soon as possible so that we can start working on other things," said VerLinden.

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

Current Academic Senate:

39 Members
30 Voting. 9 Non-Voting

26 Faculty (87%)

1 Staff (3%)

3 Students (10%)

No (Voting) Administrators

Proposal A:

43 Members
40 Voting. 3 Not Voting

27 Faculty (68%)

4 Staff (10%)

3 Students (7%)

6 Administrators (15%)

Proposal B:

30 Members
30 Voting. 0 Not Voting

21 Faculty (70%)

3 Staff (10%)

3 Students (10%)

3 Administrators (10%)



Arcata Inked

Tom Harley: Professional Tattoo Artist

Stephanie Giles

Rebellion
Tattoo and Piercing
145 G Street, Arcata
(707) 822- 1002



A Dragon tattoo done by Harley. ⇨ Tom Harley

Turquoise and green peacock feathers reach delicately down Camille Baldrige's neck. The exotic feather tattoos look like permanent earrings, falling from behind her ears and framing her jawline.

Baldrige is a dedicated client of professional tattoo artist Tom Harley of Rebellion Tattoo and Piercing in Arcata. "Tom has a light hand; getting [his] tattoos doesn't hurt as bad as others have," she says as she shows off the peach blossoms reaching down her arm, another job by Harley.

Harley lived in Philadelphia until he was 14 and moved to the San Francisco Bay Area for high school. After graduation, he joined the U.S. Marine Corps for three years. The Marine Corps was a small step in Harley's life, but a U.S. Marine Corps symbol on his shoulder was his first tattoo at 18.

"I trust him with all my tattoos. There are no imperfections and he does a really great job. You can tell the difference between a tattoo by Tom [Harley] and a bad tattoo."

- Randy Meyer -

Tattooing became Harley's career. In the late 90s, he traveled to 30 cities across the U.S., participating in tattoo conventions. "I was one of 100 or so tattoo artists on the worldwide convention circuit at the time. We were doing this before reality tattoo shows on TV even existed," Harley said.

In 1990, Harley was in a motorcycle accident. His 1948 Harley Davidson Panhead hit a pothole at 85 miles per hour. Harley came out of it with two broken vertebrae and four broken discs. His spinal injuries did not stop his tattooing career, but Harley endured serious back pain as he sat for long hours, tattooing. Harley moved from Bass Lake to Chico, tattooing from 1990 to 2002, when he decided to go back to school and heal.



Tom Harley painting in Rebellion Tattoo and Piercing. ⇨ Stephanie Giles



A client shows off the realism of Harley's tattoos. ⇨ Tom Harley



Camille Baldrige shows off her peach blossom tattoo.

⇨ Stephanie Giles

Harley graduated from Humboldt State University in 2008 with a B.A. in Studio Art and Art History. In 2006, Harley started tattooing at Skinsignia in Eureka. Harley began working with Rebellion in April. "I'm doing the best work of my life right now," he said.

Goodman Winery featured Harley's paintings for Arts! Arcata. Local venues like Hurricane Kate's also display his work. His paintings are also seen hanging in HSU's art studio and on the walls of Rebellion. Harley took classes with professors Theresa Stanley and Leslie Price as part of HSU's honors painting and sculpting programs. He says they hugely impacted his art career.

Randy Meyer, a client of Harley's, had him do every one of his tattoos. His first tattoo is of a Grateful Dead skull on his forearm. "I trust him with all my tattoos. There are no imperfections and he does a really great job. You can see the difference between a tattoo by Tom and a bad tattoo," he said.

Harley is known for the "Photo Realism" style of tattooing. Mike Riggs, born and raised in Humboldt, says he took a long time searching for the right tattoo artist before meeting Harley at Arts Alive! in Eureka. "When I looked at his paintings and portfolio, that's when I decided he was the right guy for my tattoo." Riggs got a tattoo of his little brother's face on his arm. Shortly after the tattoo was finished, Riggs' brother passed away. "He did a great job and it really means a lot."

"It's fun doing new stuff, but it's also fun doing stuff I have done 100 times," Harley said. Harley enjoys working with wildlife, landscape, sacred geometry and pin-up styles. He also does ornamental work that fits the body. Harley worked with women who are breast cancer survivors, tattooing nipples on reconstructed breasts or tattooing ornamental designs where a breast has been removed. "It's really gratifying to help these women feel beautiful again," he says.

The biggest problem with tattoos, Harley says, is that some people want tattoos that are too small for what the artwork demands. "It's a matter of taking the time to do the tattoo the way it needs to be done," he adds, "I love doing tattoos that compliment the body and that will make it more attractive."

Tattoos take time, patience and money, and Harley makes sure his clients know what they are in for while receiving a tattoo. "I try to take the time to educate my clients on what is a good tattoo," he says. After 25 years of tattooing, Harley is positive that he will continue tattooing as long as he can. "I'm not just tattooing you for today, I'm tattooing you for the rest of your life."

Stephanie Giles may be contacted at
thejack@humboldt.edu



Recent tattoo of Jerry Garcia on Meyer's shoulder done by Harley.

⇨ Tom Harley

HUMBOLDT BREWS

restaurant & pub 856 10th st.

arcata, ca 707.826.2739

ALL SHOWS 21 AND UP

FIND US ON

facebook

upcoming shows

Dec 11 - HSU Calypso Band.
SambAmore. Club Cubano with
Humboldt State World Percussion

Group - 9:30pm

\$7 or \$10 for 2 people

Dec 12 - Soulive with Karl Denson -
9:30pm - \$25

Dec 13 - CLOSED

Jan 11 - The Infamous Stringdusters -
9:30pm \$15

Jan 26 - The Asylum Street Spankers
9:30pm - \$20

CHECK WWW.HUMBOLDTBREWS.COM FOR LATEST MUSIC INFO

Top Music of 2010

Allison Mayoral

Best-of lists always upset people because their favorite band didn't make the cut. So instead of defining these albums as the best of the year, they are officially super rad albums of 2010. (Except for Deerhunter's "Halcyon Digest" - that is the best album of the year.)

Artist: Deerhunter

Album: "Halcyon Digest"

Why so rad? Deerhunter has been around since 2005. Five years later, the indie art rock band created a masterpiece, "Halcyon Digest," a mix of upbeat indie pop and tragic love and even a saxophone. Singer, Bradford Cox's voice is at it's most vulnerable and strongest in this album. The song "Helicopter" is a perfect example of Cox's ability to want to hold him, and then push him away.

Listen to: "Helicopter" & "Coronado"

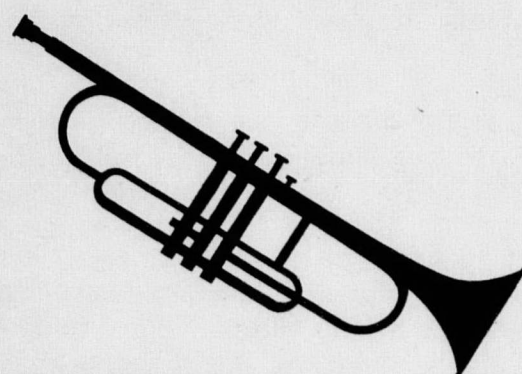


Artist: Beach House

Album: "Teen Dream"

Why so rad? Leave it to a duo from Baltimore to take the crown of best beach-tinged dream like pop album of the year. This album sounds best through headphones while sitting on a beach, gazing out to the open sea, watching the waves roll in as the dreamy vocals of Victoria Legrand's drift in and out of each track.

Listen to: "10 Mile Stereo" & "Norway"

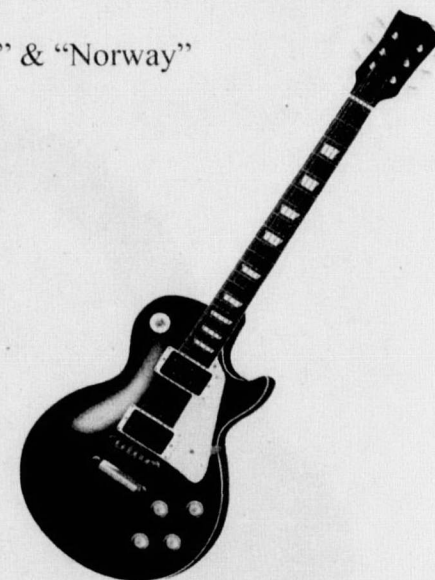


Artist: Arcade Fire

Album: "The Suburbs"

Why so rad? Nothing can top their debut album, "Funeral", but their third album, "The Suburbs" can hold its own. From start to finish, the Canadian band creates an album that makes you want to listen to what they are giving you. The orchestral tinged songs have a sort of desperation to them, like life in the suburbs, (maybe that's what they where doing after.) Indie rock at its finest.

Listen to: "Rococo" & "Sprawl II (Mountains Beyond Mountains)"



Artist: Sleigh Bells

Album: "Treats"

Why so rad? Derek Miller and Alexis Krauss are the duo that make up Sleigh Bells. It is amazing that just two people can be responsible for all the awesomely good loud noise that is their debut album, "Treats".

Listen to: "Rill Rill" & "Crown on the Ground"



Artist: Vampire Weekend

Album: "Contra"

Why so rad? The second album from the preppy boys of Vampire Weekend does not disappoint. Their trademark bouncy chamber pop sound is in place but this is not a regurgitated version of their debut album, it is something different yet familiar, which is a good thing.

Listen to: "White Sky" & "Giving Up The Gun"

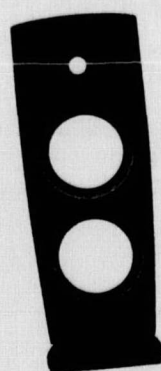


Artist: Tame Impala

Album: "InnerSpeaker"

Why so rad? The debut album from the Australian band is a time warp to the '70s psychedelic rock genre. Tame Impala's trippy pop rock will keep your groove onto next year. Dig it.

Listen to: "Lucidity" & "Solitude is Bliss"



Artist: Ariel Pink's Haunted Graffiti House

Album: "Before Today"

Why so rad? The chill experimental sounds of Ariel Pink make his latest album hard to categorized. Part psychedelic, part surf pop, part post-punk, the genre bending album will reel you in. One time listening to the track "Round and Round" will have you pushing the repeat button so you can digest the nonchalant complexity that Ariel Pink does best.

Listen to: "Round and Round"



Artist: Harlem

Album: "Hippies"

Why so rad? Bass, drums, guitar, vocals...go! That's the attitude you feel that the Austin based trio had when they were making their 2010 release, "Hippies". Their garage band sound with hints of a '60s pop boy band will have you bopping to their beat. The song, "Friendly Ghost" is a type of song that once you hear the drum intro, you know for the next three minutes you will be dancing, no matter where you are.

Listen to: "Friendly Ghost"



Artist: Jamey Johnson

Album: "The Guitar Song"

Why so rad? Jamey Johnson is a modern day country bad ass. A throwback to the "outlaws of country"- think Merle, Waylon and Johnny, Johnson gives us a 25 track album divided into two parts. Part one, the "Black Album," is filled with songs to drink that woman off your mind. Part two, the "White Album," has more upbeat honky tonk songs to tap along with your cowboy boot.

Listen to: "Macon"



Artist: Gorillaz

Album: "Plastic Beach"

Why so rad? For their third album, Gorillaz mastermind Damon Albarn collaborated with various bands and artists, such as Lou Reed, Bobby Womack, Snoop Dog and Little Dragon. Songs like "White Flag" carry Middle Eastern strings over a hip hop beat, while other songs like "Glitter Freeze" are club bangers. It's got something for just about everyone.

Listen to: "On Melancholy Hill" & "Rhinestone Eyes"

Other sweet songs/albums to check out.

- | Songs | Albums |
|---------------------------------------------------------------------------|--------------------------------------------------|
| • "Next Girl" by The Black Keys | • Grinderman - Grinderman 2 |
| • "Fuck You" by Cee Lo Green | • Flying Lotus - Cosmogramma |
| • "What's It In For?" by Avi Buffalo | • Gonjasufi - A Sufi and A Killer |
| • "TAOS" by Menomena | • The Chemical Brothers - Further |
| • "Shadow People" by Dr. Dog | • Holy Fuck - Latin |
| • "Sleep Paralysis" by Neon Indian | • Janelle Monae - The ArchAndroid |
| • "Airplanes" by Local Natives | • Kanye West - My Beautiful Dark Twisted Fantasy |
| • "Boyfriend" by Best Coast | |
| • "Mexico" by The Soft Pack | |
| • "Angela Surf City" by The Walkmen | |
| • "This Club Can't Even Handle Me Right Now" by Flo Rida and David Guetta | |

Allison Mayoral may be contacted at
thejack@humboldt.edu



GLASS HOUSE
GLASS BLOWING SUPPLIES

1264 Guintoli Lane
Suite B Arcata
(70) 822-1374

Located in North
Arcata, next to the
Country Store on
Guintoli Lane

WANT TO LEARN TO BLOW GLASS?

It's not as hard as you might think
LESSONS AVAILABLE!

Glass Gifts Under \$20!

Glasshouse has everything you need to learn:

Glass - Torches - Tools - Kilns
Eye Wear - Books - DVD's

We Now Repair Broken Glass

*ROOR

*PURE

*PHX

*BROKEN

GLASS-ON-GLASS

(Don't Give Up On
Your Favorite Piece)



Sonia R. Bautista, DMD Inc. Arcata Dental Office

Cosmetic Bonding
Wisdom Teeth
Root Canal Treatment
Ultrasonic Cleaning
Mercury Free Fillings
Nitrous Gas-Stereo Sound
Emergency Care
Oral Conscious Sedation

New Patients

Welcome

1225 B St. (2 Blocks from HSU) 822.5105

We Cater to

Cowards



RAMONE'S Bakery & Cafe

Let us bake your Holiday

Panforte • Meringue Mushrooms

Holiday Breads • Gingerbread People

Hand-dipped Chocolate Truffles

Christmas Cookies • Biscotti

Yule Logs • Fruitcake • Gift Baskets

Traditional Fruit, Nut & Chocolate Pies

Dessert Party Trays • Gourmet Coffees

2223 Harrison Ave., Eureka • 442-1536
209 E St., Old Town Eureka • 445-2925
At Pierson's Hardware in Eureka • 476-0401
McKinleyville Shopping Center • 839-3385

At Wildberries Marketplace,
747 15th St., Arcata • 826-1088

RAMONESBAKERY.COM

**OPEN
DAILY**

Nursery/Garden Center • Shop/Power Equipment
Landscape Contractors

Miller Farms

www.millerfarmsnursery.com
1828 Central Ave. • McKinleyville • 839-1571
GROW WITH US FOR A BEAUTIFUL TOMORROW.

USE YOUR HEAD



NORTHTOWN BOOKS

957 H Street
Arcata, CA 95521

822-2834
Special Orders Welcome
At No Extra Charge



Now Open Sundays
Monday - Sunday
9AM - 9PM
Family Atmosphere

Dine In or Carry Out

Breakfast Menu

Chile Relleno
made fresh daily
authentic menudo

686 F Street (by Safeway)

826-2572
www.ricostacostaqueria.com

Plants Invade Humboldt State

Michael Kennedy



Dec. 5, 2010- Joseph Wear (front), Mitchell Girard (standing), Miles Harnett (back left), and Adam Shapiro (back right) endure the rain to complete their Environmental Science senior thesis, Humboldt State University's Edible Landscape Project. ◀- Samantha B. Seglin

Sticking out like a sore thumb, College Creek Apartments is a new housing option for HSU students that has been available since the beginning of this semester. The new apartments and facilities allow for the university's largest student enrollment to date. However, they are also receiving negative attention.

In an attempt to attract more students, HSU has planted many non-native species on College Creek apartment grounds. Adding to a growing problem behind the Redwood Curtain, the College Creek Apartments is one of many places criticized for housing non-native plant species on campus. "One of the things we want to do is raise awareness about the disconnect between people and their food and environment," said Joseph Blair, one of the students working on the landscapes.

Environmental science students began raising awareness of this problem last year as their

senior project. They did this by dedicating a small plot of land next to the science building A. Solely reserved for native plant species, some of which produce edible fruits to help attract more people.

Continuing their predecessors' work, three environmental science majors Mitch Gerard, Adam Shapiro and Joseph Blair work with these edible landscapes for their own senior projects. "We are working with the educational aspects... We want to raise awareness about native and non-native species," said Mitch Gerard, one of the seniors working on the project.

The possibility for greater diversity and visual appeal might not seem so bad, but these exotic plants tend to favor a few species while driving the others out. "Take for example a shrub on campus, called Cotoneaster. It produces berries that robins love to eat. Nothing wrong with robins. They just happen to spread its seeds while traveling...not only does it highly disfavor other bird species, but it also helps drive out competing shrubs," said Hansis.

See PLANTS, page 20



Carnivore Cams

Tracking small furry creatures as they traverse nature's highway.

Photos and Story By Preston Drake-Hillyard

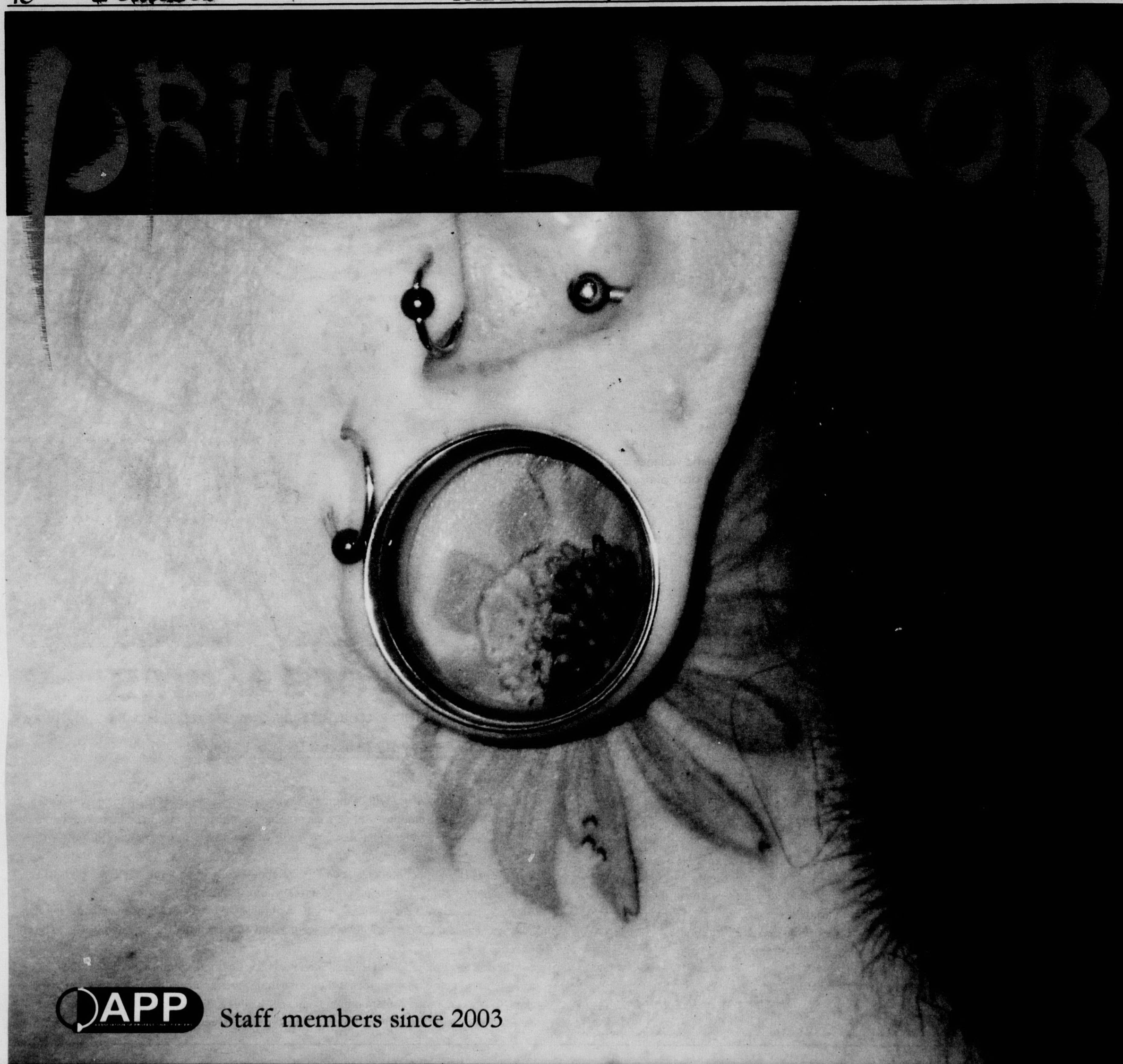
The scientist's day starts with regiment. Skylar Giordano records the mileage, fuel level of the new Dodge Ram they use, persons present, and the day's task in a small, weathered logbook. Nina Nahvi jokes that the worn, yellow logbook is Giordano's journal. "We have to document everything," Giordano says.

The two HSU Wildlife students spend their Sundays trekking out into the Redwoods of Del Norte County, setting and maintaining animal capture cameras.

The cameras allow the team to observe the wildlife in their natural habitat without a human presence. This data allows scientists to see if carnivores are utilizing mountain roads to hunt for food.

It will take several hours of tedious video watching before the team will know if the cameras caught anything significant. For now, things are recorded: the number of videos taken, the card number, camera number and cam location. This cam is packed up and the team sets out on the day's first strenuous hike through the redwoods.





Staff members since 2003

Humboldt's Original Body Art Studio est. 1995

Tues-Sat Noon to 6PM or later by appointment

1908 Myrtle Ave. Eureka, Ca 95501

www.primaldecor.com - primal@primaldecor.com

ABC
focu
canv
wou
mult

N
follo
The
T
toget
"Pre
Dec.
that
ries
the h
the a
S
ate a
attit
forth
know
I
cam
the
who
secu
hunt
ning
"hea



ABOVE: Women with antlers hang like hunting trophies in the 'Prey' exhibit in the Foyer Gallery. The exhibit focuses on objectification and the idea of "hunting" women. RIGHT: HSU alumnus, Lori Brannigan, views the canvas collage piece of the 'Prey' exhibit. The piece focuses on domestic violence against women. "I wish she would have presented it in color," said Brannigan. "Black and white photos of bruises don't fully show the multitude of colors that are there."



'PREY' ON DISPLAY IN ART BUILDING

Catherine Wong
Photos and Story

Naked women run helpless through the woods while a faceless hunter follows. They are chased down, executed and then piled like fresh game. The hunter then sits to the side and smokes a cigarette.

These images cover one wall of a four-part photography exhibition put together by HSU senior and fine arts major, Shelbi Schroeder. The show, "Prey", will be on display in the Foyer Gallery of the Art Building until Dec. 18, with a closing reception on Dec. 10. It includes a canvas collage that depicts the bruised bodies of domestic violence victims next to a series of trophy-women wearing antlers. Small placards are stamped with the heights, weights and breast sizes of the women displayed. A mural of the artist split in half hangs in the center of the room.

Schroeder believes that the societal demands placed upon women create a sense of social conformities that create both "hunter" and "hunted" attitudes. She states that her job as an artist is to get a reaction by bringing forth topics that are ignored or dismissed. "[The show is] for people who know what it is like to feel like a piece of meat."

Located in the gallery is a frame, a pair of antlers and a disposable camera for anyone who wants to be photographed in the same manner as the trophy-women hung on the walls. The sign posted challenges those who are "feeling hunted" to join their fellow students.

"The show is not just about being hunted, it's about dealing with insecurities that you may have yourself," said Schroeder. "It's not just men hunting women. Women put themselves out there to be hunted."

Rachael Rivkin, a recreation administration junior, is taking beginning photography this semester. She describes her reaction to the show as "heart wrenching."

See PREY, page 20

POSTER CONTEST

HELP US ADVERTISE TEEN CLINIC!
 Create a poster - Promoting Teen Clinic
CASH AWARDS!
 Must be original art: paintings, drawings, digital or "royalty free" images.
 Be creative!

Poster must include the following:
Open Door Teen Clinic. Walk In. It's FREE. It's Confidential.
 Sexual Health Care: Education, Diagnosis and Treatment of STIs, Birth Control, Pregnancy Testing, HPV vaccines.
 Feeling sexual pressure? Need help with a strategy? Promoting Healthy Choices.
 It's All FREE!
 Drop in during Teen Clinic hours or schedule an appointment any time.

<ul style="list-style-type: none"> • Humboldt Open Door Clinic, 770 10th Street, Arcata • Del Norte Community Health Center, 550 E Washington Blvd., Crescent City • McKinleyville Community Health Center, 1644 Central Ave., McKinleyville 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Mon. 3:00-5:00 pm</td> <td style="width: 50%;">(707) 826-8610</td> </tr> <tr> <td>Mon. 1:00-5:00 pm</td> <td>(707) 465-6925</td> </tr> <tr> <td>Mon. 3:00-5:00 pm</td> <td>(707) 839-3068</td> </tr> </table>	Mon. 3:00-5:00 pm	(707) 826-8610	Mon. 1:00-5:00 pm	(707) 465-6925	Mon. 3:00-5:00 pm	(707) 839-3068
Mon. 3:00-5:00 pm	(707) 826-8610						
Mon. 1:00-5:00 pm	(707) 465-6925						
Mon. 3:00-5:00 pm	(707) 839-3068						

For more information visit www.opendoorteencinic.com

More contest information is available at opendoorteencinic.com • Bring submissions to any Teen Clinic location by March 1, 2011

HUE
Southeast Asian Cuisine
• Thai • Lao • Vietnamese •
Lunch: M-F 12-3pm
Dinner: M-Th 5-9pm
Friday and Sat. 5-9:30 pm



Corner of 4th & L
Eureka
[443-2690]

Back Pain? Neck Pain?
Headaches?
We Can Help

**Humboldt Back & Neck
Pain Center**
Drs. Mark & Martha Henry
Chiropractors
Ask About Our 30% Student Discount
1781 Central Avenue McKinleyville, CA
839-6300

PLANTS continued from PAGE 16

The invasion of non-native species is a problem too big to be fixed by edible landscape plots alone. According to professor of forestry Richard Hansis, it takes a community effort to solve this dilemma. "Here on campus, we do have huge amounts of area covered by exotic and invasive species," he said. Hansis made a point of distinguishing invasive exotic from exotic species. Invasive exotic species are those that are "out-competing and driving out native species," he said.

The three seniors working on the edible landscapes are expanding upon their predecessors' work. "We are working with the campus to incorporate [the edible landscapes] into tours...also, we have another plot that is now designated as an edible landscape on the east side of the Forbes Complex, and will also be for the next group that takes over," said Gerard. The trio says they hope to raise awareness with each new plot of land and make a difference in the community.

Our local ecosystem is being threatened and still needs help. All it needs is a little work at the individual level, according to Hansis. "There is a movement in the country now for urban areas to have not just decorative trees, but to have trees, shrubs and things beyond just shade...for things like fruit or habitats, and I think that's what these landscapes are providing here on campus," he said.

Michael Kennedy may be contacted at
thejack@humboldt.edu

PREY continued from PAGE 19

"It's beautiful but it's tragic," Rivkin said. "At first I'm taken over by the art aspect, but you have to connect it with reality in order to understand it, so it's rather frightening."

Schroeder says she does art for herself. "To me, making art is therapeutic, and when someone else connects with my work, that's when it is successful."

Along with the disposable camera, Shelbi allows viewers another form of interaction through a comment book. The book serves as a way for people to express their personal thoughts, both negative and positive, in written form.

Don Anton is a photography instructor and a mentor to of Schroeders'. "Shelbi really wants to create a response to what creates her as a woman," said Anton. "She accepts that her work makes her vulnerable, but she is strong... she has this incredible strength. She mixes her strengths with her vision to create a beautiful show."

In her artist's statement, Schroeder wrote, "I believe that in order to deal with the complexity of the world we live in, it is natural to release the burdens that one has experienced."

Schroeder's inspiration for her canvas collage comes from her own past abusive relationship. The year-long relationship ended before Schroeder moved to Humboldt County from South Dakota a year and a half ago. She said that during her experience she felt like piece of meat and an object.

"This is a page in her development as an artist," said Anton. "What she has done now will permit her to continue on and get over that hurdle of her past."

Catherine Wong may be contacted at thejack@humboldt.edu

Locally Committed to Good Food

NORTH COAST CO-OP

MONTHLY SPECIALS!
... pick up the complete flyer in-store & online.

Organic Produce:

- Local Delicata Squash.....59¢ lb.
- Crazy cheap! From Willow Creek, reg 99¢
- Ruby Grapefruit.....99¢ lb.
- Great with breakfast! From California, reg \$1.39
- Navel Oranges.....99¢ lb.
- Price is falling! From California, reg \$1.39
- Pomegranates.....\$2.19 lb.
- Anti-oxidant powerhouse! From California, reg \$2.99
- Blueberries.....\$3.99 bsk.
- Fresh import! From Chile reg \$5.39

Always the widest range of seasonal organic produce available!
Produce prices good thru 12/13/2010

Basic Bulk Buys:
Great values on organic bulk staples

- Sugar reg \$1.79.....89¢ lb.
- Pinto Beans reg \$1.65 ..99¢ lb.
- White Basmati Rice reg \$2.79 \$1.99 lb.
- Quinoa reg \$4.15.....\$2.69 lb.
- Mango reg \$10.99.....\$7.19 lb.

Great prices on local favorites!..

TOFU SHOP
Organic Tofu Vacuum Pak
10 oz. reg. \$2.49
Firm & Regular
\$1.99

Humboldt CREAMERY
Butter Sticks
Regular OR Organic
1 pound packages.
reg. \$3.45 to \$3.99
\$2.99 OR **\$3.69**

MAD RIVER BREWING COMPANY
Extra Pale Ale, Jamaica Red Ale, Jamaica Sunset I.P.A., Scotch Porter
\$6.99 6 pack reg. \$8.45

Sundried Tomato & Garlic Butter
reg. \$4.99
\$4.49 8 oz.

HEIDRUN MEADERY
Sparkling Orange or Sage Mead
750 ml reg. \$19.95
\$15.95

4 Inch Pumpkin Cream Tart
reg. \$5.25
\$4.75

Members Get 10% OFF ON Dec. 8th Storewide!*
Special product tastings on Member Day starting at 11:00 a.m.
*Excluding case lots & special orders

coop deals

CIAO BELLA
Blood Orange Sorbet
reg. \$5.55
Pint
\$3.49

KNUDSEN'S
Organic Sparkling Cider
reg. \$4.25
750 ml.
\$2.29 46% Off!

ALACER
Emergen-C
30 ct. reg. \$15.29
\$8.99 Over 40% Off!

Share the Spirit
Contribute at the register to help local Food Banks
The Co-op will match your donation!

ARCATA CO-OP
8th and I Streets
822-5947
6am - 9pm

EUREKA CO-OP
4th & B Streets
443-6027
6am - 9pm

www.northcoastco-op.com

WEEKLY WINE & DINE

Kale and Butternut Squash Orzo

Jackie L. Sugihara

Ingredients:

6 cups vegetable stock
2 tablespoons extra virgin olive oil
1 bunch fresh Dino kale
1 butternut squash
3 cloves garlic
freshly ground black pepper
½ teaspoon sea salt
pinch of cumin
1 tablespoon butter
1 cup Orzo
¼ cup white wine
¼ cup grated Parmigiano Reggiano

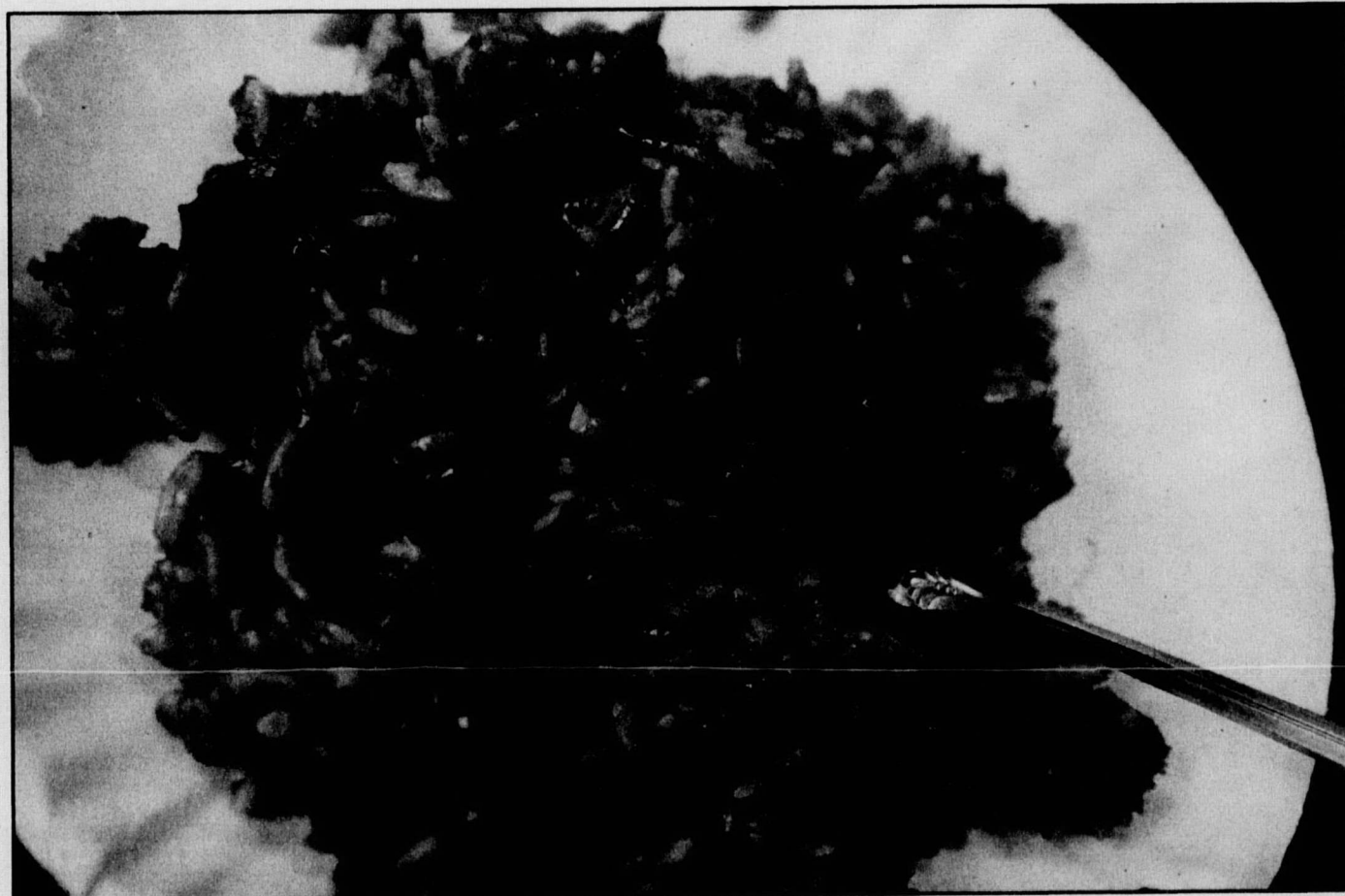
Step One: Prepare

Smash and chop the garlic. Remove the kale from the stock and chop into rectangle slices. Cut the squash in half. Remove the innards, you will not use them. Peel the skin off the outside and slice into inch thick cubes.

Step Two: Cook

In a large pan, heat a splash of olive oil over medium heat. Add the kale and sauté for six minutes. Take the kale out of the pan and set aside. Put 1 tablespoon of olive oil into the pan and add the squash. Add the salt, pepper, cumin, and garlic. Sauté for around four minutes. Add the orzo and cook for two minutes. Add the wine and stir constantly until all the wine is absorbed into the rice and squash. Add the butter and stir into the mixture. In another pot, heat the vegetable stock. Add two ladles of the stock to the rice and squash mixture. Stir until all the stock is absorbed. Repeat until the squash is soft and the orzo is cooked to your liking. This will take about 25 minutes. Once everything is cooked, combine the kale with the orzo and mix gently. Add one more ladle of vegetable broth and stir. Melt the Reggiano over the individual servings. Enjoy!

Jackie L. Sugihara may be contacted at
thejack@humboldt.edu



Kale and Squash Orzo ◀ Nichole Parada

Wednesday 12/15
Sci-Fi Pint and Pizza Night
6-10 p.m. All ages

Thursday 12/16
Random Acts of Comedy
Doors at 7:30 p.m. \$5 All ages

Friday 12/17
Office Space
Doors at 7:30 p.m. \$5 Rated R

Saturday 12/18
Tim Burton's The Nightmare Before Christmas
Doors at 7:30 p.m. \$5 PG-13

Sunday 12/19
Lord of the Rings: The Two Towers
5:30 p.m. Rated PG-13

Monday 12/20
Monday Night Football
Doors at 5:30 p.m. \$5 All ages

Wednesday 12/22
Sci-Fi Pint and Pizza Night
Doors at 6-10 p.m. All Ages

Monday 12/27
Monday Night Football
Doors at 5:30 p.m. \$5 All Ages

This week at Arcata Theater Lounge



Six Rivers Planned Parenthood Outreach
at Humboldt State University

Tuesdays: 12:30pm - 3:30pm Student Health
Center

Thursdays: 5:00pm - 7:00pm in the
"J" Mezzanine Level, Agate Rooms A&B

- Chlamydia Testing [Urine Test]
- HIV testing [Finger poke, results in 10 minutes]
- Condoms, lube, spermicide and other supplies
- Oral contraceptives [The Pill]
- Depo-Provera [The Shot]
- Ortho-Evra [The Patch]
- Nuva Ring
- Emergency Contraception [Plan B]
- Pregnancy testing & options information

**Nonjudgemental
and
Confidential
Men and Women**

ARCATA
pizza & deli

10TH ANNIVERSARY

OPEN LATE!
MON-THUR: 11AM - 1AM
FRI-SAT: 11AM - 3AM
SUN: 11AM - 11PM

822-4650
arcatapizza.com

TAKE OUT • CATERING • DELI TRAYS
1057 H Street, Arcata

**"MOVIE" +
an HSU CYCLING SHORT
a Movie Premiere Benefit
for the HSU CYCLING Club**

Thursday, December 9th

@ the KBR

Doors: 5pm

Movie: 6pm

Admission: \$1-\$10 sliding donation

Food Ticket: \$5 (includes pizza & drink)

****Game of Quoits before the show****

Photo by Kelly Jo Brown

AS Study Lounge

UNIVERSITY CENTER, SOUTH LOUNGE-

MONDAY, DECEMBER 13TH - WEDNESDAY, DECEMBER 15TH

6:00 PM - 2:00 AM

FREE BLUE BOOKS AND SCANTRONS AVAILABLE

STUDY FOOD AND COFFEE PROVIDED

AS
Associated Students

Office: University Center, South Lounge
Phone: 707-826-4221
Web: www.humboldt.edu/associatedstudents

IRA FEE, THE SPORTS SIDE

Nichole Parada

"I feel like a lot of people think about why they are supporting athletics. Even if you don't attend the game or you are not part of a team, there is a lot more to the sport itself."

- Kaci Poor -

"We [HSU] already pay the highest in the IRA fee than any other Cal State University," said Associated Students member Pamela Ward, representative of the College of Natural Resources and Sciences. She believes the money is put to better use for academics than athletics. While the Instructionally Related Activities fee funds the JackPass, the Humboldt Energy Independence Fund, and 35 other programs on campus, including the student-run newspaper The Lumberjack. Eighty percent of the fee helps support 12 NCAA intercollegiate sports teams. The money helps provide uniforms and equipment, and covers travel expenses that the teams need for the whole year.

Currently, the athletic department receives the highest percentage of the IRA budget given to the school. According to the HSU Student Fee Advisory Committee, the athletic department receives \$3.2 million annually. However, it requires \$4 million annually to fund the athletic department. Throughout the year, student athletes must earn the other \$0.8 million through fundraising.

Dan Collen, the Director of the Athletic Department, takes pride in saying that the department is successful. "We raise more money than any other Division II college in the nation," Collen said. Student-athletes work nonstop at sporting events, ticket sales and camps they put on to help their teams. All women's teams partake in an October fundraiser where they send out letters to relatives or family friends, asking if they would like to donate money to their team. Fundraising has been really successful for the women's teams, producing \$10,000 per year. There are also camps that teams put together

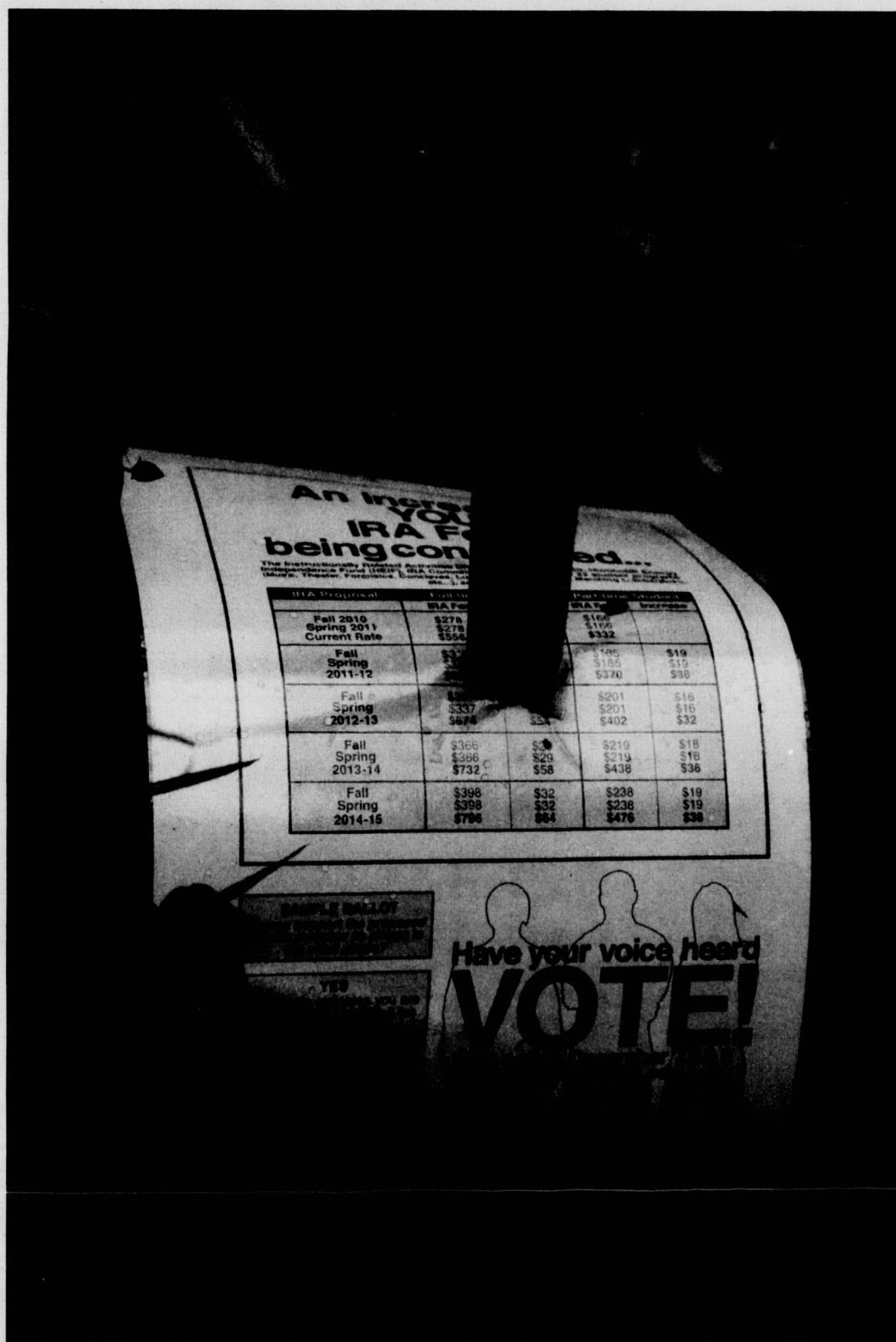
so kids of all ages can come to learn from their favorite players. "I do believe that people may not understand athletes, but more importantly I also feel that people don't understand what a huge role athletes play at HSU and in the community," said Kaci Poor. Poor is a member of the rowing team, a representative of athletics and is a part of the AS council.

In 2007, HSU went through a rough patch. Massive budget cuts jeopardized the athletic department. By this time, the athletic department was receiving around \$2.6 million in general funds from the state. After a massive budget cut, HSU was given two options: cut courses and keep the sports program, or cut the sports program altogether and keep the classes.

The university has already cut the sports budget to the point where nothing else can be done. But the faculty has thought of another idea. This year, the school's academics funding was short by about \$2.6 million. In an effort to resolve this, the money that previously went towards athletics is now going towards academics. As a result, the Athletic Department gets nothing from the State. Almost all of their money is coming from the IRA fee.

"Eighty percent of that fee goes to athletics and was put on the IRA fee in 2007 with any consultation with the students," said Ward. "We weren't asked if it was okay, or if we were willing to pay to keep athletics at this school. We were just forced to do it."

Nichole Parada may be contacted
at thejack@humboldt.edu



Days before voting on the IRA fee, protesters express thier feelings on the fee.

~> Nichole Parada

Papa Murphy's®
TAKE 'N' BAKE PIZZA

\$8

**Family
Size
2-Topping
deLITE®**

Limited time offer. No coupons required. Not valid with any other offer.

**All of our Thin Crust deLITE® pizzas
are now available in Family Size!**

New!

**#1 RATED
ZAGAT®
PIZZA CHAIN**

Highest Food score of any pizza chain in the ZAGAT 2010 National Restaurant Chains Survey. ® Registered trademark of Zagat Survey, LLC used with permission.

Lower Prices, Same Award Winning Pizza!

Why Pay More?

Compare & Save!

Comparison is of regular menu prices on file as of 12/03/2010.

**Applicable taxes included.*

	14" Large 1-Topping Pizza Starting at:	14" Large Combos Starting at:
Papa Murphy's	\$7.00	\$9.00
Round Table	\$21.79*	\$26.15*
Blue Max	\$21.34*	\$23.97*
Big Pete's	\$15.81*	\$18.53*
Smug's	\$15.81*	\$17.99*

No 14" available.

Prices listed are for 16" size.

McKINLEYVILLE...Across from B of A... 839-8763

ARCATA...Near Safeway... 822-6220

EUREKA...Henderson Center... 443-9977

FORTUNA...Next to Safeway... 927-7208



ON TARGET

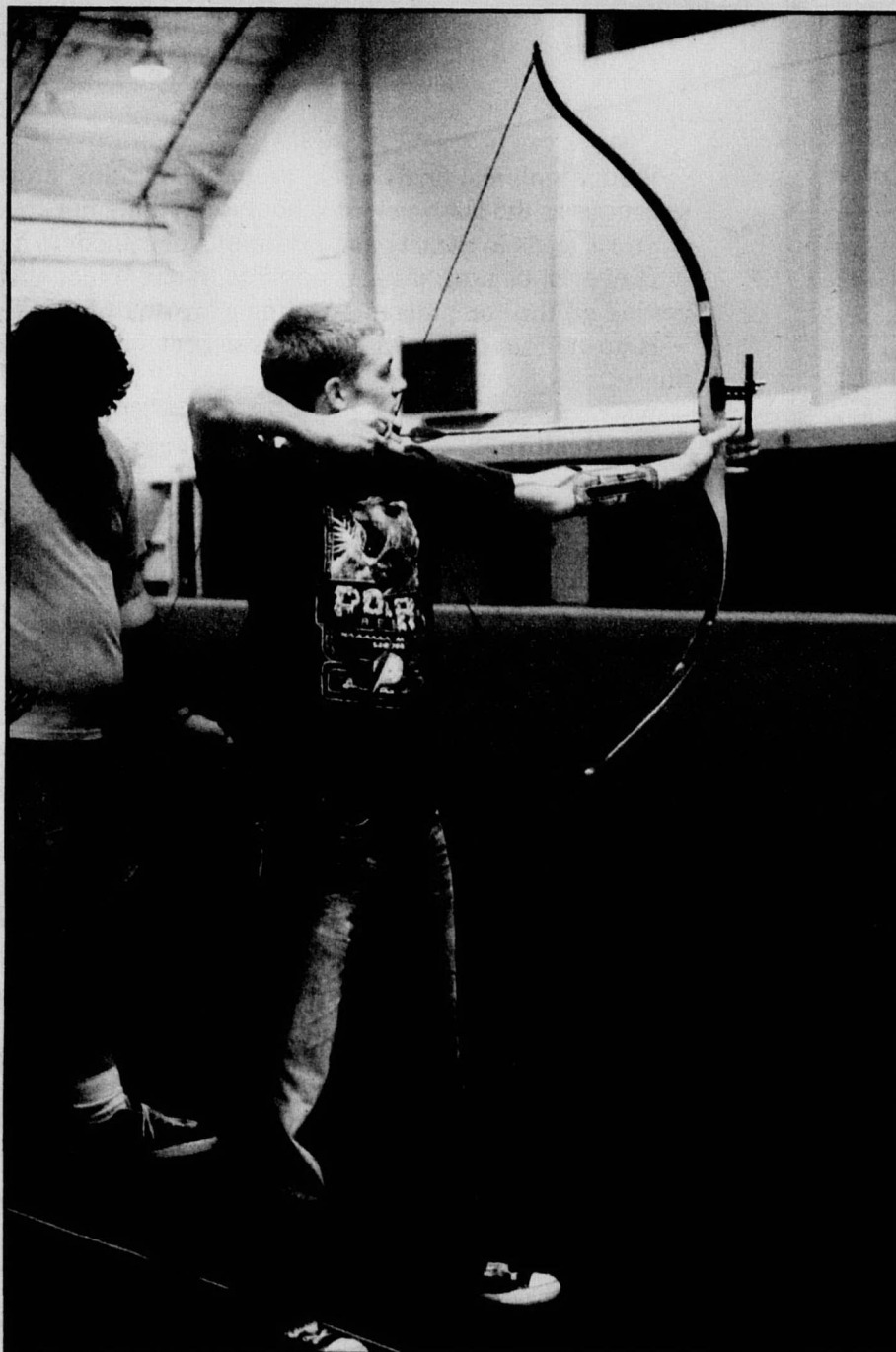
Popular HSU Archery Club Aims for Competition

Michael Kennedy

Humboldt State University is known for student involvement. A school that has one-fifth the size of the student body of San Diego State University, HSU manages to produce more student-run clubs than the large southern California school. The archery club in particular is popular and competitive, it will be an exclusive program. "Starting next semester, the archery club will be switching to an instructor approval only system," says Michael Robinson, head coach of the Jacks archery squad.

Another option for students who failed to enroll in Intro to Archery 113, the archery club is also a means to maintain one's bow hunting and target shooting skills. The archery club was all-inclusive until this semester's change. Starting next semester, students must now complete Intro to Archery, or be approved by the head coach of the club. "Because of previous semesters, we have had such high turnouts...we don't really have the manpower or the experience to teach the basics of archery to 20 or more kids," says Robinson.

Until now, the archery club has been treated like any other class. Any student could sign up for it, and receive a permission number if the class was overcrowded. The problem is, the archery club



Psychology major, Wes Hamper, fixes his attention on the target before him. <— Nichole Parada

"Starting next semester, the archery club will be switching to an instructor approval only system."

- Head Coach Michael Robinson -

solution. It will help fix the issue of overcrowding and over-enrolling in the class, but it will also favor those with past experience in the sport. Had this rule been in place prior to this semester, Freshmen Daniel Lopez would have never experienced the archery club. "I always found bows and arrows interesting... now I realize how fun it is since I joined," says Lopez.

has been largely overcrowded since the beginning of the semester. "Even up until Thanksgiving break, I have still been giving out permission numbers to students wanting to join the class," says Robinson.

According to Robinson, it has been hard to run the club smoothly due to the high number of members.

Thanks to the work of dedicated archers like Brandt Owaza, the club was manageable. Working with the club in his free time, Owaza has helped ease the workload off of Robinson's shoulders. Helping with more of the

teaching aspects of the club, it allows Robinson to focus on more important matters of the club, like preparing for matches. "I have been a part of the club every year since 2003...I try not to miss it," says Owaza.

But this is only a temporary fix for the problem.. Moving to an instructor approval only system is the archery club's

Michael Kennedy may be contacted at thejack@humboldt.edu



Eco-Groovy Abundance!

a HYBRID thrifty resale BOUTIQUE

QUALITY for LESS!

Kitchenware • Tools • Sporting Goods • FURNITURE

Frye, Red Wing, Georgia Boot, Dr. Martens & more!

plus a huge selection of Carhartts...nearly new at half the price!



Open EVERYDAY til 6 pm ~ Friday & Saturday til 10pm!

The LIME GREEN BUILDING on the other side of the tracks along SAMOA BLVD. in Arcata • 834-7220

Groovy Holiday Specials

NEW ITEMS! for the HOLIDAY SEASON

Discounts or Free Gifts for Larger Purchases!

Gently Worn Sweaters, Flannel Shirts & Ski/Snow Wear, \$3 to \$20

Huge Selection of new and previously viewed DVD's, \$5 or less!

Peruvian Jewelry & Wool Hats, \$15 or less!

Great Stuff at Great Prices & we ALWAYS pay the Sales Tax!



Fiesta Café & Cantina

850 Crescent Way
822-5820

Closed Sunday
Open 11-9

Fiesta Grill & Cantina

3525 Janes Rd
822-4600

Bar: 822-1413

Closed Sunday


M, T, W, 11-10

Th, 5-10-10

Thank you students
& community for
supporting us!



The Fiesta Grill & Cantina is open for lunch and dinner and has its "family" of staff offering excellent service and great food, along with a full bar sporting Boont Amber, IPA: Eel River & Organic, Great White, and 150 types of Tequila from Silver to Añejo. The Sports Lounge features four TVs. Enjoy special prices and appetizers at Happy Hour from 3 - 6 PM.



Now 7 days a week
8:30 AM - 5:30 PM

Skate Surf Clothes Juice & Coffee Bar

RUSSELL T. RENZI

GREENHOUSE
BOARDSHOP & JUICE BAR

VANS "OFF THE WALL" FOR LIFE.

just off the Westside of the Arcata plaza 865 8th St.

www.greenhouseskate.com - Ph. 707-825-7873

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, Guinness, 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

Upcoming Shows

December 11
Saturday
the return of
Thirtythreeandathird
Local instru/metal+ aka Lord Simms
of thee Metal Shakespeare Company
Jason Simms
(Solo country-punk)+
Judgement day
(String metal from Oakland)

All shows @ the Alibi 21 and over only.
\$5

December 18
Saturday
Gearhead Records artists
Hellbound Glory
(scumbag country from Reno, NV)

Doors open at 10:30 p.m.

Relax, Don't Do It...

Beating Stress During Finals

Peter Sheppard

Well, it's almost finals week, everyone. Beating stress around a time as strenuous as the last week of school is anything but easy.

Stress leads to anxiety and becomes a detriment to health, if one lets it. However, beating stress is possible. It can sometimes be as simple as getting off the computer and getting a breath of fresh air.

Here are four quick, simple steps to beat stress and stay sane during finals:

1. Eat Healthy

A well-balanced diet is essential to a healthy living, but during stressful times, eating habits can start to deteriorate. Fast food can take the place of something self-prepared in a bid to eat quickly and/or save money. Red Bull and Mountain Dew can be abused during finals just about as regularly as Pabst Blue Ribbon and Jack Daniel's get abused after them.

If you have a meal plan on campus, make sure you take advantage of it and purchase a salad every so often. Maybe pick up an Odwalla bar on your way back to your home to study. Not only will you get your essential supplements, you'll get real energy to power through your finals.

2. Exercise

Exercise is essential for well-being in general, and even more so when you happen to be experiencing a high amount of stress. Physical activity produces endorphins. The neurotransmitters released in your brain induce good feelings and can help you relax.

The Student Recreation Center (SRC) is available and free for all students. It has a wealth of exercise equipment you can use to keep your endorphins flowing. If you don't have time to fit an exercise regimen into your schedule, take a walk around campus or a hike through the Redwoods.

3. Stay Confident/Visualize Success

Confidence is key for all things, finals in particular. It's easy to lose confidence as finals approach. Second-guessing yourself and building up a mountain of stress over a paper or exam you have due can undermine your self-confidence.

If you do your work, study for your finals, and make sure you know the material as best you can, then you can go into that final stretch prepared to succeed. Confidence can be one of the greatest motivators in the world, and school is no exception.

4. RELAX!

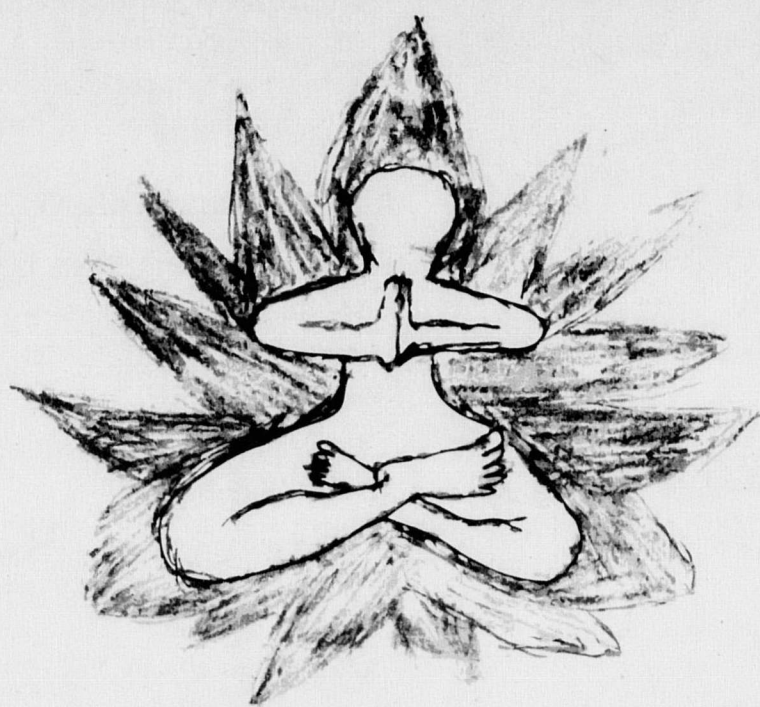
The biggest thing that you can do to keep your sanity intact during the final week of school is to make sure school is not your sole focus. While it's important to keep your eyes on what's necessary and make sure you get all your work done, it's also important to take time for yourself and have a little fun.

Watch a movie, pop in a video game or play some music. Just make sure you don't catch yourself staying up until 4 a.m., attempting to memorize a paragraph on French literature with the hope it will become relevant during a final. It's not healthy and will only serve to pile on even more stress.

Have a little fun; after all, this is the last week of school.

Peter Sheppard may be contacted
at thejack@humboldt.edu

Meditation Makes You Smarter



Nick Swain

It's time for finals, which means long nights trying to condense a semester's worth of lectures, sifting through textbooks, crunching formulas, and trying to decipher that one pivotal chapter from the class you missed. Inside your head, wires are crossed and cogs have ground against each other so badly that you don't even know where to begin to define what keeps women oppressed in the 21st-century—But, it looks like someone had already answered “Snooky” in your handwriting. Give your brain the break it needs with meditation.

Meditation produces the same alpha waves that a relaxed brain emits during sleep. Research conducted by the University of Wisconsin-Madison found a strong signature of accompanying gamma waves in the five meditation practitioners they studied. Gamma waves are usually associated with higher order thinking. The practitioners had higher gamma wave activity than the average person, and their waves increased during meditation. The relaxed alpha waves indicated that each subject was in a peaceful state, and researchers conjectured that the strong gamma wave activity is the result of an untroubled mind.

Christian Jarquin, a religious studies major at Humboldt State University, has been practicing zazen, or sitting meditation, for four years. Jarquin says, “I sit every day, even during finals week. It's a good way to get your focus back; it's rejuvenating for the mind.” Jarquin started the Zen Practice Group to encourage others to continue the practice of zazen.

The Zen tradition is a form of Buddhism that stresses meditation as its main practice. The word “zen” means “meditation” in Japanese.

The group practices zazen sitting cross-legged on a cushion, facing the wall with their eyes open. Jarquin says that meditation doesn't have a goal for its subject, like enlightenment or tranquility. “When thoughts come up, thoughts come up and we let them go,” says Jarquin. “We do not try to grasp at the thoughts, and we do not try to repress the thoughts either.”

Anyone can learn meditation, but it's not for everyone. Sarah Cannon, a senior zoology major, was assigned different types of meditation for her Wellness & Stress Management class. For at least one hour a week, Cannon tried yoga, zazen, and breathing exercises. “I could not turn my brain off,” says Cannon, “I could not stop thinking about everything I had to do.” Cannon prefers to watch television or listen to music to get her mind off of studies, because these things do the work for her.

Practicing meditation requires focus to relieve daily stress. Margy Emerson, a 31-year practitioner of tai chi chuan, says, “Nobody becomes immune to the trials and tribulations of life. It's just that you're more able to deal with crises and problems.”

Emerson has been teaching tai chi for 21 years. She says that tai chi has helped her to relax and to create a strong connection between her mind and body. Emerson describes practicing tai chi styles as “dancing slowly, and that dance has its origins in martial arts”.

Emerson says practicing tai chi forms helps with meditation, because it keeps the mind distracted from worry. She says, “There's just so much to think about that you usually forget about the mind-chatter.”

For finals week, Emerson recommends simple breathing exercises. “Slow your breathing, and make your breathing deliberately slower, deeper, and more regular,” says Emerson. “As you slow your breath, make it deeper, and more regular. That will help your brain.”

The breathing exercise can be furthered with a mantra, a meditative phrase, such as, “I'm at peace”. Emerson says to utter part of the mantra as you inhale, and then finish the mantra as you exhale.

So the next time you begin to burn out on studies, walk away from the book and find a wall to face. Take a moment to sit, relax, and forget about the studies. And when you're at the door for your final, relax. Take a deep breath while muttering, “I'm going to...” Open the door. Exhale and finish: “Pass this final.”

“When thoughts come up, thoughts come up and we let them go.”

- Christian Jarquin -

Tai Chi classes start the week of Jan. 10, in Sunny Brae. Classes are at the North Coast Hwa Rang Do Academy. Hwa Rang Do is a Korean martial art. Morning and evening classes. For more info: Margaretemerson.com

The Zen Practice Group will begin holding more sessions next semester. For more information, contact Christian Jarquin at christianjarquin@hotmail.com

Nick Swain may be contacted at thejack@humboldt.edu

BIG DECISIONS ARE BEING MADE. WHAT ROLE WILL YOU PLAY?

Associated Students is seeking students to fill the following leadership positions:

Elections Commissioner

- Coordinate and direct the Spring, 2011 A.S. Election.
- Oversee the production of the Voter's Guide.
- Enforce the A.S. Elections Code.
- Coordinate the candidates' forum.
- Chair the Elections Commission.

Access this job on HSU's Career Center Website:

<http://www.humboldt.edu/career/>

Job ID#: 4134

Graduate Representative

- Represents Graduate students on the A.S. Council.
- Serves as a liaison to an A.S. Program.
- Sits on one or more campus committees.

Arts, Humanities and Social Sciences Representative

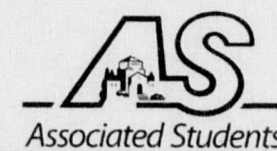
- Represents students enrolled in the College of Arts, Humanities and Social Sciences on the A.S. Council
- Serves as a liaison to an A.S. Program.
- Sits on one or more campus committees.

All University Representative

- Represents students enrolled in Interdisciplinary programs and Undeclared majors on the A.S. Council.
- Serves as a liaison to an A.S. Program.
- Sits on one or more campus committees.

*To apply please bring a cover letter and resume to the Associated Students Office. All positions on the AS Council must meet the minimum academic qualifications to be a student office holder.

Graduate Representative; Arts, Humanities and Social Sciences Representative and All University Representative Positions are open until filled. Deadline to apply for Elections commissioner is 12/8/2010



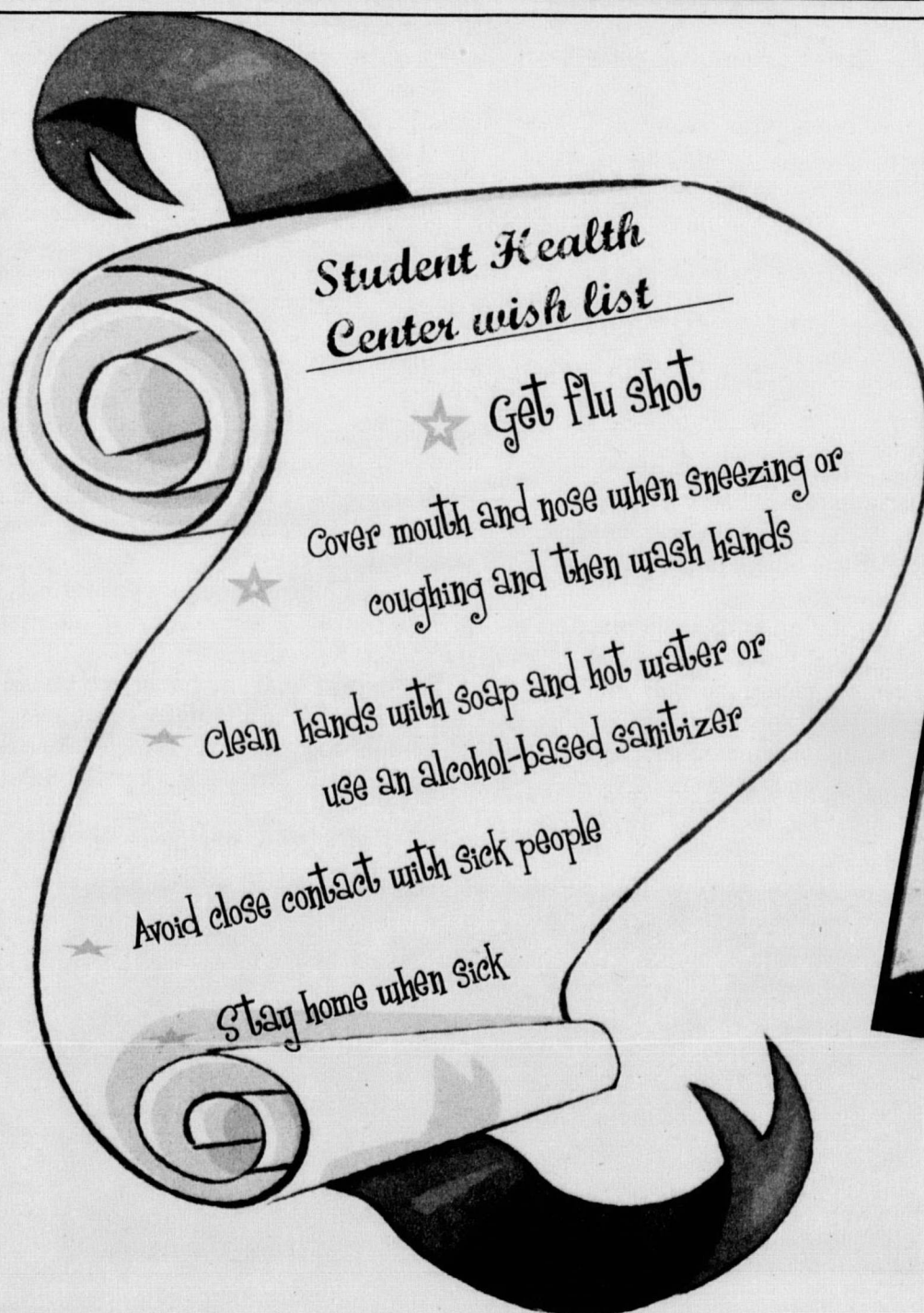
Associated Students

Associated Students,
University Center, South Lounge
www.humboldt.edu/associatedstudents
707.826.4221

Spread
holiday
cheer,
not the
FLU!

Student Health Center
Vaccination Clinic Hours
Monday-Friday 9-11 & 1-3

Free flu shots
for students, staff &
faculty



Come on, it's free!

It will certainly cost you less
than what it will cost you if you
have to miss school or work.

Student Health Center
707.826.3146
Healthy Bodies...Healthy Minds



For more information
Call 1.800.CDC.INFO

HIT THE SLOPES FOR WINTER BREAK

Yelena Kisler



Winter break is a time for family, food, and fun. One great way to get the most out of your break is to enjoy some winter sports fun. Everyone knows there is great skiing and snowboarding in Lake Tahoe, but there are plenty of equally fun, less expensive options. The Lumberjack offers you a guide to the best ski and snowboard-spots in the area.

Horse Mountain

Location: Off route 299 near Willow Creek
Travel time: about an hour
Price: FREE

This is the closest place to get some shredding done. Drive about an hour east down Highway 299, and turn onto Titlow Hill Rd. There are no lifts, no trails, and--best of all--no fees. Granted, the open-terrain slopes are not particularly impressive, but the convenience and price factor make up for wooded trails and small hills.

Mount Shasta Ski Park

Location: 4500 Ski Park Highway, McCloud, CA
Travel Time: 4 hours
Price: Weekend All-Day Pass \$39, Weekday All-Day Pass \$29
Contact: (530) 926-8610

A local favorite, Mount Shasta is close enough for a weekend trip. The resort offers slopes for all skill levels, though the slopes are fairly short. The longest run is just under two miles. This resort offers a terrain park with a half-pipe, rails, and snowboard jumps. The location and price make this a perfect destination for students.

Mount Ashland Ski Area

Location: PO Box 220, Ashland, OR
Travel Time: 4 hours
Price: Weekend All-Day Pass \$44, Weekday All-Day Pass \$33
Contact: (541) 482-2897

This set of slopes is about the same distance from Arcata as Mount Shasta is. It's a small resort with 23 runs. They offer a few obstacle terrains, and most of the trails are geared towards expert skiers and snowboarders. Like Shasta, the location and prices make this a choice destination for students.

Mount Bachelor Ski Area

Location: 13000 SW Century Drive Bend, OR
Travel Time: 7 hours
Price: Weekend All-Day Pass \$50-70 depending on age
Contact: (541) 382-2442

While this resort is significantly farther than the last few, the variety of runs is well worth the drive. With over 3,000 acres of accessible terrain, this resort is bound to have something for everyone. They offer a range of runs, from beginner to expert, as well as some sweet snowboarding obstacles. So pile a few friends in the car, and head out for a weekend.

Heavenly

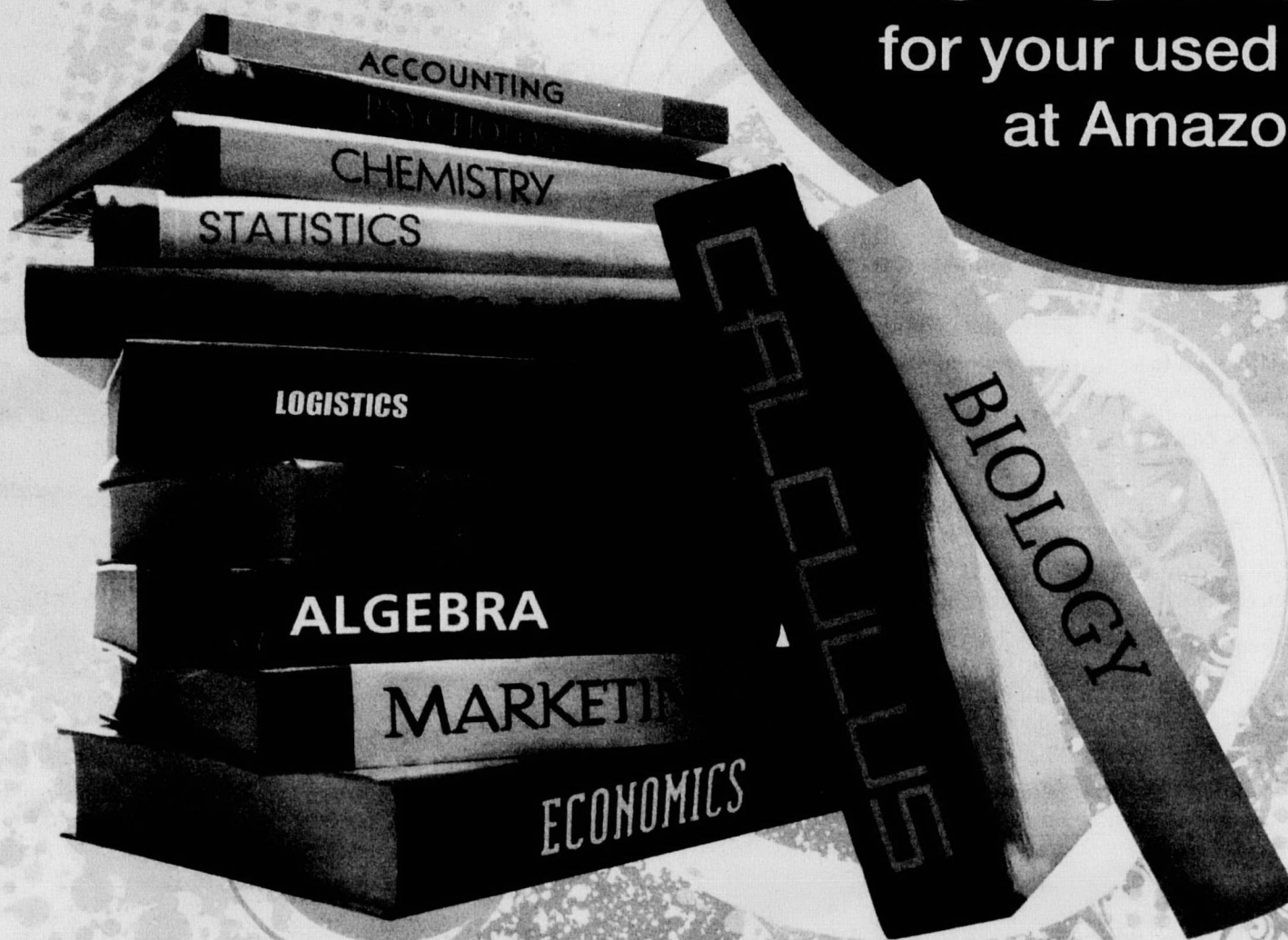
Location: 3860 Saddle Road, South Lake Tahoe, CA
Travel Time: 7 hours 20 minutes
Price: 1 day pass \$75, HSU Snow Jacks price for week \$350 (includes breakfast and lodging)
Contact: Heavenly - (775) 586-7000, HSU Snow Jacks - hsnusnowjacks@gmail.com

This resort is one of the most popular in Tahoe. With over 4,000 acres of terrain, it is one of the largest ski resorts in the state. There are a total of 94 runs in this resort, and a variety of snowboard obstacles.

Normally, this is a pricey resort for college students. But this year, the HSU Snow Jacks, the campus ski and snowboard club, is offering a week-long trip to this slice of winter sports heaven. The trip will be from January 9-14. The \$350 fee includes lodging, lift passes for five days, breakfast for the whole trip, and a pizza party. To participate, you must join the HSU Snow Jacks, which requires a \$25 dollar membership fee for the year. Membership gives you access to local discounts at local sporting goods stores and a group membership discount for lift tickets. You'll also get a t-shirt, a decal, and access to Snow Jacks' trips. To sign up for the Snow Jacks and the trip to Heavenly, you can email the club at hsnusnowjacks@gmail.com or see them on the quad this week.

Yelena Kisler may be contacted
at thejack@humboldt.edu

Get up to
60%
back
for your used textbooks
at Amazon.com



(You can sell back other stuff like video games and DVDs too.)

amazon.com/buyback

EDITORIAL

SAVE THE FARMER'S MARKET

The U.S. Senate passed Senate Bill 510, the "FDA Food Safety Modernization Act" last week. This bill amends the Food, Drug, and Cosmetic Act by introducing more thorough inspections, new regulations and higher food safety standards. While the bill is meant to save us from contaminated food, what it really does is create red-tape for small farmers and barriers of entry for those hoping to become farmers.

If the bill becomes a law, it will deem any small-time farmer at the local market as a Community-Supported Agriculture supplier who must buy a license, have their farm approved for production and be subjected to random inspections. All food producers will have to submit a registration form to the Secretary of Health and Human Services, and then renew that registration on every even-numbered year.

North Coast Growers Association lists 101 farms that contribute to the markets in Arcata, Eureka and McKinleyville. The NCGA is one of the first certified farmers' markets in California, and is the longest continuously running certified market in the state.

Under the new bill, the Secretary will be allowed to take preemptive measures against a food outbreak by revoking the license of a food producer that the secretary believes has "a reasonable probability" for causing an outbreak.

Food retailers and restaurants that make less than \$500,000 a year are not required to submit as much paperwork as larger food businesses, and do not have to pay for analysis or reanalysis of food.

Farmers who make less than \$500,000 a year will be exempt from "Produce Safety" regulations (regulations which don't exist yet) under Sec. 419, one of the proposed amendments to the bill. The bill doesn't introduce any standards on food so much as it gives the FDA a basic framework to create their own regulations.

In the case of a food outbreak, or the probability of one, the Secretary may remove the exemption of a farm or business that makes less than \$500,000 a year. So if a farm's crop was at the center of a food outbreak, the farm would suddenly fall under all the regulations and standards that it was formerly exempt from.

Now the question is how many sick people would it take for the FDA to consider a situation a food outbreak? Two. Just two recorded cases of serious adverse health consequences or death is enough to cause a food outbreak that will stop food sales from the party responsible and impose a voluntary recall of all food distributed. [serious adverse health consequences or death to humans or animals.] Food contamination is a serious issue, but the S.510 Bill is a massive piece of legislation that addresses too large of an issue.

Here at Humboldt, we are lucky to have a farmer's market where we can buy organic food from a familiar face. The S.510 Bill makes it more expensive to farm, as farmers have to label and package their products. It creates a \$500,000 barrier of regulations that is in the best interest of the local farmer to avoid.

In a word: it keeps the small-time farmer from expanding, and solidifies the business of industrial agriculture.

Here are the numbers for our Congressional District Representative, Mike Thompson:
Washington, D.C. : (202) 225-3311
Eureka, Calif. : (707) 269-9595
Let him be the first of 53 California Congressmen to hear you scream, "Kill the bill!"

LETTER TO THE EDITOR

KUDOS TO HSU'S E-CLUB

While many Humboldt State University students were packing for Thanksgiving week off, HSU E-Club (Entrepreneur Club) students participated in a Teen Business Fair with Arcata Economic Development Corporation and the Boys and Girls Club of the Redwoods.

For two days, at least six volunteers from the club came to work with teenagers interested in starting their own businesses. The members worked one-on-one with teens to help them develop business ideas and shape those ideas into a plan. The members of the club were enthusiastic, inquisitive about the projects in front of them and a shining example of how college students can use their skills to support themselves and their community.

Michael Crosbie, a co-president of the club, was responsive to our needs, organized, and has a great group working with him. If this is the kind of student your business department is turning out, well, kudos! I'm looking forward to working with them again – while they're in school, and hopefully when they're graduated and gainfully employed.

Susan Seaman
Program Director
Arcata Economic Development Corporation

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

The Lumber Jack

Editor-in-Chief
Melissa Hutsell

Managing Editor
Nicholas Preciado

Editorial Board

News Editor.....Josh Aden
Features Editor.....Melissa Coleman
Sports Editor.....Nick Swain
Photo Editor.....Catherine Wong
Opinion Editor.....Scottie Lee Meyers
Online Editor.....Derek Lactaen
Head Copy Editor.....Molly Lovelady
Copy Editors.....Grant Scott-Goforth
Nathan Post
Layout Editors.....Nichole Parada
Jackie Sugihara
Yelena Kisler
Columnists.....Ahron Sherman

Writers & Photographers

Adrian Emery
Ashley Ward
Michael Kennedy
Peter Sheppard
Preston Drake-Hillyard
Yawen Xu
Stephanie Giles

Adviser

Marcy Burstiner

Business Staff

Manager.....Garrett Purchio
Production.....Torrey Hartman
Advertising Rep.....Kristan Korns
Advertising Rep.....David Gonzalez
Ad Designer.....Elizabeth Sorrell
Ad Designer.....Javier Robles
Delivery.....Nicole Cornick
Lilah Landau
Paper Folding.....Yawen Xu

While You Were Out

You wake up one morning and there's dried blood on your chin and pillowcase.

As you wonder what happened, you cover your mouth to stifle a cough but your efforts are useless. You pull your hand away and it's covered in blood. You rush to the local clinic. People in the waiting room exchange hushed whispers and give you dirty looks as you

make your way to the receptionist. The receptionist looks up from a magazine and shakes her head: "Our doctors can't help your kind. Please leave."

You're sick and no one will help you. This is an absurd scene for someone who's accepted in mainstream society, but for someone who's transgender, being denied medical treatment is a scene that is all too familiar. But it may never be seen in Arcata again.

The Humboldt Open Door Clinic in Arcata opened the

IT'S ABOUT TIME

Ahron Sherman

county's first transgender health clinic on Tuesday, Dec. 7. The Times-Standard's Donna Tam reported that the clinic will be open the first Tuesday of every month from 1:30 to 4:30 p.m. Local advocates and Project HEALTH, a Bay Area agency determined to establish local health clinics throughout California for the Transgender community, worked to bring the project to life, reported Tam.

HEALTH stands for "Harnessing Education, Advocacy and Leadership for Transgender Health." Humboldt County is one of three counties in California participating in the project, reported Tam. San Francisco and Los Angeles are the other two.

Transgender people face discrimination at nearly every level of society. When a group is so thoroughly denied resources, the only way to curb the exclusion is to start with the basics. That's why local health care is important. It's basic, everyone needs it, and once an out-group secures it, precedent is set and it cannot be denied again.

"Most people in this country have difficulty finding a health care plan that fits into their monthly budget and provides them with comprehensive coverage," according to the Transgender

Law Center. "For transgender and gender non-conforming people, transphobia and other forms of discrimination sometimes make getting basic health care difficult or impossible."

Consider Robert Eads transitioned from female to male in his 40s. In the documentary film "Southern Comfort," Eads talks about being diagnosed with ovarian cancer in 1996 and how more than 20 doctors refused to treat him. By the time he found treatment, it was 1997 and the cancer had spread throughout his body. He died less than two years later.

"I have the same dignities. I have the same indignities that you have," said Eads before his death. "I deserve to be treated like anybody else."

Eads' case is a microcosm of the inhumane treatment endured by the transgender community every day throughout America. And although a once-a-month clinic in Podunk County will not end the widespread exclusion, it is a step toward inclusion, which is always a step in the right direction.

Ahron Sherman may be contacted at thejack@humboldt.edu

SEX COLUMN*BUSINESS TIME**GOOD NIGHT, AND GOOD LUCK*

B.J. Marquez

It's the end of another semester! I've had fun, kids. I hope you have, too. I wish you all the best of luck on finals and a happy, adventurous winter break. Most of all, I wish you good sex lives in the future.

I hope you enjoy the sex life you choose to create with yourself and with others. (Don't forget the "yourself" part. That's important.)

I hope you feel comfortable talking about sex: the feelings, the ethics, the nitty-gritty details, what you like and dislike, what you want. I hope you have partners who can do the same.

I hope you have good, old-fashioned, sweaty, sexy fun, and a lot of it.

I hope you always keep a sense of humor about sex. It can be scary and emotional and weird and transcendent and sometimes awful, but it's also really funny.

It's okay to laugh about sex - even while you're doing it. It's okay to cry, too.

Remember to be selfish sometimes. If you're uncomfortable receiving pleasure, meditate on that.

Remember that sex is a risk-management game, and be safe. Don't judge those who have gotten burned - having an STI or being a survivor of sexual violence doesn't define someone.

Explore new things. Don't knock it 'til you've tried it. Don't worry about what people would think if they knew you were doing X. Don't judge others for doing Y.

Remember that you can't assume anything about your partner's feelings, beliefs or experiences. Ask them.

Remember to breathe. Deeply.

Finally, when you're feeling a bit low and you're not sure how to get in the mood, listen to "Business Time" by Flight of the Conchords. It can't hurt.

Merry Sexmas, everyone!

The Lumberjack **Submission Policy**

Send submissions to: Opinion Editor Nicholas Preciado at 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 columns may not exceed 750 words.

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

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

New contributors may be given preference over return contributors.

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

HSU students should provide their major and class standing.

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

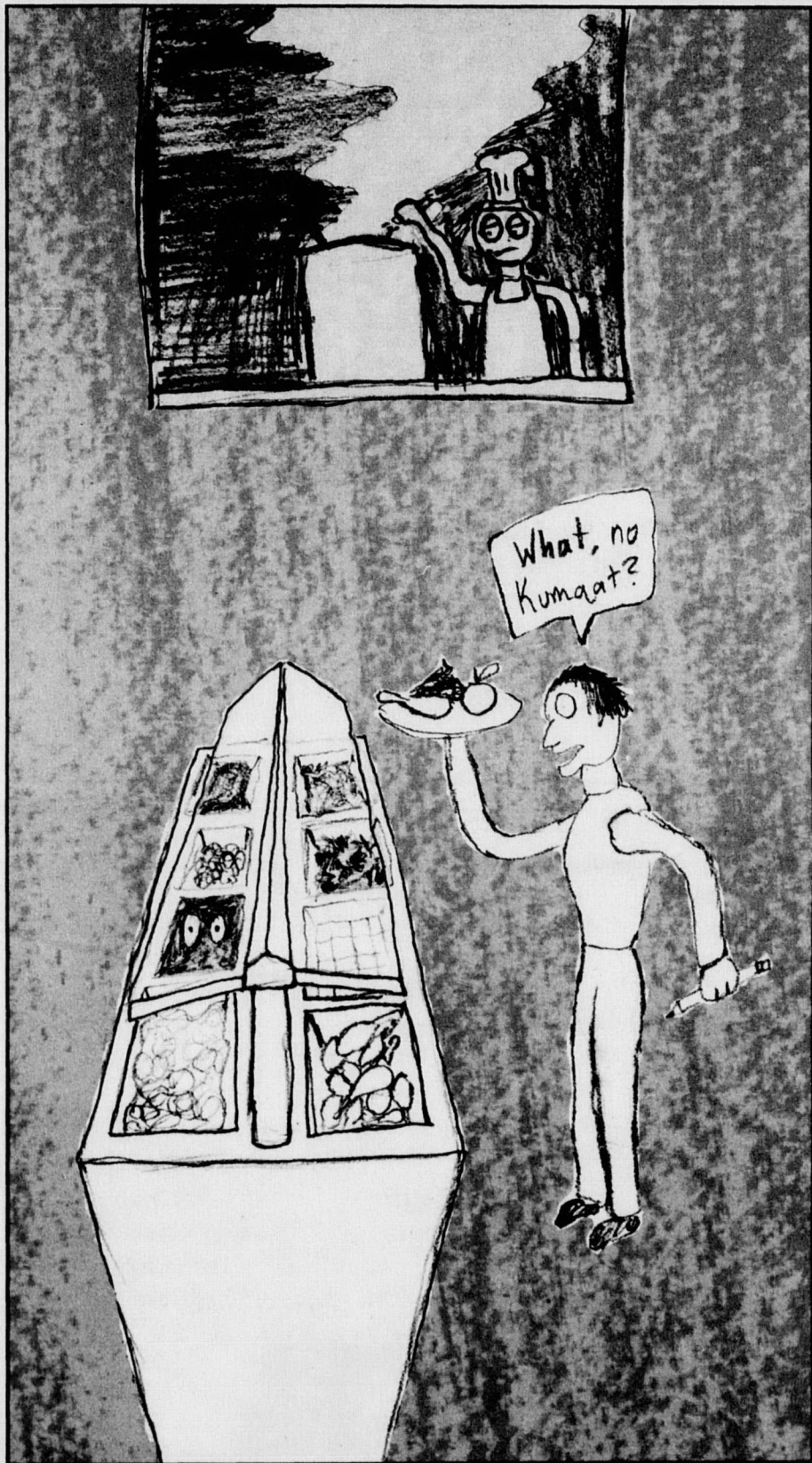
All submissions must be received by 4:00 p.m. the Friday preceding publication.



The opinions expressed in all columns, guest columns and letters to the editor do not necessarily reflect the opinions of the Lumberjack, its staff and affiliates, as well as the University as a whole.

LUMBERJACK LETTER SCRAMBLE

Puzzle By Anthony Barstow | Cartoon by Adrian W. Emery



Unscramble the letters to form a word

R C H E L E K
□ □ □ □ □ □

P A S U N T D
□ □ □ □ □ □

E M A N I C D O
□ □ □ □ □ □

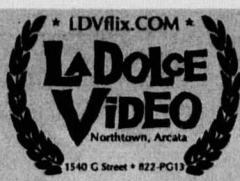
T R A L E H U G
□ □ □ □ □ □

Now, unscramble the circled letters to solve the riddle!

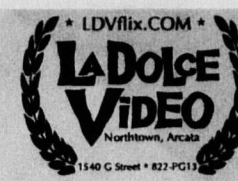
Why did the joke writer hate the buffet?

There was no

' □ □ □ □ □ □ □ □ '



By Grant Scott-Goforth



Submit your answers to lumberjacktrivia@gmail.com by Sunday at midnight. Include your **real name, phone number, and e-mail address.**

A winner will be selected at random from all entries submitted on time with all questions answered correctly.

Winner will receive a \$10 gift certificate to La Dolce Video, located at 1540 G St., Arcata

You need an active account to rent films.

"Documentary Edition"

1. This American actress (pictured) won two of four Academy Award nominations.
2. This 2010 Sundance Film Festival favorite is generating upcoming Oscar buzz.
3. This actor had an early role in "It's a Mad, Mad, Mad, Mad World" and plays a prominent character in the upcoming "Smurfs" movie.
4. This Kim Ki-Duk drama follows a monk through the seasons.
5. This costume drama about Henry II features Peter O'Toole, Katherine Hepburn and Timothy Dalton.
6. Exxxcelllentttt.... this actor (pictured) played Bill S. Preston Esq.



Solution to last week's trivia:

1. "Forbidden Planet"
2. "Naked City"
3. "Day of the Animals"
4. The Zucker Bros or Zucker/Abrahams
5. Peter Graves & Robert Stack

Solution to last week's Letter Scramble:

TROPIC, ATLAS, HEADING, NAUTICAL; because of their bad LATITUDES

CRYPTIC A Lumberjack Cypher Puzzle

By Adrian W. Emery

Crack the code: Each letter in the following sentence represents another letter of the alphabet. To solve the riddle, find which letter means which, and substitute them to reveal the sentence.

CLUE: Hunt around until you find a match

M VIZQTC SEPL UIYD

'JTGC' RGLTG UGMPY

' ,

HINT: e = o. u is represented by a vowel

Wildwood Music

www.wildwood.ws

Buy

Sell

Trade

Guitars,
Electronics
Drumstrade up
trade down
divest

1027 I St. Arcata, CA 822-6264 M-F 10:30-5:30 Sun 12-4

The Jambalaya
BEST SHOWS
7 NIGHTS A WEEK

GREAT FOOD

915 H STREET // 882.4746 // jambalayaarcata.com

EVENTS

December
8

Wednesday

Sci-Fi Pint and
Pizza Night
6 p.m.
Arcata Theater
LoungeJohn Lennon
30th Anniversary
Memorial Concert
7 p.m.
Old Town Coffee
and Chocolates
EurekaReggae Night
10 p.m.
JambalayaDecember
9

Thursday

AM Jazz Band
8 p.m.
Fulkerson Hall
(HSU)
\$7 general
\$3 students and
seinersOpen Mic Night
7 p.m.
Blondie's Food &
DrinkMoksha
10 p.m.
Jambalaya
\$5December
10

Friday

Barn Dance
7:30 p.m.
Arcata Veterans
Memorial Building
\$7The Nutcracker:
Opening Night Gala
8 p.m.
Arkley Center
Eureka
\$20Moogot2 and the
bump Foundation
10 p.m.
Jambalaya
\$7December
11

Saturday

2nd Annual
Anarchist Bookfair
10 a.m. to 6 p.m.
Manila Community
Center
Free MealsHSU Jazz Orchestra
8 p.m.
Fulkerson Hall
(HSU)
\$7
\$3 students and
seniorsHip-Hop Night
All Day
Jambalaya
\$5
Ladies free until midnightDecember
12

Sunday

Dharma Talk
9:30 a.m.
Meditation starts at
8 a.m.
Aikido Center
Arcata'Twas the Night
Before Christmas
2 p.m.
Van Duzer TheatreDeep Groove
Society Sundaze
10 p.m.
Jambalaya
\$5December
13

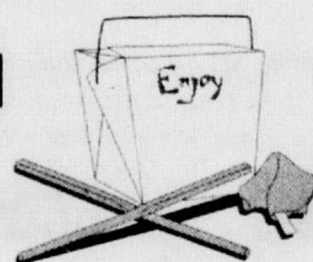
Monday

Swing Dance Night
7:30 p.m.
Redwood Raks
World Dance
Studio
ArcataHumbrews' Open
Mic
10 p.m.
Humboldt Brews
ArcataDJ Rotten
ROCK-STEADY
10 p.m.
Jambalaya
\$3December
14

Tuesday

G-Money Karaoke
8 p.m.
Cher-Ae-Heights
Casino
TrinidadSunny Brae Jazz
7 p.m.
Six Rivers Brewery
McKinleyvilleBlues Night
8:30 p.m.
Jambalaya
\$5

AWESOME discount coupon for GREAT Chinese food!

HUNAN • CANTON • PEKING
SZECHUAN • MANDARIN • DIM-SUMWe have the largest
VEGETARIAN MENU
in town!HSU Student ID gets
10% offFine Chinese Cuisine on
the Plaza...761 8th St.
On the Arcata PlazaCall for to-go orders
or reservations

822-6105

HUNAN
PLAZACHINESE
RESTAURANT
Closed
Mondays

CLASSIFIEDS

DECEMBER 8, 2010
THEJACKONLINE.ORG

35

PROPERTY

TRINIDAD: AFFORDABLE CLOSE TO BEACH PROPERTY A STUDENT CAN OWN:

1 Bdr., 1 Ba, 1997 Terry Trailer, 12 x 39 (2 pop outs) with deck, partially furnished, located in the Midway Park (many amenities). Beach and state park within walking distance too. Pd. \$21,500.00 just one year ago, made improvements and are selling for \$14,900.00 OBO. Due to family emergency we must sell quickly, so our loss, your gain. Price more negotiable if cash offer. Seller will carry with \$6,000 down, balance at 5% int. Park rent includes utilities / cable at approx. \$375. mo. - so total ownership including loan pymt. = approx. \$600.00 per month. Tell your parents... why pay first, last and deposit and then high rent just to go to school? Why not own and pay less! Nice, neat, clean, ready. Call today to see: 1-888-444-4421 or 530-949-8559.

TRAILER



TERRY TRAILER

997 40' Terry Trailer with 2 popouts. It has a large deck awning and shed. In a beautiful Trinidad park. It has 1 bedroom 1 bath and comes completely furnished inside and out with BBQ & Firepit on deck. Very clean, move in ready. Perfect home or Vacation place, walking distance to the ocean. Space rent is 350 a month. \$16,900 O.B.O. To see call 707-845-1504 OR 707-845-1188 Thanks www.trinidad.ca.gov

SEWING

SEWING SERVICES

Stitching Time. Friday & Saturday 11-5. 1038 11th Street Arcata 496-3447
10% discount for students

BOOKS

TIN CAN MAILMAN

BUYS BOOKS, including TEXTBOOKS for cash or trade credit. Huge selection, open daily. Corner of 10th & H Arcata

RENTALS

ROGERSRENTALS.COM

Studio for Rent
Glendale
Out toward Blue Lake
Rent \$600, includes utilities.

RogersRentals.com

AAA Self Storage

Humboldt County's Only
Indoor Storage Facility

Many Sizes Starting at \$8.00

2350 Central Ave. McKinleyville

Low Rates

Major Credit Cards Accepted

(707) 839-5500

www.mckinleyvillestorage.com

Welcome Back HSU Students!

Jason T. Stuan, D.D.S.
Russell L. Davis, D.D.S.

Preventive and Restorative Care

20% Student Discount for Initial Exam and X-Rays

950 I Street. Arcata, CA 95521. 822-0525



ALBERTO TAYLOR | D.D.S.

791 BAYSIDE ROAD, SUITE 2 | ARCATA, CALIFORNIA 95521
TEL. 822.4826 | FAX 822.7467

EMERGENCY APPOINTMENTS AVAILABLE
VISIT OUR WEBSITE AT WWW.ALBERTOTAYLORDDS.COM

ACROSS FROM STANTON'S RESTAURANT

AA CASH AA CHECK

FAST! EASY!
PERSONAL &
TAX REFUND
CHECKS OK!

All other types too!

NO BANK LINES!

Open
Monday-Saturday • 10-6
1102 5th Street
Eureka • 445.9022

FRANKLIN'S SERVICE

\$5 off Smog Check
expires Jan 31, 2011

\$5 off Oil Change
expires Jan 31, 2011

1903 Heindon Road, Arcata
Monday-Friday 8:00am-5:30pm
Call us anytime! 707.822.1975

ANCIENT ARTS TATTOOING & PIERCING

1065 K STREET
ARCATA, CALIF.

OPEN
MON-SAT
NOON-8PM

Any piercing
now only

\$30

CLEAN.
FRIENDLY.
ARTIST
OWNED
& OPERATED.



707-825-TAT2
ANCIENTARTSARCATA.COM
FIND (& LIKE) US ON FACEBOOK!

PASSION
PRESENTS

"A funky blend of '70's, R&B and
jazz, with a whopping
dollop of groove."



FRIDAY JANUARY 28 HUMBOLDT BREWS

9PM DOORS / 10PM SHOW 21+ \$12 ADV. / \$15 DOOR

HAPPY HOLIDAYS FROM PASSION PRESENTS

4/20 - MELVIN SEALS and JGB @ HUMBOLDT BREWS
TO BUY TICKETS OR FOR MORE INFO VISIT: WWW.PASSIONPRESENTS.COM

PRIVATE OUTDOOR HOT TUBS
TRADITIONAL SAUNA CABINS

FINNISH COUNTRY SAUNA



AND TUBS

Cafe Mokka
COFFEEHOUSE

Sun-Thurs: noon - 11pm
Fri-Sat: noon - 1am

OPEN EVERY DAY
INCLUDING SUNDAYS & HOLIDAYS
CORNER 5TH & J. ARCATA
822-2228 FOR RESERVATIONS

Dear Santa,
Please bring me
a new bike from
Adventure's Edge.



650 10TH ST. ARCATA • 822-4673
1 BLOCK NORTH OF PLAZA AT 10TH & F

125 WEST 5TH ST. EUREKA
445-1711 • 5TH & COMMERCIAL

ADVENTURESEGE.COM • OPEN DAILY MON-SAT: 9-6, SUN: 10-5