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# The Lumber Jack

Wednesday, August 25, 2010 Vol. 97 No. 1

**"So, what are  
you doing this  
weekend?"**

The Lumberjack presents a  
guide to the best parts of  
Humboldt County ... page 20

**Plus:**

Prop 8 Overturned... p. 4

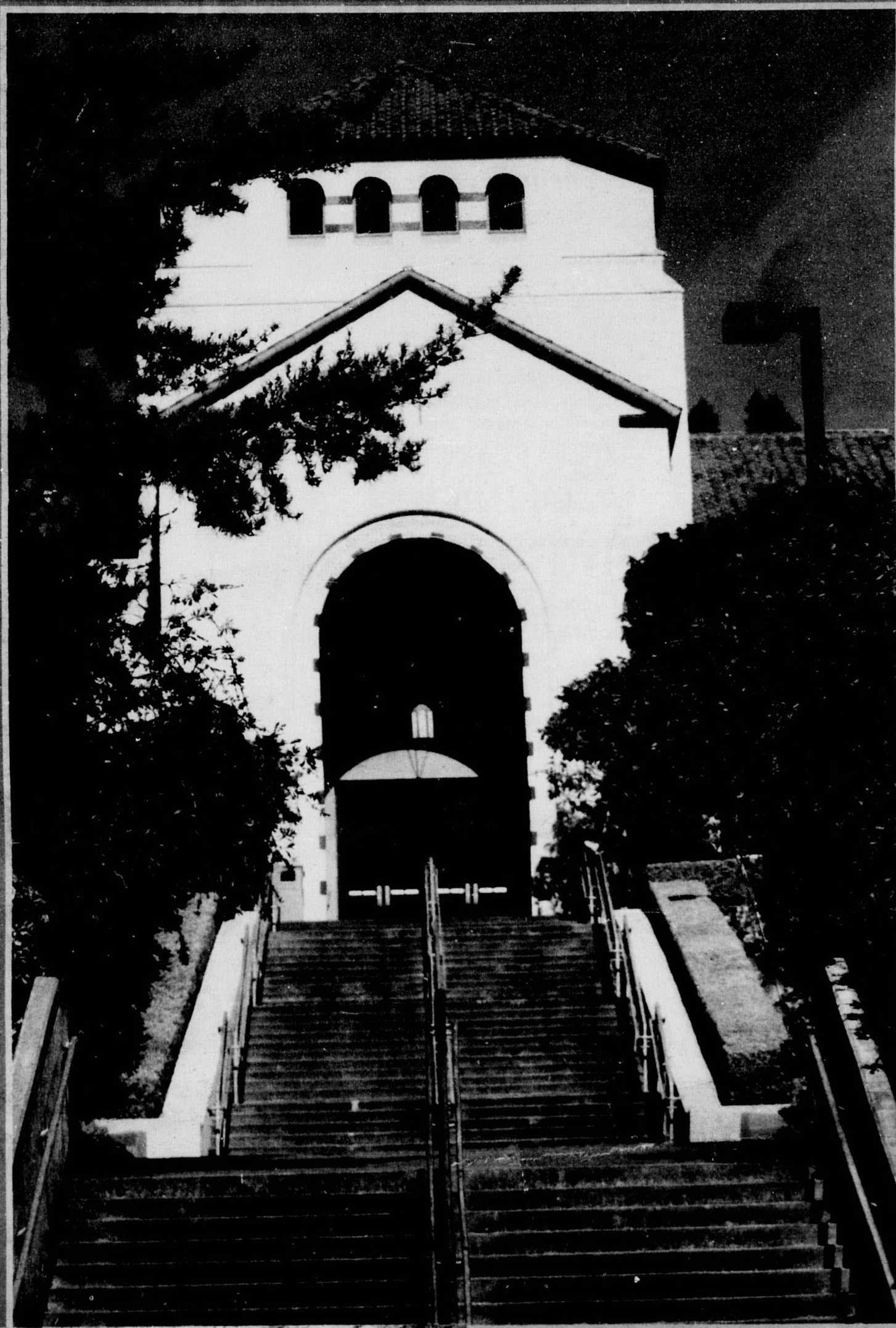
The Growlers Come to

The Steelheads... p. 44

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## Meet Our Staff



The staff of the 2010 Lumberjack. Clockwise from tallest: Mel Hutsell (Layout), Kristina Naderi (Sports Editor), Yelena Kisler (Editor-in-Chief), Adrian Emery (Managing Editor), Josh Aden (Layout), Anthony Barstow (Copy Chief), Jackie Sugihara (Layout), Nick Presciado (Opinion Editor) and Travis Turner (Photo Editor).

Missing from the photo: Zach St. George (News Editor) and Elizabeth Sorrell (Web Editor).

Cover Design: Adrian W. Emery

Cover Photo: Angela Tsai and Travis Turner

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Saturday, August 28

Cull

(crust metal from Portland)

And

Ninja

(Portland metal)

All shows 5 dollars

Saturday August 21

Magnum

(local cock rock)

The Connies

(Punk rock from Santa Rosa)



## New Year, New Dorms



Humboldt State's latest dormitory, College Creek. — Travis Turner

### Melissa Coleman

"Out with the old. In with the new," seems to be HSU Housing's motto for the upcoming school year.

The \$47 million College Creek apartments sit on the south-western corner of campus. Students who filled the four new buildings last week did not know what to expect.

College Creek resident Joseph Uglick was impressed. "This is definitely the best dorm on campus," he said.

The facility holds 430 students in 97 fully furnished apartments.

Each apartment has a living room, two bathrooms, and a kitchen. "It's much more furnished, coming from Campus Apartments," said resident Liane Diggins.

College Creek's opening increased the number of students living on campus. There are 2,012 students on campus this year, compared to about 1,570 last year.

College Creek proved to

be popular for returning students, who tend to move off-campus after their freshman year. Every apartment filled up during the returner room selection process last spring, said associate housing director Patty O'Rourke-Andrews.

Greater demand for on-campus housing meant a longer waiting list. Over the summer, there were 400 students on the housing wait list, which

dents in 17 apartments until this semester. 2 O'Rourke-Andrews said the old apartments will be demolished within the next couple of weeks. The space will be used for parking.

Construction is ongoing at College Creek. "The mail room and Great Hall are scheduled to open in early September," said O'Rourke-Andrews. The apartments surround a regulation NCAA soccer field, which should be finished before the end of the semester.

The College Creek market will not open

until January 2011, but dining director Ron Rudebock said it will offer more options than the South Campus Marketplace and will also include a small dining area. "It will have a little bit of everything," he said.

Although construction crews continue to work on College Creek, residents are getting comfortable in their new homes.

**"This is definitely the best dorm on campus."**

- Joseph Uglick -

O'Rourke-Andrews says was an increase from last year. "However, we currently do not have a wait list, and last year, we did have a wait list when classes began," she said. "Those 400 students [this year] either got rooms, found a place off campus, or they are not attending HSU."

Adjacent to College Creek are the Manor Apartments, which held 51 returning stu-

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Let the Lumberjack showcase your opinion.  
Send letters to the editor to [lumberjack.opinion@gmail.com](mailto:lumberjack.opinion@gmail.com)

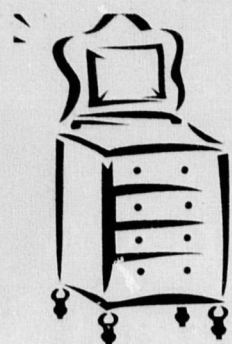
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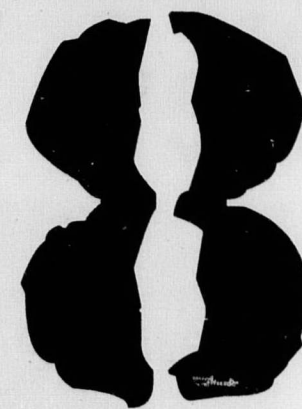
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# PROPOSITION

*and a Latter-Day Saint*



**Anthony Barstow**

A federal district court ruled that the California ban on gay marriage is unconstitutional.

Proposition 8, which state voters passed in November of 2008, defined marriage as a union between one man and one woman.

In his decision, District Judge Vaughn Walker said, "The law violates equal protection and due process rights of gays and lesbians guaranteed by the constitution."

However, as gay and lesbian groups around the state celebrated and gay couples made marriage plans, a US Circuit Court of Appeals declared that the ban will remain in effect until hearing an appeal by Proposition 8 supporters. The champagne will have to stay on ice until then.

Judge Walker's ruling includes a provision questioning whether supporters of the law have proper standing to appeal the decision. He states that they suffer no "injury" by the marriage of homosexuals.

Elise Brunette disagrees. Brunette, 18, a former student at Eureka High School, is a member of the Church of Latter-Day Saints. She is also a supporter of Proposition 8.

For their part in aiding the passage of the proposition, the Latter-Day Saints came under fire from gay and lesbian groups as well as the American Civil Liberties Union.

Brunette says the Church requested all members to educate themselves about the legislation

and "to use our best judgment" in order to take a stance on the law.

Donations came in from Latter-Day Saints around the world. Money went to television, print and on-line advertisements asking voters to "protect the sanctity of marriage" by approving Proposition 8.

The law passed with 52 percent of the vote. The next day, the Church issued a statement asking for "mutual respect and civility" among groups with differing opinions.

Brunette says the months leading up to the vote were "filled with more rejections, hate, arguments and tears" than she had ever experienced.

While politicians and civic leaders debated in the streets and in the capitol, Eureka High students debated each other in class and in the school yard.

Despite the animosity she faced for her unpopular view on same-sex marriages, Brunette says that some good came from the situation. "Students [became] more aware of political changes," she says. "Personal views were challenged and explored on every possible level."

"My values and ethics are questioned and mocked on a regular basis," Brunette says, but she tries to keep an open mind.

At the same time, however, she says, "There are things that must be stood up for."

Proposition 8 was a law that required her to stand up in support.

She says, "[The law] was created to protect the legal, sacred importance of traditional marriage and families."

In addition to her moral and ethical stance on same-sex marriage, Brunette also hopes that the voices of voters will not be silenced by the courts. After all, California voters approved the legislation by 600,000 votes.

It seems clear that no matter what the Supreme Court decides, and the matter does seem headed that direction, that a sizable chunk of votes will be thrown out. If the proposition is upheld, 48 percent of votes will be struck down. If it is unconstitutional, the court will declare 52 percent of votes invalid.

In a state the size of California, a difference of 600,000 votes is not a statistically significant number. What is significant, however, is the difference between same-sex marriage being legal and being banned.

**EDITOR'S NOTE: Due to time constraints and a lack of response, it became impossible to include the views of those opposed to Proposition 8. The Lumberjack encourages readers with an opinion on this matter to write in with letters to the editor. Letters can be sent to [lumberjack.opinion@gmail.com](mailto:lumberjack.opinion@gmail.com)**

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



DON'T MISS THE

# PART TIME JOB FAIR

(OR THE ON-CAMPUS CAREER CENTER)

Zack St. George

Students looking for a part-time employment this school year should attend the Part-Time Job Fair put on by the Career Center. The fair will be at the quad below the bookstore from 10 a.m. through 2 p.m. on August 26th. It will be open to all HSU students.

This is the third annual Part Time Job Fair on campus. As of Tuesday there were 29 confirmed employers participating, some with multiple positions available. Applicants are expected to bring their resumes and dress professionally. Career Center coordinator Ann Johnson-Stromberg said that the fair is geared specifically towards students who are returning to campus looking for part time employment.

The job fair is a major event for the Career Center, but they work all year to aid students with the transition from university life to the real world, by providing help with resumes and graduate school applications.

Students looking for help at the Career Center have several options. They can register to apply for jobs online at the Career Center web page. After creating a Springboard profile, they will be able to look at job opportunities online. The Springboard website shows a list of employers and the openings they are trying to fill. The Career Center also has a Facebook page, which is frequently updated with job opportunities.

Business senior April Wendell went to the Career Center for advice multiple times during her time at HSU.

"Ann helped me out a lot in the last few years" said Wendell. The work they did improving her resume and cover letter helped her get an internship at the California Small Business Development Center, where she does public relations work.

Students can set up appointments to meet with peer advisers and career counselors any time, by calling the Career Center or walking

Find the Career Center @

Nelson Hall West, room 130  
(707) 826-3341

[www.humboldt.edu/career/](http://www.humboldt.edu/career/)

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into the office up the stairs in Siemens Hall West. Career counselors are available for drop-in appointments Monday through Thursday 11 a.m. to 1 p.m. They'll help students with anything from resumes and cover letters to internship opportunities.

Peer counselor Mandy Werrin said that working at the Career Center changed the way she thinks about her resume and past job experience. "Working at the Career Center really taught me how to highlight my strengths when I'm looking for a job," said Werrin. She also said that the Career Center emphasizes non-job experience such as volunteering for those without much work history.

Johnson-Stromberg said that students should remember that the resource is available to them.

"This is part of the educational experience that you pay for as an Humboldt State University student, and if you don't take advantage of it you could get left behind," she said. "Other students will go the extra mile."

Zack St. George may be contacted at  
[thejack@humboldt.edu](mailto:thejack@humboldt.edu)

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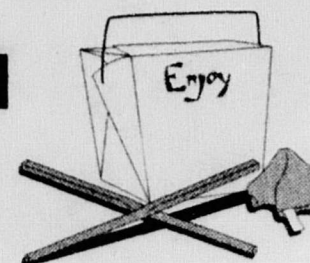
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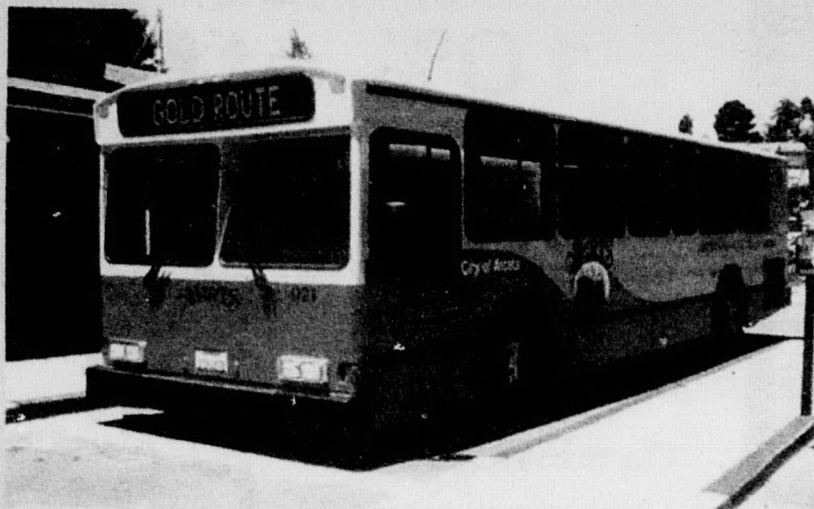
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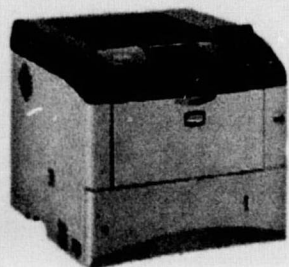
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## Buzz Webb Reprises his Role as VP of Student Affairs

**Yelena Kisler**

**Q:** What is your name?

**A:** Edward Webb. But, everyone calls me Buzz.

**Q:** How did you get your nickname?

**A:** I inherited [it] from my uncle. When my mother was born, he went around the neighborhood telling people he was a brother, but he couldn't say it. So, he said Buzzer instead. So they called him Buzzy. They didn't have any kids, so I got the name.

**Q:** Where are you from?

**A:** I consider myself a southern California beach person in San Diego. I wasn't born there. I was born in Indiana. I moved out to California, as many people did, after World War II. I spent most of the time in San Diego [and] went to San Diego State.

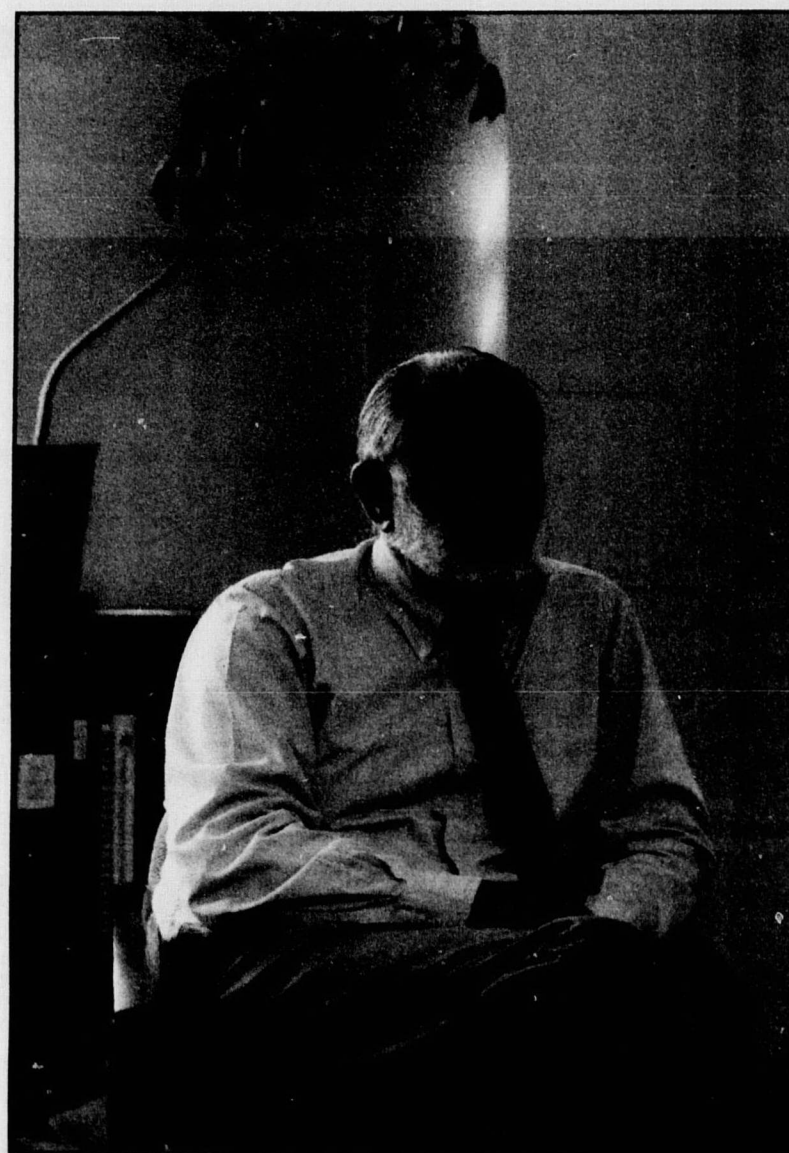
**Q:** What did you study in college?

**A:** Psychology. I have a master's degree in political science and public administration. I went back and got my doctorate in psychology and organizational behavior.

**Q:** How did you end up taking over this position?

**A:** Well, I had done it for 25 years. I was here between 1974 and 1999, and Steve Butler came in and took over. [When he retired] I was down in Mexico and got an email that said, "come and see us when you get back." So, I got back, and they said, "Could you take over the position for a while?" Then, they said it could be up to a year.

**Q:** What has been the biggest challenge for you so far?



Vice President of Student Affairs, Edward "Buzz" Webb  
— Travis Turner

**A:** Well, learning some of the new stuff. There's a lot more technology now, a lot less paper. Now, everything seems to be done on computers. And, there are some new requirements that I need to get up to date on. When I was here, I was not responsible for the admissions and registrar. That is now my responsibility.

**Q:** How much are you involved with budget planning?

**A:** Quite a bit.

**Q:** What are your plans to relieve some of the tension with the budget?

**A:** The first thing we have to find out is how much we have this year. What I'd like to believe is that we've dropped to the bottom, and we

are scraping along the bottom now, and then we are going to start crawling out, maybe not this year but next year. So, we have to look very carefully at the budget. There are a lot of things that we can't do anymore, like travel, equipment purchases, so things that are the extras.

**Q:** Butler wasn't the most liked person among students on campus. What do you plan to do to change that view of your position?

**A:** I'll go back to doing what I used to do, which is be more visible, attend a lot more meetings, showing up at AS meetings. I have this philosophy, MBWA, management by walking around. So, I like to get out and go to the different offices and just pop in, go to staff meetings, go to all the AS meetings. Get out, walk around, talk to people.

**Q:** What advice do you have for new students?

**A:** The big key to success is involvement. You have to get involved. You have to get hooked in somehow to the campus outside the classroom. And, if you can do that, you're going to make the most of your education. And, of course the other is-- and Freshman don't seem to listen to this-- go to class, study, and do your homework. That's number one.

**Q:** Do you see fees going up again this semester?

**A:** I think so because until California climbs out of the hole it's in, I don't know what's going to happen.

Yelena Kisler may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



# Faces to Know Around Campus

**Yelena Kisler**

**ROLIN RICHMOND**



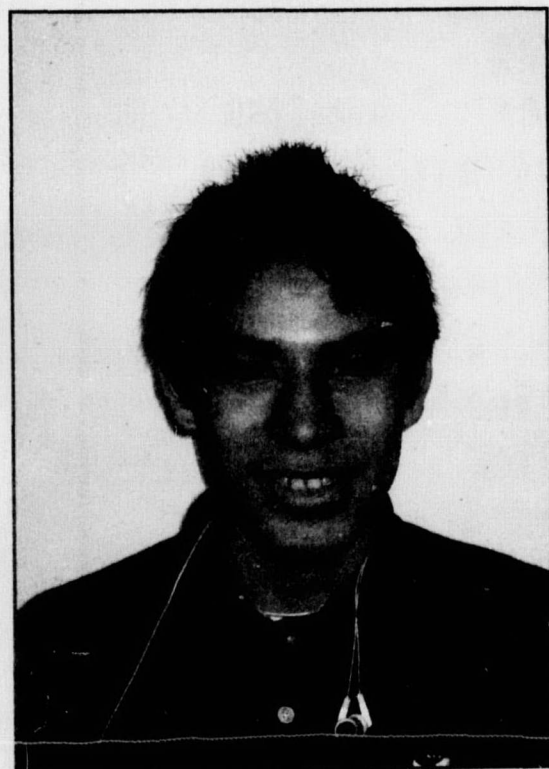
This is the president of our University. He is the man responsible for the big decisions about how HSU operates. He is the Big Cheese, the Head Honcho, the Man. You can reach him at rollinr@humboldt.edu.

**BOB SNYDER**



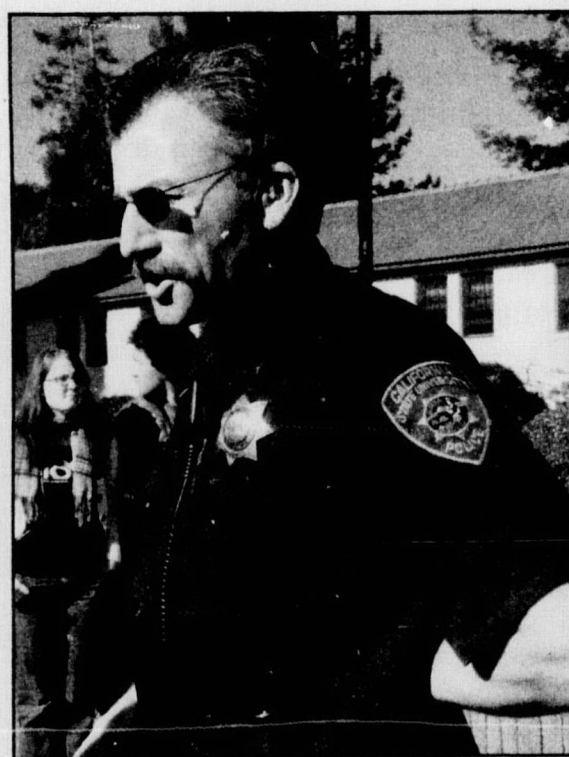
As provost, Snyder oversees the curriculum, the faculty, the University Library and Information Technology Services, and the Academic Affairs budget, and he makes sure HSU remains accredited. You can reach him at rs1@humboldt.edu.

**IBAN RODRIGUEZ**




This is the president of our University. He is the man responsible for the big decisions about how HSU operates. He is the Big Cheese, the Head Honcho, the Man. You can reach him at rollinr@humboldt.edu.

**TOM DEWEY**



This man is here to protect and serve. He is the chief of the University Police Department. He and his crew are the ones keeping us safe day in and day out while tirelessly trying to stomp out graffiti and loud campus parties. You can reach him at twd7001@humboldt.edu.

## THREADBARE DANCEWEAR

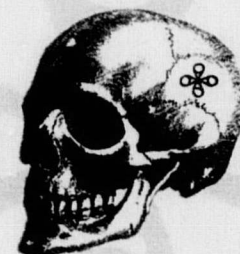


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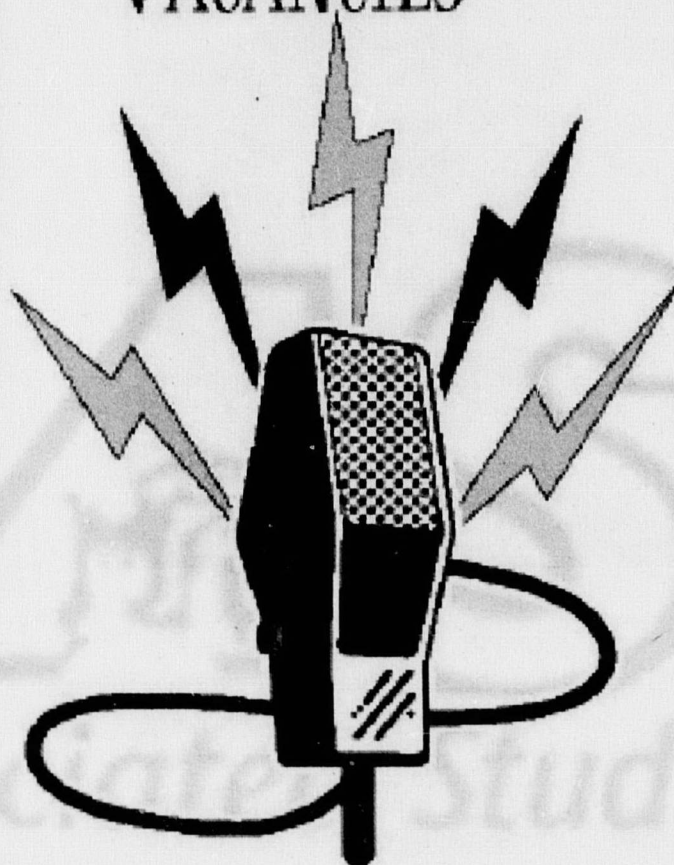
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**CSSA Representative [2 positions available]:**  
These positions represent HSU Students on the California State Students Associated Board of Directors and lead the Associated Students lobbying and voter registration efforts.

**CNRS Representative:**  
Represents students enrolled in the College of Natural Resources and Sciences

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Represents students enrolled in the College of Professional Studies.

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To apply, please bring a cover letter and resume to the Associated Students Office. Deadline to apply for a Council vacancy is Friday August 27th, 2010 at 5 p.m.

Free academic planners are available in the Associated Students Office located in the University Center.



# Professor's Legacy of Environmental Advocacy Will Live on at HSU

Frank Cardenas

The University Library received \$55,000 to process a collection of emeritus professor Dr. Rudolf "Rudi" Becking's field research.

The funds came from a grant of \$446,817 by the Andrew W. Mellon Foundation, administered by the Council for Library and Information Resources. It is part of a statewide effort to preserve California's rich environmental history.

There are 33 collections across the state on issues ranging from irrigation and forestry to research and activism. Various private campuses, University of California campuses, and California State University campuses, including HSU, will catalog and house the collections.

The Becking Collection carries many photographs, drawings, and maps created on trips into the field with students, often onto private property, for the purpose of gathering data on old growth stands and environmental impact.

Archives cataloger Adrienne Harling is in charge of processing the collection.

"It is a very robust collection," Harling said. "Rudi Becking was a very prolific researcher and thinker. He was involved in so many different projects throughout his career. He was an activist, and he was also a scientist, and then he was a teacher, and his activism was in his teaching."

Becking was born in Indonesia and was a prisoner of war for several years after Japan invaded before World War II. He studied forestry in Holland and got his doctorate in Washington state. He dedicated his professional life to serving the plants and animals of the North Coast. HSU will preserve his legacy of environmental justice for the enjoyment of all who have an interest in the beautiful place that we call home. Although Dr. Becking died last October, his legacy lives on at HSU.

Becking was a professor at Humboldt State from 1959 until his retirement in 1993. Noted for his enthusiasm and strong opinions about the necessity of natural resource preservation, he lobbied in favor of environmental protection. He successfully campaigned to list the Marbled Murrelet as an endangered species, created and expanded the boundaries of what is now the Redwood National Forest, and advocated stopping the continued logging of the Arcata Community Forest.

"I think it is really interesting to see, through-



Dr. Rudolf Becking — File Photo

out all his correspondence, what he was really interested in when many weren't," Harling said. "He was interested in very holistic forest management when it was unpopular, and so he was sort of an outsider among his colleagues."

Eddie Butler, special collections library assistant, agreed that Becking was not always in line with official department policies on forestry.

"He was an opinionated person in a time when there was not total agreement on a lot of things with regard to managing natural resources, so not everybody loved him all the time, but that makes for a richer collection, too. The collection does give us some documents from the time, 30-some years ago, about how those issues were being debated between faculty and administrators on campus."

Butler said that despite disagreements on policy Becking was always enthusiastic about teaching his students.

"He was very influential with many generations of students in helping them become aware of their surroundings and have enough knowledge to more

See BECKING, page 11



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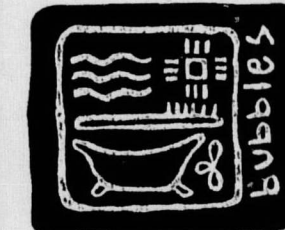
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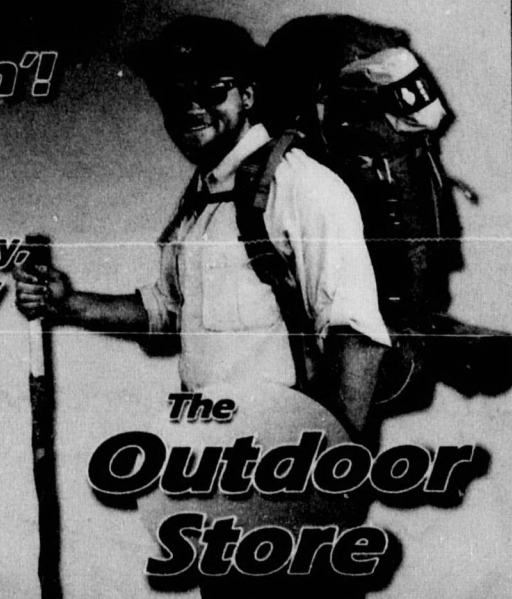
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## COUNSELING & PSYCHOLOGICAL SERVICES

### Groups Fall 2010

**RAINBOW DISCUSSION** - Are you gay, lesbian, bisexual, transgendered, or questioning your sexual orientation and/or gender identity? You are not alone. Come join us for a collaborative support group. The group is confidential and will meet in the HSU Library.

**PAZ** - Are you feeling overwhelmed by stress and anxiety? Do you feel tense and unfocused? Are your friends telling you to relax? This mindful stress and anxiety management group provides the space you may need to take a breath and reflect... so that you can learn to calm your mind and your body more effectively, more completely.

**CHOOSING ABOUT USING** - This group will be for students to explore their drug and/or alcohol use and how they make decisions about its role in their lives. The group will assist those concerned about their substance use that would like support to change their behavior. Ideal for individuals who are uncertain about changing their use patterns and for those with fluctuations in their motivation to do so.

**MAKING PEACE WITH FOOD & BODY** - Provides a safe and supportive atmosphere in which to explore your relationship with food and your feelings about your body. Together, we will work to create a new more empowered approach to eating and self.

**GRIEF GROUP** - Whether you have lost a parent, a friend, a sibling, or someone else... the loss can feel disorienting and even overwhelming. This group will provide a supportive environment in which to talk about your loss with others who are also in the process of grieving and thus understand the pain that you're going through. You don't need to go through this on your own.

**HEALTHY ATTACHMENT... HEALTHY LETTING GO** - Do you sometimes push people away or get too clingy? Do you have problems asking for what you want or saying "no" to what you don't want to give? Do you have trouble grieving losses and moving on? If you said "yes" to some of these questions, this group may be for you.

**SURVIVORS: RAPE AND SEXUAL ABUSE** - Connect with others to know you are not alone. This group provides a safe, healing place to break the silence and move beyond secrecy, fear and shame.

**GROWTH IN CONNECTION** - Provides an opportunity for individuals to gain insights about themselves through interaction with others. Group members will help each other identify themes involving relational patterns, past and present, and dynamics to foster psychological growth.

To attend any of these groups come to Counseling and Psychological Services, Student Health Center Building, 2nd floor, Room 205, to schedule an assessment with one of our therapists.

For the days & times and most current information see our web page  
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# BYE BYE, ZIMBRA

Jacquelyn L. Sugihara

With recent budget cuts, HSU needs to save money everywhere possible. HSU will no longer pay to provide students with a Zimbra e-mail account because the school can receive free email service from Google. It is unclear when this switch will happen or how much money will be saved.

There are perks to the switch such as more memory, fewer advertisements, and technological advancements that were out of reach to HSU.

Students will be able to use Google Documents to store homework assignments and send them to their professors. Professors can make changes online directly to the document and send it back to the student.

This change could eliminate the need for students to print out homework assignments.

HSU's Senior News and Information Officer Paul Mann said via email, "Google is constantly upgrading, expanding, and evolving its functionality at a much faster pace than

Zimbra." The technology staff will no longer have to spend time and money working out kinks in Zimbra.

The campus directory will continue to pop-up in the address bar, and more document storage will be available.

Mann said that complaints were coming in regarding Zimbra's storage space. Zimbra allowed students to store up to 100 megabytes compared to Google offers 7 gigabytes of storage, which is 70 times the memory Zimbra offers.

Sophomore psychology major Amanda Hurley said, "Zimbra sometimes shuts down or takes forever to send or receive e-mails."

Senior anthropology major William Bodnar said, "I never had any problems using Zimbra to communicate with my professors. If this is a seamless change it won't be a problem."

*Jacquelyn Sugihara may be contacted at thejack@humboldt.edu*

## BECKING continued from PAGE 9

deeply appreciate the area that they came to for school," Butler said.

Becking began to donate his collection of drawings, photographs, maps, letters, and research materials on the local area to Humboldt State in 2003, donating more in 2009, Butler said. There are now 50 cubic feet of materials to sort through and compile into a Finding Aid and to catalog into several dozen banker's boxes.

Natural resources librarian Robert Sathrum said Becking was good at keeping the college aware of his work, providing copies of his many works, and making sure students had access.

"I think it was his creative thinking and his willingness and

ability to communicate with a broad range of people and express his opinions [that made him stand out]," Sathrum said. "He was a prolific letter writer. You see his comments in all kinds of official environmental documents."

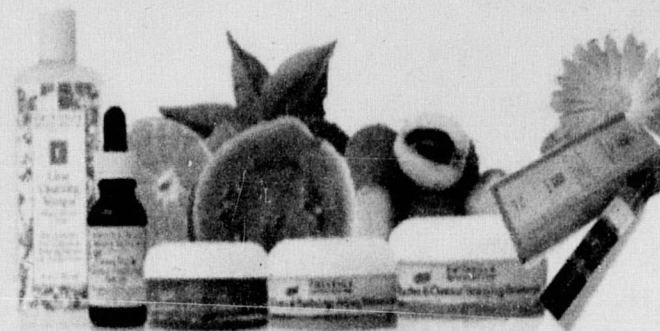
In addition to his many books and published research works, Becking helped create the Arcata Marsh and Wildlife Sanctuary, wrote proposals, designed studies for lawsuits aimed at gaining environmental protections, and served as an Arcata City Council member from 1972 to 1975.

*Frank Cardenas may be contacted at thejack@humboldt.edu*

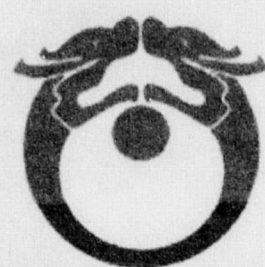
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## the world in brief

## Leaking Oil Well Sealed

Around 200 million gallons of oil leaked into the Gulf of Mexico from BP's broken oil well before it was finally sealed on August 13. The Deepwater Horizon rig caught fire and exploded on April 20th and continued gushing oil for months despite continued efforts to stop the flow. Experts say that the cleanup effort will take years. - *Reuters News Agency*



## Wyclef Ends Bid to Lead Haiti

Election officials rejected the hip-hop star's application to run for president of Haiti, because he is not a resident. Jean said he will continue to work to improve conditions in his home country. - *CNN*

## Ground Zero Islamic Center Debate Continues

The push to build an Islamic cultural center two blocks from ground zero in Manhattan has ignited passionate responses in both liberals and conservatives and may be a key campaign issue in the upcoming mid-term elections. - *CNN*

## Arizona Law Blocked

A federal judge blocked large parts of the Arizona law requiring police to check a person's immigration status while enforcing other laws. The law was designed to aid in deporting illegal immigrants in the border state. - *NY Times*

## Iranian Nuclear Plant Nearly Complete

Despite four rounds of international sanctions, Iran began fueling its first nuclear power plant. Iran claims that its nuclear ambitions are peaceful, but many nations including the United States worry that Iran is actually working to develop nuclear weapons. - *The National*

## Massive Floods in Pakistan

Four more weeks of rain are predicted in Pakistan, adding to the despair after weeks of flooding. The U.S. has pledged \$150 million in aid to help the millions left homeless and without clean water, food, and shelter, but the United Nations said much more is needed. - *The Guardian*



## bin Laden Hunter Arrested

Pakistani security forces arrested an American man when he tried to cross from Pakistan into Afghanistan. 51-year-old Gary Faulkner claimed to be searching for Osama bin Laden. He was carrying Christian literature along with a pistol, a sword, night vision goggles and hashish. - *ABC News*



## ROSKILDE FESTIVAL

Photos and text by  
**Preston Drake-Hillyard**

Lots of Californians have been to one of their hometown music festivals. We've got Coachella, Outside Lands, and High Sierra among countless others to choose from. As crazy as festivals are in the U.S., have you ever wondered what a European festival is like—a festival unconstrained by drinking age, tolerant of drugs, and environmentally

conscious?

For the past seven years, I have traveled to the other side of the globe to attend Roskilde, Scandinavia's largest music festival. For one week every year, over 100,000 music enthusiasts swarm the green pitches of Denmark's Animal School in the small town of Roskilde.

This year, I implanted myself with camp Men in Tights, an international group of seasoned festival goers. I donned a pair of pink butterfly tights, strapped on my fanny pack, and prepared for nine days of music, parties, and that special primitive Roskilde way.

"Our camp is all about men in tights and blasting Journey's greatest hits," said camp member Louis Gehin. And, they did just that. The blare of the boom box starts abruptly at "tights o'clock," 6 p.m. to the rest of us, and continues to the early hours of the morning.

Phillip Poulsen wore his multi-colored spandex tights and fuzzy leopard print cowboy hat. He sat and sipped a bottle of Jagermeister he'd picked up off the ground. He explained the urination situation. The festival is the one week a year where anything goes. Bodily excrement is no exception. The camping ground is home to one of the world's largest urinals, spanning 850 meters, just over a half mile. Men and women stand and squat shoulder to shoulder to take care of business.

The large amounts of alcohol sold during the week contribute to the half-mile urinal in a big way. The Carlsberg brewery reported 2010 as a record year for beer sales, tapping out at 1.4 million liters of beer sold. This does not factor in the thousands of cases brought to the festival grounds by campers. Camp Men in Tights reported finishing 28 cases of beer in the sunshine of this year's festival.

Festival-goer Yiannis Giasialis described the festival as "nine

days for people to build up their own civilization, ordered by fun, madness, and lots of drinking."

Although upwards of 300 bands perform at Roskilde yearly, the music seemed but a side note to the camaraderie, openness, relaxation, and exploration.

One camper said in passing, "It's a place of awesomeness with lots of people where anything goes."



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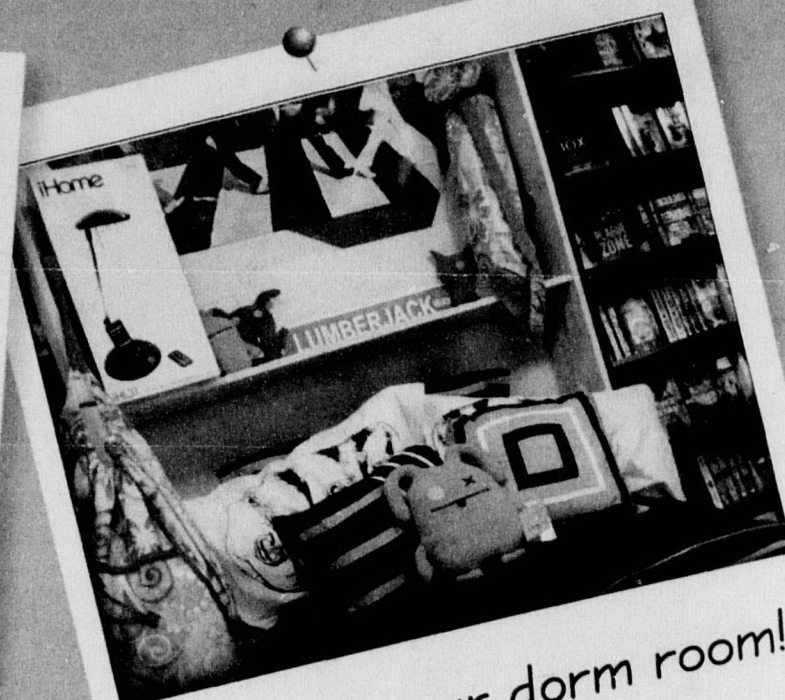




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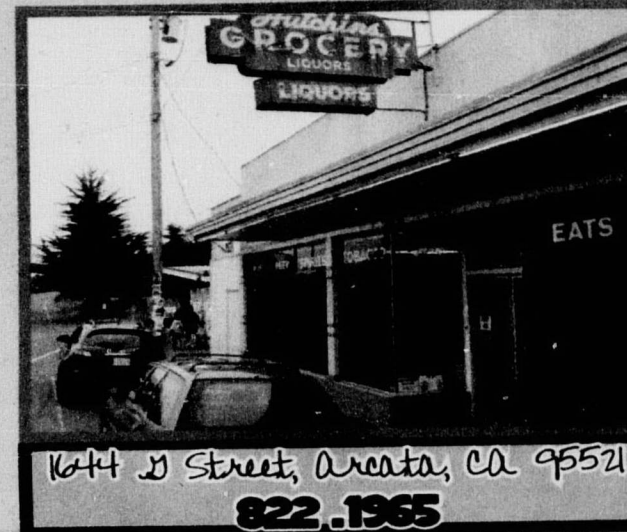
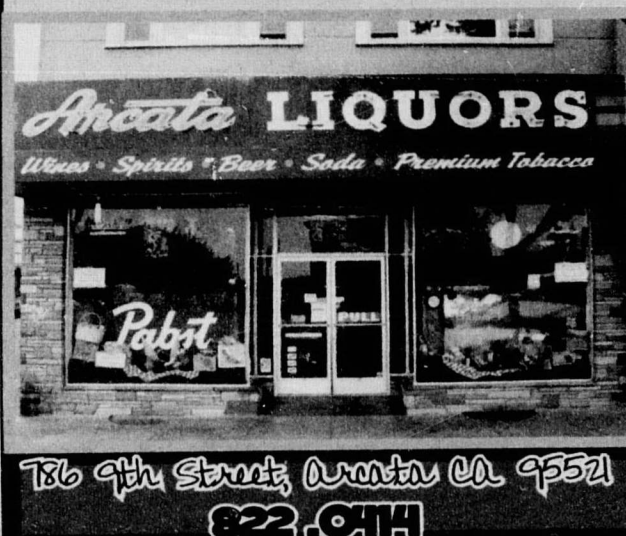


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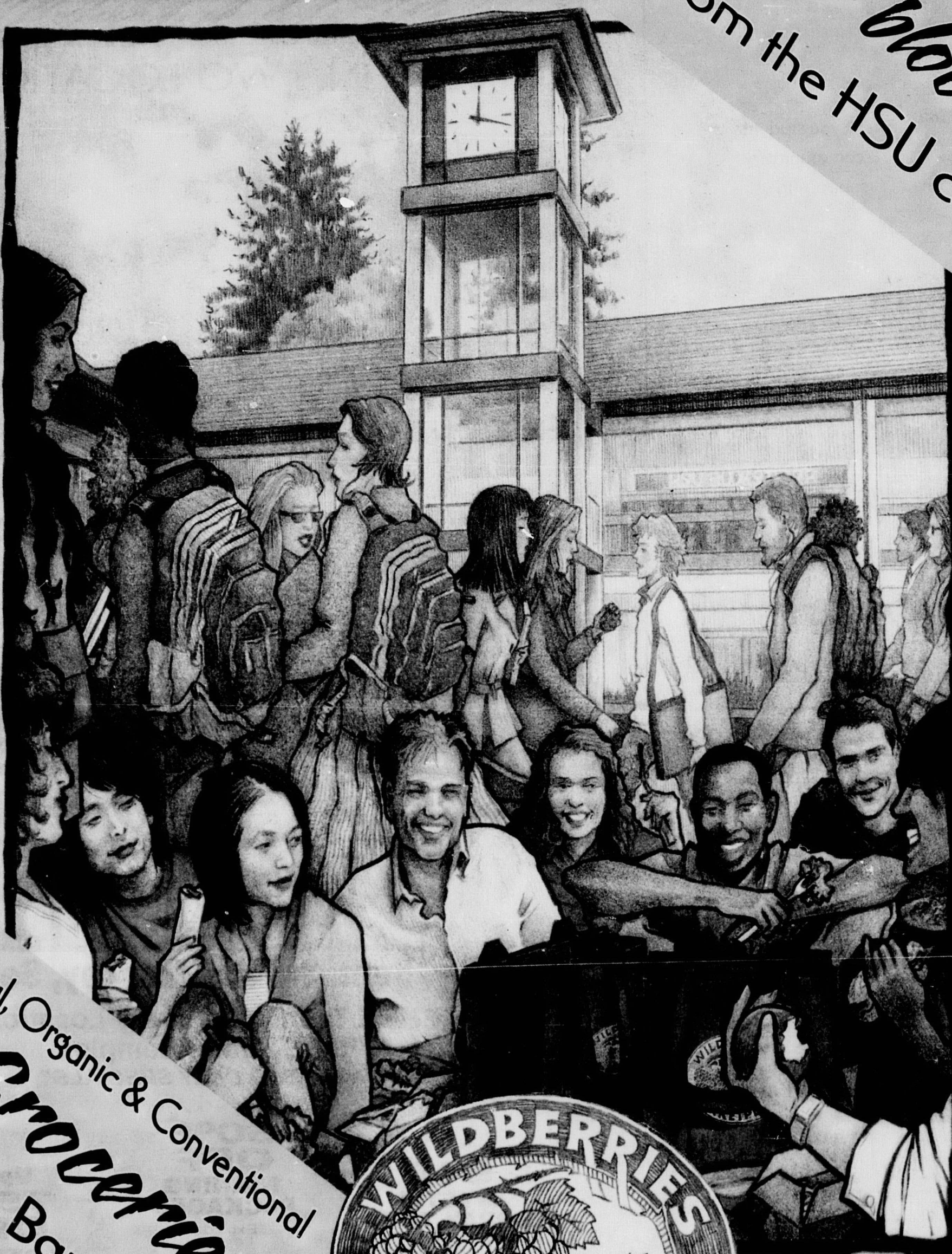
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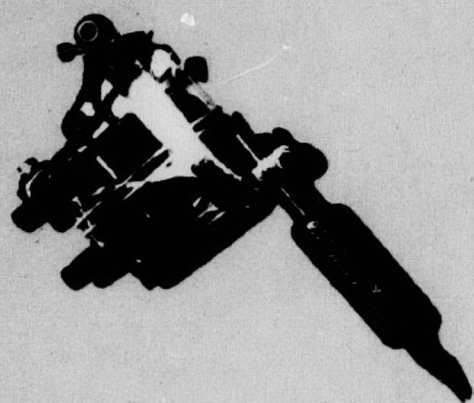
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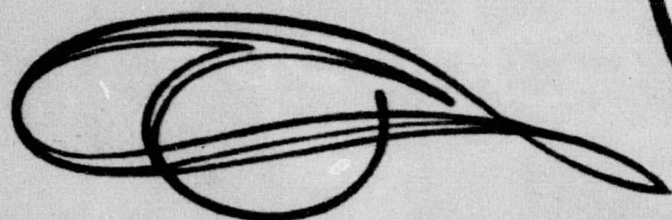
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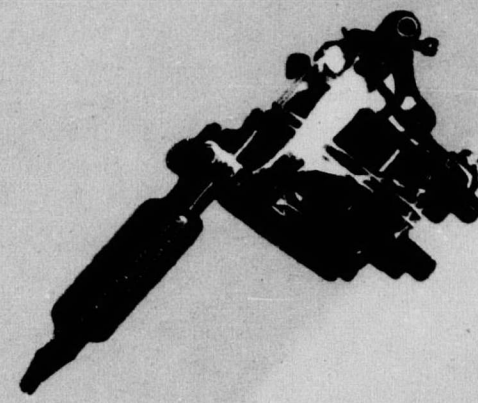


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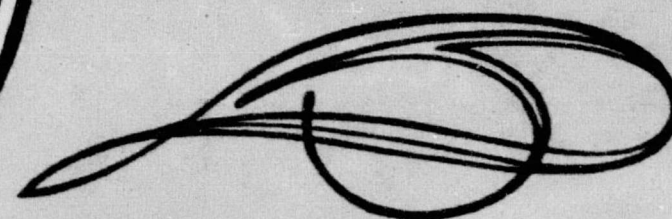


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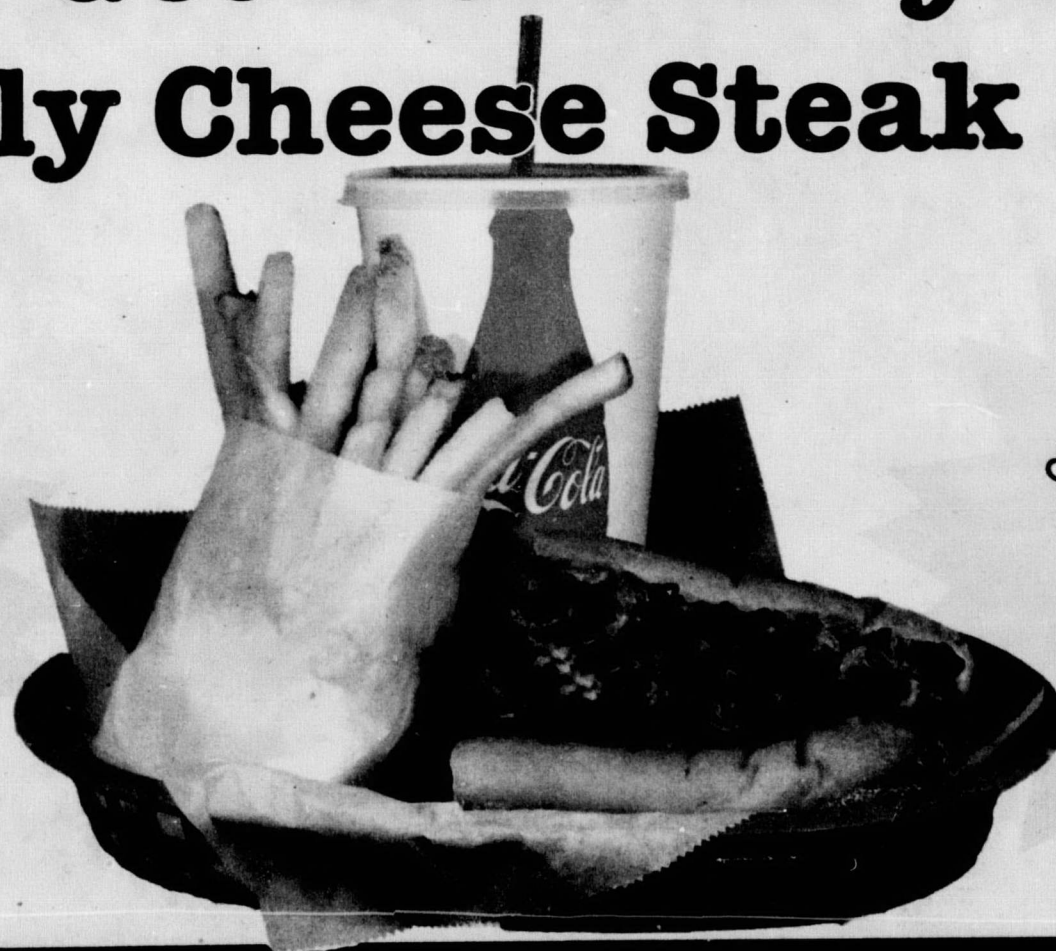
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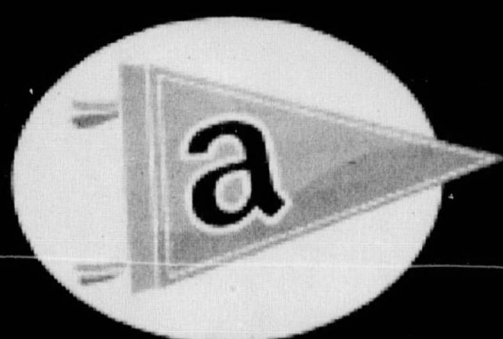
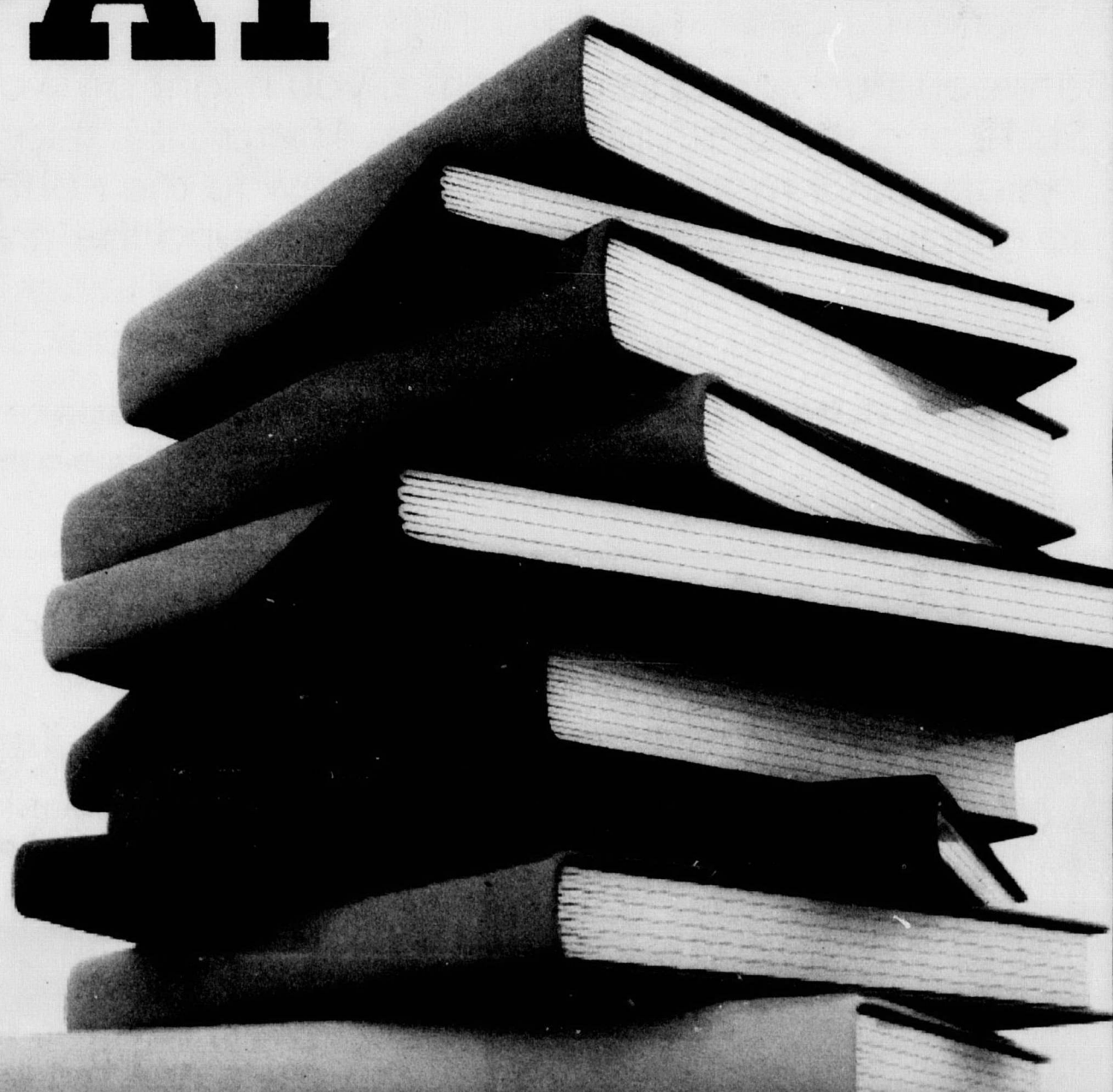


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# best of Humboldt State and the surrounding areas

Humboldt Highlights

Between studying and class time, you might be wondering what there is to do at Humboldt State and the surrounding areas. After all, this might just be a place where you spend four years at. Or more. But if you are new to the northern California scene, or you are going to graduate and still haven't been around the area, don't worry. We have made a list of places to go and things to do for y'all.

- Lumberjack Staff -

**Just because we didn't have enough space doesn't mean this is all there is!**  
**Check out [www.thejackonline.org](http://www.thejackonline.org) for the rest of the best.**

## Best places: to meet people on campus

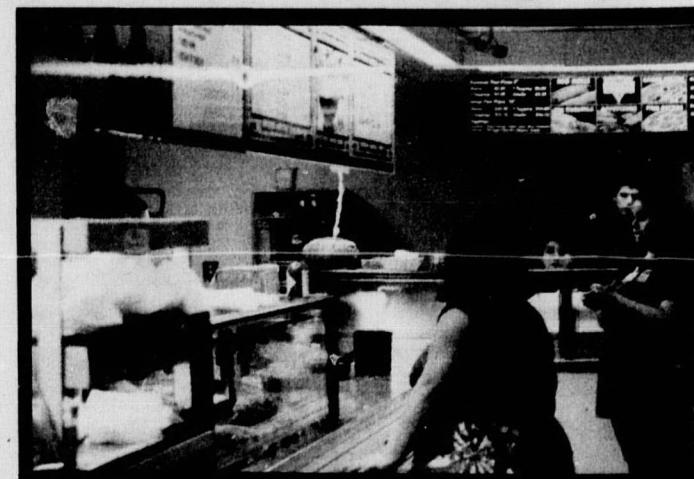
### The Gazebos



Kyra Hoge-Habekoss, Jenna Swartzendruber, Marisa Jarwell ⇌ Preston Drake-Hillyard

Just about all the dorm buildings have these gazebos. And, they are almost always filled with someone, no matter what time of day. Hanging out to meet new people is a good past time if you live on campus. People-watching at night, in the non-stalker way of course, also makes for a good night. Granted most of the gazebos have people smoking in them, but it is still a good place to catch up on the latest news and fun events.

### The Dining Halls



Students get food at The Depot ⇌ Travis Turner

We like to eat. And, nothing is better than meeting new people and conversing over whatever the U has decided to serve you on Wednesday nights. If you don't feel like such a wild culinary experiment for lunch, drop into the Depot. With huge tables, it is hard to not pull up a chair next to some unfamiliar faces. So take a chance and sit at a different table with different people. You might be able to make some friends for the rest of your semester.

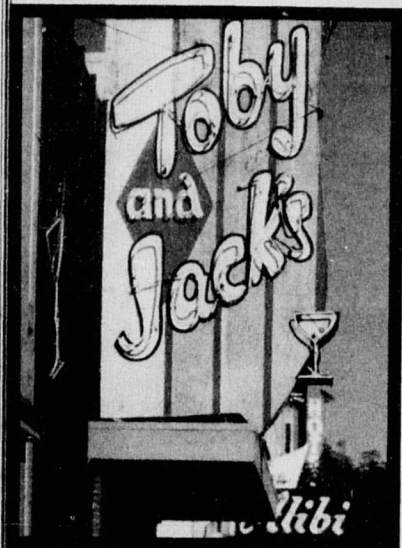
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# Best places:

to go if you are over 21

## The Bars



Toby and Jack's bar on the Arcata plaza — Travis Turner

Everetts // no frills bar with all the mounted animal heads you could ask for.  
 Toby and Jacks // A weekly pint night and they have a pool table, too.  
 The Alibi // Low-key bar with the occasional rock band passing through.  
 Sidelines // The official sports bar in town and the closest thing Arcata will have to a frat party.  
 Jambalaya // Music is the reason to pay for one of the few bars with a cover, totally worth it.

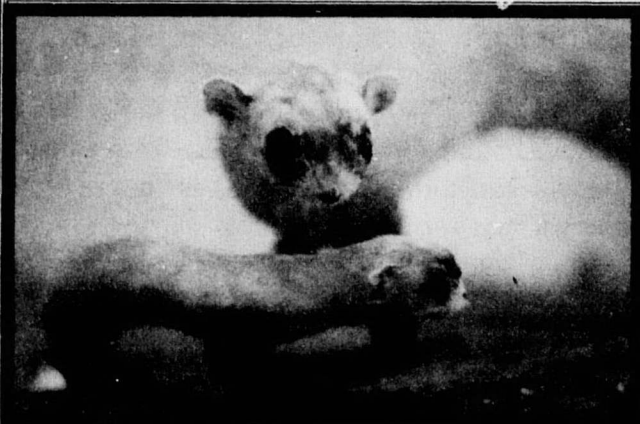
Blondies



People eat food and drink beer at Blondies — Travis Turner

Blondies. Coffee, beer, music and late night bites. Yum. Also, trivia competitions held every Monday and live music almost every weekend. And, don't forget about their open mic night every Thursday.

## Wildlife Department museum



Small Furry animals in the wildlife building — Preston Drake-Hillyard

# Best places: to see on campus

Located in the Wildlife and Fisheries building, the museum is a taxidermist's dream. The museum has over 14,000 bird and mammal specimens. You can easily lose track of time just staring at the stuffed birds housed around the building.

## HSU Athletics



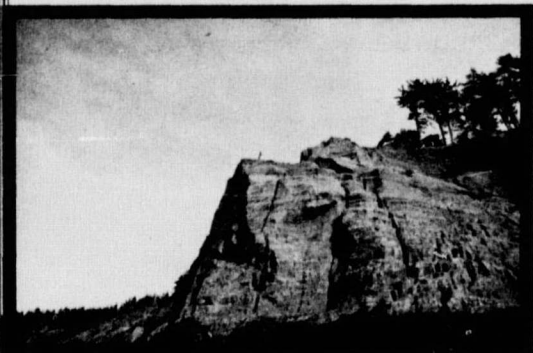
Kevin Atkins plays defense. — Elizabeth Sorrell

Rock the green and gold and cheer on your Lumberjacks this semester. Don't miss the Oct. 16 homecoming game when the HSU football team will take on Dixie State at the Redwood Bowl. Don't forget to show some love to the women's volleyball team. If you want to avoid the crowds, check out a cross country meet. For a complete schedule, check out <http://hsujacks.com>.

# Best places:

to see the ocean

## Moonstone Beach



The cliffs above Moonstone Beach — Preston Drake-Hillyard

Located about 20 minutes north of campus, downhill from Westhaven Drive, this beach has it all. Swimmers will find calm water, surfers will find calm breakers, and skimboarders will discover a shore break that is nothing short of jaw dropping. If you're not into the whole ocean thing, you can boulder on the many rocks strewn throughout the beach, explore the short, echoing caves, or just wander around.

## College Cove



Situated near the city of Trinidad, this beach requires a steep downhill hike but is well worth the trip for the seclusion and beauty it offers.

Students horse around at College Cove — Preston Drake-Hillyard



# PARTY ROCK

THE GROWLERS PLAY THE DEPOT

Allison Mayoral

The last time Brooks Nielson and his band, The Growlers, were in town, things did not go as expected. Plans to play a house show fell through, so they did the obvious alternative. "We got drunk and ended up getting crappy tattoos," said Nielson. "It was awesome."

Nielson, the vocalist of the southern California based band looks forward to his return to Humboldt County. What does he expect? "Tie-dye and hemp," he said with a quick chuckle.

The Growlers produce dirty, gritty, sun-drenched music that sounds like it should be the soundtrack to a 60s, B-movie surf flick. Nielson, Scott Montoya (bass), Matt Taylor (guitar), and Brian Stewart (drums) make up the four-piece band that will play the Depot on Thursday night.

Young enthusiastic crowds propel their live shows. Nielson said, "The energy is great, and [the crowd is] usually pretty drunk too."

The band formed in 2006 when Nielson and Taylor decided to start a band. Taylor learned the guitar, and the pair went from there. Nielson writes lyrics, Taylor writes the music, and the rest is "spread out within the rest of the band," said Nielson. Sixties rock and roll and classic country like Patsy Cline and Hank Williams act influence Nielson, but he cites friends as his true inspirations. "My friends tell me things and do rad shit like painting, taking photos and writing songs."

The song "Something Someone Jr." stays true to the way



Photo courtesy of The Growlers

Nielson describes the bands sound. "Surf porn" and "beach goth" are terms he uses to categorize the music he makes. The drum beat that opens the song will make you want to grab your buddies and hit the nearest beach party. The backbone of the song is a guitar riff that keeps a psychedelic surf feel while Nielson's voice carries a nonchalant vibe that spews out a lustful tone.

The obvious question had to be asked. What's with the name? "It means taking a shit," said Nielson. "When we started, we were really shitty, so it worked." The Growlers may no longer live up to their name, and a constant touring schedule is proof. Nielson said they are getting ready to release an EP in October and a full-length record early next year on Everloving Records. Their back-to-school gig at the Depot has Nielson giving advice for the upcoming the school year. "Find something you like. Don't just cruise through," he said. "And, don't waste your parents' money." Nielson, self-described as "not really a school guy," found what he likes, and The Growlers free show will not waste your parents' money.

#### Info Box

The Growlers and Shannon and the Clams  
Thursday, August 26, 2010  
The Depot 10:00pm - HSU Free/Adults \$3

Allison Mayoral may be contacted  
at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

# AS PRESENTS

Allison Mayoral

The Associated Students has booked a solid semester of entertainment; here are a few highlights of the months to come. For more information and a complete schedule check out <http://www.humboldt.edu/asresents/>

#### JASON REEVES

Monday, August 30

The Depot 8 p.m. HSU \$3/Adults \$5

Reeves is kind of like the guy version of sunny pop singer Colbie Caillat, so it makes sense that the two have collaborated in the past. Get ready to sway to sweet pop songs off his latest album Helium Hearts.

#### JUDY SHEPARD

Tuesday, September 14

Van Duzer Theatre 8 p.m. HSU \$5/Adults \$15

Judy Shepard's life changed forever on Oct. 7, 1998. Her son Matthew was murdered in an anti-gay hate crime. For the past 12 years, Shepard has turned her tragedy into a fight against hate. Shepard will share her "Legacy of Matthew Shepard" lecture at the Van Duzer.

#### BIG BOI

Wednesday, September 22

Arcata Community Center 9 p.m. HSU \$40/Adults \$50

Yes, it's that Big Boi making his way to Humboldt County. Normally a part of the hip-hop duo OutKast, Big Boi is now flying solo. His debut album, "Sir Lucious Left Foot: The Son of Chico Dusty," is filled with lush beats and flawless rhymes that will make you shake what your mama gave you. Warning: this show will be epic.

#### ATMOSPHERE

Monday, September 27

Arcata Community Center 8 p.m. HSU \$22.50/Adults \$27.50

Kick off the week with the boys from Atmosphere. Underground hip-hop darlings since the late 90s, the indie rap group from Minneapolis, Minn., will show the Arcata Community Center a wicked good time.

#### SEA WOLF

Thursday, October 7

The Depot 9 p.m. HSU \$5/Adults \$7.50

Sea Wolf is neither a sea nor a wolf. Discuss. Alex Brown Church is the indie folk musician behind the name and will bring his charming sounds to the Depot this fall.

#### NEW YORK NIGHT TRAIN SOUL CLAP AND DANCE-OFF

Saturday, October 23

The Depot 9 p.m. HSU Free/Adults \$5

Did someone say dance-off? New York Night Train's Mr. Jonathan Toubin will bring his dance party and dance floor for a Saturday night fever at the Depot. Groove along to the vinyl sounds of classic soul and rock and roll.

Allison Mayoral may be contacted  
at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



# THE PORCUPINE INCIDENT

**Zach St. George**

I came around a corner, and there it was: the ass end of the biggest, spiniest porcupine you ever saw. I hit it at full speed, no time to slow down or swerve. It didn't rattle like I expected, just a thump as it went under the wheel.

"Shit," I said. "I'll find a spot to pull off and have a look."

"I've never hit anything before," said Cate, sounding shaken.

"Jesus. Well, I sure never hit anything that big before," I said. "Dammit." We drove further into the darkness. "Maybe there'll be a gas station somewhere up here." Smoke began boiling out from under the hood.

"Pull over! Pull over!" Cate said. I pulled over and took the key from the ignition. I got out and looked around. We were barely ten minutes off the ferry in Prince Rupert, British Columbia, on our way back to school from Juneau, Alaska. It was dark-- no light from the road, no light from town.

I dug around for a flashlight and looked under the front of my wounded ride. There was a row of quills running the length of the little Mazda four-door, sticking out at fearsome angles. Green coolant bled out all over, and metal and plastic guts dragged in the dirt. I looked at my cell phone. No bars.

A sharp crack echoed through the trees.

"What was that?" said Cate.

"It was a firework," I said. It sounded like a gun. I went back and peered under the hood, pretending I knew what the hell I was looking at. There was another shot, then another and another. I started to back out onto the road. The car clattered in protest, so I stopped on the shoulder and put my flashers on.

"Maybe someone will stop." I looked in my rear-view. There were headlights, maybe a quarter-mile down the road, not moving.

"I wonder if that's the guys with the guns." The headlights flickered. First the right, then the left, as someone crossed in front of them. Three times the headlights blinked. I could see them in my head. Terrible, bearded Canadian rednecks creeping toward us in the dark.

"Let's get the hell out of here," I said.

We almost made it back to town before the check engine light came on. My phone showed one bar of service when I stopped, so I called my brother in Anchorage to have him look up a wrecker in Prince Rupert.

"A porcupine, eh? Little fuckers," said the tow man. He showed up about twenty minutes later and loaded up my car. "Yeah, we'll drag 'er down to my shop, and I'll look at it tomorrow, right?" he said. He was a conversationalist. "I was out doin' three tows last night. Got an impaired driver out by Port Edward, right? Barely got back home when the phone rings again. There's a truck in the ditch, right? So, I go drag him out. No sooner do I get home than I get a call for an impaired driver. He's parked in the road across from his house." Shrugs. "So, I drag it down to the yard, charge him \$17 bucks a day to sit it there."

We paid the tow driver and got a room in a motel at the end of town. Prince Rupert is a port city on the British Columbian coast, home to around 10,000 people, which makes it the biggest town for about 500 miles. It used to be a big fishing town, but that dwindled a long time ago, and now, it's just a small drinking town. The bars were expensive, but the barkeeps were friendly, and they never asked you to leave.

One afternoon, Cate and I walked into a small firefighting museum. It was just one room, dominated by an ancient fire truck. There was a kid working there, and he got up from his desk and came and looked at us expectantly. We were maybe the fourth and fifth people in there all day.

"How's it going?" I said.

"Good," he said. "Let me know if you have any questions." I glanced around. There were pictures of fires, some old tools, and tee-shirts for sale.

"Um, okay, thanks," I said. He looked disappointed and went back to his desk and sat down.

Five long days later, the tow man called me.

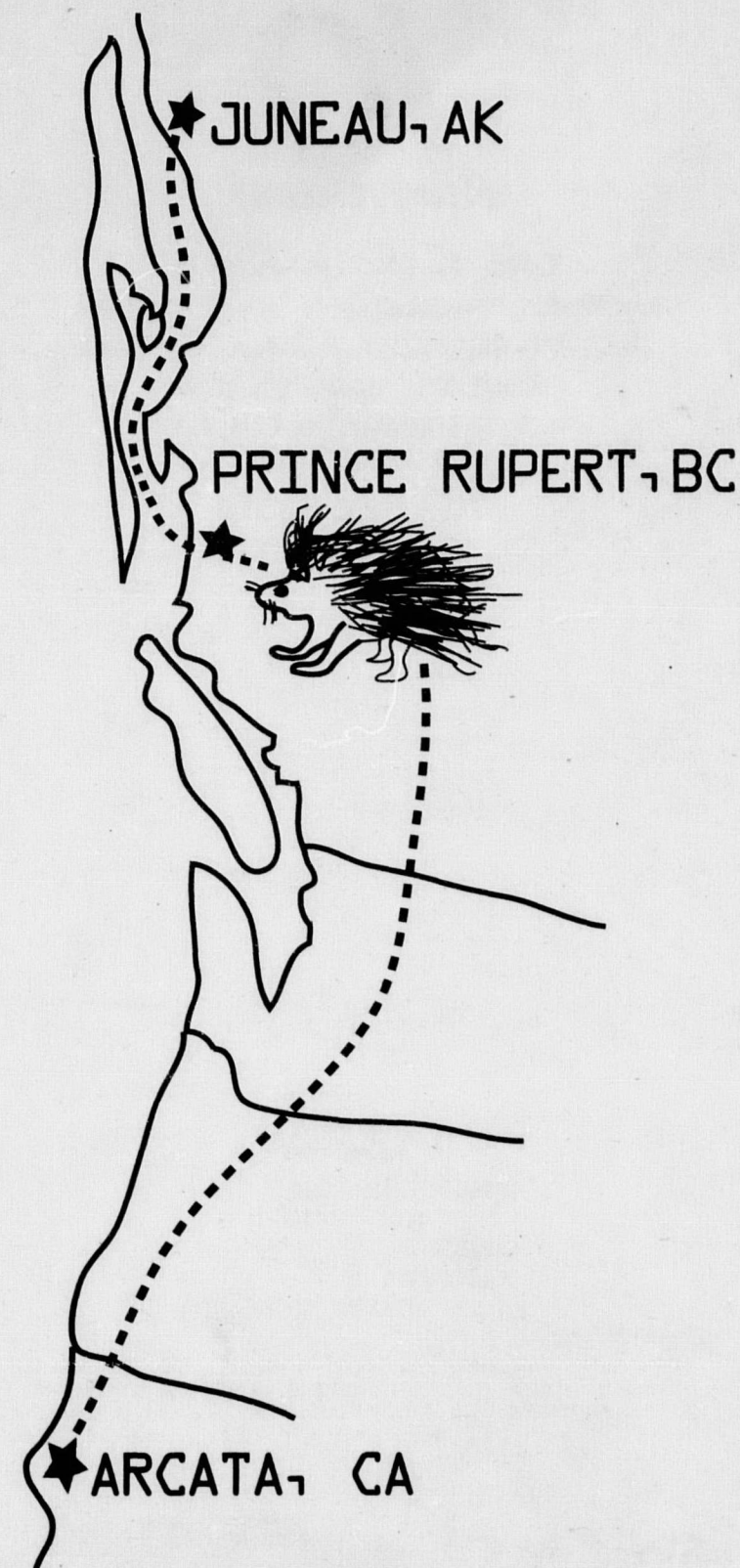
"Well, mate, I got good news and bad news. The good news is your car's runnin'. The bad news is it ain't cheap." I thought, 'no shit, huh.' He'd called me every day with a new line. "Oh, I didn't get around to it today." And, "Oh, I'm a little hung over, right?" Or, "Sorry, I gotta pull some asshole outta the river, eh."

He brought the car over. It looked like hell even with a fresh radiator. He asked us what we'd been doing all week.

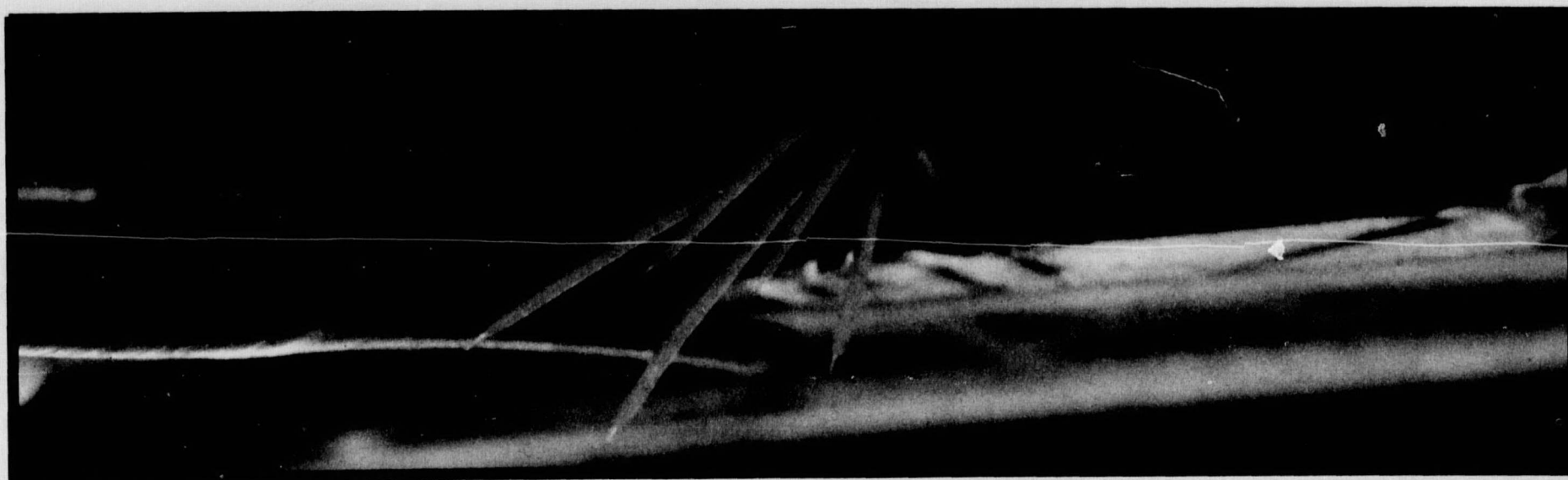
"Not a whole lot, man," I told him. "Sitting down by the water, getting drunk mostly."

"There's nothing to do here, eh? That's why I'm such a lush." He corrected himself. "Used to be."

We drove away that afternoon without incident, still a couple thousand miles from Arcata but making progress again. I stopped and looked under the car at a gas station near Vancouver. There were some quills stuck to the bottom of the car. I guess they'll probably be there until some other critter comes my way and knocks them off.



Zach St. George may be  
contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



Porcupine quills stick out of the underside of a car ⇨ Zach St. George





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## PIZZA

LARGE 18" CHEESE PIZZA

-EXTRA TOPPINGS

SUPER SLICE

SLICE DU JOUR

-EXTRA SLICE TOPPINGS

## TOPPINGS:

EXTRA CHEESE, RICOTTA CHEESE, FETA CHEESE, MUSHROOMS, BLACK OLIVES, KALAMATA OLIVES, ARTICHOKE HEARTS, PINEAPPLE, FRESH TOMATOES, SUN DRIED TOMATOES, RED ONIONS, ROASTED GARLIC, FRESH GARLIC, RED BELL PEPPERS, JALAPENOS, PEPPERONI, HAM, SALAMI, BACON, MEATBALLS, SAUSAGE, OVEN ROASTED TURKEY, PORK, BLACKENED CHICKEN, ANCHOVIES, TOFU, SOY CHUNKS, SPINACH, FRESH BASIL & PESTO

## SPECIALTY PIZZAS



THE GOTTI

**VEGAN WHITE PIZZA** TRADITIONAL STYLE, ROASTED GARLIC, BLACK OLIVES, FRESH BASIL, SPINACH, RED ONIONS, OLIVE OIL, FRESH TOMATOES, **NO MARINARA & NO CHEESE**

**BBQ PORK** OUR HOUSE PULLED PORK ON OUR MEMPHIS STYLE BBQ SAUCE TOPPED WITH RED ONIONS & MOZZARELLA

**COMBO** PEPPERONI, SAUSAGE, MUSHROOMS, BLACK OLIVES, GREEN BELL PEPPERS, MARINARA & MOZZARELLA

**THE GOTTI** SPINACH, ROASTED RED BELL PEPPERS, SUN DRIED TOMATOES, MOZZARELLA, FETA, PESTO & PARMESAN

**HAWAIIAN** HAM, PINEAPPLE, RED ONIONS, MARINARA & MOZZARELLA

**VERY VEGGIE** ONIONS, FRESH TOMATOES, SPINACH, FRESH BASIL, BLACK OLIVES, ROASTED GARLIC, MARINARA & MOZZARELLA

**MEDITERRANEAN** ARTICHOKE HEARTS, KALAMATA OLIVES, FETA CHEESE, FRESH BASIL, RED ONION, ROASTED GARLIC, MARINARA, MOZZARELLA & PARMESAN CHEESE

**THE CARNIVORE** HAM, BACON, SAUSAGE, PEPPERONI, MEATBALLS, RED ONIONS, SALAMI, MARINARA & MOZZARELLA

## CALZONES AND PANZAROTTIS

TRADITIONAL CALZONE



**TRADITIONAL CALZONE** SPINACH, RICOTTA, & MOZZARELLA

**TRADITIONAL PANZAROTTI** RED SAUCE, GARLIC, FRESH BASIL & MOZZARELLA

## CHEESE CHOICES:

PROVOLONE, MOZZARELLA, SMOKED GOUDA, AMERICAN, FETA, SWISS, PEPPER JACK AND WHITE CHEDDAR

## BREAD CHOICES:

VELUTINI SLICED SOURDOUGH, BRIO FRENCH ROLL, LOS BAGELS RYE AND LOS BAGELS WHOLE WHEAT



FRENCH DIP

## HOT SANDWICHES

**OVEN ROASTED TURKEY REUBEN** OVEN ROASTED TURKEY, SWISS CHEESE & KRAUT BETWEEN TWO PIECES OF GRILLED RYE, WITH A SIDE OF 1,000 ISLAND DRESSING

**OVEN ROASTED TURKEY SALAD MELT** CHOICE OF BREAD AND CHEESE WITH LETTUCE, TOMATO, SPROUTS & ONIONS

**CHICKEN/EGGPLANT PARMESAN** HOUSE BREADED CHICKEN BREAST OR EGGPLANT TOPPED WITH MARINARA, MELTED MOZZARELLA, PROVOLONE, PARMESAN & SERVED ON A BRIO ROLL

**NORTH CAROLINA PULLED PORK** SLOW ROASTED SHREDDED PORK SERVED WITH OUR TANGY CAROLINA BBQ SAUCE TOPPED WITH COLESLAW

**MEMPHIS BBQ PORK** SLOW ROASTED SHREDDED PORK DRENCHED IN OUR OWN MEMPHIS STYLE BBQ SAUCE TOPPED WITH MELTED PEPPERJACK SERVED ON A BRIO ROLL WITH TOMATO, ONION, & LETTUCE

**MEATBALL GRINDER** HOMEMADE MEATBALLS SERVED ON A BRIO ROLL TOPPED WITH MARINARA, MOZZARELLA, PROVOLONE & PARMESAN

**FRENCH DIP** ROAST BEEF, MELTED SWISS, HOMEMADE ONION STRINGS, HORSY SAUCE & A SIDE OF AU JUS SERVED ON A BRIO ROLL

**ADAM'S TURKEY** DELI TURKEY BREAST, FETA, GRILLED TOMATO, BASIL & SPINACH SERVED ON GRILLED SOURDOUGH

**PESTO TURKEY** DELI TURKEY BREAST, FETA CHEESE, SUN DRIED TOMATOES, RED BELL PEPPERS, SPINACH AND PESTO ON GRILLED SOURDOUGH

**SPICY CHICKEN CLUB** BREADED CHICKEN BREASTS, BACON, LETTUCE, TOMATO, SPROUTS, MAYO, AVOCADO, SERVED ON 3 SLICES OF TOASTED SOURDOUGH WITH SPICY AIOLI & PEPPERJACK CHEESE

**THE RACHEL** HOT PASTRAMI, COLESLAW & HORSERADISH CHEDDAR CHEESE BETWEEN TWO PIECES OF GRILLED RYE

**PASTRAMI REUBEN** HOT PASTRAMI, GRILLED ONIONS, KRAUT & SMOKED GOUDA BETWEEN TWO PIECES OF GRILLED RYE

**FRESH SMOKED TUNA SALAD MELT** CHOICE OF BREAD & CHEESE WITH LETTUCE, TOMATO, SPROUTS & ONIONS



TURKEY SALAD MELT



MEMPHIS BBQ PORK

## SIDES AND APPETIZERS



SIDE OF RANCH

HOMEMADE MOZZ STICKS (5)

FRENCH FRIES

CHEESE FRIES

OR WITH CHOICE CHEESE

GARLIC BREAD

NACHOS

SOUP DU JOUR

## SALADS

DRESSINGS:

RANCH, BALSAMIC VINAIGRETTE, ITALIAN, THOUSAND ISLAND, HONEY DIJON CAESAR & BLUE CHEESE



BLACKENED CHICKEN CAESAR SALAD

**SIDE SALAD** MIXED GREENS, TOMATOES, ONIONS, CUCUMBERS, CARROTS, CROUTONS, CHOICE DRESSING & DUSTED WITH PARMESAN

**CAESAR SALAD** ROMAINE, TOMATOES, CARROTS, ONIONS & CROUTONS TOSSED IN HOUSE EGG-LESS MANGO CAESAR DRESSING WITH PARMESAN

OR WITH BLACKENED CHICKEN

**MEDITERRANEAN SALAD** MIXED GREENS, ARTICHOKE HEARTS, KALAMATA OLIVES, ROASTED GARLIC, CARROTS, ONIONS, TOMATOES TOSSED IN OUR HOUSE BALSAMIC VINAIGRETTE & DUSTED WITH FETA AND PARMESAN

**CHEF SALAD** RED ONIONS, CARROTS, TOMATOES, TURKEY, HAM, SALAMI, SLICED PROVOLONE, CUCUMBERS, CROUTONS & CHOICE DRESSING WITH PARMESAN

**COBB SALAD** BLACKENED CHICKEN, EGG, BACON, BLUE CHEESE, TOMATOES, CARROTS, ONIONS, CUCUMBERS & CROUTONS WITH PARMESAN

**TRADITIONAL COLESLAW** PINT QUART

**CITRUS-SLAW** PINT QUART

## SEAFOOD SPECIALTIES

**BLACKENED AHI BURGER** AHI FILLET DREDGED IN OUR HOUSE BLACKENING SPICE WITH LETTUCE, TOM, ONION SPROUTS, LEMON & OUR CITRUS AIOLI

**GRILLED AHI** AHI FILLET, LEMON, RED CHILLI AIOLI, LETTUCE, TOMATO, ONION & SPROUTS

**SALMON BURGER** HOUSE GROUND FRESH PACIFIC SALMON, LETTUCE, TOMATO, ONION, SPROUTS WITH DILL CAPER SAUCE & LEMON

**FISH AND CHIPS** PANKO BREADED COD OVER A BED OF FRIES. YOUR CHOICE OF HOUSEMADE TARTAR OR HOUSEMADE COCKTAIL SAUCE & LEMON

## TACOS

ALL TACOS SERVED WITH A SIDE OF VEGGIE BLACK BEANS

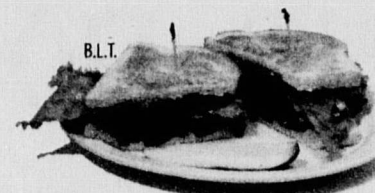
**FISH** 3 PANKO BREADED COD TACOS WITH OUR HOUSE CITRUS-SLAW

**CHICKEN OR PORK** 3 SEASONED CHICKEN OR PORK TACOS WITH OUR HOUSE CITRUS-SLAW

**VEGGIE TACOS** 3 AVOCADO TACOS WITH OUR HOUSE CITRUS-SLAW



FISH TACOS



B.L.T.

## COLD SANDWICHES

**B.L.T.** BACON, LETTUCE, TOMATO, & MAYO ON TOASTED SOURDOUGH

**OVEN ROASTED TURKEY SALAD** HOMEMADE OVEN ROASTED TURKEY SALAD, ON CHOICE BREAD, CHOICE CHEESE, LETTUCE, TOMATO, ONION, SPROUTS, & MAYO

**TURKEY CLUB** DELI TURKEY BREAST, BACON, LETTUCE, TOMATO, SPROUTS, MAYO, AVOCADO & SERVED ON 3 SLICES OF TOASTED SOURDOUGH

**SMOKED ALBACORE SALAD** HOMEMADE ALBACORE TUNA SALAD, ON CHOICE BREAD, CHOICE CHEESE, LETTUCE, TOMATO, ONION, SPROUTS, & MAYO

VEGGIE SANDWICH



## VEGETARIAN SANDWICHES

= SERVED HOT

**GRILLED CHEESE AND TOMATO** CHOICE OF 2 CHEESES, WARM TOMATO SLICES GRILLED ON SOURDOUGH WITH LETTUCE, SPROUTS & ONIONS

**VEGGIE SANDWICH** YOUR CHOICE OF BREAD & CHEESE, AVOCADO, LETTUCE, TOMATO, ONIONS, CUCUMBERS, CARROTS, MAYO, SPROUTS, & SLICED PICKLES

**TOFU SUB** BRIO FRENCH ROLL FILLED WITH TOFU, AVOCADO, LETTUCE, ONIONS, SPROUTS, TOMATO, GARLIC SPREAD & CHOICE CHEESE

**ADAM'S TOFU** HERB TOFU, FETA, GRILLED TOMATO, BASIL, SPINACH & SERVED ON GRILLED SOURDOUGH

**TOFU REUBEN** HERB TOFU, KRAUT, SWISS CHEESE BETWEEN 2 PIECES OF GRILLED RYE & SERVED WITH A SIDE OF 1,000 ISLAND

**HERB TOFU SANDWICH** TOFU, LETTUCE, TOMATO, AVOCADO, ONION, VEGAN GARLIC SPREAD & SERVED ON WHOLE WHEAT

**PESTO TOFU** TOFU, FETA CHEESE, SUN DRIED TOMATOES, RED BELL PEPPERS, SPINACH & PESTO ON GRILLED SOURDOUGH

**SOY STEAK** MARINATED SOY CHUNKS, ONIONS, SWISS & PROVOLONE

## 100% HUMBOLDT GRASSFED BEEF BURGERS

ARCATA BURGER



ALL BURGERS ARE SERVED WITH LETTUCE, TOMATO & ONIONS

ADDITIONAL TOPPINGS: JALAPENOS, SAUTEED ONIONS, SAUTEED MUSHROOMS, BACON, CHEESE, AVOCADO

**TRADITIONAL BURGER** 6oz OF HUMBOLDT GRASSFED BEEF

**SOUTHWEST BURGER** JALAPENOS, SAUTEED ONIONS & JACK CHEESE

**SWISS MUSHROOM BURGER** SAUTEED MUSHROOMS & SWISS CHEESE

**BBQ BACON BURGER** OUR HOUSE MADE MEMPHIS STYLE BBQ SAUCE, BACON & CHOICE OF CHEESE

**BLUE CHEESE BURGER** BACON & BLUE CHEESE

**ARCATA BURGER** BACON, AVOCADO, SPROUTS & CHOICE OF CHEESE

## SPECIALTY BURGERS

ALL BURGERS ARE SERVED WITH LETTUCE, TOMATO, &amp; ONIONS

**CALI CHICKEN BURGER** HOUSE GROUND & SEASONED CHICKEN BURGER SERVED WITH CHOICE CHEESE, AVOCADO & A SIDE OF RANCH

**VEGGIE BURGER** HOME MADE VEGGIE BURGER SERVED WITH 1,000 ISLAND DRESSING

**BLACK BEAN BURGER** HOME MADE BLACK BEAN BURGER SERVED WITH CHOICE AIOLI



BLACK BEAN BURGER

## PHILLY CHEESE STEAKS

AUTHENTIC PHILADELPHIA STYLE CHEESE STEAKS OR SERVED WITH TURKEY OR PORK

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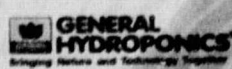
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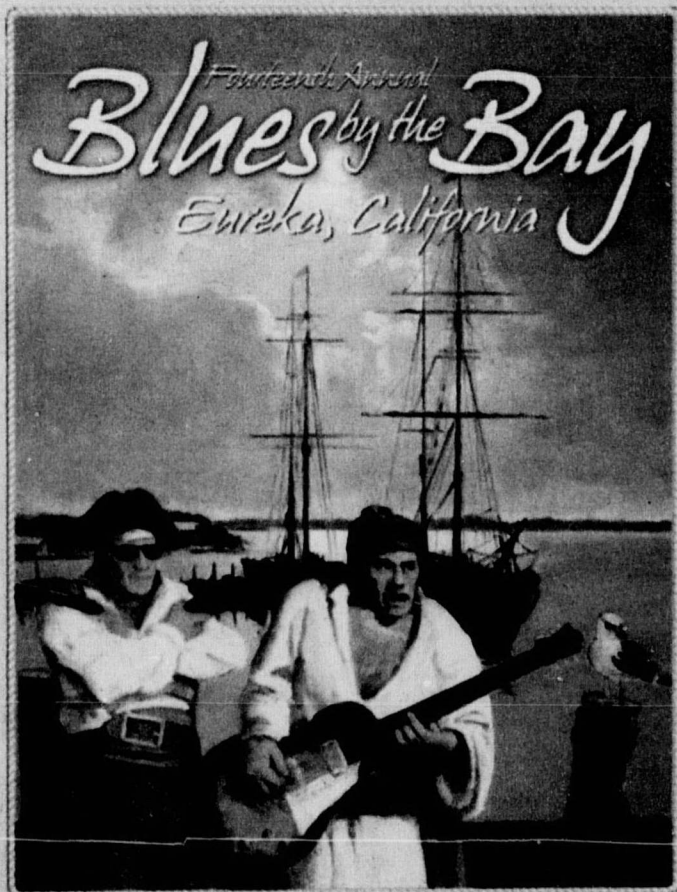
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**Gates Open at 9:30 AM - Music at: 10:30 AM**

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WSG: TOUBAB KREWE

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# The Lumber Jack

the student-run newspaper of Humboldt State University

HOME NEWS FEATURES SPORTS OPINION CONTACT KRFH NEWS PODCASTS MULTIMEDIA STUDENT LIFE

Sunday, August 8, 2010 Log In or Register

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## Top Stories

### President Rodriguez

Associated Students 2010 Runoff Election Results Are In!

Last Friday, HSU Associated Students announced the results of last week's runoff election and named Iban Rodriguez as AS President and Kristy Eden as Student Affairs Vice President. AS held runoff elections because neither of the candidates received a majority in the initial election two weeks ago.

### Women's Crew Heads to Philadelphia

No word on whether greenman will show up

The HSU women's crew team will travel east to Philadelphia to compete in the 105th Dad Vail Regatta after doing well at the Western Intercollegiate Rowing Association (WIRA) Championship at Lake Natoma over the weekend. The performance of her players blew away Head Coach Robin Meiggs.

### Down With Student Employment, Up With The Work Load

Cutting student staff positions is putting HSU's registrar office in hot water. Full story

### Come on Down to Montucky

Welcome to Montucky. Somewhere between North and South Dakota, the state of Montucky has been found. Arrie Saldana, Ray Lombardi and Matthew Freeman claimed the new territory to form a progressive country band. "We

## Summer Plans

### What are you doing this Summer?

☐ Getting as far away from Humboldt County as I can.

☐ Staying here. Why would I go somewhere else?

☐ A little bit of both. Traveling around and being up here.

☐ I haven't thought that far ahead.

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**FRIDAY**  
**8/27**

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**REGGAE STAR!**



**ISHI**  
**DUBE**

**DANCEHALL**  
**SET**

**10PM • THE DEPOT**

**FREE FOR HSU STUDENTS!**

**SATURDAY**  
**8/28**

"If smooth, soulful funk with jazzy  
arrangements makes you sweat, you  
just found your new favorite band."  
*XLR8R*

**ORGONE**



with SambAmore **10PM • THE DEPOT**

**FREE FOR HSU STUDENTS!**

**MONDAY**  
**8/30**

Co-writer of Colbie Caillat's  
multi-platinum album *Coco*

**Jason Reeves**

with Brendan James & Berel Alexander



**8PM • THE DEPOT**

**ONLY \$3 FOR HSU STUDENTS!**

**SATURDAY**  
**9/11**

This folktastic phenomenon is the result  
of combining one guitarist Joe Stevens,  
a transman from Northern California,  
with one upright bassist Ingrid Elizabeth,  
a sassy femme originally hailing  
from the hills of Southeastern Ohio.

**Coyote Grace**



**& Morgan Corviday**  
**10PM • THE DEPOT**

**FREE FOR HSU STUDENTS!**

**TUESDAY**  
**9/14**

**Judy**  
**Shepard**



Judy founded the Matthew Shepard  
Foundation to carry on her son Matthew's  
legacy by embracing the just causes he had  
championed including working for gay and  
lesbian equality, hate crime legislation,  
and more.

**8PM • VAN DUZER THEATRE**

**ONLY \$5 FOR HSU STUDENTS!**

**THURSDAY**  
**9/16**

**SF**  
**COMEDY**  
**COMPETITION**



**9PM • THE DEPOT**

**FREE FOR HSU STUDENTS!**

**FRIDAY**  
**9/24**

"There are Gypsy-jazz, bluegrass,  
Celtic, chamber-folk, jazz, rock,  
and even Indian influences..."  
*Strings Magazine*

**TAARKA**



**& NOAH GUNDERSON**  
**10PM • THE DEPOT**

**ONLY \$5 FOR HSU STUDENTS!**

**MONDAY**  
**10/04**

**2010**  
**Fall Harvest**  
**FESTIVAL**

**The**  
**FELICE**  
**BROTHERS**  
**Justin**  
**Townes**  
**Earle**

**8PM • THE DEPOT**

**ONLY \$5 FOR HSU STUDENTS!**

**THURSDAY**  
**10/07**

Sea Wolf brings his inaugural solo  
tour, stripping away the sonic  
ornamentation of his live band, for  
an intimate show in the Depot.

**SEA**  
**WOLF**

(solo acoustic)

+ Sera Cahoone  
& Patrick Park



**9PM • THE DEPOT**

**ONLY \$5 FOR HSU STUDENTS!**

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Please contact CenterArts for more info.

**HUMBOLDT.EDU/ASPRESENTS**





**PRESENTS 2010**  
HUMBOLDT STATE UNIVERSITY

**SATURDAY**  
**10/09**

Hillstomp emerged from the dust and dark with a raucous brand of hill country blues rock stomp. It is a visceral music that makes you want to stomp your feet, shake your butt and love your neighbor.

## HILLSTOMP



10PM • THE DEPOT

**ONLY \$2 FOR HSU STUDENTS!**

**THURSDAY**  
**10/14**

"The best documentary I have seen on Afghanistan. . ."  
*The Huffington Post*

**FIXER: THE TAKING OF AJMAL NAQSHBANDI** (film)



Screening followed by a discussion with director Ian Olds  
8PM • KATE BUCHANAN ROOM

**FREE FOR HSU STUDENTS!**

**SATURDAY**  
**10/16**

**HOMECOMING / FAMILY WEEKEND**

## DANCE PARTY!! MXMSTR KRSHN2N

(AKA DJ DUB COWBOY)

Spinning the best in dance music from the 70's to today. The Depot will be outfitted with multiple projector screens, a massive PA and a hard wood dance floor! Come early for door prizes. Dress to impress!

9PM • THE DEPOT

**FREE!!**

**SUNDAY**  
**10/17**

**INDEPENDENT  
HIP-HOP ARTIST  
FROM PHILLY**



9PM • KATE BUCHANAN ROOM



**SATURDAY**  
**10/23**

→ **\$100  
GRAND PRIZE!**

## SOUL CLAP DANCE COMPETITION

WITH NEW YORK NIGHT TRAINS

*Mr. Jonathan Toubin*

9PM • THE DEPOT

**FREE FOR HSU STUDENTS!**

**THURSDAY**  
**10/28**

**RETRO-FUTURISTIC  
SUPER-POP**

## APPLES IN STEREO



+ FOL CHEN

10PM • THE DEPOT

**ONLY \$10 FOR HSU STUDENTS!**

**FRIDAY**  
**10/29**

Join us for a costume dance party with BLVD!



+ Jsun of Deep Groove

10PM • THE DEPOT

**FREE FOR HSU STUDENTS!**

**SUNDAY**  
**10/31**

## BUILT TO SPILL



with Revolt Revolt  
9PM • THE DEPOT



**FRIDAY**  
**11/05**

Handpicked by Fleet Foxes to open their U.S. tour last year, Frank has won over tough critics and purists like Grammy winning producer Chris King (Charley Patton, People Take Warning box set) with his old timey sound.



**FRANK FAIRFIELD**  
TWO MAN GENTLEMEN BAND & COLIN VANCE

9PM • THE DEPOT

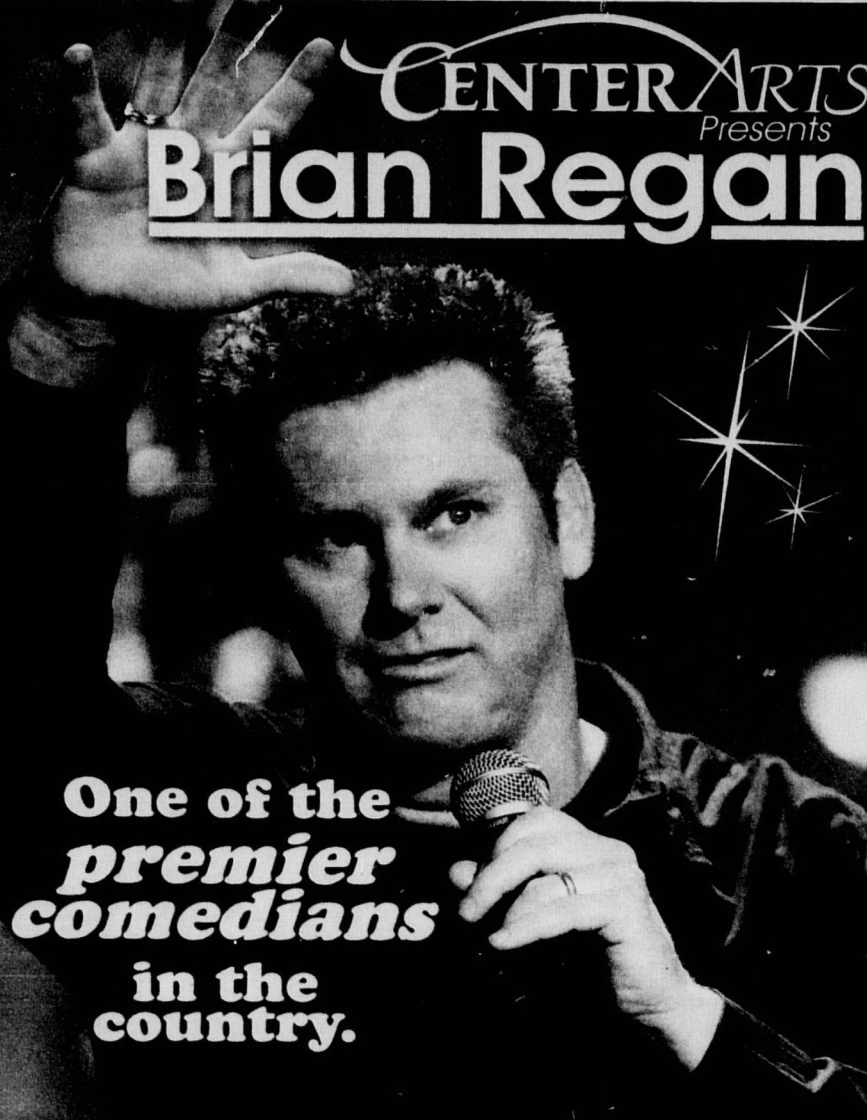
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-11:15 Creative Movement 3-4yrs	11:30-1:00 Multi-level Ballet		11:30-1:00 Multi-Level Ballet	11:30-1:00 Multi-level Ballet	10:30-11:15 Kinder Ballet
3:15-4:15 Bkg. Ballet/ Ballet I 7-9yrs	3:15-4:15 Hip Hop 9-13 Years	3:15-4:15 Creative Movement/Ch oreography 6-9yrs	3:15-4:15 Ballet Intro 9-14yrs		11:30-1:00 Contemporary Ballet
4:30-6:00 Ballet II-III	4:30-5:30 Contemporary/ Choreography teens	4:30-6:00 Ballet II-III	4:30-5:30 Beginning Pointe Teens/Adults	4:30-5:30 Intermediate Jazz	
6:00-7:30 Ballet IV-V	5:30-7:00 Hip Hop Teen/Adult	6:00-7:30 Ballet IV-V	6:00-7:30 Ballet IV-V		
7:30-8:30 Contemporary Ballet/Choreography	7:00-8:30 Advanced/Intermediate Ballet Pointe	7:30-9:00 Beginning Ballet Adult	7:30-9:00 Beginning Adult Ballet		




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## EDITORIAL

# Welcome Back

To some of us, Humboldt County feels like a home away from home. It's good to keep in mind, though, that there are those among us who have only been here for a matter of days and to whom Humboldt County is still a strange and foreign place. The more experienced of us on this editorial board would like to pass along some helpful tips.

### How to beat the rain:

Make the best of the sunshine while you can. Go for a hike, go biking, lie out at the beach, or grab your skateboard and hit the streets. Decorate your room so that when you are stuck indoors you don't feel like you are trapped in an insane asylum. When the rain hits, it's worth having a good umbrella and waterproof shoes. Wet sneakers are no fun. Plan some indoor activities like movie or game nights with your friends. Or, you can embrace the weather, throw on a raincoat and galoshes, and hit the trails for a mud-filled hike that will rival your puddle jumping days in kindergarten.

### How to live on a budget:

If you are not trying to survive off of J-Points, try to make your lunches and dinners at home as often as possible. The Depot has several microwaves, so you can even bring your leftovers. Also, Top Ramen--'nuff said. Don't drive to school, take the bus. If it's nice enough outside, ride your bike, or even walk to your destination. As far as clothes, there are plenty of thrift stores in Eureka and Arcata with racks of

clothes waiting to be discovered. If thrift stores aren't your thing, places like Target offer affordable clothing.

### How to furnish a living space on a budget:

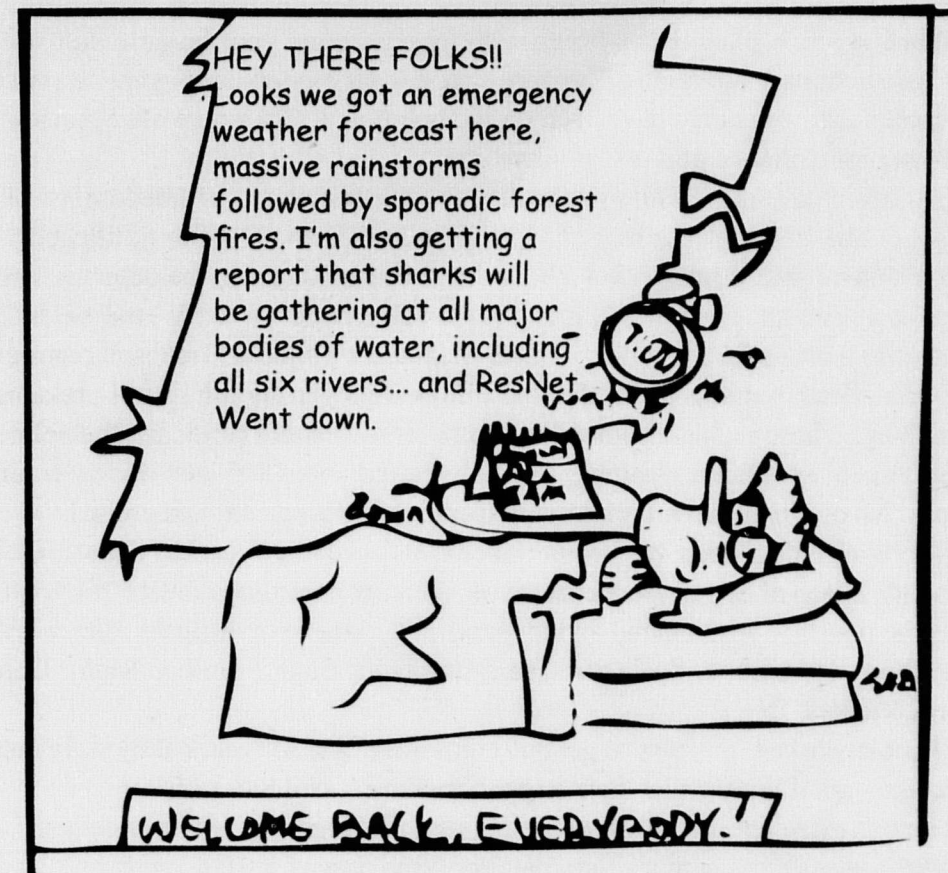
Three words: Craigslist, Cragislist, and Cragislist. How to deal with a nightmare roommate: Speak up. There is nothing worse than living with someone you loathe for an entire year. Talk to student housing or your RA to see if a change is possible.

### How to pass your classes:

Show up! Seriously. You can improve your chances of getting good grades simply by being in that classroom. And, if you speak up, even if it is only once a week, you earn yourself participation points.

### How to deal with stress/relax:

No matter how busy your schedule gets, and we know it gets crazy, set aside a few hours a week for just yourself. No homework, no parties, no work. Just do something that makes you happy. From playing your guitar to taking a stroll on the beach, whatever works for you. You can also join one of the physical education classes, such as tai chi, yoga, or stretch and relaxation to help relax. And, did you know that there is a sauna on campus that everyone has access to? It's on the bottom floor of the Jolly Giant Commons.



## LETTER TO THE EDITOR

### Immigration: Visa on Humanitarian Grounds for Americans and Nothing for Others

by Chhimi Dorji

I would like to comment a major systematic flaw in the US and how sad, disappointing, and frustrating it presents to me in the context of my personal experience as an international student in this country.

According to MSNBC on May 25, 2010, American mothers were allowed to visit their children who are detainees in Iran caught crossing the unmarked border some 10 months ago. This is very unfortunate that the Iranian government is doing that. If we look at the positive side of it, at least mothers were given Visas on humanitarian grounds to visit their kids. I absolutely understand the love and affection between parents, children, spouses, and families. Having mentioned that, I don't want to talk or divulge much in the particular issue. I am sure there are more things into it than I can perceive by just reading a news clip.

However, what bothers me is that fact that even a highly criticized government like Iran had the thought to consider humanitarian grounds. Should we consider the US system any better or kind and thoughtful than that? I can defend anyone

who does not think so. Let me explain.

As I was saying, I am an international student in the US with a F1 student visa for two years on a government scholarship from my home country. I am neither from a problem area nor a country with huge population. But, poor for sure and developing. We do not have a diplomatic relation with the US, but that does not mean that we have a war or conflict either. I am a full fee paying student contributing taxes and fees to the state and government.

Just this past week, my wife of a two-year-old son applied for a visitor visa to visit me in the US for three weeks in the American Embassy in Singapore. She has been denied the Visa with a reason that "she does not have enough ties overseas." She had enough documents to prove that I am in the US legally, she is a professional back home, and she has her return ticket as well. The appointment for Visa interview was made 4 weeks in advance, paid by \$183, and we do not have an American Embassy in my country. The officer spends four minutes to just glance at her application form and does

not even want to talk with her. He is only interested to get to the next person in line. Some of the questions from this incident are:

Can four minutes of an officer's time with online application cost \$183? The finger printing and stuffs are not even necessary if you are not giving someone a visa.

What was the use of an appointment system if people are just rushed through in a line?

As I was saying, she had every possible document to prove that I am legitimate student here, legal papers for our relationship, bank statements, and you name them.

While Americans love family and children, are citizens from poor, developing countries supposed to not love their near and dear ones? Is humanitarian visa only meant for rich and the privileged? I fully understand the need to have proper verification system for Visa applicants, both from immigration and security point of view, and even the personal interview at an embassy or consulate is not too bad provided the fact

that the US has more enemies than friends around the world.

I have a very good experience in the US. American friends and almost everything about it seems right. I could almost say that I love it, and it's a great place with awesome people. I am afraid I cannot do that anymore. Rather, the US government just has a new disgruntled individual against it. I do not want to hold it against anyone, but why are Americans captured in Yemen or jailed in Iran or robbed in Nicaragua? It is such acts by few people working for the US government and the whole system that is making lives difficult for common people. If a government and its system has such unfathomable loopholes and stereotyping, we cannot expect anything better from others.

Not everyone planning to visit the US is a potential illegal immigrant or terrorist, and it is more than necessary to acknowledge the fact that all other nationalities are not same.



# WHILE YOU WERE OUT

By Ahron Sherman

Whether you walked on the beach with friends, hiked your favorite trail with a lover, or rode your new bike alone, I'm sure you at least tried to enjoy your last two weeks of summer. But, you could have been on the brand new Citizen's Police Review Committee, making more meaningful use of your time.

On Saturday, Aug. 7, while you basked in your last weeks of freedom, two Humboldt County Sheriff's deputies shot and killed Robert Garth, 31, after he allegedly came at them with a metal rake handle. After a brief internal investigation, the deputies were back on duty a week later. The investigation results will be sent on to the Humboldt County District Attorney's office for review, the Times-Standard's Thadeus Greenon reported.

Garth's death reminds me of the four officer-involved shootings in Eureka back in 2006 and 2007. These incidents ignited the community. People called for the police chief's job, questioned the officers' training, and tossed ideas about a citizen review committee back and forth. All of this because their trust in local law enforcement had eroded.

Garr Nielson replaced the former police chief, and after years of debate, the Humboldt County Board of Supervisors enacted an advisory committee in late 2009. The committee has the power to recommend an independent auditor to investigate officer-involved shootings and other critical issues, said Humboldt County Human Rights Commissioner Neal Sanders.

"People worked for years to get this committee, and for years, they were denied, but now that they got it, only a few have stepped forward," said Sanders.

There is often tension between community members and law enforcement because internal investigations are just that -- internal. Personnel issues, by law, must be kept confidential. The idea is to have something separate from internal investigations, said Sanders.

One problem: since the committee's enactment, only three applicants have stepped forward. There are seven slots to fill, so the committee can't look at the investigation of Garth's death, even though it would have the power to if its seats were filled. Eureka Police Department Sgt. Steve Watson said he thinks the deputies were justified in their use of deadly force, but his opinion is based on news reports and not inside information. Even Watson doesn't get to look at the investigation until it's completed, and the results are released.

According to multiple reports, officers didn't use deadly force the instant they arrived. They commanded Garth to stop (he was allegedly attacking another man with the rake). Garth then turned on the deputies and started toward them with the rake handle. The

deputies drew their weapons and continued to command Garth to stop. He ignored them and continued his advance.

That's when the deputies opened fire.

Police officers learn at academies to meet force with equal or more powerful force, said Sgt. Watson. Metal poles and wooden sticks are classified as deadly weapons, and officers are taught that a suspect can charge them from 25 feet and deliver a potentially fatal blow before they can draw their firearms and shoot. Officers must assess situations on a case-by-case basis, said Watson, but they must also assume a person who charges them intends to harm or kill them.

"There are police officers rotting in their graves because of underestimation," said Watson. "You have to be prepared."

Watson convinced me that these deputies used justified force, and that's precisely why we need you on this advisory committee. We need people with the ability to assess investigation without an authority figure standing over their shoulder with an explanation for every fishy fact.

HSU political science professor William Daniel said these types of committees are uncommon, but when they're enacted, it's common for no one to join them.

"It's a pain in the ass," he said. "It takes time and effort."

He's right. Sanders said committee members approved by the Board of Supervisors are required to serve four years and deal directly with the Sheriff's office.

Professor Daniel said it's also hard to appoint members (when they actually apply) because you don't want people with an axe to grind on the committee, but that's what usually pushes people to apply in the first place.

It's counter-intuitive, but anyone who wants to help ensure internal investigations -- into anything as severe as an officer-involved shooting -- remain fair and legal, needs to apply for the committee in advance. Not when you're full of bias and rage because a citizen was just killed.

When the Board of Supervisors enacted this committee, they issued a challenge to every single person in Humboldt County to either put up or shut up, said Professor Daniel.

Let's not get caught without seven members on this committee again. "It's highly important," said Neal Sanders. "It's not an issue of if there will be more officer-involved shootings. It's an issue of when."

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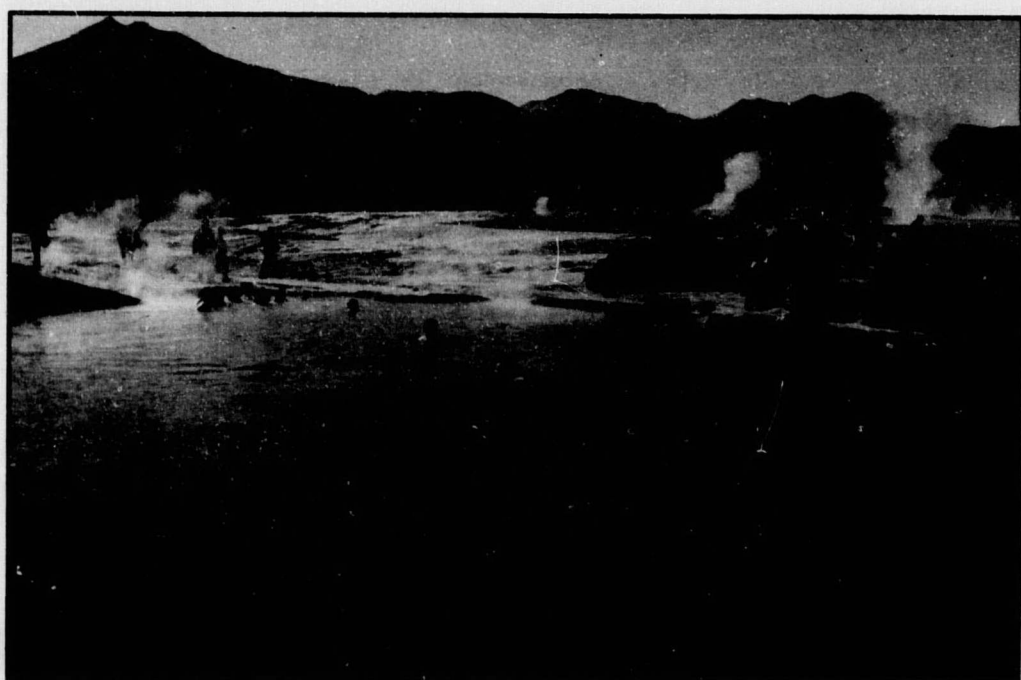
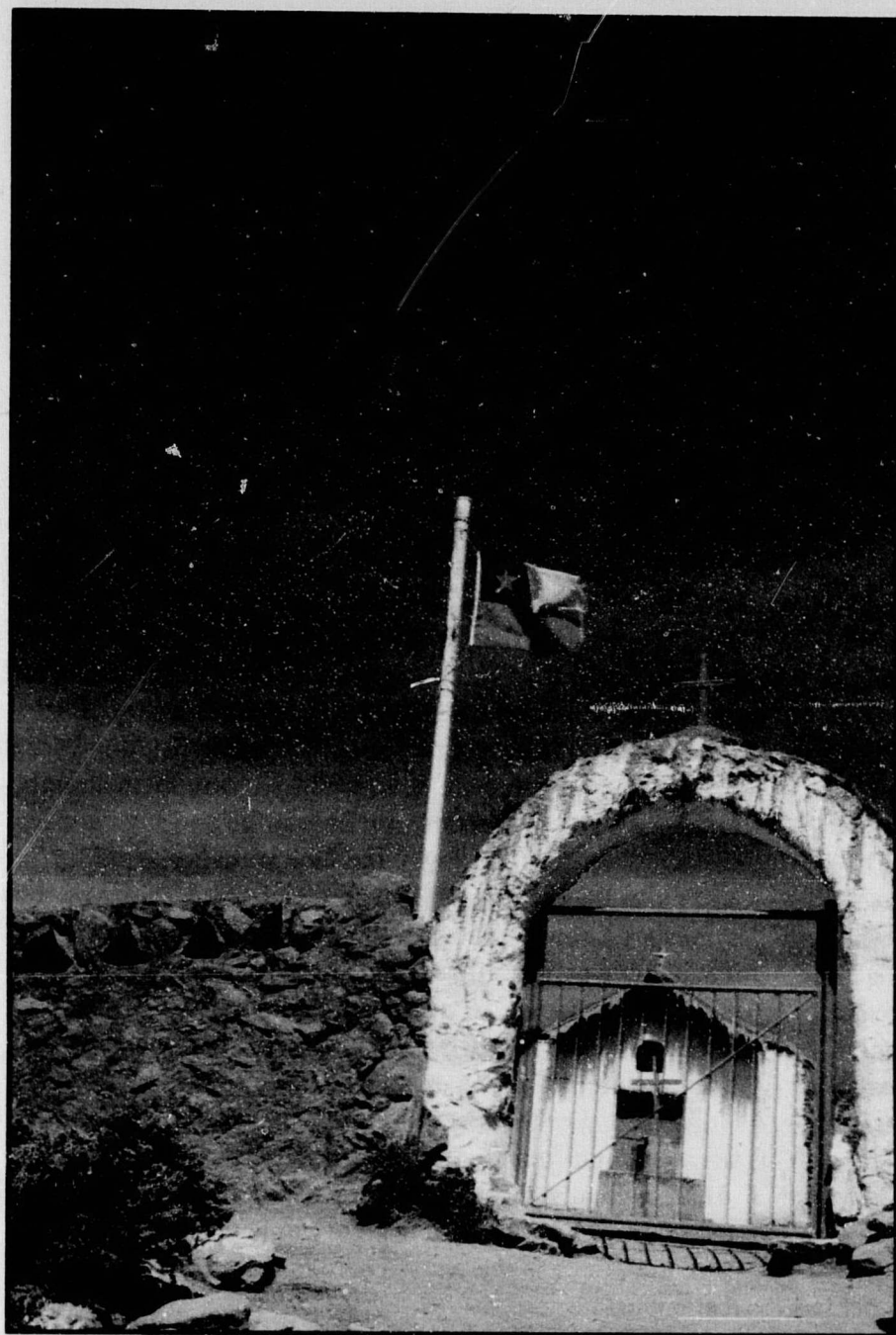
## Cartoonist

Sebastian Arrieta



# ABROAD IN CHILE

By Derek Lactaoen



My days in Chile ended like they began: with outlandish and near-impossible connections to places and people back in the United States that taught me that this big world is truly a place we share together.

For the 2009-2010 school year, I had the privilege of studying abroad in Santiago, Chile, at La Pontificia Universidad Católica de Chile and living in the city with more than 6 million other individuals, all scurrying through the endless streets of that South American capital.

I arrived there in August 2009 with about 25 other California State University students.

I was nervous, overwhelmed, intrigued, and impressionable. The McDonald's and Apple billboards advertising Big Macs and iPhones provided an easy transition into what would come to be a step into the unknown.

That transition, however, was eased (or burdened, depending on your outlook) by what happened on my first day there. After getting to my hotel, I laced up my running shoes and took off down one of Santiago's main streets, weaving through people, strollers, park benches, and planted trees. At a stop light, I stopped my watch and took in the cobblestone streets and the meek, dirty river that runs through the center of Santiago as I heard, "Derek?!" yelled at me from a crosswalk somewhere.

It turns out that seeing old friends from high school in the streets of foreign countries isn't that uncommon after all. And, so it was that my first welcome to Chile came from a chance encounter with an old high school friend.

Similarly, but maybe not so coincidentally, one of my final goodbyes came from a complete stranger who turned out to be closely connected to my life here at Humboldt State University. Through a mutual friend on one of my last nights out in Santiago, I met Cristián, a Chilean who spent the first six years of his life in Berkeley and whose older brothers graduated from HSU.

"Where are you from in California?" he asked in Spanish.

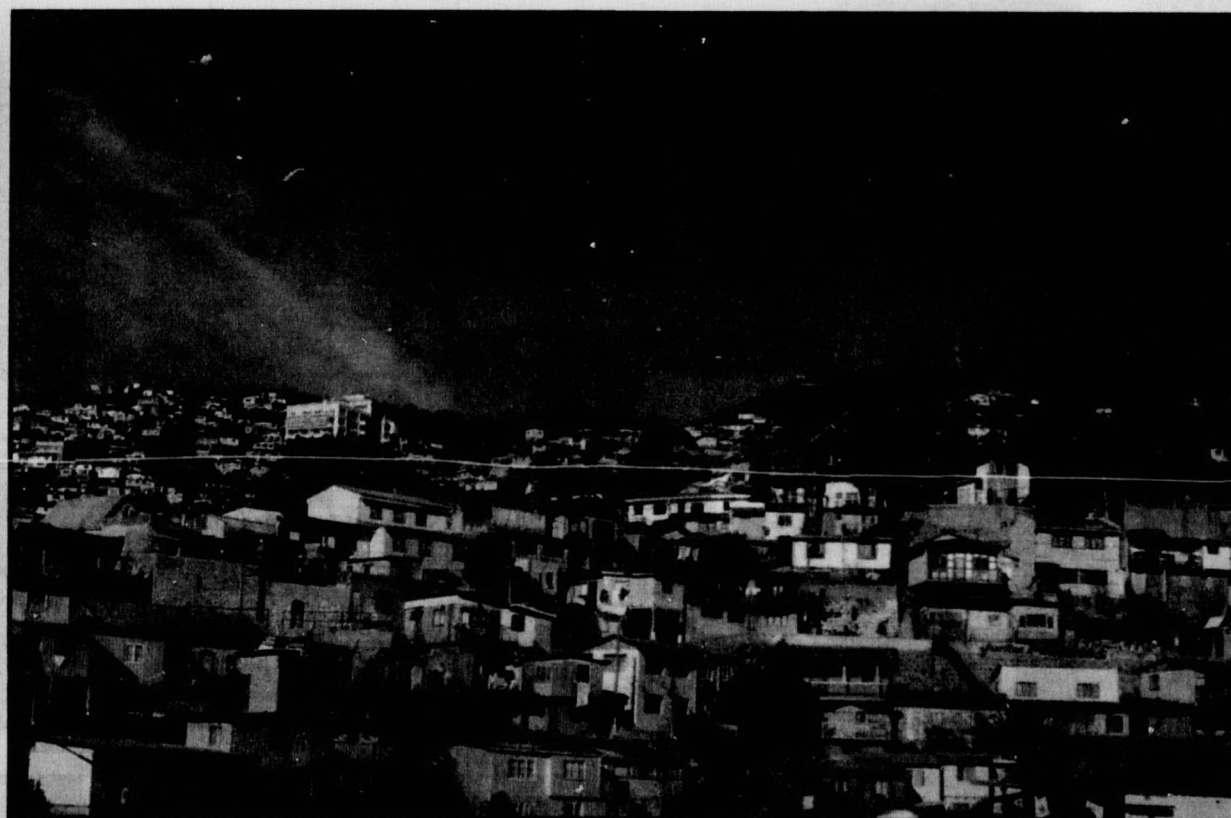
"Oh, you haven't heard of it. It's a small town on the North Coast," I replied, also in Spanish.

"But, what is it called?" he insisted.

"Arcata," I said, which loses some of its charm when said with a Chilean accent, I think.

"Arcata?! Like, Humboldt County?!" he asked in perfect English, without an accent.

Through those two events, I came to the understanding that the world really is as small as they say it is. Going into this experience, I was prepared for all the differences that I would encounter and eventually adapt to. However, what I didn't prepare for, and what they don't tell you about, are all the things that will remind you of home and all of the similarities among cultures. They don't tell you that crossing the equator and studying abroad in today's world might be physically distancing, but it doesn't mean disconnect. And, thankfully, that has made coming back to Humboldt all the more familiar and rewarding.



## The Lumberjack Submission Policy

Send submissions to: Opinion Editor Nick 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.

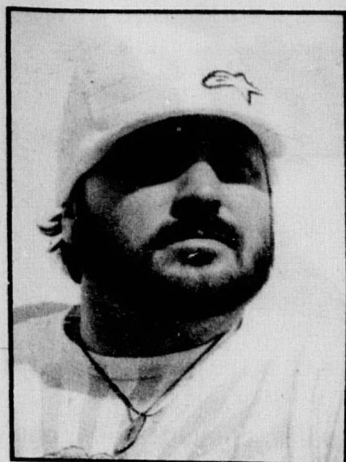
HSU students should provide their major and class standing.

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

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



## THAT'S WHAT HE SAID!



# THE BELL TOLLS FOR HUMBOLDT STATE

By Travis Turner

It is three o'clock on Monday, the first day of school. I am stomping up the Founder's Hall steps, all five million of them, two at a time as the clock tower chimes. Bang, bang, bang, and I am officially late.

What a huge contrast from the weeks of summer, lazing about, travelling to the other side of the world and back, exploring and reflecting on the greatness of our planet. Although I had an unbelievable time, somewhere in my head I was looking forward to this day.

Now, summer is gone, and we are back to the grind, boys and girls. I walked around all day staring at the new infusion of bright, shiny faces. Yes, these fabulous freshmen that have braved leaping out of the nest to join us as the youngest members of our band of merry collegians. Those courageous women and men are walking around, looking for this or that with an assortment of quizzical looks on their faces. Some of them are trying to maintain that icy coolness that comes from not exactly belonging, yet.

Never fear, these young scholars will soon get wrapped up in what can only be the Humboldt experience. What is the Humboldt experience? Let me give you a tiny peak.

It is the forest behind the University stretching from West

End Road to Sunny Brae. It is Patrick's Point at sunset. It is College Cove and a bonfire with embers exploding into a star filled night. It is the plaza on Halloween. It is Earth Dance in Laytonville, (the last year it will be at the ranch) and more. It is all of these things, but most importantly, it is the people who will go to all of these places with you.

Those people are what bind you to this great institution. There will be instructors who change your mind, who broaden your opinions and open your eyes to different points of view. There will be friends you will make who will take this adventure with you, own it with you, and make it part of your spirit. There will be clubs and groups that will strengthen you mentally, physically, and spiritually. All these people will expect one thing though, as most of us who love this place will expect out of you: you have to show up.

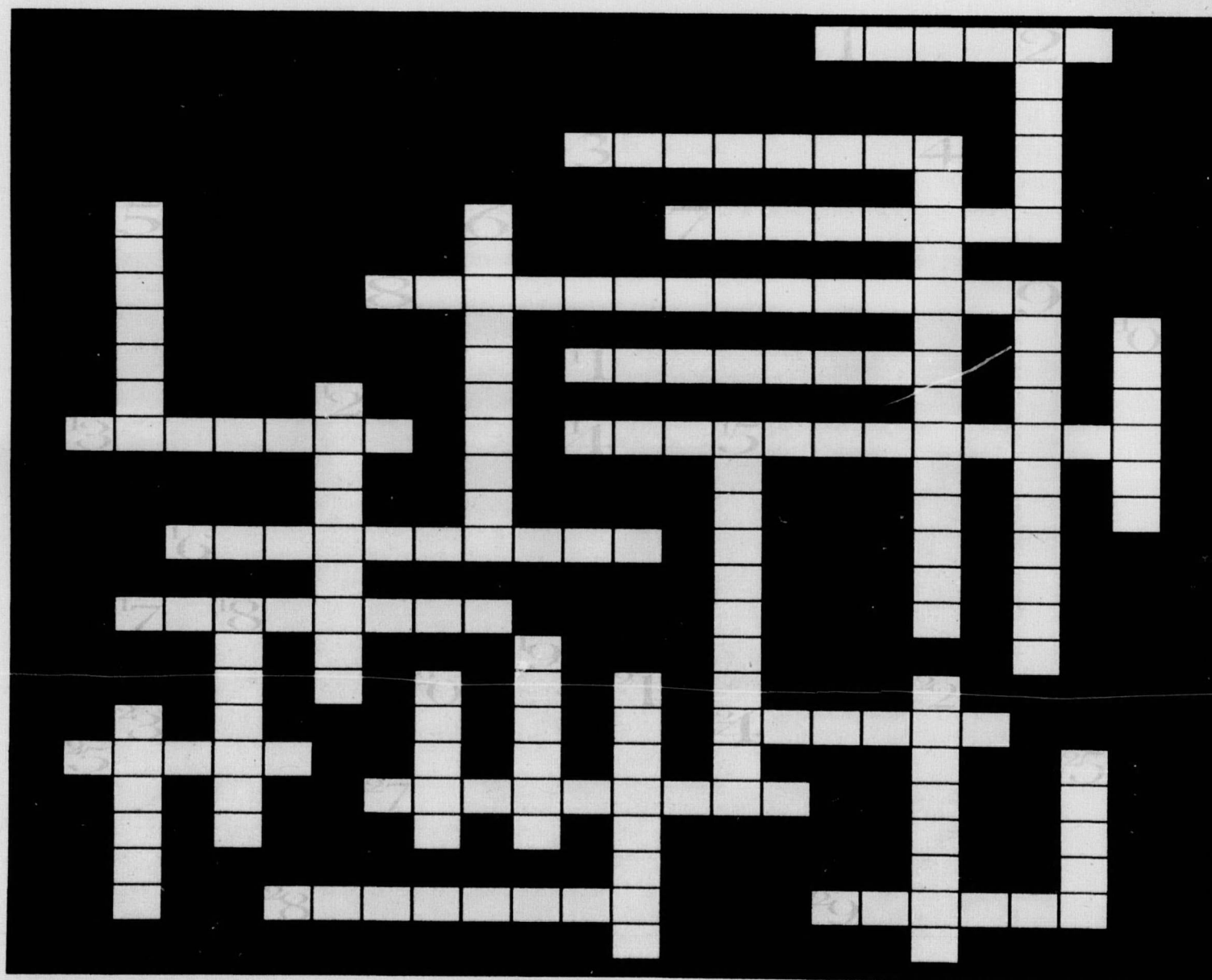
It is up to you to get involved. It is up to you to reach down deep and leave all of your misgivings, your preconceived notions, your prejudices, your biases, or as Immanuel Kant said, "your human colored glasses," behind. Leave them where you came from. This place is special. It is something simple yet expansive. It is easy to capture but

hard to hold on to. It is a unique entity.

So, in saying all that, let me give you some advice. Let me tell you how to get in the spirit of things here. First and foremost, keep your head up. Do not stare down at your shoes or shyly keep your eyes unfocused and staring straight ahead. Most people here do not bite, so stare them straight in the eyes and give them your best smile and say "good morning" or "hey" or "what the fuck is up home skillet." It will make them smile back at you, and god forbid, you may even start a conversation. Second, do not judge. Whether it is a guy wearing a dress, a sarong, or rainbow hair, or no shoes, or dreads, or a suit and tie, treat them all the same. They are all part of what makes this place what it is. They are all part of the experience that is Humboldt State University. For the rest of you who have maybe been here a while and not found your place, see above. It works.

Have a great semester friends. Keep your head on a swivel and your eyes wide open. Magic can happen here, but you have to believe in the wizard behind the curtain. Yep, and that's what he said.

## CROSSWORD



### Across

- 1 Street that's closed for construction
- 3 HSU's biggest theater
- 7 Alexander Von \_\_\_\_\_
- 8 Other words for H and S
- 11 Arcata's big waterway
- 13 Tallest Tree Around
- 14 Our Newest Apartments
- 16 College of Arts \_\_\_\_\_ And Social Sciences
- 17 Closest pizza to campus
- 24 Residence halls named after trees
- 25 Town with a Cookhouse
- 27 Eureka Brewery
- 28 HSU's very own Boat
- 29 "I Have Found It"

### DOWN

- 2 Dorms up on the Hill
- 4 Our Fearless Leader
- 5 Street running past the dorms
- 6 Home of the J
- 9 Immature Sounding Building
- 10 Biggest hill in town
- 12 Local Bagel Shop
- 15 Our sports teams
- 18 Department that's finding 'fault' with HSU
- 19 HSU's Home Town
- 20 Campus center for coffee, food and beer
- 21 First day off
- 22 All Stairs eventually lead to
- 23 Town by the dunes
- 26 The center of town



## I CAN RUN FOR MILES AND MILES

By Kristina Naderi

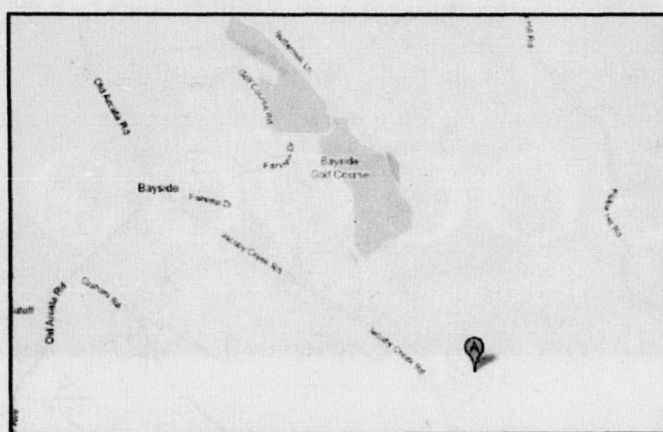
Ah, summer break. The sun, the fun, and, oh God, the food. Students looking to burn off some of that extra summer love handle usually turn to running around the track or morphing into a hamster by sticking to the treadmill in the gym. But, why not take advantage of the beautiful routes throughout town instead? They not only challenge your body in ways that a flat track can't but also take your mind off the pain with some of the great views Humboldt County has to offer.

### Path of Love:

Track coach Scott Pesch shared his favorite route and the special story that goes along with it. "My favorite [route] is from HSU to Jacoby Creek Road. I believe it's an 8-mile run to a small cul-de-sac called Brookwood. You enter through a single-lane covered bridge into a beautiful subdivision of houses. There is even a castle in the subdivision."

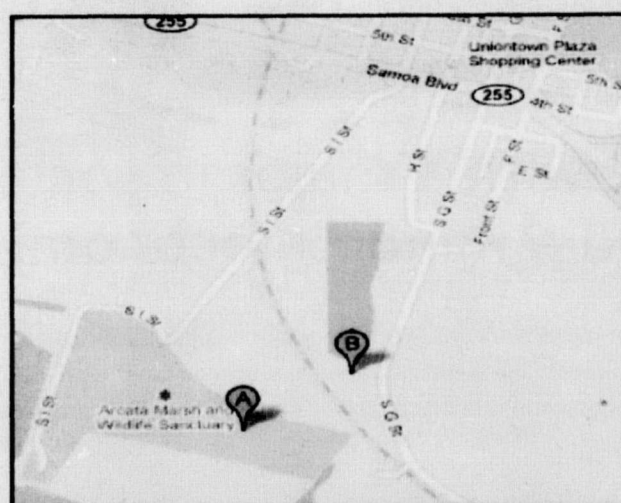
Coach Pesch has been running the route since he ran at HSU. It is such a special route to him that he proposed to his wife on the bridge in 2000.

"We rode a tandem bicycle to the spot on a beautiful day, and I then asked her to marry me. Still have the bike and 3 kids to go with it all."



### Marsh Run:

One of the most underused running spots in town has to be the marsh by Samoa. Between the old train tracks, the path right next to the water, and the occasional geese flying overhead in a 'V' formation, it is just as visually stimulating as the Redwood Forest route. However, it should be noted the marsh is not as challenging endurance-wise as the forest. The entire route is essentially a flat surface run with a few bumps along the way, but there are ways add endurance. For example, for a strong finish, instead of stopping at the end of the marsh, continue your run all the way up H Street, and once you hit 11th Street, sprint your way up the hill till you get to 13th Street. Sprinting after a fifteen minute jog is tiring enough as it is, but sprinting uphill after that jog? That's work.

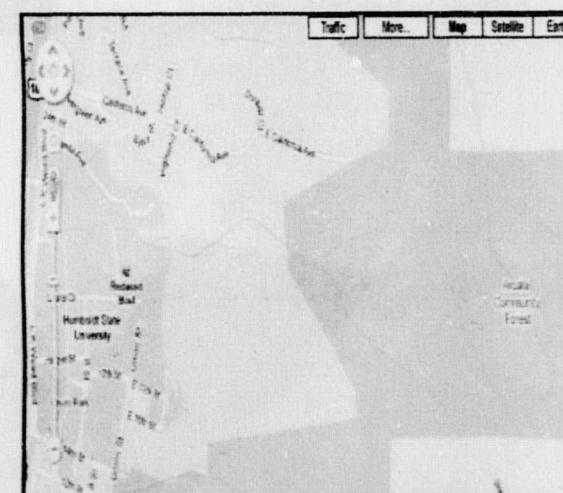


### Around HSU:

You have class in an hour, can't leave campus, but really want to have a real cardio workout, eh? No sweat. There are tons of spots to run around campus that are not limited to the track or gym treadmills. Sure, start off on the track, but instead of going round and round in circles, get off the track before you make your second loop and branch out onto campus and take advantage of all those hills we usually complain about when we are carrying all of our textbooks. Just be sure to be careful of other students and the occasional car.

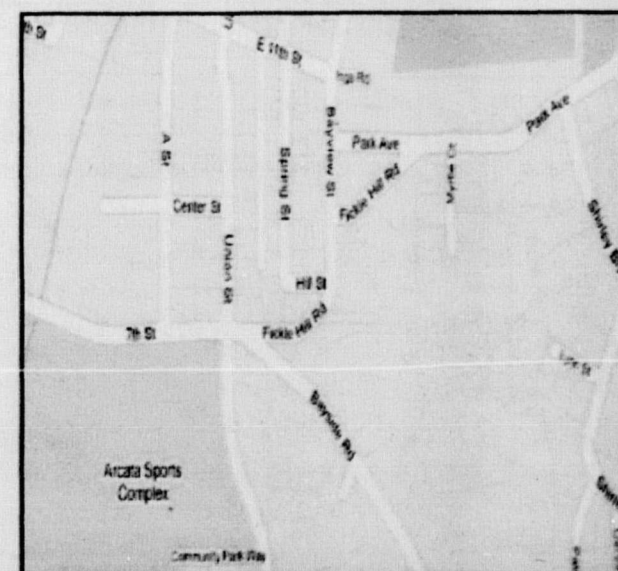
### Redwood Forest:

While most people choose to go into the forest for, uh, other activities, it provides great paths for the occasional and avid runner. Why choose to run past the same tree over and over again (as you do on the track) when you can really appreciate Humboldt's natural surrounding in the forest? The best part is that it is right off of campus! Another great factor about running around the forest is the fact that there are so many routes. The difficulty of the routes range from "Oh, that wasn't so bad" to "Wait, another hill?"



### Town Runs:

Each person has a favorite route to run around town, and the combinations are endless. Use the strange layout of Arcata to your advantage! If you are running just for the sake of distance, running to Sunny Brae from campus or from the center of town is a fairly flat surface, but it goes on for a while. If you are looking for more endurance, try California Street or the infamous Fickle Hill.



Kristina Naderi may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)





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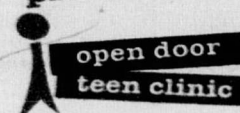
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# Just a SoCal Girl, Livin' in a Humboldt World

by Kristina Naderi

In the world of sports, narcissism and brilliant athletic ability seem to go hand in hand. Behind every great athlete is an even greater ego. For some reason, that does not seem to be the case for freshman soccer player Chelsea LaRue.

The combination of humility and skill perplex Kim Carroll, a journalism senior and team captain.

"You know there are lots of girls who know or think they're amazing and act like they're the best. But, the thing with [LaRue] is that she's not like that. [She has the skill] to act like that, but she doesn't, and that's what I like about her," Carroll says.

Head soccer coach Christian "CJ" Johnson agrees with Carroll's view on LaRue's attitude.

"She is pretty quiet and sweet off the field. But, you know, when that whistle blows, LaRue's just off. She transforms into an aggressive and competitive player."

LaRue hails from the Southern California town of Palos Verdes, where she played soccer at Palos Verdes High School.

LaRue says, "High school soccer is different than college level. High school [was] a lot more laid back, but here, everyone's really motivated. Every [woman] on the team wants to win."

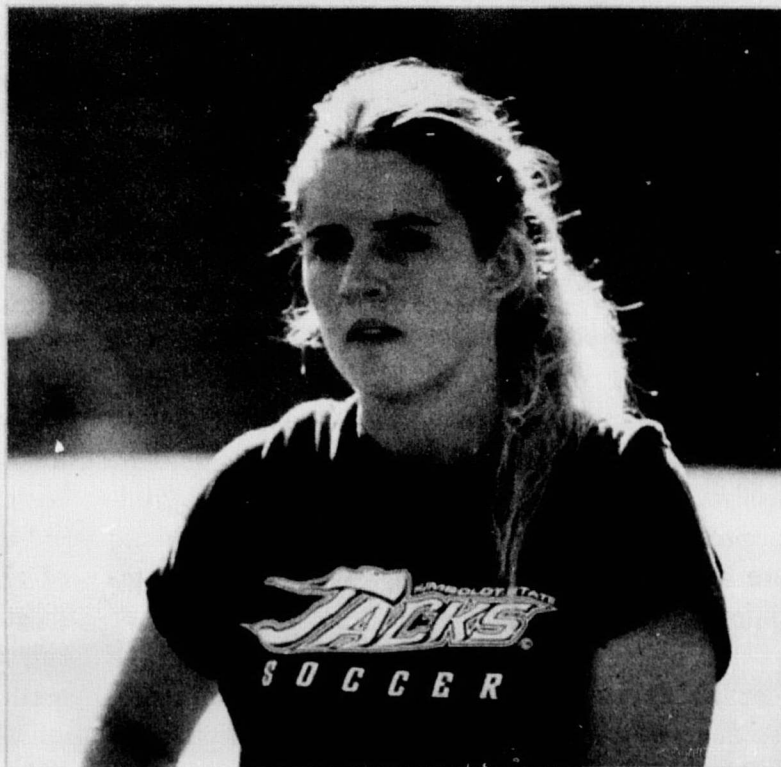
But, LaRue was no slacker on her high school team. As a senior, she earned Defensive MVP and

was Most Inspirational Athlete.

If she is to accomplish any personal goal this season on the team, LaRue expresses the desire to prove herself to her teammates.

"I just want to show them that I deserve to be here."

And according to Carroll, that isn't going to be a problem. The forward recalls watching LaRue, currently positioned as a midfielder, demonstrate her ball handling



abilities during the first week with the team.

"[Her] footwork... is unbelievable. [For someone right out of high school] she already has college level ball handling skills." Carroll adds that LaRue's abilities give her options on the field. "Honestly, with her skill level and some extra work and practice, she could play any position."

Coach Johnson believes it as well.

"She brings a lot to the team. [She gives us] a lot of options on how we can utilize her [as a player]."

After her first couple of weeks of getting to know her teammates, LaRue feels comfortable amongst her teammates calling them a "great group of girls."

With the soccer season a week away, LaRue has high hopes for how she thinks the team will do. LaRue said she is excited to go against other teams and she believes HSU has a good chance with such a wide array of strong players.

When not working on how to improve her game skills, LaRue is getting ready to start her academic college career. She expresses an aspiration to major in journalism, citing her fondness of interviewing as a factor in her choice.

"I enjoy the news-editorial aspect of it. I'd like to join the newspaper eventually."

Until then, LaRue and her fellow teammates are prepping for their first away game against Seattle Pacific on Sept. 4.

Kristina Naderi may be contacted at thejack@humboldt.edu

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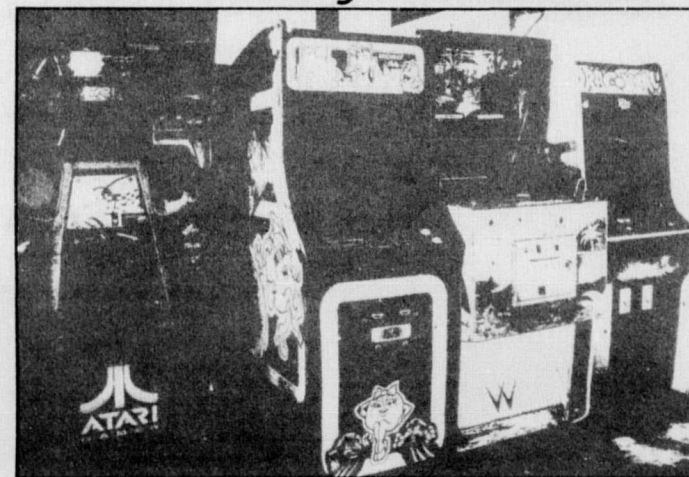
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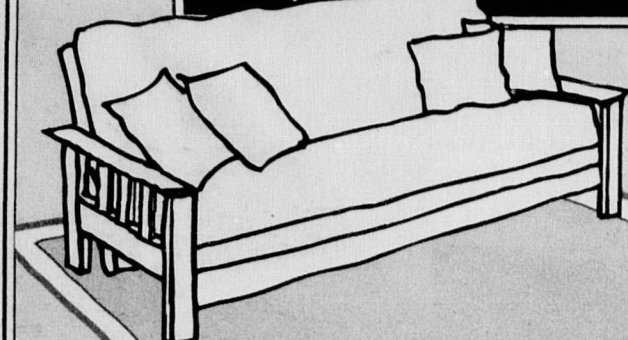


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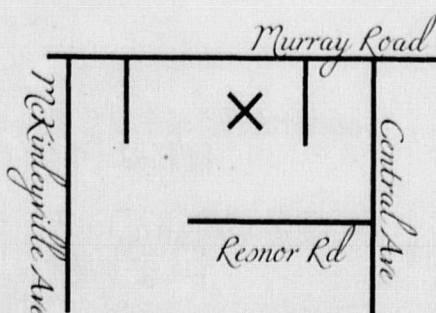
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# ATHLETIC TRAINING ROOM NOW OFF LIMITS

by Kristan Korns

New rules for the athletic training room will put the athletic trainers off-limits this semester to all students, except for University-sponsored NCAA student athletes.

The administration created the new rules because of the elimination of Humboldt State University's undergraduate athletic training program.

The athletic trainers work under the guidance of a doctor to help student

athletes with sports-related injuries. One full-time athletic trainer and four part-time assistant trainers take care of the approximately 400 athletes who are on university-sponsored intercollegiate teams.

Previously, the health center could refer injured students to the athletic trainers, but the new rules put an end to that.

Shannon Childs, HSU's only full-time athletic trainer, said, "The model we had here, taking care of the general student body and the club sport athletes, that was a unique model." She said, "It's just not feasible to continue it with the staffing we have now."

Before the elimination of HSU's undergraduate athletic training education program, there were approximately 40 student athletic trainers spread among the

different levels of the program. With that pool of labor gone this semester, the athletic trainers

and I'm here typically about an hour before and an hour after each session."

Walker said, "Two [session] days are tough on everyone: The players, the coaches, and us."

Nicole Cunningham, a player on the women's soccer team, agreed. She said, "We definitely need the athletic training room. We use it every day for ice and for the equipment."

How this semester's changes will affect student athletes in club sports, who will no longer have access to either

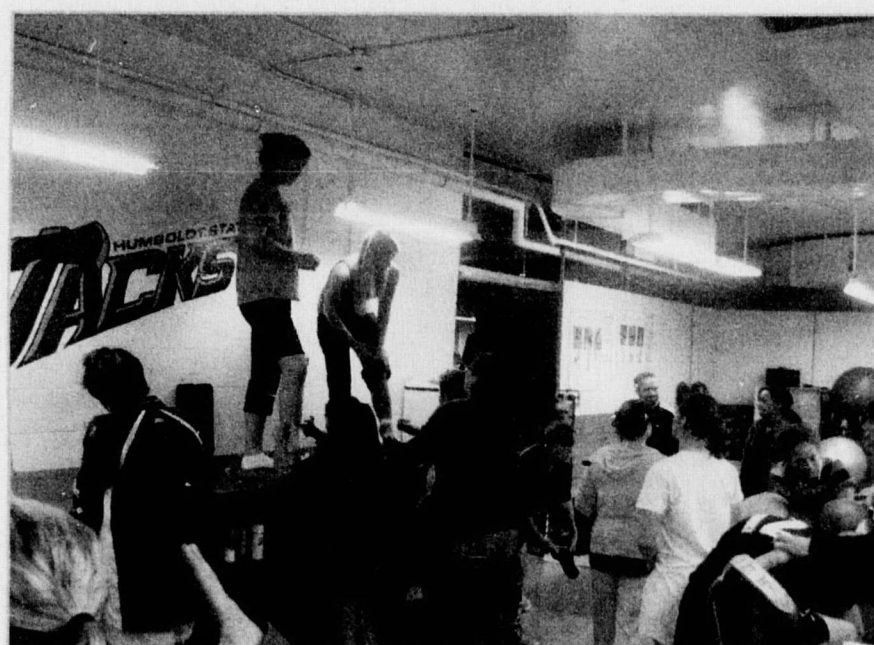
the athletic trainers or to the athletic training room, remains to be seen.

Hayley Umayam, a member of HSU's cycling squad last semester, does not think the new rules will have an impact on her team.

"I was never told that I could get special treatments, and I don't think anyone on the team ever did," Umayam said.

For other club sports, however, the new rules may have a much larger impact.

Aoibheann 'Bean' Cline, a member of the women's rugby team, said, "I used the training room a couple of days a week, and Shannon got me knee braces when I needed them." She said, "Rugby is a full contact sport, and access to the trainers is necessary."



With the new guidelines of the training room club sport like women's rugby, as seen in the photo, will not be able to use the room. — Kristina Naderi

have to work hard to keep up with demand.

Neema Kianfar, an HSU graduate student and assistant athletic trainer, said, "We're already understaffed as it is."

Thomas Haney, a defensive tackle on the HSU football team, said, "I'm here two or three times a day. The fifth year seniors, they're either eating, playing football, or they're in here."

In the weeks before the start of this semester, most of the intercollegiate-sponsored teams were training in preparation for the coming season. The workload on graduate student athletic trainers was heavy.

Kali Walker, the assistant athletic trainer working with the women's soccer team said, "They [were] doing two sessions a day, which run about two hours each,

Kristan Korns may be contacted  
at thejack@humboldt.edu



# GOOD YEAR FOR NEW FACES

## HSU MEN'S BASKETBALL RECRUITS 13 NEW PLAYERS

Adrian W. Emery

The word that best describes Humboldt State University's men's basketball team is "new." Over the course of this year, the team gained a new coach after 29-year-coach Tom Wood announced his retirement. In addition, nearly the entire team is made up of new players with only five members of the old team returning to the court.

This fall, 13 new recruits will join the team. The team lost all but five of 17 players last year. Some graduated, others transferred schools, and still others quit because of injuries.

The 'Jacks had a strong season last year, winning 22 out of 30 games and making it as far as the California Collegiate Athletic Association semi-finals. The Lumberjacks lost to CSU San Bernadino, 64-55.

Of the 18 players now on the team, only 14 will play. The others will redshirt, which means sitting out the season until the time comes for them to play.

As well as the slew of new players, the team has a new head coach, Steve Kinder.

Kinder takes over this year. He has been a coach at HSU for 20 years and spent the last of those years as an assistant coach under Tom Wood. "I'm excited for the opportunity," said Kinder.

Kinder has a number of hopes for the team. He hopes they succeed academically and that they

manage to retain as much of the team as possible for the next season. "I hope they enjoy it and have fun," said Kinder of the upcoming season, "and that they be very competitive."

Kinder said that it is not unusual for 13 new members to join a team. Every four years, HSU recruits a new large group, and in four years, most of that group graduates or moves on.

Recruiting students is a lengthy process, but Kinder likes it. "It's one of the parts of this job that I really like," he said.

Kinder is one of a select few people at HSU who are National Collegiate Athletic Association (NCAA) certified to recruit new players from high schools, community colleges, and other colleges.

Kinder and the other recruiters visit schools from all over California, as well as Oregon and Washington. The Western Undergraduate Exchange program allows coaches to recruit more effectively by enticing students with athletic scholarships that help offset out-of-state tuition costs.

HSU's men's basketball team does not start practice until Oct. 14, but the team will begin conditioning this week. Players will take advantage of Humboldt's weight room to train for the season ahead.

Kinder says that there is a huge learning curve between now and Oct. 30, which is when the 'Jacks

hit the court for their first game.

Kinder sounded ready for it. "I'm excited about taking on my first season with a great group of prospects," he said. "It's a great honor."



### The 13 new recruits

Brandon Sperling, Junior from Fresno State  
 Marcus Hall, Sophomore from CSU Bakersfield  
 Bo Henning, Junior from Yuba College  
 Randy Hunter, from Citrus Junior College  
 Matt Lipski, Sophomore from College of the Redwoods  
 Andrew Torres, Freshman from Montebello High School  
 Scott Clark, from Ohlone JC  
 CJ Morgan, from Franklin High School  
 Greg Hamik, Gilroy High School  
 Tyler Brown, Monterey Peninsula Junior College  
 Emmett Duvall, Crenshaw High School  
 + 2 Names that have not been officially announced

Adrian W. Emery may be contacted at  
[thejack@humboldt.edu](mailto:thejack@humboldt.edu)



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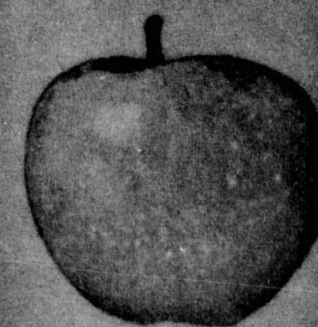
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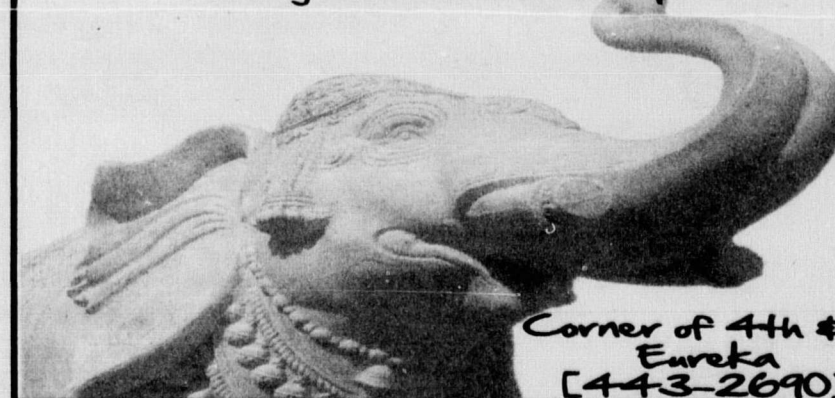
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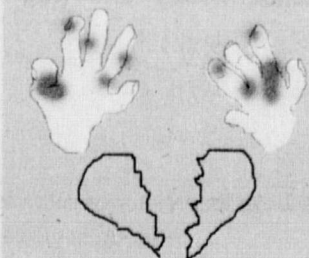
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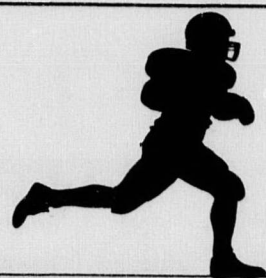


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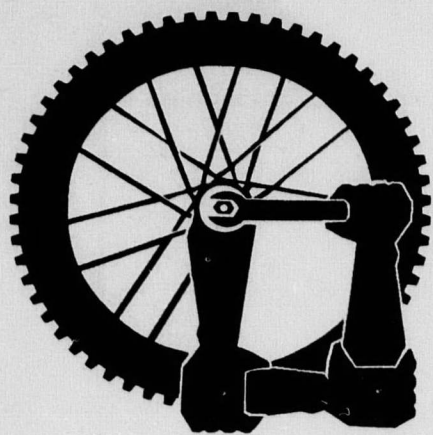
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			1	2	3	4
5	6	7	8	9	10	11
					Women's soccer San Bernardino 4:30 p.m.  Men's soccer San Bernardino 7 p.m.	Humboldt Cross Country Festival Eureka, Ca. T.B.A.
12			15	16	17	18
Women's soccer Cal Poly Pomona 11:30 a.m.  Men's soccer Cal Poly Pomona 2 p.m.	13	14	Why not go for a run today? Check out great spots to run with our 'Best Places to Run in Arcata' article on Pg. 37.		Women's soccer US San Diego 7 p.m.	Men's rugby Green and Gold Scrimmage 1 p.m. Women's 11 a.m.
19	20	21	22	23	24	25
Women's soccer Cal State East Bay 11:30 a.m.  Men's soccer Cal State East Bay 2 p.m.					Women's Volleyball San Bernardino 7 p.m.	Women's Volleyball Cal Poly Pomona 7 p.m.  Football Menio College 6 p.m.
26	27	28	29	30		
		Today's a great day to start your new fit life! Get to know a little bit of the gym staff with our article on Pg. 44				

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## PLAYERS OF STEEL: A PROFILE ON THE HUMBOLDT STEELHEADS

Kristina Naderi

Baseball is America's favorite summer pastime and Arcata is no different. The smell of hot dogs and cheap beer fill the baseball stadium downtown while locals jeer the opposing team. While most people support the more famous Humboldt Crabs team, the Humboldt Steelheads garner more and more support with each passing season.

Compared to the Crabs, the Steelheads are a fairly new team, founded in 1996 under Greg Shanahan. Current team manager and coach Grant Manzi served as assistant under Shanahan's leadership.

"With it being such a young team, it's hard to coach sometimes. I had to change my coaching strategy a little bit," said Manzi.

Manzi says that the team was originally formed to be something of a farm team for the Crabs. Farm teams are teams that help develop young talent. And, even though the Steelheads play against the Crabs a couple of times during season, there is nothing but respect between the two teams.

"The Crabs are our major contributor," Manzi said. "We're their farm team. Without them, we'd have a lot more work to do. We really appreciate their whole organization."

The Steelheads are mostly local guys, but there is the occasional player who joined the team from out of the area. Ejoshus "EJ" Reyes, a new player to the team this past summer, is from La Verne, a town just outside of Los Angeles. Reyes, a center fielder, was told to try out for the team by his coach at College of the Redwoods.

Reyes said, "It was pretty rough this year. I played a different spot than usual so it was hard. [I'm also not used to a wooden bat], but all community colleges are [transitioning] to wood this year, so I'll stick with it."

Manzi thinks that by using the wooden bat real talent is going to shine through. "Big, strong guys won't seem as big and strong. [Now] they use wood all year instead of just two months in the summer, so it will make them better players [when they come back]."

All in all, the Steelheads had a fairly rough season with a 14-13 record. Manzi says he didn't coach just to win and was happy with the way the team progressed together.

"Success to me is one kid getting paid to swing a bat, one kid to throw a ball, whether they get \$10 or \$10 million."

Manzi stands by his team of guys, believing them to have done well with progress.

He says, "Baseball is a game of failure. In a game of failure, I'll take the guy who works the hardest."

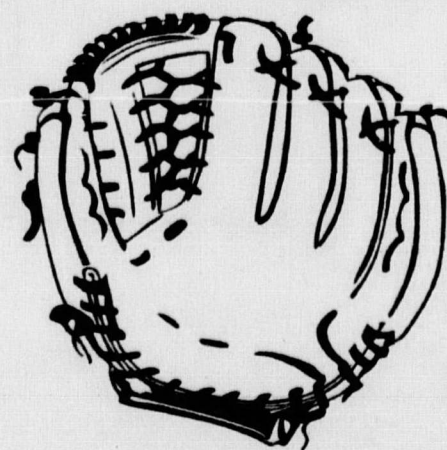
Manzi -

ure, I'll take the guy who works the hardest." There were a few stand out players this season, however. Local player Spencer Duggan, who just transferred to Nebraska for baseball, was selected as team MVP. Manzi wouldn't be surprised if Duggan was to be selected to play on the Crabs next season.

"He's just that kind of player," says Manzi.

Be sure to stick around Arcata to catch the team again in action on June 1 when their season starts again.

Kristina Naderi may be contacted at thejack@humboldt.edu





# Didn't Make the Team? Join the Club!

by Yelena Kisler

If you had your heart set on joining one of HSU's fall sports teams but didn't make the cut, fear not. Your sports career is not over! Why not broaden your horizons with the various club teams that HSU has to offer.

HSU club sports offer students the chance to be part of a team sport regardless of their skill levels. All you have to do to join a club sport is sign up for a class. Jan Henry, director of club sports, says, "With club sports, they can join a team right away."

Unlike most HSU sports, the club sports do not always compete in teams with other schools around the country. Some teams still travel for the sake of competition, but they do not share the same rigorous schedule as the Lumberjacks' official teams. Lacrosse, rugby, and ultimate disc, all of which offer both men's and women's teams, are intercollegiate. Students can also sign up for baseball, biking, fencing, archery, men's crew, and cheerleading.

Anyone is welcome to join. However, it is not ensured that everyone will be able to compete in seasonal games just like any NCAA team. Both ultimate frisbee teams, for example, have more members than are allowed to compete in games.

Junior Sam Speet has been on the men's rugby team for two years. To him, the best reason to join club sports is the camaraderie.

Unlike NCAA teams, for whom the university covers the main expenses, club sports mainly rely on

fundraising and donations to pay for uniforms, equipment, and travel expenses.

Speet says the men's rugby team sells merchandise with their team logo and make arrangements with local businesses to promote them during games in an effort to

sports, says Henry.

Charlie Eide has been a member of the women's ultimate disc team for four years. Eide says that the Frisbee team allows students to "stay active and be part of a team and, at the same time, be respected and have a good time."

She joined the frisbeeteam because she felt disappointed with the lack of mutual respect on the university's softball team. "On this team, everyone pitches in," she says of the Frisbee team. "Everyone works for the team."



Women's rugby is just one of the many club sports on campus. — Kristina Naderi

raise funds.

The clubs also receive funding from Associated Students, as well as Instructionally Related Activities Program funds, which are given to all classes.

Jan Henry says, "This year, the clubs will receive almost \$63,000 to disburse among 13 teams. This means an average of about \$4,000 for each team." With so little money available to them, the burden of raising the rest falls on the students.

The students are the ones running the show in these sports. They are responsible for all of the administrative duties as well as the fundraising. "There is a lot of emphasis on developing leadership skills," says Henry.

Each club has a president, vice president, treasurer, and secretary. These positions allow the students to build their leadership skills while enjoying the benefits of competitive

The women's Frisbee team is eager to add more people to its roster. Eide says they would love to have a bigger team, and every member is always welcome to travel and compete.

Unlike rugby or baseball, there is no limit to how many people can be on a competitive Frisbee team. "Some schools have B teams and even C teams," says Eide. "I would love to have enough people sign up so that we can have a B team."

So, whatever sport sparks your interest, the club will welcome you with open arms. For more information, you can visit Jan Henry at the Club Sports Office on the first floor of the Student Recreational Center. Or, check out their homepage at [http://humboldt.edu/clubs/site-directory/category/sports\\_clubs/](http://humboldt.edu/clubs/site-directory/category/sports_clubs/).

Yelena Kisler may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)

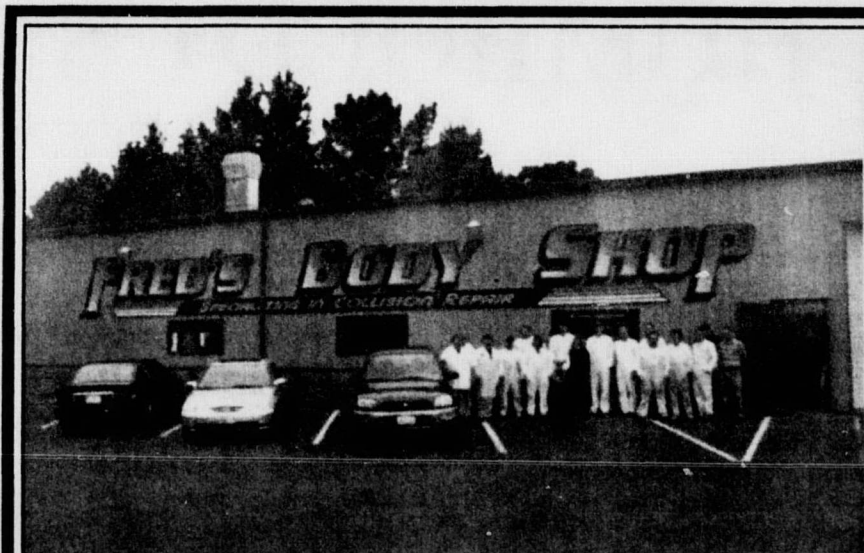
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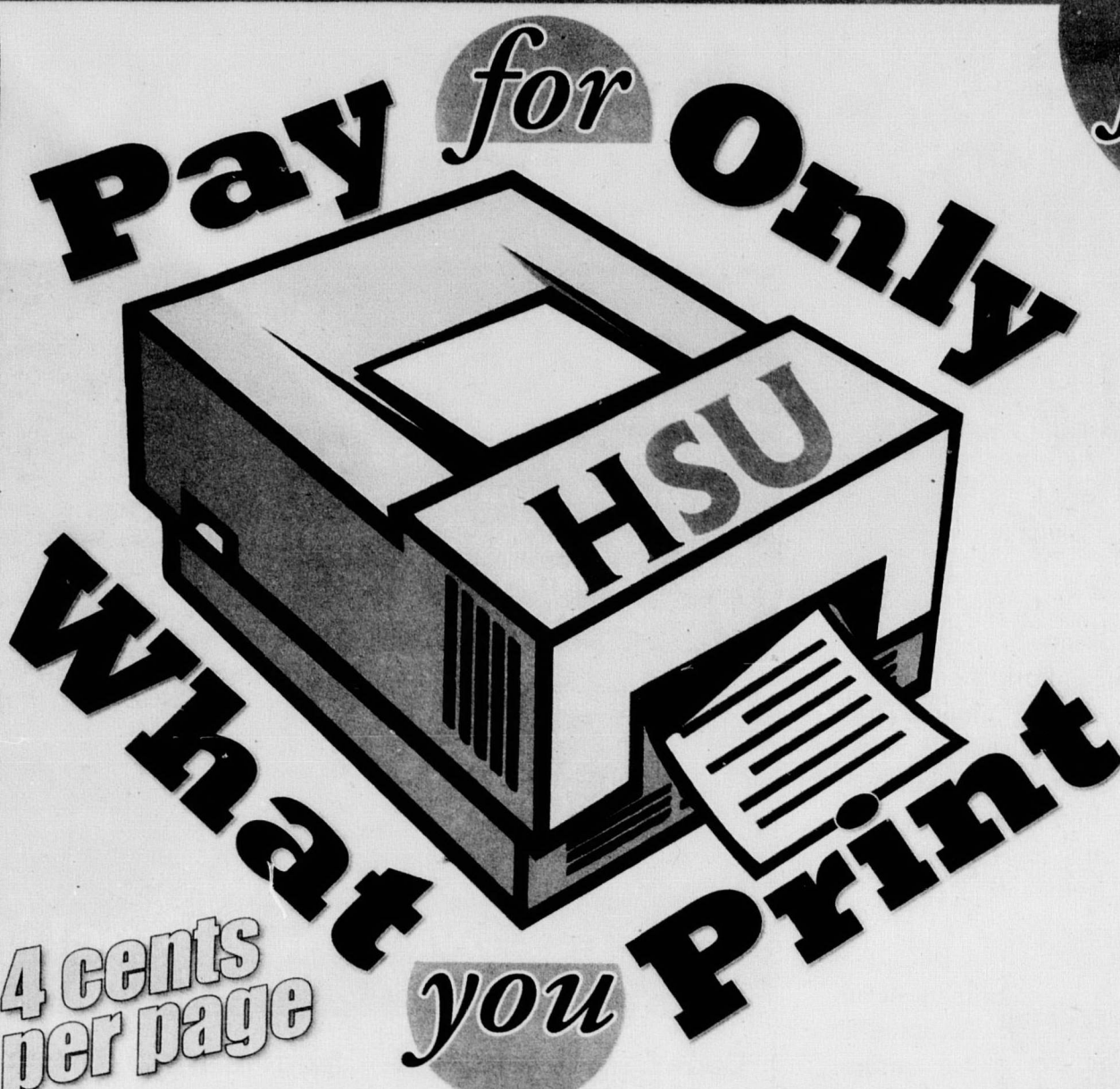
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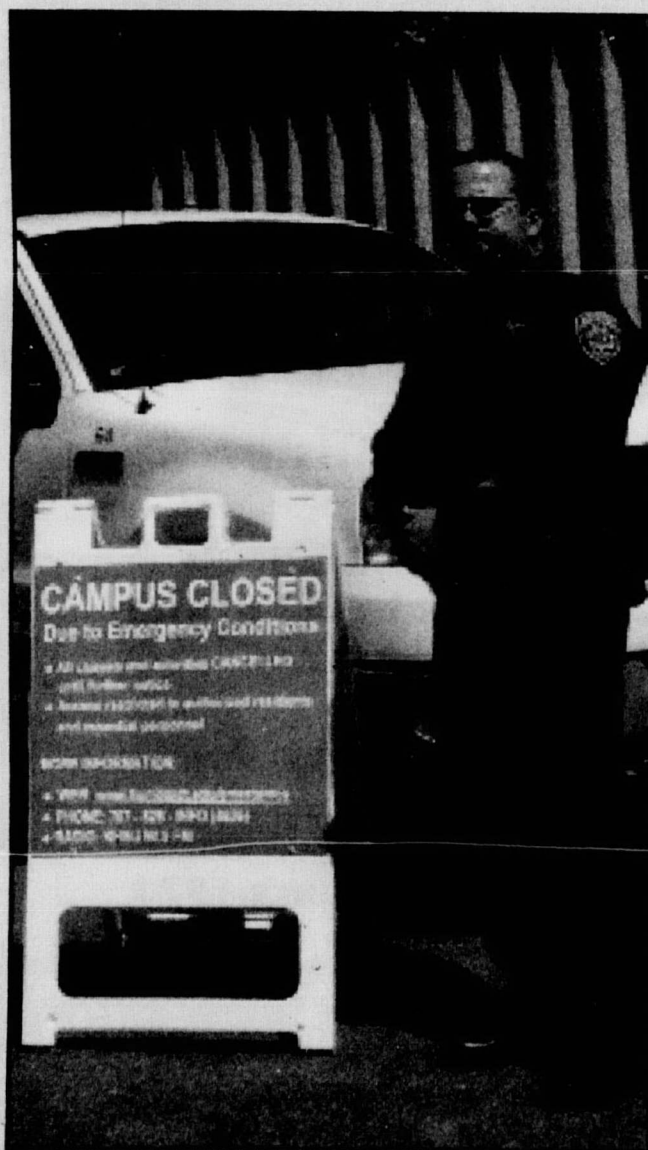
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5. Select an opt-in level (Emergencies or Delete)
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# NOW WORK IT OUT: AN INTRODUCTION TO THE GYM

**Kristina Naderi**

Going to the gym for the first time can be a nerve-racking experience. Luckily, with the professional staff of strength and conditioning coaches the gym has to offer, anyone can walk in and get started.

Head coach of strength and conditioning Drew Peterson believes that the gym is a place for everyone. "You have the 350 pound football player working out next to the 75-year-old grandma. [The gym] is a very welcoming place."

Graduate assistant strength and conditioning coach Jessica "JT" Turner believes that people should understand that there's a process to working out. Turner recommends starting at a low intensity, something simple like a 20-minute run on the treadmill. From there, beginners can go into the hammer zone.

The Hammer Zone is the area in the gym before the free weights where everything is machine assisted. It is a great place for people who are not familiar with how to lift weights.

"And, honestly, if you don't know how to do anything, please come up to one of the coaches. Like, one of the worst things you can do at the gym is do a workout that you don't understand and end up hurting yourself, or those around you," Turner said.

Peterson agrees with Turner's warning about easing into it. He says a lot of people come into the gym for cosmetic reasons rather than strength, which can get dangerous.

Turner said, "The first thing you have to understand is that physical fitness comes in all different sizes. Society isn't made up of the same genetic make up. [People] need to start slow. [Don't] adopt too much too soon."

Both Peterson and Turner agree on the fact that changing your physical fitness is not something you do for just a semester or a year.

Peterson says, "If you're going to do this, you have to make it a lifetime commitment." He says, "From pitching a softball to picking up a bag of groceries, strength is the base to a healthy lifestyle, and it's the first thing to go with age. It's something you can improve at any age."

Junior political science major Saundra Darce finds working out at the gym to be a relaxing experience. "I feel very comfortable working out in there." She said, "I feel like I'm there with just regular people doing their own thing."

Though it would be amazing to get a workout buddy, students should not be afraid to come in alone. If you're scared about hurting yourself, there are tons of trained people there on staff to help you out you need it.

"You know even if you think you're doing things perfectly, if gym personnel, wearing the official gym uniforms, come up to you and tell you that you're not, then you're not." Turner said, "Students need to check the ego and listen to the professionals."

If students are serious about learning the proper technique of weight lifting, Peterson recommends taking the weight lifting class.

Peterson said, "I really would love it if everyone did take the class. It's a great class to start off in."

But, starting a healthy lifestyle does not start with the weights. It starts at home. People who are planning to go to the gym need to make sure that they are well hydrated before they even step through the doors. And, how do you check if you're well hydrated?

Turner said, "I know this is going to sound kind of weird, but



you need to check you're urine. If it's a light shade and odorless, then you're good. If there's a smell, or it's sort of dark, you need to drink more water."

Make sure to eat well balanced meals whenever you can, a good two hours before hand, and not too heavy. For afterwards, Turner recommends chocolate milk.

"I know," Turner laughs. "It's like the poor man's protein shake. And, it has to be chocolate milk! Not strawberry or anything else. I don't know why, but I will find out one day."

Peterson assures that to get to the healthier lifestyle students do not need to stress themselves out. "You don't need to live in the gym. You don't need to be there five times a day for three hours. Just start off with what you can, and work from there."

Kristina Naderi may be contacted at [thejack@humboldt.edu](mailto:thejack@humboldt.edu)



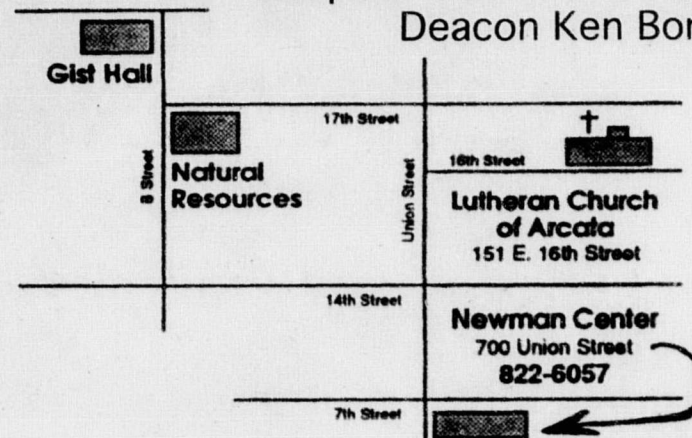
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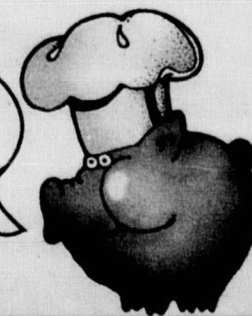
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**The Jambalaya**  
www.JambalayaArcata.com

**Upcoming Shows in August**  
Wed 25 - Reggae Night w/One Wise Sound - 10pm  
Thurs 26 - Star Anna and the Laughing Dogs - 9:30pm  
Fri 27 - The Rezonators (Local Rock n Roll) - 10pm  
Sat 28 - Moo-Got-2 w/special guests - 10pm  
Sun 29 - Deep Groove Society Sundaze:  
House/Drum and Bass/Electronic/  
Dubstep 10pm  
Mon 30 - Niyorah Back to School Party  
Feat. Toussaint, Tuff Lion & The Jah  
Current Band 1030 pm  
Tues 31 - Blues Night 8:30pm  
SEPT. 1 - Reggae Night! 10pm

**SOUPS, SALADS, SANDWICHES, CHILI AND OF COURSE, JAMBALAYA.**  
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**Saturday, August 28**

**WII SHOWDOWN**

**Mixed Martial Arts Event**  
More than 10 caged fights!

**Tickets:**  
1st Row: \$90  
2nd Row: \$75  
3rd Row: \$55  
General: \$35  
21 & Over

**Doors: 5:30pm/Event: 7pm**

**WAVE LOUNGE**  
25¢ Chicken Wings every Wednesday, plus \$8 pitchers

**THURSDAY, AUG 26**  
**KAMIKAZE**  
Karaoke Contest  
Win \$100 cash!

**SATURDAY, AUG 28**  
**MOONALICE**  
Free show next weekend!

**BLUE LAKE CASINO AND HOTEL IS ON FACEBOOK! f**

## EVENTS

August  
**25**  
Wednesday

**Reggae Night**  
w/ One Wise Sound  
10 pm  
Jambalaya

**Sci-Fi Pint and  
Pizza Night**  
6 pm  
Arcata Theater  
Lounge

**Karaoke**  
8 pm  
Humbrews

August  
**26**  
Thursday

**Star Anna and the  
Laughing Dogs**  
9:30 pm  
Jambalaya

**Open Mic Night**  
7 pm  
Blondies

**The Growlers**  
w/ Shannon and the  
Clams  
10 pm  
The Depot

August  
**27**  
Friday

**Local Rock:**  
The Rezonators  
10 pm  
Jambalaya

**Barn Dance**  
7:30 pm  
Arcata Veterans  
Memorial Building

**Ishi Dube**  
10 pm  
The Depot

August  
**28**  
Saturday

**Moo-Got-2**  
With Special Guests  
10 pm  
Jambalaya

**Moonalice**  
9 pm  
Blue Lake Casino

**Hops in Humboldt**  
Noon - 6 pm  
Rohner Park,  
Fortuna

August  
**29**  
Sunday

**Deep Groove  
Society Sundaze**  
10 pm  
Jambalaya

**Open Mic Night**  
7 - 10 pm.  
Mosgos

**Piano Ben**  
9 pm  
Six Rivers Brewery

August  
**30**  
Monday

**Niyorah Back to  
School Party Feat.**  
Toussaint, Tuff Lion & The  
Jah Current Band  
10 pm  
Jambalaya

**Dolla Bill's Karaoke**  
9 pm  
Six Rivers Brewery

**Swing Dance Night**  
7:30 pm  
Redwood Raks  
World Dance  
Studio

August  
**31**  
Tuesday

**Blues Night**  
8:30 pm  
Jambalaya

**Tuesday Evening  
Run / Walk**  
5:30  
Eureka Waterfront

**Sunny Brae Jazz**  
7 pm  
Six Rivers Brewery



# CLASSIFIEDS

August 25, 2010

THEJACKONLINE.ORG

51

## Books

### TIN CAN MAILMAN

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### STUDENT PARKING

Have your own parking spot for the whole semester for \$100! Call Bob at 672-2919. Hurry there are only 20 spots left!

## Yoga

Beginners' Yoga Series:  
Tuesdays August 31,  
September 7 & 14, 7:15 -  
8:45 p.m.  
Learn basics of alignment  
in a variety of poses, plus  
breathing and relaxation  
techniques. \$40 if paid by  
August 27, \$45 after.  
(707) 440-2111 to register.  
Community Yoga Center,  
890 G St, Arcata Plaza. www.  
innerfreedomyoga.com

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3 units

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\*RECYCLED  
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Wow, what a deal! From CA, reg 59¢

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12 Packs!..  
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**Great prices on local favorites!..**

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Organic Tofu  
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Soft, & Regular

**TOMASO'S**  
Pesto -  
All flavors  
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**Co-op Bakery**  
9 inch Pie Shells  
\$3.55 Regular &  
Gluten Free  
2 pack reg. \$4.45

**MAZZOTTI'S**  
House Italian  
Dressing  
\$3.69 12 oz.  
reg. \$4.09

**TIO TOMASO'S**  
Black Bean  
Dip  
\$1.79 12 oz.  
reg. \$2.29

**September is  
Eat Local Month.  
Take the  
Eat Local  
Challenge!**

Join us for the  
1st annual  
"Localize It"  
Festival!..  
this Saturday, Aug. 28th  
from 11a - 3p at the  
**Eureka Co-op!**

• Rock Climbing Wall •  
Music • Food Samplings •  
Nature Joe's Animal Adventure  
Meet Local Producers  
• & More...  
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**EUREKA CO-OP**  
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# Rebellion Tattoo & Piercing

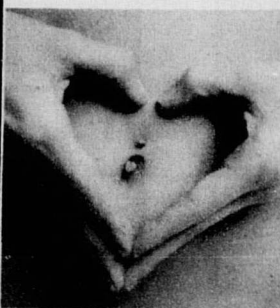
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Introducing Arcata's new fine-art tattoo studio. Tattooer and all-around artist, Tom Harley, has been tattooing professionally in California for over two decades and has a BA in Studio Art from HSU.

Tom's portfolio is available online at [www.facebook.com/tjharley762](http://www.facebook.com/tjharley762)

And of course, body piercing by Brandy Link.



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